

# 50 DAYS FASTING CALENDAR

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
<b>April 1st</b> Start 6:00pm Drop all secular TV and radio programs. Christian programs, news and sports -only.	<b>2</b> Watch only Christian TV, News, Sports, & Documentary. <i>No Entertainment tonight.</i> Game Show okay.	<b>3</b> Watch only Christian TV, News, Sports, & Documentary. Game Shows okay..	<b>4</b> Watch only Christian TV, News, Sports, & Documentary. Game Shows okay..	<b>5</b> Watch only Christian TV, News, Sports, & Documentary. Game Shows okay..	<b>6</b> Watch only Christian TV, News, Sports, & Documentary. Game Shows okay..	<b>7</b> Watch only Christian TV, News, Sports, & Documentary. Game Shows okay...
<b>8</b> This week we drop all tea, sodas, & coffee. 100% Juice & water only.	<b>9</b> No Sodas, Coffee, Tea, or Energy Drinks, 100% Juice, and Water Only	<b>10</b> No Sodas, Coffee, Tea, or Energy Drinks, 100% Juice, and Water Only	<b>11</b> No Sodas, Coffee, Tea, or Energy Drinks, 100% Juice, and Water Only	<b>12</b> No Sodas, Coffee, Tea, or Energy Drinks, 100% Juice, and Water Only	<b>13</b> No Sodas, Coffee, Tea, or Energy Drinks, 100% Juice, and Water Only	<b>14</b> No Sodas, Coffee, Tea, or Energy Drinks, 100% Juice, and Water Only
<b>15</b> This week we drop all deserts. Pies, cakes, candy, ect.	<b>16</b> No Sweets or deserts of any kind.	<b>17</b> No Sweets or deserts of any kind.	<b>18</b> No Sweets or deserts of any kind.	<b>19</b> No Sweets or deserts of any kind.	<b>20</b> No Sweets or deserts of any kind.	<b>21</b> No Sweets or deserts
<b>22</b> This week we drop all beef, and pork from our plate.	<b>23</b> Chicken, Poultry, Fish, is the only meat you can eat.	<b>24</b> Chicken, Poultry, Fish, is the only meat you can eat.	<b>25</b> Chicken, Poultry, Fish, is the only meat you can eat.	<b>26</b> Chicken, Poultry, Fish, is the only meat you can eat.	<b>27</b> Chicken, Poultry, Fish, is the only meat you can eat.	<b>28</b> Chicken, Poultry, Fish, is the only meat you can eat.
<b>29</b> Drop chicken, turkey & all poultry. Fish and seafood are the only meat we can	<b>30</b> Fish and seafood is the only meat we can eat this week.	<b>May 1st</b> Fish and seafood is the only meat we can eat this week.	<b>2</b> Fish and seafood is the only meat we can eat this week.	<b>3</b> Fish and seafood is the only meat we can eat this week.	<b>4</b> Fish and seafood is the only meat we can eat this week.	<b>5</b> Fish and seafood is the only meat we can eat this week.
<b>6</b> This week we drop all fish and seafood from our plate.	<b>7</b> Fruits, nuts, crackers, juice or water. Fruit smoothies okay, <i>No chips or popcorn</i>	<b>8</b> Fruits, nuts, crackers, juice or water. Fruit smoothies okay, <i>No chips or popcorn</i>	<b>9</b> Fruits, nuts, crackers, juice or water. Fruit smoothies okay, <i>No chips or popcorn</i>	<b>10</b> Fruits, nuts, crackers, juice or water. Fruit smoothies okay, <i>No chips or popcorn</i>	<b>11</b> Fruits, nuts, crackers, juice or water. Fruit smoothies okay, <i>No chips or popcorn</i>	<b>12</b> Fruits, nuts, crackers, juice or water. Fruit smoothies okay, <i>No chips or popcorn</i>
<b>13</b> Only fruits & vegetables, fruit juice okay, no nuts..	<b>14</b> Only fruits & vegetables, fruit juice okay, no nuts..	<b>15</b> Only fruits & vegetables, fruit juice okay, no nuts..	<b>16</b> Drop vegetables, Fruit, water, & Juice Only. Frozen juice okay	<b>17</b> Fruit, water, & Juice Only. Frozen juice okay	<b>18</b> <b>Beginning 6:00pm. Drop the Fruit.</b> Drink Water & Juice only.	<b>19</b> Drink Water & Juice only. Frozen juice okay.
<b>20</b> Water Only. Fast Ends at 1:00pm Day of Pentecost	 <p>God First Christian Center</p>	<p><i>Celebrating Pentecost and And all that God is doing. May 20, at 11:45AM</i></p> <p><i>Seeking First The Kingdom of God &amp; His Righteousness!</i></p>				