



***All meals will need to be eaten before 8 pm ***

****No more than TWO meals per day****

Daily Prayer Times & Tips:

- **Prayer Times: 6:30am, 12:00noon, and 6:30pm.**
- Set an alarm to pray throughout the day.
- We encourage you to pray with a friend, loved one, or your family during the designated prayer times.
- Access the fast playlist to help set an atmosphere of worship throughout the day.

Foods You May Include During the 21-Day Fast:

Water

Natural teas

Black coffee

Eggs

Real butter

Olive oil

Real/raw dairy products

Meats

Vegetables (fresh, frozen, dried, or juiced) Vegetables include but are not limited to artichokes, asparagus, beets, broccoli, brussels sprouts, cabbage, carrots, cauliflower, celery, chili peppers, collard greens, cucumbers, eggplant, garlic ginger root, kale, leeks, lettuce, mushrooms, mustard greens, okra, onions, parsley, potatoes, radishes, rutabagas, scallions, spinach, sprouts, squashes, sweet potatoes, tomatoes, turnips, watercress, yams, zucchini, etc.

All natural seasonings such as, but not limited to, sea salt, black pepper, garlic powder, onion powder, paprika, etc.

Foods To Avoid During the 21-Day Fast:

Whole Grains: Including but not limited to whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole wheat pasta, whole wheat tortillas, rice cakes, oatmeal, and popcorn.

Fresh Fruit

Pasta, Grits, Oatmeal or Popcorn

Nuts and Seeds: Including but not limited to sunflower seeds, cashews, peanuts, and sesame. Also, nut butters, including peanut butter.

Non-Quality Oils: Including but not limited to vegetable, seed oils (grape, sesame, etc), peanut oil.

Sugar & Sweeteners: Including but not limited to sugar, raw sugar, honey, syrups, molasses, date honey, agave, stevia, and cane juice.

Breads: Including Ezekiel bread and baked goods.

Refined and Processed Food Products: These include but are not limited to artificial flavorings for additives, chemicals, white rice, white flour, and foods that contain artificial preservatives.

Deep Fried Foods: Including but not limited to potato chips, french fries, corn chips, etc.

Beverages: No sugary drinks, carbonated beverages, store-bought juices, or alcohol.

Fast Food

Fried or Floured Foods

Corn Meal



Weekly Focus	Prayer Target
Week 1: Jan 8-14	RNCC First Family & Congregation, Personal Prayer Targets
Week 2: Jan 15-21	RNCC New Campus, Personal Prayer Targets
Week 3: Jan 22-28	United States of America, Personal Prayer Targets

Week 1: Jan 8-14: Raleigh North Christian Center Families

RNCC Families

- Unity and Love (know us by the love we have for one another)
- All RNCC members walk in health and prosper in spirit, soul & body.
- Families and marriages prosper and experience healing.
- Debt freedom, financial prosperity, and favor
- Every generation at RNCC actively grows in God and matures in the Christian faith.
- That we would consistently and proactively hear the Word of God & apply it
- Revived and renewed in God.

Dr. Chapman, Lady Chapman, & First Family

- Blessed with wisdom and guidance in decision-making.
- Blessed as they do marriage and ministry together.
- Favored
- Covered spiritually, physically, and financially.
- Walk in total healing.

Week 2: Jan 15-21: New Campus

A Moment of Praise for:

- RNCC is under contract to purchase 30+ acres in Raleigh. The land purchase is contingent on-site plan approval with the City of Raleigh.
- New land is optimal and fully buildable for our new campus
- We have adapted our campus design for the new site
- We have prudent, productive preparation actively in progress as we work with the city's requirements for the site.

New Campus

- Expedited site plan approval with the city of Raleigh's planning committee and legislative parties, including the District council members and the Mayor
- Favorable and agreed upon terms with the city of Raleigh in the comprehensive plan amendment, rezoning, and site plan for our future church campus.
- New construction will be *on time and under budget* with favor and integrity from all project contractors.
- Debt freedom and 100% New Campus Fund participation by RNCC members
- Favor with banks, financial partners, and the city of Raleigh as we build.

Week 3: Jan 22-28: United States of America

- Unity within our nation: President Biden and Vice President Harris, Governor Roy Cooper, and local government officials, including city & county commissioners.
- That righteousness and justice prevail in local, state and national positions of all three branches of government.
- That God's grace and mercy continue to cover and protect the United States of America and heal our land.