

THE FRUIT OF THE SPIRIT FAST-2020

(Note: If you are on medications, please check with your physician before beginning the Fast)



“But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, temperance; against such there is no law.” (Galatians 5:22-23)

Our fast:

Starts on Saturday NIGHT, 11/21/20 at 12 midnight

Ends on Tuesday NIGHT, 11/24/20 at 12 midnight

Our Fast Consists of:

- 1) **Prayer three times a day: upon waking up, at midday and in the evening**
- 2) **8-10 eight ounce glasses of water daily**
- 3) **Breakfast: Juicing-***(green leafy vegetables like spinach-kale-broccoli-collard greens, etc., apples, carrots, beets, etc.)*
- 4) **Lunch: Liquids-**A protein shake or smoothie, 100% juices, Gatorade/Powerade and coconut water
- 5) **Dinner: Fruit-**especially, but not only, the fruit that you are working on this year

Special Fasters (On medications, etc.)

(Please consult with your physician before starting this Fast, if you are on medication)

Breakfast: 2 egg whites, ½ cup of oatmeal and ½ cup apples

Lunch: Palm size of chicken/turkey seasoned with herbs only

(ie, garlic/onion powder, Mrs. Dash no salt, etc.), ½ baked potato and palm size salad

Dinner: ½ cup of tuna in water, ½ cup of spinach or kale and a palm size baked yam

WATER ONLY, NO JUICE!

Youth (Ages 3-16):

Healthy Foods (Home cooked meals only):

Breakfast: Oatmeal

Lunch: Sandwich, fruit & 100 % fruit juice

Dinner: Baked chicken, brown rice and vegetables for dinner

NO JUNK FOOD!

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ATTENTION:

1) *If you feel weak, please give your leadership a call.*

2) SUGGESTED menu to end the fast: oatmeal and raisin bread (or toast) to coat your stomach before you resume your regular eating.

GOA

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LOVE: Pineapple, kiwi and watermelon

JOY: Seedless grapes and cantaloupe

PEACE: Bartlett pears, avocados and red apples

LONGSUFFERING: Pomegranates, grapes with seeds and coconut

GENTLENESS: Pears, yellow apples and mangoes

GOODNESS: Papayas, honeydew melons, oranges and nectarines

FAITH: Lemon and lime

MEEKNESS: Bananas, plums and prunes

TEMPERANCE: Pippin green apples and tangerines