



John 8:12 (KJV) "And ye shall know the truth, and the truth shall make you free."

T2DC's End-of-The Year -21 Day Fasting Schedule
End-of-The-Year
Date: Oct 10, 2023 - November 16, 2023

Special Note: If you have a medical condition, please follow your doctor's orders for your eating schedule; however, you will fast the telephone, sweets, sodas, and TV during the fasting hours. Do not eat anything pleasurable.

1st Week

<u>Date</u>	<u>Time</u>	<u>Prayer Watches</u>	<u>Eating Schedule</u>
1. 10/10/23 - 10/12/23	6 AM to 6 PM	6:00 AM to 6:15 AM 9:00 AM to 9:15 AM 12:00 PM to 12:15 PM 3:00 PM to 3:15 PM 6:00 PM to 6:15 PM	2 cup of fruit/Soup 2 cup of vegetables No meats No sweets Drinks: Herbal Tea, 100% Apple Juice or Water

Daily Reading Scripture: Tithe: 2 hours 40 minutes reading daily - Isaiah

1st Week Meditation Scriptures

1. **Hosea 4:6 (KJV)**
2. **2 Chronicles 7:14 (KJV)**
3. **Luke 10: 19-20 (KJV)**



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2nd Week

2. 10/17/23 - 10/19/23	6 AM to 6 PM	6:00 AM to 6:15 AM	2 cup of fruit/Soups 2 cup of vegetables No meats/No sweets Drinks: Herbal Tea, 100% Apple Juice or Water
		9:00 AM to 9:15 AM	
		12:00 PM to 12:15 PM	
		3:00 PM to 3:15 PM	
		6:00 PM to 6:15 PM	

Daily Reading Scripture: Tithe: 2 hours 40 minutes reading daily – Isaiah

2nd Week Meditation Scriptures

1. **2 Corinthians 2:14 (KJV)**
2. **Hebrew 11:1 (KJV) and (NIV)**
3. **Philippians 4:8 (KJV)**

3rd Week

3. 10/24/23 - 10/26/23	6 AM to 6 PM	6:00 AM to 6:15 AM	2 cup of fruit/Soup 2 cup of vegetables No meats/No sweets Drinks: Herbal Tea 100 % Apple Juice Water
		9:00 PM to 9:15 AM	
		12:00 PM to 12:15 PM	
		3:00 PM to 3:15 AM	
		6:00 PM to 6:15 PM	

Daily Reading Scripture: Tithe: 2 hours 40 minutes reading daily – Hosea, Joel, Amos, and Obadiah

3rd Week Meditation Scriptures

1. **Philippians 4:13 (KJV)**
2. **Exodus 15:26 (KJV)**
3. **Psalm 84:11 (KJV)**



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4th Week

4. 10/31/23 - 11/02/23	6 AM to 6 PM	6:00 AM to 6:15 AM	2 cup of fruit/Soup
		9:00 AM to 9:15 AM	2 cup of vegetables
		12:00 PM to 12:15 PM	No meats/No Sweets
		3:00 PM to 3:15 PM	Drinks:
		6:00 PM to 6:15 PM	Herbal Tea 100% Apple Juice Water

Daily Reading Scripture: Tithe: 2 hours 40 minutes reading daily – Jonah, Micah, Nahum, and Habakkuk

4th Week Meditation Scriptures

1. Isaiah 26:3 (KJV)
2. Isaiah 54:17 (KJV)
3. Psalm 34:19 (KJV)

5th Week

1. 11/07/23 - 11/09/23	6 AM to 6 PM	6:00 AM to 6:15 AM	2 cup of fruit/Soup
		9:00 AM to 9:15 AM	2 cup of vegetables
		12:00 PM to 12:15 PM	No meats/No Sweets
		3:00 PM to 3:15 PM	Drinks:
		6:00 PM to 6:15 PM	Herbal Tea 100% Apple Juice Water

Daily Reading Scripture: Tithe: 2 hours 40 minutes reading daily – Jeremiah

5th Week Meditation Scriptures

1. 2 Corinthians 9:6-7 (KJV)
2. 2 Corinthians 9:8 (KJV)
3. Matthew 6:21 (KJV)



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6th Week

1. 11/14/23 - 11/16/23	6 AM to 6 PM	6:00 AM to 6:15 AM 9:00 AM to 9:15 AM 12:00 PM to 12:15 PM 3:00 PM to 3:15 PM 6:00 PM to 6:15 PM	2 cup of fruit/Soup 2 cup of vegetables No meats/No Sweets Drinks: Herbal Tea 100% Apple Juice Water
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Daily Reading Scripture: Tithe: 2 hours 40 minutes reading daily – Daniel

6th Week Meditation Scriptures

1. Matthew 7:7-8 (KJV)
2. Matthew 11:28-29 (KJV)
3. Mathew 18:18 (KJV)