



Greater Life Church Central

"Loving and Leading People to a Greater Life"

Pastor Nate Stewart, Lead Servant

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2770 Glebe Rd. Lemon Grove, CA 91945

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10 DAY CHURCH FAST : A Daily Guide for Spiritual Focus and Impact

THEME: Breaking Barriers and Building Faith

PURPOSE:

This guide provides structure for both natural discipline and spiritual focus. Use the focus scriptures during each window as intentional moments to pause, refocus, and strengthen your faith as God breaks barriers and builds greater spiritual growth in your life.

DAILY EATING WINDOWS:

Morning Intake Window:

6:00 AM – 8:00 AM

Midday Meal:

12:00 PM – 1:00 PM

Evening Meal:

6:00 PM – 7:00 PM

Fasting Window:

7:00 PM – 6:00 AM

Water is allowed at all times

MORNING INTAKE

(6:00 AM – 8:00 AM)

Food Options:

- Water, warm water with lemon, herbal tea
- Fresh fruit
- Plain oatmeal
- One egg or light protein
- Fruit smoothie (no added sugar)
- Plain, unsweetened yogurt

Social Focus:

EXCELLENCE

INTEGRITY

RESPECT



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- No social media
- No television or streaming unless inspirational, worship, or teaching content

Purpose: Prayer, scripture reading, worship, journaling

Focus Scripture: *Isaiah 43:19*

“Behold, I will do a new thing, now it shall spring forth...”

Reflection Question:

What barrier is God breaking in my morning routine, mindset, or discipline so I can begin each day in stronger faith?

MIDDAY MEAL

(12:00 PM – 1:00 PM)

Food Options:

- Salad with light dressing
- Grilled or baked chicken or turkey
- Grilled or baked fish
- Steamed or roasted vegetables
- Beans, lentils, or chickpeas
- Broth-based soup
- Small portion of brown rice or quinoa

Social Focus:

- No social media during meals
- No television while eating

Focus Scripture: *Hebrews 11:6*

“But without faith it is impossible to please him...”

Reflection Question:

What barrier of doubt is weakening my faith, and how can I trust God more in this season?

AFTERNOON RESET

(3:00 PM – 4:00 PM)



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Food Options (Optional):

- Fresh fruit
- Raw nuts in moderation
- Vegetable juice (no sugar added)
- Plain Greek yogurt
- Light fruit and green smoothies

Social Focus:

- No social media
- No entertainment media
- Avoid gossip and negative conversations

Purpose: Refocus mind and spirit

Focus Scripture: *2 Corinthians 10:5*

"Casting down imaginations, and every high thing that exalteth itself against the knowledge of God..."

Reflection Question:

What thoughts, emotions, or mental barriers are keeping me from fully trusting God's promises?

EVENING MEAL

(6:00 PM – 7:00 PM)

Food Options:

- Grilled or baked chicken or fish
- Light turkey wraps (whole grain, small portions)
- Steamed or roasted vegetables
- Salad with protein
- Soup or broth
- Eggs with vegetables
- Small portion of whole grains if needed

Social Focus:

- Limit distractions during meals
- Be present and intentional



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- Encourage family conversation, prayer, or reflection

Stop eating by 7:00 PM

Focus Scripture: *Mark 9:23*

"All things are possible to him that believeth."

Reflection Question:

What limitations have I placed on God that are becoming barriers to my faith?

EVENING CONSECRATION

(After 7:00 PM)

Food and Drink (if needed):

- Water
- Herbal tea
- Warm lemon water
- Light broth
- Fresh fruit (small portion if necessary)

Social Focus:

- No social media
- No television or streaming
- Protect this time for prayer, reflection, and rest

Spiritual Focus:

Prayer, scripture reading, journaling, quiet reflection

Focus Scripture: *Joshua 1:9*

"Be strong and of a good courage... for the Lord thy God is with thee whithersoever thou goest."

Reflection Question:

What fear or barrier must I confront, trusting that God is with me and is already going before me?

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- No social media during the fast
- Television and streaming limited to 1 hour per day maximum
- Only inspirational, worship, or teaching content should be viewed
- The goal is not restriction, but removing distractions that block spiritual growth

GENERAL FAST GUIDELINES:

- No snacking outside designated windows
- Drink water consistently throughout the day
- Avoid entertainment driven habits that weaken spiritual focus
- Choose discipline with grace
- If you slip, reset and continue

FLEXIBLE TIME OPTION:

If needed, the schedule may be shifted one hour later, for example 7:00 AM – 9:00 AM morning intake, while maintaining the same structure and boundaries