

NORTH HOUSTON
CHURCH

**FEBRUARY
FAST**

2024

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PLEASE CONSULT YOUR
PHYSICIAN FOR WISE
EATING PRINCIPLES
BEFORE ENGAGING IN ANY
RADICAL DIETARY
CHANGES.

EATING PROGRAMS

Option 1: If you decide not to abstain from meals, consider eating only fruits, vegetables, nuts, whole grains, and healthily prepared chicken or fish. Also, consider drinking only water or fruit juices (no added sugar). It is suggested that you abstain from sweets, sodas, and desserts.

Option 2: If you decide to abstain from meals, consider doing so until 3 PM on Tuesdays and Fridays. Drink water throughout the day and follow the same eating principles suggested in the first option for your evening meal.

Option 3: You may decide to engage in a personal time of consecration in which you prayerfully decide on the days and duration of your fast and the foods from which you will abstain.

DAILY PRAYER OF AFFIRMATION

Heavenly Father,

We honor and praise your holy name and thank you for your love, grace, mercy, and power. You have sustained North Houston Church through the storms and challenges of the past three years, and we ask you for divine favor, blessing, and increase in 2024. We commit ourselves to your will and your ways and to the wonderful plans and purposes that you have for our lives. We also ask you to minister salvation, healing, peace, and prosperity to our communities, our city, our nation, and the entire world. Help us, O Lord, to remain faithful to the life, ministry, and support of our local church; to fulfill the tremendous vision that you have given to our leader; and to be a force for positive change in the world. We pray that the Lord Jesus Christ will be exalted and that the winds of revival will begin to blow across the globe. We pray for a great outpouring of your Spirit this year, and we give you glory, honor, and praise. In the name of Jesus Christ, we pray. Amen.

PRAYER REQUEST

If you need prayer, text NHCPRAYS to 94000.

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SUN	MON	TUE	WED	THU	FRI	SAT
(1) Each day eat fruits, vegetable, nuts, whole grains, and healthily prepared chicken or fish.	(2) Same as option 1 except only eat a single meal after 3:00pm on Tuesdays and Fridays.	(3) You decide the time and duration of your fast and the foods from which you will abstain.		1	2	3
4	5	6	7	8	9	10
WEEK 1: LEADERSHIP						
11	12	13	14	15	16	17
WEEK 2: LOVE						
18	19	20	21	22	23	24
WEEK 3: LIBERATION						
25	26	27	28	29		
WEEK 4: LEGACY						

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WEEK 1: LEADERSHIP

SELF REFLECTION :

Who is the leader in your life? YOU? Society? The church? God?

SCRIPTURES :

Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to Him, and He will make your paths straight (Proverbs 3:5-6)

You guide me with your counsel, and afterward, You will take me into glory (Psalm 73:24)

But when He, the Spirit of truth, comes, He will guide you into all the truth. He will not speak on his own; He will speak only what He hears, and He will tell you what is yet to come (John 16:13)

SN :

When God leads us, though it may be rocky and rigorous, it will be rewarding.

SUPPLICATION (PRAYER POINTS) :

Pray for wiser, stronger, loving, and Godly leadership in our families, churches, businesses, and communities.

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WEEK 2: LOVE

SELF REFLECTION :

Am I demonstrating the LOVE of GOD to everyone, at all times, with pure heart?

SCRIPTURES :

Whoever does not love does not know God, because God is love (1 John 4:8)

So, no matter what I say, what I believe, and what I do, I'm bankrupt without love. Love never gives up. Love cares more for others than for self. Love doesn't strut, Doesn't have a swelled head, Doesn't force itself on others, Isn't always "me first," Doesn't keep score of the sins of others, Trusts God always, Always looks for the best, Never looks back, But keeps going to the end. Love never dies. (1 Corinthians 13: 4-8)

SN :

If the LOVE you give to family, friends, or even your Heavenly Father, is solely based on what you get in return, and stops when you're unhappy, frustrated, or exhausted, you need to pattern your love after GOD's love.

SUPPLICATION (PRAYER POINTS) :

Pray for God to heal every hole in your heart to love Him, others, and yourself in the way that GOD loves you, unconditional and continual.

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WEEK 3: LIBERATION

SELF REFLECTION :

What has Christ already made me free from?

What do I currently need freedom from? Have I reconnected with things God has already freed me from? When? And how?

SCRIPTURES :

So if the Son sets you free, you will be free indeed (John 8:36)

"It is for freedom that Christ has set us free.

Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery (Galatians 5:1)

SN :

Surrender your control to Jesus. Once you're free through Christ, create Bible based boundaries to keep you from falling into bondage again.

SUPPLICATION (PRAYER POINTS) :

Pray for unwavering surrender to the plans, purposes, and power of Jesus Christ.

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WEEK 4: LEGACY

SELF REFLECTION :

Am I living my life in a way that factors in how I'll be remembered? Or am I living my life based on how I feel today?

Is my life's legacy built on God's agenda or just my personal aspirations?

SCRIPTURES :

Lord, You alone are my portion and my cup; You make my lot secure. The boundary lines have fallen for me in pleasant places; surely I have a delightful inheritance. (Psalm 16:5-6)

One generation commends Your works to another; they tell of Your mighty acts (Psalm 145:4)

SN :

It took the power and provision of God to get us where we are, alive. It's going to take God to get us to where we're going and leaving a God-lead impactful legacy.

SUPPLICATION (PRAYER POINTS) :

Pray that God gets the most out of our lives so that the next generation could see God even clearer, love him deeper, and follow Him more deliberately.