

TAPESTRY CHURCH WIDE NEW YEAR FAST JANUARY 7-11

**BEHOLD, I AM THE LORD, THE GOD OF ALL FLESH. IS ANYTHING TOO HARD FOR ME?**

BEHOLD

TAPESTRY LA 2019 • BEHOLD • JEREMIAH 32:27

## FASTING SCHEDULE

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DAY	DATE	READING	PRAYER FOCUS	FAST
Monday	1/07/19	Colossians 1	World Peace	Salad & Soup
Tuesday	1/08/19	Colossians 2	Flourishing in the Nation	Salad & Juice
Wednesday	1/09/19	Colossians 3	Renewal in DTLA	Salad & Juice
Thursday	1/10/19	Colossians 4	Tapestry LA Church	Juice Only
Friday	1/11/19	Psalms 34	Breakthrough	Juice Only

## FASTING TYPES

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### BASIC

Media (TV, movies, video games, social media, etc.)  
Partial food fast (coffee & tea, sweets, junkfood, etc.)

### REGULAR

Follow schedule above & basic fast

“But this kind does not go out except by prayer and fasting.” —Matthew 17:21