

**VICTORY HEADQUARTERS CHRISTIAN CENTER**

**60 East Blue Mountain Road**

**Anniston, Al 36201**

**0ffice 256-238-6506 Fax 256-238-0191**

**Mailing Address P.O. Box 1678**

**Anniston, AL 36202**

**Website: vhqcc.org**

**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 2016 Church Fast**

**Length -MIDNIGHT January 11th, thru MIDNIGHT January 31st, 2016**

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

**FOODS ALLOWED:**

**ALL VEGETABLES**

**ALL FRUIT**

**ALL NUTS**

**Baked or Grilled Chicken & Fish**

**WATER**

**100% 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 limit daily television and Internet use to only 7 HOURS per week during the entire January Fast.**

**January 2016 Meditation Scriptures  
  
11-1 Corinthians 13:1-13  
12- 3 John 1:1-5  
13-Hebrews 4:12-16  
14-Psalms 46:1-11  
15-Isaiah 53:1-12  
16-Isaiah 55:1-3  
17-Genesis 50:19-20  
18-Exodus1:21  
19-Ezekiel 37:3-10  
20-Habakkuk 3:17-19  
21-James1:2-7  
22-James 2:19-26  
23-Jeremiah 29:11-13  
24-Joshua24:15  
25-Luke 4:18-19  
26-John 10:27-30  
27-Acts1:7-8  
28-Galatians 5:22-26  
29-Ephesians 6:10-19  
30-Phillipians 4:11-13  
31-Revelations 21:1-4**