

PLEASE JOIN
Drs. Michael & Tamara Scott
for
The First 23 Days of Prayer, Fasting, and Consecration in 2023

2023: The Year of Transformation!

It has often been said that how we begin the new year is often a strong indication of what the remainder of the year will be like for us! We believe that our entire lives as well as the whole year of 2023 belongs to God; however, our desire is to begin 2023 by dedicating the first portion of the first month of the year to God through prayer, fasting, and consecration. We will begin the new year with a time of Prayer & Fasting on January 1, 2023, and will conclude on January 23, 2023. This year the fast will consist of three phases: a partial fast, the Daniel Fast, and an Absolute/Total Fast. The fast will result in answered prayer and spiritual insight (Daniel 10: 3,12). If we ever needed answered prayer and spiritual insight we sure do need it now going into this new year! **We will share in a fifteen minute 6AM EST weekly prayer each Wednesday on our prayer line 1-857-216-6700, Access Code is 959907.** The three (3) phases of the fast are outlined as follows:

Phase 1: NO SWEETS (January 1st through January 7th) We will abstain from all sweets, desserts, sugar, soda/pop, and caffeinated beverages for 24 Hour period.

Phase 2: NO MEATS (January 8TH through January 18th) We will abstain from all food and beverage with the exception of fruits, vegetables, nuts, and whole grains throughout the twenty-four hour day. This is the Daniel Fast portion of our First 23 Days. *This means you can eat all throughout the day and evening the foods listed below:*

All fruit – fresh, frozen, dried, or juiced.

All vegetables – fresh, frozen, dried, or juiced.

All whole grains – amaranth, barley, brown rice, oats, quinoa, millet, and whole wheat.

All nuts & seeds – almonds, cashews, macadamia nuts, peanuts, pecans, pine nuts, walnuts, pumpkin seeds, sesame seeds, and sunflower seeds; unsweetened almond milk. Nut butters are also included.

All legumes – canned or dried; black beans, black eyed peas, cannellini beans, garbanzo beans (chickpeas), great northern beans, kidney beans, lentils, pinto beans, and split peas.

All quality oils – avocado, coconut, grapeseed, olive, peanut, sesame, and walnut.

Beverages – distilled water, filtered water, spring water, and natural fruit juices.

Other – unsweetened almond milk, coconut milk, rice milk, or soy milk; herbs, spices, salt, pepper, unsweetened coconut flakes, seasonings, soy products, organic honey, and tofu.

Phase 3: NO EATS (January 19th through January 23rd). We will abstain from **ALL SOLID FOODS** with the exception of light vegetable broths, distilled water, filtered water, spring water, and 100% natural fruit juices. throughout the twenty-four hour day. Feel free to stay hydrated by drinking water and 100% juices throughout the day should you feel a little weak. This is the breakthrough portion of the fast which will require a more intensified time of prayer and scriptural meditation.

GRACE DAYS:

There are (5) five “grace days” throughout the 23 days. This means that you can use your “grace days” to break from the fast at your own discretion. Some people will simply use each Sunday as their day of grace so that they can eat what they want on Sundays but that is solely up to the individual. It is imperative that you pray daily throughout the 23 Days.

FOODS YOU CANNOT EAT DURING PHASES 2 & 3 (Except on Grace Days):

All meat & animal products – bacon, beef, buffalo, eggs, fish, lamb, poultry, and pork.

All dairy products – butter, cheese, cream, milk, and yogurt.

All sweeteners – agave nectar, artificial sweeteners, brown rice syrup, cane juice, molasses, raw sugar, syrups, stevia, and sugar.

All leavened bread & yeast – baked goods and Ezekiel bread (if it contains yeast and honey).

All refined & processed food products – artificial flavorings, chemicals, food additives, preservatives, white flour, and white rice.

All deep-fried foods – corn chips, French fries, and potato chips.

All solid fats – lard, margarine, and shortening.

Beverages – alcohol, sodas, coffee, lattes, espresso, and energy drinks (i.e., Red Bull, Gatorade, etc.)

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CONFIDENTIAL:

() Yes, Pastor and Lady Scott, I will participate with you in the First 23 Days of Prayer and Consecration from January 1 thru January 23, 2023. Please AGREE with me in your personal prayer time that I will walk into the “Year of Transformation”.

() Yes, I would like to receive a DAILY inspirational text or email of encouragement from Pastor and Lady Scott during the 23 Days of Prayer & Consecration. Please include your cell number and/or email below (Text Messaging rates may apply).

Name: _____

City, State: _____

Email address (if you have one): _____

Cell Number: _____

Return the ‘confidential’ portion of this form to Pastor & Lady Scott: revmtscott@gmail.com or fax the form to the attention to Pastor Scott at 269-349-7475.

DISCLAIMER/WAIVER: Please consult your family physician or licensed health care practitioner before participation in any portion of this fast if there is a question regarding your health. This is a voluntary fast that is biblically-based and spiritually focused. Your participation is at your own potential risk and The Pastor, Leading Lady, Church Officers, MTS Ministries, Inc., and/or The Galilee Baptist Church of Kalamazoo and any of its ministries or auxiliaries will NOT be held liable or responsible.