

# Stockbridge Assembly

## 21 day Fast

Jan 9<sup>th</sup> – 29<sup>th</sup>

Bible Reading

|                                      |                                      |                                      |                                      |                                      |                                    |                                    |
|--------------------------------------|--------------------------------------|--------------------------------------|--------------------------------------|--------------------------------------|------------------------------------|------------------------------------|
| <b>Day 1</b><br>John 1<br>1 John 1   | <b>Day 2</b><br>John 2<br>1 John 2   | <b>Day 3</b><br>John 3<br>1 John 3   | <b>Day 4</b><br>John 4<br>1 John 4   | <b>Day 5</b><br>John 5<br>1 John 5   | <b>Day 6</b><br>John 6<br>2 John   | <b>Day 7</b><br>John 7<br>3 John   |
| <b>Day 8</b><br>John 8<br>1 John 1   | <b>Day 9</b><br>John 9<br>1 John 2   | <b>Day 10</b><br>John 10<br>1 John 3 | <b>Day 11</b><br>John 11<br>1 John 4 | <b>Day 12</b><br>John 12<br>1 John 5 | <b>Day 13</b><br>John 13<br>2 John | <b>Day 14</b><br>John 14<br>3 John |
| <b>Day 15</b><br>John 15<br>1 John 1 | <b>Day 16</b><br>John 16<br>1 John 2 | <b>Day 17</b><br>John 17<br>1 John 3 | <b>Day 18</b><br>John 18<br>1 John 4 | <b>Day 19</b><br>John 19<br>1 John 5 | <b>Day 20</b><br>John 20<br>2 John | <b>Day 21</b><br>John 21<br>3 John |

***Fasting is a spiritual discipline.*** Fasting examples - No food from Sun up to Sun down, Fast a meal each day, Juice only, Fruits and Veggies, unplug from technology.

During the fast please dedicate additional time to our prayer focus and Bible reading.



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| <b>Day 15</b><br>John 15<br>1 John 1 | <b>Day 16</b><br>John 16<br>1 John 2 | <b>Day 17</b><br>John 17<br>1 John 3 | <b>Day 18</b><br>John 18<br>1 John 4 | <b>Day 19</b><br>John 19<br>1 John 5 | <b>Day 20</b><br>John 20<br>2 John | <b>Day 21</b><br>John 21<br>3 John |

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