

The River Fast 2018

21 Days - I CAN do "hard" things ...

NAME _____

WEEK 1 - BODY

Sickness, Disease or Physical Disciplines _____

Choose a strategy _____

Choose scriptures to read aloud _____

Choose foods and drinks to abstain from _____

Choose foods and drinks to add _____

Choose times set aside to pray _____

Choose a day of total fasting _____

Songs that minister to me _____

WEEK 2 - SOUL (mind, will and emotions)

Habits, Mindsets, Thoughts, and Attitudes _____

Choose a strategy _____

Change my vocabulary _____

Choose scriptures to read aloud _____

Choose foods and drinks to abstain from _____

Choose foods and drinks to add _____

Choose times set aside to pray _____

Choose a day of total fasting _____

Songs that minister to me _____

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Scripture Suggestions:

BODY

1 Corinthians 6:19-20 NKJV

[19] Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own?

[20] For you were bought at a price; therefore glorify God in your body and in your spirit, which are God's.

1 Corinthians 9:27 NKJV

[27] But I discipline my body and bring it into subjection, lest, when I have preached to others, I myself should become disqualified.

SOUL

Psalms 19:7-11 NKJV

[7] The law of the LORD is perfect, converting the soul; The testimony of the LORD is sure, making wise the simple;

Vs[10] More to be desired are they than gold, Yea, than much fine gold; Sweeter also than honey and the honeycomb.

Psa 25:1-7, Psa. 35:9, Psa.

42:2, Psa. 42:11, Psa. 43:5, Psa 62:1, 5, Psa. 63:1,5,8, Psa. 94:19

WEEK 3 - SPIRIT

Spirits that are enemies to me, my family and my church

Choose a strategy _____

Choose scriptures to read aloud _____

Choose foods and drinks to abstain from _____

Choose foods and drinks to add _____

Choose times set aside to pray _____

Choose a day of total fasting _____

Songs that minister to me _____

SPIRIT

Proverbs 16:2 NKJV

[2] All the ways of a man are pure in his own eyes, But the LORD weighs the spirits.

Matthew 10:1 NKJV

[1] And when He had called His twelve disciples to Him, He gave them power over unclean spirits, to cast them out, and to heal all kinds of sickness and all kinds of disease.

I Cor. 2:14, II Cor. 7:1,

I Tim. 4:1-12