

PRAYER

TUESDAY
NOVEMBER
19TH

Targets

"So pray to the Lord
who is in charge
of the harvest;...."

Matthew 9:38



HARVEST

- Planting of God's word that brings forth salvation for the lost.
- Send workers/laborers for God's harvest.
- Provisions made and increase for overflow.
- Create in us a heart of generosity.
- Check our hearts, as we put God first in our service and giving.

FASTING GUIDELINE

FULL FAST


- Water only.

MODIFIED FAST

- Eat fruits & vegetables.
- Drink water, tea & juice.
- Eat baked or boiled fish & poultry.
- No fried food, sweets or bread.

PARTIAL FAST

- From 6am to 6pm.
- After 6pm, meal consistent with modified fast.



“And when
you fast...”

Matthew 6:16

Medical Conditions

Consult your doctor before starting any fast.

