

CMj Ministries presents...

Zion City International Church Ministries, Inc.



**Zion Heard and
Was Glad.**

Bi-Annual Solemn Assembly 7 FAST Plans

FAST Plan (FP) Uses and Recommendations:

1. Annual Solemn Assembly in January 1 - 31 (You Choose)
2. Annual Jesus Unleashing Understanding Necessary for Elevation (J.U.U.N.E.) June 1 - 30 (You Choose)
3. The UPPER Room (FP 3 or 4: Partial 1 or 2)
4. Retreats (FP 2 or 3: Regular or Partial 1)
5. Thursday Intercessory Prayer (TIP) (FP 4 or 6: One Meal/Skip)
6. General Use (as you are lead/able) (FP 1 or 5: Complete/Radical/Partial 3)

Radical FASTING is not recommended without proper medical consent. Seek quality time with Lord over quantity time for the Lord.



Solemn Assembly Fast Plans-

"REMEMBER" VICTORY COMES AFTER FASTING AND PRAYING!

1. Complete or Radical Fast (Full- No Food or Liquids)

-24 Hours or Longer

-2 to 3 Days Maximum

(Water is encouraged if desired or necessary)

2. Regular Fast (Water or Juice Only)

Choose Your Plan:

-0 Hour Intervals if on Retreat

-6 Hour Intervals (4 to 7 Days)

-3 Hour Intervals (7 Days or More)

(New Day begins at Midnight)

3. Partial Fast 1 (Only Natural Liquids NOT EXCLUDING Soups (Meat in soup OK, limit Pork when/if possible) or Broths; Fruits & Vegetables Allowable, Ensure, Instant Breakfast & Bread)

Choose Your Plan:

-6 Hour Intervals (4 to 7 Days UNLESS OTHERWISE SPECIFIED)

-3 Hour Intervals (7 Days or More UNLESS OTHERWISE SPECIFIED)

4. Partial Fast 2 (One Meal A Day)

Choose Your Meal:

-Breakfast, Lunch or Dinner (Complete or Full Meals)

-No Fried Foods, Beef or Pork (1 Desert Serving or Snack)

-Water and/or Natural Juice Only (Recommended: Naked Juice or Equivalent, Splash, Tomato Juice, Welches, 100% Real Orange, Organic Juices)

5. Partial Fast 3 (HD - No Food or Liquids)

Choose Your Time:

-12 Hours (6 am to 6 p.m.) or

-12 Hours (6 p.m. to Midnight)

-12 Hours (Midnight to 6 am)^ plus

-No Fried Foods, Beef, Pork or Desert/Snack

-Water or Juice (Grape, Apple, Orange, Cranberry or Tomato) Only

6. Partial Fast 4 (Skip a Meal)

Choose Your Type:

-Skip Breakfast (6 am to 12 p.m.)*

-Skip Lunch (12 am to 6 p.m.)

-Skip Dinner (6 p.m. to 6 am)**

-No Fried Foods, Beef or Pork (1 Desert Serving or Snack)

-Water or Juice (Grape, Apple, Orange, Cranberry or Tomato) Only

(Dinner ends at 9 p.m.)^

(Breakfast begins at 6 am, ends at 11 am)^

^3rd Shift Workers

***Includes Limited Lunch and Dinner Time Periods - L12AM - 2PM and D6PM - 8PM**

****Breakfast and Lunch may be continuous. Lunch ends at 4PM**

7. Combination Fast 5 (Choose any combination of the above programs)

Fasting HELP Tips:

During Fasting please refrain from non-spiritual entertainment and activities.

These are guidelines, not law. Fasting is given for us to grow, not to crush us.

Please consult your doctor, especially if you have health problems or you are taking special medications. Limit physical exercise when going on any type of fast. If this is your first fast, please consider combining the Fasts or starting off slow with a Partial Fast.

Suggestions For Ending Fast - End your fast slowly. Start back slowly on your regular eating schedule. Don't overeat when the time comes to end your fast. Begin eating solid foods gradually and eat smaller portions or snacks until your body is re-accustomed to eating solid foods.

If yours was a Total or Complete Full Fast:

The first 2 days begin with juice or broth. On the 3rd and 4th days you may add fruits and vegetables. After 4th day, slowly add meats, fish, breads and sweets and add dairy products last - and slowly. If discomfort takes place, back down to 4th day again and slowly add in your suggested food groupings.

Special Note:

Download the Zion City Solemn Assembly Fast Guide to gain a complete and exhaustive understanding of proper fasting etiquette.