

**VICTORY HEADQUARTERS CHRISTIAN CENTER**

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**Charles D. Gregory, Sr. Ed.S. Lady Edith M. Gregory, Ed.S**

**Pastor & Founder First Lady**

The Christian Church has often patterned itself after Jewish customs concerning fasting. This is seen in the fact that fasting is often coupled with prayer so that the mind unencumbered by earthly matters might devote itself with less distraction to the contemplation of divine things.

**Matthew 17:19-21 (KJV)**
19 Then came the disciples to Jesus apart, and said, Why could not we cast him out?
20 And Jesus said unto them, Because of your unbelief: for verily I say unto you, If ye have faith as a grain of mustard seed, ye shall say unto this mountain, Remove hence to yonder place; and it shall remove; and nothing shall be impossible unto you.
21 Howbeit this kind goeth not out but by prayer and fasting.

PLEASE PRAY ABOUT IMPROVING IN THE FOLLOWING FIVE AREAS DURING THE FAST-

1. Spending daily quality time with God.
2. Developing stronger family & friend relationships
3. Witnessing to win souls to Christ and Serving with Excellence in the Body of Christ
4. Making good health and fitness choices
5. Participating in the Divine Principles of Prosperity

**Guidelines for the 2015 New Year’s Fast**

**Length -MIDNIGHT January 4, 2015 thru MIDNIGHT January 25, 2015**

**DIET WILL CONSIST OF ITEMS LISTED BELOW-**

**ALL FRUIT, NUTS, VEGETABLES (POPPED CORN IS CORN ☺)**

**CHICKEN OR FISH (BAKED OR GRILLED)**

**WATER, 100% FRUIT OR VEGETABLE JUICE, COFFEE OR TEA (NO ADDITIVES)**

**Please limit daily television and Internet use to only 30 minutes unless biblically based.**