

**Greater Life Church Central***"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**3rd Quarter Fast Devotional Guidelines****Revive Us Again****Theme Scripture: Psalm 85:6**

"Will You not revive us again, that Your people may rejoice in You?"

The Purpose of This Fast

For the next 10 days, we are intentionally setting aside distractions, denying our flesh, and creating greater space for God. This fast is about spiritual renewal, deeper prayer, stronger discipline, and preparing our hearts for what God wants to do next.

This is not just about what we give up; it is about what we gain a deeper hunger for God, greater spiritual awareness, and renewed commitment to His presence.

Daily Fast Schedule**Morning Consecration****6:00 AM – 9:00 AM****Before You Eat:**

Start your day with God.

Morning Assignment:

- ✓ Pray for 15 minutes
- ✓ Read the daily scripture
- ✓ Worship through music
- ✓ Write your prayer request for the day

Morning Journal Prompt:

"What am I asking God to revive in me?"

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Choose a healthy option that aligns with the fast.

Protein Options:

- Eggs
- Fish (optional)
- Plant-based proteins
- Beans or legumes
- Nuts and seeds
- Other healthy protein choices

Fruit Options:

- Apples
- Bananas
- Berries
- Grapes
- Oranges
- Melons
- Pineapple
- Other fresh fruits

Whole Grain Options:

- Oatmeal
- Whole grain breads
- Brown rice
- Other whole grain choices

Healthy Additions:

- Avocado
- Natural nut butters
- Seeds

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- ✗ Bacon
- ✗ Sausage
- ✗ Sugary cereals
- ✗ Pastries
- ✗ Fast food breakfast

Midday Focus**12:00 PM – 2:00 PM**

Before lunch:

Take 5 minutes to pray.

Midday Prayer:

"Lord, help me stay focused on You and not my cravings, distractions, or emotions."

Lunch Window**12:00 PM – 2:00 PM**

Choose a balanced meal.

Protein Options:

- Fish
- Beans
- Lentils
- Eggs
- Plant-based proteins
- Other healthy protein choices

Vegetable Options:

- Green vegetables
- Leafy salads
- Roasted vegetables
- Steamed vegetables
- Mixed vegetables

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- Brown rice
- Sweet potatoes
- Whole grains
- Other approved whole-food options

Healthy Additions:

- Avocado
- Nuts
- Seeds
- Olive oil-based dressings

Afternoon Spiritual Check-In**3:00 PM – 5:00 PM**

Take a moment to pause and reflect.

Ask yourself:

- 1. Am I becoming more aware of God today?**
- 2. What distractions have I noticed?**
- 3. What is God revealing about me?**

Replace unnecessary scrolling with:

- Sermons
- Worship music
- Scripture reading
- Encouraging someone through a phone call or text

Dinner Window**5:00 PM – 7:00 PM****Your final meal of the day must be completed by 7:00 PM.**

After 7:00 PM:

 No additional meals

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This is an intentional act of discipline and surrender as we teach our bodies that our cravings do not control us.

Dinner Options:**Protein Options:**

- Fish
- Beans
- Lentils
- Eggs
- Plant-based proteins
- Other healthy protein choices

Vegetable Options:

- Salads
- Green vegetables
- Roasted vegetables
- Steamed vegetables
- Vegetable-based meals

Whole Food Options:

- Sweet potatoes
- Brown rice
- Whole grains
- Other healthy options that align with the fast

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Use the moment as an opportunity to pray and seek God.

Options:

- ✓ Drink water
- ✓ Drink herbal tea
- ✓ Spend time in prayer
- ✓ Read scripture
- ✓ Worship and redirect your focus toward God

Remember: The goal is not simply to deny food; the goal is to increase our hunger for God.**Food Guidelines Summary****Foods Allowed:**

- ✓ Fruits
- ✓ Vegetables
- ✓ Beans
- ✓ Lentils
- ✓ Whole grains
- ✓ Nuts and seeds
- ✓ Fish (optional)
- ✓ Eggs (optional)
- ✓ Healthy protein options

Foods Removed:

- ✗ Red meat
- ✗ Pork
- ✗ Fried foods
- ✗ Fast food
- ✗ Candy
- ✗ Desserts
- ✗ Chips
- ✗ Soda
- ✗ Alcohol

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During these 10 days, we are intentionally limiting entertainment and creating more room for God.

**Social Media Restrictions**

No social media unless it is being used for spiritual growth, encouragement, or ministry purposes.

Social media platforms include:

- Facebook
- Instagram
- TikTok
- Snapchat
- X (Twitter)
- YouTube Shorts
- Threads
- Other entertainment-based social platforms

Allowed Use:

- ✓ Watching sermons
- ✓ Listening to worship content
- ✓ Viewing biblical teaching
- ✓ Encouraging others through positive messages
- ✓ Participating in ministry related communication

Avoid:

- ✗ Scrolling timelines without purpose
- ✗ Watching videos for entertainment
- ✗ Comparing your life to others
- ✗ Engaging in unnecessary debates or conversations

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- Limit television to **30 minutes per day**
- No binge watching
- No reality television
- No entertainment that replaces time with God

Replace entertainment time with:

- Prayer
- Worship
- Reading
- Family devotion
- Christian teaching
- Journaling

Evening Consecration**7:00 PM – Bedtime**

This is your time to end the day with God.

Nightly Assignment**1. Read the Scripture of the Day**

Spend time allowing God's Word to speak to you.

2. Journal

Write:

1. What did God show me today?
2. What challenged me today?
3. What do I need to surrender to God?
4. Where did I see God working today?

3. Pray

End your night with:

"Lord, revive my heart. Remove anything that separates me from You. Give me a greater hunger for Your presence."

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Less distraction. More devotion. Less dependence on comfort.

More dependence on Christ. Less of us. More of Him.