



Greater Life Church North
“Loving and Leading People to a Greater Life”
Pastor Nate Stewart, Lead Servant

2770 Glebe Rd. Lemon Grove, CA 91945

| 619.263.8101

| admin@greaterlifesd.org

| www.greaterlifesd.org

10-DAY CHURCH FAST

A Daily Guide for Spiritual Focus and Impact.

DAILY EATING WINDOWS

Main Eating Window: 12:00 PM – 7:00 PM

Optional Light Morning Intake: 6:00 AM – 10:00 AM for those who need a light breakfast

Fasting Window: After 7:00 PM until next meal (water allowed at all times)

MORNING CONSECRATION (6:00 AM – 10:00 AM)

Food Options:

Option 1: Water, warm water with lemon, herbal tea

Option 2: Fresh fruit, plain oatmeal, one egg, fruit & water smoothie

Social Focus:

- No social media
- No television or streaming
- No entertainment that distracts from God

Purpose: Prayer, scripture reading, worship, journaling

MIDDAY MEAL (12:00 PM – 1:00 PM)

Food Options:

- Salad with light dressing
- Steamed or roasted vegetables
- Baked or grilled chicken or fish
- Beans or lentils
- Broth-based soup



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Social Focus:

- No social media
- No television while eating

AFTERNOON RESET (3:00 PM – 4:00 PM)

Food Options (Optional):

- Fresh fruit
- Nuts in moderation
- Vegetable juice, no sugar

Social Focus:

- No social media
- No gossip or negative conversations

Purpose: Refocus mind and spirit

EVENING MEAL (6:00 PM – 7:00 PM)

Food Options:

- Light protein & vegetables
- Salad with chicken or fish
- Soup or broth
- Eggs with vegetables

Social Focus:

- No social media
- No television while eating
- Family conversation, prayer, or reflection encouraged

Stop eating by 7:00 PM



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EVENING CONSECRATION (After 7:00 PM)

Food & Drink:

- Water
- Herbal tea
- Warm lemon water
- Light broth if needed

Social Restrictions:

- No social media
- No television or streaming
- No late night outings

Spiritual Focus: Prayer, scripture reading, journaling, quiet reflection

GENERAL GUIDELINES

- No snacking after cutoff time
- No social media at any time
- Avoid entertainment-driven habits
- Choose discipline with grace
- If you slip, reset and continue

FLEXIBLE TIME OPTION

Shift the schedule one hour later if needed (e.g., 1:00 PM – 8:00 PM eating window) while keeping the same boundaries.



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FOODS TO AVOID

Heavy, processed, and indulgent foods.

- Fried foods
- Fast food
- Red meat and pork
- Sweets, desserts, candy
- White bread, rolls, tortillas
- Pasta and rice
- Chips, crackers, salty snacks
- Cheese and heavy dairy
- Processed or frozen meals
- Sugary breakfast foods

APPROVED FOODS

Keep meals light, clean, and intentional.

- Fresh fruits
- Fresh or steamed vegetables
- Salads with light dressing
- Baked or grilled chicken
- Baked or grilled fish
- Eggs
- Beans and lentils
- Nuts and seeds in moderation
- Plain oatmeal
- Whole grain bread in small portions
- Olive oil in moderation
- Soup, broth based, not creamy

BEVERAGES TO AVOID

Drinks that overstimulate or contain sugar.

- Soda
- Sweet tea

- Juice with added sugar
- Coffee and espresso
- Energy drinks
- Sports drinks
- Alcohol
- Milkshakes or sweet smoothies
- Artificially flavored drinks

APPROVED BEVERAGES

Simple, clean hydration.

- Water
- Warm water with lemon
- Unsweetened herbal tea
- Black tea in moderation if needed
- Vegetable juice, no added sugar
- Homemade smoothies with fruit and water only

SOCIAL THINGS TO AVOID

Reduce distractions and flesh feeding activities.

- Eating out for pleasure
- Social events centered around food
- Entertainment that does not uplift God
- Excessive social media
- Unnecessary TV and streaming
- Late night outings
- Gossip and negative talk
- Arguments and unnecessary debates
- Loud or chaotic environments



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FASTING REMINDER: This fast is about focus, humility, and surrender, not legalism. If you slip, repent, reset, and keep going.