

This Year's Thought (Theme) :

i LIMP



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Living in His Manifested Presence

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Living in His Manifested Presence

- **Fasting Guidelines**

1. Soups, Salads, Veggies, Fruits, Nuts & Water
2. No Television for the entire fast
(expt: SuperBowl, news, religious stations)
3. Spend 1 hour a day in Quiet Time
4. Every Friday – Zone Led Prayer

Living in His Manifested Presence

- **Zone 1**
- **Week 1 Fasting Dates:**
- **January 2015**

| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----|-----|-----|-----|-----|--------|-----|
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| | | | | | Prayer | |

Living in His Manifested Presence

- **Zone 2**
- **Week 2 Fasting Dates:**
- **January 2015**

| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----|-----|-----|-----|-----|--------------|-----|
| 11 | 12 | 13 | 14 | 15 | 16 Prayer | 17 |

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- **Zone 3**
- **Week 3 Fasting Dates:**
- **January 2015**

| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----|-----|-----|-----|-----|--------------|-----|
| 18 | 19 | 20 | 21 | 22 | 23 Prayer | 24 |

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- **Zone 4**
- **Week 4 Fasting Dates:**
- **January 2015**

| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----|-----|-----|-----|-----|--------------|-----|
| 25 | 26 | 27 | 28 | 29 | 30 Prayer | 31 |

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- **Zone 5**
- **Week 5 Fasting Dates:**
- **February 2015**

| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----|-----|-----|-----|-----|---------------------------|-----|
| 1 | 2 | 3 | 4 | 5 | 6 NLT Got Talent | 7 |

Fasting Schedule

| | SUN | MON | TUE | WED | THU | FRI | SAT | |
|-------------------------|-----|-----|-----|-----|-----|-----|-----|--------|
| JANUARY WK 1 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | ZONE 1 |
| WK 2 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | ZONE 2 |
| WK 3 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | ZONE 3 |
| WK 4 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | ZONE 4 |
| FEBRUARY WK 5 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | ZONE 5 |