

The logo features a large yellow circle with a white outline. Inside the circle, the number '28' is written in a bold, black, sans-serif font. A thick black diagonal slash cuts through the circle and the text. To the right of the slash, the words 'days of prayer and fasting' are written in a black, cursive script font.

28 / *days of
prayer
and fasting*

March 19 — April 15

Life

PRAYER

If you sense God has more for your life, 28 days of prayer is a great place to start believing Him for all that He has for you. As you practice seeking Him first, He will move on your behalf like never before. You will start to see the power of prayer impact your relationships, work, family, and every area of your life. Whether you join us in person or by phone, we would love for you to be part of 28 Days of Prayer and Fasting.

OPPORTUNITIES

On Campus Prayer

Monday-Friday	6am-10am
Saturday	9am-10am

Phone Prayer

Monday-Friday	6am or 6pm for 15 minutes.
Dial:	1-646-558-8656 or 1-408-638-0968
Meeting ID:	910-426-8699 (No participant ID)
Mute/Unmute:	*6

FASTING

COMPLETE FAST

In this type of fast, you drink only liquids, typically water with light juices as an option for a chosen amount of days.

SELECTIVE FAST

This type of fast involves removing certain elements from your diet. One example of a selective fast is the Daniel Fast, during which you remove meat, sweets, and bread from your diet and consume water and juice for fluids and fruits and vegetables for food.

PARTIAL FAST

This fast is sometimes called the "Jewish Fast" and involves abstaining from eating any type of food in the morning and afternoon. This can either correlate to specific times of the day, such as 6am-3am, or from sunup to sundown.

SOUL FAST

This fast is an option if you do not have much experience fasting food, have health issues that prevent you from fasting food, or if you wish to refocus certain areas of your life that are out of balance. For example, you might choose to stop using social media or watching media for the duration of the fast and then carefully bring that element back into your life in healthy doses at the conclusion of the fast.

See the "PERSONAL GUIDE TO FASTING" for more information.