

My VISION Fast: It's Time For YOU To SEE!

My VISION Fast Plan Compiled By: Dr. Delesslyn A. Kennebrew, J.D.,M.Div.

My VISION Fast is a 21-day opportunity for YOU to join with men and women via social media who desire to prayerfully seek GOD for divine vision/purpose for YOUR life!

JANUARY 8-28, 2018

*****3 Part My VISION Fast Plan*****

<u>SPIRITUAL PLAN</u>	<u>PHYSICAL PLAN</u>	<u>PRACTICAL PLAN</u>
<p>For the next 21 days, we will focus on 3 different aspects of what we SEE by reading daily scriptures* and reflecting on weekly questions. So, every day, you will read the assigned scripture and then prayerfully reflect on the question of the week.</p> <p>WEEK ONE, Jan. 8-14 Question: How do you SEE God and yourself?</p> <p>WEEK TWO, Jan. 15-21 Question: What do you SEE as your divine assignment in THIS season?</p> <p>WEEK THREE, Jan. 22-28 Question: What do you SEE as the next right step in God's VISION for your life? <i>*Scriptures Below</i></p> <p>MY VISION FAST PRAYER CONFERENCE CALL: Dial 712-432-3900 Access Code 312146# 8pmCST/9pmEST Sunday, January 7, 2018 Sunday, January 14, 2018 Sunday, January 21, 2018 Sunday, January 28, 2018</p>	<p>Fasting is a spiritual practice during which one abstains from all or limits diet to certain kinds of foods. Fasting is a denial of one's self as a sacrifice unto the Lord. For the next 21 days, we will commit to enhancing our VISION by limiting what we SEE and what we EAT.</p> <p>WHAT YOU SEE: What you SEE is connected to how you SEE God, yourself and God's Vision/Purpose for your life. We will intentionally choose to BLIND ourselves to the junk by ONLY reading and watching what is inspirational, uplifting, & encouraging! Focus our eyes "...by filling your minds and meditating on things true, noble, reputable, authentic, compelling, gracious—the best, not the worst; the beautiful, not the ugly; things to praise, not things to curse." [Philippians 4:8 MSG]</p> <p>WHAT YOU EAT: Your choice, Your sacrifice* Total fast of liquids only OR Daniel Fast of Fruits & Vegetables and incorporating into your diet foods that enhance your vision** OR partial fast giving up your favorite food/beverage/personal habit and incorporating into your diet foods that enhance your vision <i>*Honor Your Own Body and Health Conditions; Consult Your Doctor as Necessary</i> <i>**Foods that enhance your Physical Vision Below</i></p>	<p>For the next 21 days, keep a Journal and commit to WRITE the answers to your weekly questions based on your daily scriptures every day! At the end of every week, write a summary statement of what you SEE. Week one – VISION of God and Self; Week two – VISION of Your Divine Assignment; Week three – VISION of Life & your next right step [Family, Finances, Career, Marriage, Retirement, etc.]</p> <p>Check In with the Group!!! Talk about My VISION Fast on Facebook OR Twitter OR Leave a Comment on the My Vision Fast or Spirited Concepts website. We want to be a support to you and we want to be inspired, uplifted, and encouraged by YOUR journey as God's VISION for YOUR life is revealed.</p> <p>Facebook: www.facebook.com/Groups/MyVISIONFast</p> <p>Twitter: Follow us @MyVISIONFast</p> <p>Leave a Comment: www.MyVisionFast.com www.SpiritedConcepts.net</p> <p>Use #MyVisionFast for all social media posts!</p>

God of Sight and Vision, Help us to SEE You, to SEE ourselves, and to SEE our next right step in Your VISION for our lives!

My VISION Fast: 21 Day Scripture Reading Plan

WEEK ONE, Jan. 8-14 Question: How do you SEE God and yourself?	WEEK TWO, Jan. 15-21 Question: What do you SEE as your divine assignment in THIS season?	WEEK THREE, Jan. 22-28 Question: What do you SEE as the next right step in God's VISION for your life?
1/8: Genesis 1:1, 25-31 1/9: Psalm 139:1-12 1/10: Psalm 139:13-24 1/11: Acts 9:1-9 1/12: Acts 9:10-20 1/13: Hebrews 1 1/14: Hebrews 3:1-14	1/15: Ecclesiastes 3:1-8 1/16: Ecclesiastes 3:9-22 1/17: Colossians 3:1-11 1/18: Colossians 3:12-17 1/19: Luke 1:26-38 1/20: Isaiah 6 1/21: Psalm 27:1-14; Proverbs 29:18	1/22: Psalm 112 1/23: Acts 1:1-11 1/24: Acts 1:12-14 1/25: Acts 2:38-47 1/26: Colossians 3:23-25 1/27: Matthew 6:19-34 1/28: Habakkuk 2:2-4

FOODS that Enhance Your VISION

Incorporate these foods into your diet if you choose to do the Daniel Fast OR Sacrifice your Favorite Food/Beverage/Personal Habit

Garlic
 Leafy Green Vegetables
 Collard Greens
 Kale
 Spinach
 Broccoli
 Avocados
 Carrots
 Corn
 Sweet Potatoes
 Oranges
 Grapefruit
 Blueberries
 Apricots
 Almonds
 Cashews
 Soy
 Salmon*
 Tuna*
 Eggs*
 Dark Chocolate*

*NOT on Daniel Fast

My VISION Fast Plan Compiled By: Dr. Delesslyn A. Kennebrew, J.D.,
 M.Div. www.MyVisionFast.com
myvisionfast@gmail.com