

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



973-763-8593



INFO@FBCSO.ORG

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 SOLEM 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 MEN 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 SOLEM 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