

PUTTING GOD BACK IN FIRST PLACE

# A P A R T

## 2025

(PLEASE VISIT OUR WEBSITE FOR FASTING GUIDELINES)

# TRACK YOUR SPIRITUAL DISCIPLINES

## MARK 6:31



WWW.FBCSO.ORG



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### KICK OFF WEEK

MARCH 1 - 4

- BEGIN READING POINT WEEK 1
- PRAYER GATHERINGS FOR GOD'S GUIDANCE & COVERING THROUGHOUT THE FAST

### WEEK ONE

MARCH 5 - 8

- READ POINT DAILY READING
- PRAY THE LORD'S PRAYER**
- PARTICIPATE IN SOLEMN ASSEMBLY: FAST

WEDNESDAY \* MARCH 5

- FAST FROM FOOD & TECH 3P-6A
- ATTEND PRAYER GATHERING **FOR ALL** 7P

THURSDAY \* MARCH 6

- FAST FROM FOOD & TECH 3P-6A
- ATTEND **LEADERS** PRAYER GATHERING 7P

FRIDAY \* MARCH 7

- FAST FROM FOOD & TECH 3P-6A
- ATTEND **MENS** PRAYER GATHERING 7P

SATURDAY \* MARCH 8

- NO FAST (VOLUNTARY)
- READ TODAY'S POINT

### WEEK TWO

MARCH 9 - 15

- READ POINT DAILY READING
- PRAY TABERNACLE PRAYER**
- PARTICIPATE IN SOLEMN ASSEMBLY: FAST

MONDAY \* MARCH 10

- FAST FROM FOOD & TECH 3P-6A
- ATTEND **WOMENS** PRAYER GATHERING 7P

TUESDAY \* MARCH 11

- FAST FROM FOOD & TECH 3P-6A
- ATTEND **LIFE GROUP** GATHERING 7P

WEDNESDAY \* MARCH 12

- FAST FROM FOOD & TECH 3P-6A
- ATTEND **SINGLES** GATHERING 7P

THURSDAY \* MARCH 13

- FAST FROM FOOD & TECH 3P-6A
- ATTEND **NEXTUP! YOUNG ADULTS** GATHERING 7P

FRIDAY \* MARCH 14

- FAST FROM FOOD & TECH 3P-6A
- ATTEND **YOUTH** GATHERING 7P

SATURDAY \* MARCH 15

- NO FAST (VOLUNTARY)
- READ TODAY'S POINT

### WEEK THREE

MARCH 16 - 22

- READ POINT DAILY READING
- PRAYING "SCRIPTURE" PRAYER**

### WEEK FOUR

MARCH 23 - 29

- READ POINT DAILY READING
- PRAYER OF JABEZ PRAYER**

### WEEK FIVE

MARCH 30 - APRIL 5

- READ POINT DAILY READING
- PRAY WARFARE PRAYER**

**NOTE:** IF YOU ARE ON MEDICATION OR HAVE HEALTH CHALLENGES, CONSULT YOUR HEALTH PROFESSIONAL BEFORE ENGAGING IN ANY PART OF THIS FAST. FAST TIMES ARE FROM 3PM UNTIL 6AM DAILY. READINGS ARE FROM THE FBCSO MARCH AND APRIL POINT MAGAZINES.

## PICK YOUR 40 DAY FAST OPTIONS

- DIGITAL DETOX
- DANIEL FAST
- SUGAR FAST
- ALL MEALS ON SATURDAY