



WATM 2015 FASTING

Quick Reference Guide (QRG)

Monday, March 30 – Sunday, April 5

Monday, March 30 -Sunday, April 5 - Consecration & Denial

- No red meat, no pork
- No fried foods
- No sweets (candy, desserts, snacks, etc.) including NO sweet drinks (i.e. Sodas, Koolaid drinks)

Recommended things to eat*:

- Broiled/Baked/Grilled chicken/turkey/fish
- All vegetables and fruits
- Eggs / Cheese
- Soups /Broths
- ONE starch per day
- Healthy snacks (nuts, trail mix, etc.)

*** (adjust accordingly for children/youth, medical condition, etc.)**

OR

Complete Fast until 4pm each day *-except Sunday until 2pm* - (no food, water only if needed). If you do this fast you may eat whatever you want after 4pm.

Daily Devotion: Commit daily to at least (1) hour of combined prayer and Bible Study

1. Keep your portions reasonable. This is a denial
2. Use wisdom and be led by the Word of God and the Spirit of God
3. Consult your doctor if you have a pre-existing medical condition
4. Encourage your children to participate and determine the most appropriate guidelines (including; NO Disney or Nickelodeon, Videogames, NO Snap Chatting, Excessive Texting, FB, NO KIKS, Instagram, Twitter, etc.). Feel free to watch faith building shows and videos
5. Prepare a daily journal.
6. Have family time (devotional, prayer, affirmation).
7. Develop a disciplined exercise program (walking, jogging, etc). **Don't overdo it!!!**
8. Avoid GAB SESSIONS on the phone or cell phone and NO NOVELS or MOVIES (only read or look at faith building books and movies)
9. NO TV, Computer Games or Videogames, (except news & faith building preaching/teaching tapes/shows)
10. Don't forget to read those inspirational books you've been meaning to read

Corporate Prayer Targets:

- Salvation of loved ones, coworkers, friends, Americans
- Without A Trace Ministries First Family and the ministry vision
- We find WATM Headquarters location (fully furnished, ready and prepared) Mark 14:16
- Individual and personal vision for ourselves and our families (Prov. 29:18, Hab. 2:2)
- Exposure and justice brought to sex traffickers, pimps, Johns, and kidnappers. Deliverance for missing teens and parents
- Spiritual Leadership of our churches and our nation. Unity within the body of Christ
- Financial provision for our families, covenant partners, and ministry
- Protection of our nation against terrorism and antichrist spirits
- Health, healing, and wholeness (nothing missing, broken, or lacking in our bodies)
- Subconscious mind to align with God's Word
- Pastor Andrea Diallo & Mercy Ships

Spend ample time in prayer and study of the Holy Bible. Pray one for another that strongholds are shattered, discipline be established, and God's glory is revealed in new ways in each of our lives.