40-DAY FAST INSTRUCTIONS (Page 2)

March 2025 Daily Bible Reading

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Day	
March 1, 2025	
March 2, 2025	
March 3, 2025	Job 16
March 4, 2025	Job 17
March 5, 2025	Job 18
March 6, 2025	Job 19
March 7, 2025	Job 20
March 8, 2025	
March 9, 2025	
March 10, 2025	Job 21
March 11, 2025	Job 22
March 12, 2025	Job 23
March 13, 2025	Job 2 4
March 14, 2025	Job 25
March 15, 2025	
March 16, 2025	
March 17, 2025	Job 26
March 18, 2025	Job 27
March 19, 2025	Job 28
March 20, 2025	Job 29
March 21, 2025	Job 30
March 22, 2025	
March 23, 2025	
March 24, 2025	Job 31
March 25, 2025	Job 32
March 26, 2025	Job 33
March 27, 2025	Job 34
March 28, 2025	Job 35
March 29, 2025	
March 30, 2025	
March 31, 2025	Job 36

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FASTING WITH PERSEVERANCE

In keeping with our commitment to "**Prospering Through Perseverance**," the Mount Pisgah Harnett Church family is encouraged to join our forty days of corporate fasting and praying beginning on Tuesday, March 11, and concluding on Saturday, April 19, 2025, which is the Saturday before Resurrection Sunday. We will have an in-person prayer meeting on Saturday, March 15, 2025, and on Saturday, April 19, 2025.

This season of fasting and prayer is designed to encourage us to fulfill God's plan for our lives individually, and the church corporately. In addition, we will be intentional about walking by faith, not by sight. We are believing God for breakthroughs, for casting down strongholds, and for yokes being destroyed as we pursue the things of God. Our fasting and praying will help us to remain steadfast in our commitment to Christ.

<u>As with previous fasts, anyone who is not able to fast for medical reasons is</u> <u>encouraged to give up other things as a part of the fast</u>. For example, there may be a specific food that someone may choose not to eat or give up social media or watching television.

The fast will consist of the following. Water is allowed during the day.

Week 1 – fasting for the first 6 hours of the day

Week 2 – fasting for the first 9 hours of the day

Week 3 - fasting for the first 12 hours of the day

Week 4 – fasting for the first 6 hours of the day – no meats, no sweets, no junk food, and no caffeine

Week 5 – fasting for the first 9 hours of the day – no meats, no sweets, no junk food, and no caffeine

Week 6 – fasting for the first 12 hours of the day – no meats, no sweets, no junk food, and no caffeine

We believe God will honor this time of fasting and prayer for the Mount Pisgah Church family.