MEMPHIS METRO CHURCH

PRAYER & FASTING GUIDELINES

Wednesday, March 20- Sunday, March 31, 2024

1. Phase 1- Begins 6:00pm Wednesday - Saturday

* Request everyone to join a Zoom call Wednesday evening Prayer prior to Midweek Virtual Encounter
* Eating schedule should be framed around 12 hour span
* Example: 6AM - 6PM
* Eliminate Sweets, caffeine, sodas- reduce carbs and processed foods
* No snacks between meals- Increase fruit & vegetable intake

1. Phase 2- Sunday - Wednesday

* Eliminate sweets, caffeine, sodas - limit carb intake 1-2 servings per day
* Eating Schedule - 12 hour span
* No snacks between meals - eliminate beef, pork, processed foods
* Fruit and vegetable emphasis

1. Phase 3 - Thursday - Saturday

* Eliminate sweets, caffeine, sodas - limit carb intake 1 serving per day
* Eating Schedule - 12 hour span
* No snacks between meals - eliminate beef, pork, processed foods
* Reduce intake of animal flesh
* Fruit and vegetable emphasis

1. Break FAST on Sunday - RESURRECTION DAY

* Please consult with your physician for dietary concerns and continue to take any medications that are currently prescribed for you

PRAYER POINTS

* Pray for physical healing and renovation - good health
* Pray for restoration from emotional, mental, psychological warfare
* Pray for church bonds to be strengthened
* Pray for guidance and growth
* Pray for VISION
* PRAY FOR THE FULFILLMENT OF YOUR CAPACITY
* Review the notes from the CAPACITY SERIES

**Scripture Readings**

Matthew 25

Luke 19:11-26

Group Prayer will be scheduled on Zoom calls - dates to be provided