



“The Year of One Accord” Acts 2:44-47

WCC 2011 Fast

You are invited to join WCC in fasting for the first three days of each month in 2011. In January, we will fast from Monday, January 3 through Wednesday, January 5. The rest of the year we will begin fasting on the first day of every month and end after the third day.

Do's & Don'ts While Fasting

While fasting, no food consumption is allowed. Liquids are limited to water, juice, and tea. No television, music, or idle internet surfing. Use your time for prayer, reflection, planning, family time, reading, etc.

*If you are on any kind of medication or have any health issues,
please consult your physician before fasting.*

What you are willing to walk away from determines what God will bring to you! Isaiah 58:6 (The Message)

⁶"This is the kind of fast day I'm after: to break the chains of injustice, get rid of exploitation in the workplace, free the oppressed, cancel debts.

Joel 2:12 (Amplified Bible)

¹²Therefore also now, says the Lord, turn and keep on coming to Me with all your heart, with fasting, with weeping, and with mourning [until every hindrance is removed and the broken fellowship is restored].

Mark 9:29 (The Message)

²⁹He answered, "There is no way to get rid of this kind of demon except by prayer and fasting."