

# 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 7-27, 2019**

## **\*\*\*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><b>WEEK ONE, Jan. 7-13</b>  <b>Question: How do you SEE God and yourself?</b></p> <p><b>WEEK TWO, Jan. 14-20</b>  <b>Question: What do you SEE as your divine assignment in THIS season?</b></p> <p><b>WEEK THREE, Jan. 21-27</b>  <b>Question: What do you SEE as the next right step in God's VISION for your life?</b>  <i>*Scriptures Below</i></p> <p><b>MY VISION FAST PRAYER CONFERENCE CALL:</b>  <b>Dial 712-432-3900</b>  <b>Access Code 312146#</b>  <b>7pmCST/8pmEST</b>  <b>Sunday, January 6, 2019</b>  <b>Thursday, January 10, 2019*</b>  <b>Thursday, January 17, 2019*</b>  <b>Thursday, January 24, 2019*</b>  <b>*Thursdays – Conference Call and Facebook Live</b></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><b>WHAT YOU SEE:</b>            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, &amp; encouraging! Focus our eyes <i>"...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."</i> [Philippians 4:8 MSG]</p> <p><b>WHAT YOU EAT:</b>  <b>Your choice, Your sacrifice*</b>            Total fast of liquids only <b>OR</b> Daniel Fast of Fruits &amp; Vegetables and incorporating into your diet foods that enhance your vision** <b>OR</b> 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 <b>WRITE</b> 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 &amp; your next right step [Family, Finances, Career, Marriage, Retirement, etc.]</p> <p><b>Check In with the Group!!!</b> Talk about My VISION Fast on Facebook OR Twitter OR Leave a Comment on the My Vision Fast 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><b>Facebook:</b>  <a href="http://www.facebook.com/Groups/MyVISIONFast">www.facebook.com/Groups/MyVISIONFast</a></p> <p><b>Twitter:</b>            Follow us @MyVISIONFast</p> <p><b>Leave a Comment:</b>  <a href="http://www.MyVisionFast.com">www.MyVisionFast.com</a></p> <p><b>Use #MyVisionFast for all social media posts!</b></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\*\*

<b>WEEK ONE, Jan. 7-13</b> Question: How do you SEE God and yourself?	<b>WEEK TWO, Jan. 14-20</b> Question: What do you SEE as your divine assignment in THIS season?	<b>WEEK THREE, Jan. 21-27</b> Question: What do you SEE as the next right step in God's VISION for your life?
1/7: Joel 2:12-17 1/8: Genesis 1:26-31 1/9: John 1:1-14 1/10: Psalm 139:1-12 1/11: Psalm 139:13-24 1/12: James 1:1-12 1/13: John 4:4-26	1/14: Psalm 27:1-6 1/15: Micah 6:6-8 1/16: Luke 1:26-38 1/17: Luke 4:18-21 1/18: Genesis 12:1-9 1/19: Genesis 13:1-11 1/20: Genesis 13:12-18; Proverbs 29:18	1/21: Habakkuk 2:2-4 1/22: Ecclesiastes 3:1-8 1/23: Ecclesiastes 3:9-14,22 1/24: Matthew 6:19-34 1/25: Matthew 14:22-36 1/26: Colossians 1:24-29 1/27: John 4:28-30, 39-42;

### **\*\*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**

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