

**VICTORY HEADQUARTERS CHRISTIAN CENTER**

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**Bishop C.D. Gregory, Sr. Ed.S. Lady Edith M. Gregory, Ed.S**

**Pastor & Founder First Lady**

Greetings Beloved Saints,

As we have embarked upon this new year (2017), I believe God has equipped us to exemplify the type of faith that will make a notable “Difference” in our lives and circumstances. The text below concerning “Cornelius the Centurion” arrested me as I prepared to send you our “Fasting Guidelines for 2017;”

**Acts 10:30-31 (KJV)**   
30  And Cornelius said, Four days ago I was fasting until this hour; and at the ninth hour I prayed in my house, and, behold, a man stood before me in bright clothing,   
31  And said, Cornelius, thy prayer is heard, and thine alms are had in remembrance in the sight of God.

I believe that as we humble ourselves through “fasting,” God is going to reveal himself to us in amazing ways that we have not seen heretofore. Let’s do this together from 12:01am January 10 – Midnight January 30 2017 (which is 21 days). I declare in the name of Jesus that there will be great testimonies of God’s moving during this time.

January 2017 Fasting Guidelines  
**Foods Allowed:**  
  
All Vegetables  
(Popped corn is Corn 😊)  
All Fruit  
All Nuts  
Baked or Grilled Chicken & Fish  
Water  
100 Percent Fruit/Vegetable  
Juice   
Coffee/Tea (nothing added)  
  
**Not Allowed:**  
  
All Breads  
All Sweets/Desserts  
Red Meats  
Seafood (other than fish)  
Pork  
Dairy Products  
White Rice  
Pasta  
Soda  
Sugar/Sweeteners

Please greatly reduce your television and Internet use during the entire January Fast, and give more time to prayer and bible study.