

JANUARY

| SUN | MON | TUE | WED | THU | FRI | SAT |
|-------------------|--|-----|-----|--|-----|-----|
| 29 | 30 | 31 | 1 | 2 | 3 | 4 |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| | DAY ONE OF FAST! | | | | | |
| | FAST MEAT, SWEETS, & SECULAR MEDIA | | | | | |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| NEXT STEPS | | | | | | |
| | FAST MEAT, SWEETS, & SECULAR MEDIA | | | FAST ONE MEAL A DAY & SECULAR MEDIA | | |
| 26 | 27 | 28 | 29 | 30 | 31 | 1 |
| | FAST ONE MEAL A DAY & SECULAR MEDIA | | | | | |

FOR HE HAS SATISFIED THE THIRSTY AND FILLED THE HUNGRY WITH GOOD THINGS. PSALM 107:9

FEBRUARY

| SUN | MON | TUE | WED | THU | FRI | SAT |
|--|-----|-----|--|-----|-----|---------------------------|
| 26 | 27 | 28 | 29 | 30 | 31 | 1 |
| FAST ONE MEAL A DAY & SECULAR MEDIA | | | | | | |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| FAST MEATS, SWEETS & SECULAR MEDIA | | | | | | |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| FAST MEATS, SWEETS & SECULAR MEDIA | | | FAST ONE MEAL A DAY & SECULAR MEDIA | | | |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| | | | | | | DAY FORTY OF FAST! |
| FAST ONE MEAL A DAY & SECULAR MEDIA | | | | | | |
| 23 | 24 | 25 | 26 | 27 | 28 | |

THOSE WHO KNOW
YOUR NAME TRUST
IN YOU BECAUSE
YOU HAVE NOT
ABANDONED THOSE
WHO SEEK YOU,
LORD. PSALM 9:10