

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY FAST FREE DAY
MARCH 2	MARCH 3	MARCH 4	MARCH 5	MARCH 6	MARCH 7	MARCH 8
Prayer Focus: NEW LIFE SPIRITUAL						
<ul style="list-style-type: none"> • Dietary Modifications: Avoid Sweets, Drink only water, 100 % Juice Only • Entertainment Modification: Limit television viewing to 20 hours for the week. • Intentional Behaviors: Essential spending only Daily demonstrate one Random Act of Kindness Daily set aside time for prayer and devotion Invite 2 people to join us in worship service Refrain from profanity, gossip, slander and abusive language 						
MARCH 9	MARCH 10	MARCH 11	MARCH 12	MARCH 13	MARCH 14	MARCH 15
Prayer Focus: NEW LIFE MENTALLY & EMOTIONALLY						
<ul style="list-style-type: none"> • Dietary Modifications: Avoid Fried Foods, Avoid Sweets, Drink only water, 100 % Juice • Entertainment Modification: No social media, Limit television viewing to 20 hours for the week. • Intentional Behaviors: Essential spending only Daily demonstrate one Random Act of Kindness Daily set aside time for prayer and devotion Invite 2 people to join us in worship service Refrain from profanity, gossip, slander and abusive language 						
MARCH 16	MARCH 17	MARCH 18	MARCH 19	MARCH 20	MARCH 21	MARCH 22
Prayer Focus: NEW LIFE FINANCIALLY						
<ul style="list-style-type: none"> • Dietary Modifications: Avoid Fried Foods, Avoid Sweets, Drink only water, 100 % Juice • Entertainment Modification: Limit television viewing to 20 hours for the week • Intentional Behaviors: Essential spending only Daily demonstrate one Random Act of Kindness Daily set aside time for prayer and devotion Invite 2 people to join us in worship service Refrain from profanity, gossip, slander and abusive language 						
MARCH 23	MARCH 24	MARCH 25	MARCH 26	MARCH 27	MARCH 28	MARCH 29
Prayer Focus: NEW LIFE PHYSICALLY						
<ul style="list-style-type: none"> • Dietary Modifications: Avoid Fried Foods, Avoid Sweets, Drink only water, 100 % Juice • Entertainment Modification: Limit television viewing to 20 hours for the week • Intentional Behaviors: Essential spending only Daily demonstrate one Random Act of Kindness Daily set aside time for prayer and devotion Invite 2 people to join us in worship service Refrain from profanity, gossip, slander and abusive language 						
MARCH 30	MARCH 31	APRIL 1	APRIL 2	APRIL 3	APRIL 4	APRIL 5
Prayer Focus: SPIRIT, SOUL, AND BODY						
<ul style="list-style-type: none"> • Dietary Modifications: Absolute fast – no food 6:00 am – 6:00 pm Avoid Fried Foods, Avoid Sweets, Drink only water, 100 % Juice • Entertainment Modification: Limit television viewing to 20 hours for the week • Intentional Behaviors: Essential spending only Daily demonstrate one Random Act of Kindness Daily set aside time for prayer and devotion Invite 2 people to join us in worship service Refrain from profanity, gossip, slander and abusive language 						

"The Year of New Life"



if you need to adhere to a medical regiment, please modify the food-fasting portion as needed.



WEEK #1: 3/2-8 New Life: Spiritually Affirmation & Prayer

Because I realize God is my source for all things, I willingly invest time in my spiritual growth.
I am available to be transformed into the image of God.
I walk in holistic peace, purpose, and prosperity.
I rebound from every setback and I am confident; all things are working together for my good.

El Shaddai, you are my source for all things. I open my heart to grow in You—transform me into Your image and shape my life for Your purpose. Fill me with holistic peace, purpose, and true prosperity. When setbacks come, help me rise with confidence, trusting You are working all things for my good.



WEEK #2: 3/9-15 New Life: Mentally & Emotionally Affirmation & Prayer

As I give my thoughts, emotions, and burdens to the Lord, I receive rest. I practice self-care without guilt or shame.
I release everything that holds me back.
And, I walk in emotional freedom.
Who the Son sets free, is free indeed!

Lord, I place my thoughts, emotions, and burdens into Your hands and receive Your rest. Teach me to care for myself without guilt or shame. I release everything holding me back and step into the freedom You give. Whom the Son sets free is free indeed—let me walk fully in that freedom today.



WEEK #3: 3/16-22 New Life: Financially Affirmation & Prayer

God empowers me to practice financial discipline.
When I seek God first, abundance flows.
When I am trustworthy with what God gives, more will be given. When I honor the tithe, the windows of heaven open and pours out overflow. I am blessed to budget for today, save for tomorrow and give to others.

Jehovah Jireh, empower me to steward my finances with discipline and wisdom. As I seek You first and honor You in giving, let abundance flow. Make me faithful with what You provide—able to budget for today, save for tomorrow, and give generously.



WEEK #4: 3/23-29 New Life: Physically Affirmation & Prayer

God brings order to every system, cell, and function in my body. As my spirit prospers in faith and love, my body prospers in vitality and strength. I vow to exercise, eat to live, and honor my health and wellness. I will remain vital and strong all the days of my life.

Jehovah Rapha, You are the Designer of my body and the Keeper of my life. Align what is out of balance and restore what feels weak. As my trust in You deepens, renew my strength and energize me from the inside out.



WEEK #5: 3/30-4/5 New Life: Spirit, Body, Soul Affirmation & Prayer

I Thessalonians 5:23-24 sets the tone for this year.
23 Now may the God of peace make you holy in every way and may your whole spirit and soul and body be kept blameless until our Lord Jesus Christ comes again. 24 God will make this happen, for he who calls you is faithful.

God of peace, Sanctify me completely—spirit, soul, and body. Shape my thoughts, purify my heart, and strengthen my life so I may walk in integrity before You. Guard every part of me and keep me aligned with Your will. I trust You to finish the work You have started in me, because You are faithful to fulfill every promise.

