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

Fasting Guideline

FINISHING STRONG: A 10-Day Fourth Quarter Fast

Dates: November 9–18, 2026
Focus Word: FOCUS

We are setting aside 10 days to strengthen our discipline, remove distractions, and give God our full attention.

This should stretch you. Choose to follow through even when it becomes inconvenient.

1. THE FOOD COMMITMENT

Main Eating Window: Noon–7:00 PM

Optional Morning Meal: 6:00–10:00 AM
Eat simple, balanced meals. Avoid overeating, second helpings out of habit, and eating just because food is available.

MORNING OPTION
6:00–10:00 AM
For those who need breakfast, choose:

- Plain oatmeal
- Eggs
- Fresh fruit
- One slice of whole grain toast

Keep it simple. No bacon, sausage, pastries, or sugary cereals.
The morning option is available without guilt. Using it is following the plan.

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MIDDAY MEAL Noon–1:00 PM
Build your meal from:

- Baked or grilled chicken or fish
- Fresh, steamed, or roasted vegetables
- Salad with light dressing
- Beans or peas
- Broth-based soup

AFTERNOON RESET
Between Lunch and Dinner

- No afternoon snacks or grazing.
- Drink water, water with lemon, or unsweetened herbal tea, hot or iced.
- No added sugar, honey, or cream.
- Use your usual snack break to pause, pray, and refocus.

Let the break from snacking remind you to turn your attention toward God. Anyone who needs food for medication or health reasons may have a light snack. Follow your healthcare professional's guidance without guilt. You are still participating in the fast.

EVENING MEAL 6:00–7:00 PM
Choose a simple, balanced meal:

- Chicken or fish with vegetables
- Salad with chicken, fish, or beans
- Broth-based soup
- Eggs with vegetables

Finish eating by 7:00 PM. No late night meals or snacks, except as needed for health or medication.
After your cutoff, drink water, unsweetened herbal tea, or warm lemon water. **Water is allowed at all times.**

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FOR THESE 10 DAYS, SET ASIDE:

- Fried foods and fast food
- Red meat, pork, bacon, and sausage
- Candy, cookies, cakes, ice cream, and other sweets
- White bread, pasta, and rice
- Chips, crackers, and packaged snack foods
- Cheese, creamy sauces, and heavy dairy
- Coffee, espresso, and energy drinks
- Soda, sweet tea, and sugary beverages
- Alcohol

2. THE SOCIAL MEDIA COMMITMENT

Spiritual development is allowed. Casual scrolling is not.
You may use social media to access church prayer, Bible study, a devotional, or a selected sermon.

Go on with a purpose. Leave when that purpose is complete.

- No scrolling through feeds, reels, or stories.
- No checking people's pages to see what they are doing.
- No browsing comments or getting pulled into debates.
- No personal posting, selfies, or checking likes.
- No moving from a sermon into unrelated suggested videos.
- Turn off nonessential notifications.
- If work requires social media, complete the task and log off.

Before opening an app, ask: What am I coming here to do? If you cannot answer clearly, leave it closed.
Watching spiritual content does not replace your own time in prayer and Scripture.

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3. THE ENTERTAINMENT COMMITMENT

For these 10 days:

- No entertainment television, movies, or streaming, including sports and binge watching.
- No recreational late night outings.
- No eating out simply for indulgence.
- No replacing social media scrolling with hours of games or other distractions.

Use that time to pray, read, rest, connect with family, and follow the devotional already provided.

Don't give up one distraction just to pick up another.

4. THE SPEECH COMMITMENT

Pay attention to what comes out of your mouth.

- No gossip or carrying other people's business.
- No insults or unnecessary arguments.
- Refuse conversations that tear people down.
- When you catch yourself complaining, pause and pray before continuing.

You can speak honestly about a problem without feeding negativity.
Let your words reflect the same discipline you are practicing with your appetite.

5. THE DAILY FOCUS COMMITMENT

Morning: Give God at least **20 minutes** in prayer and Scripture before checking nonessential messages.

Midday: Pause for at least **five minutes** to pray and refocus.
Throughout the day: Keep your phone away during meals, conversations, and personal time with God.

Stay consistent with the devotional readings already provided.

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GRACE AND ACCOUNTABILITY

- Eat enough to nourish your body during meals. This is not a competition to see who can eat the least.
- Use the morning option when needed. Adjust food choices and meal times as necessary for health or medication, following your healthcare professional's guidance.
- If your schedule requires it, shift meal times one hour later while keeping the same boundaries.
- If you slip, acknowledge it, reset, and continue. Don't use one difficult moment as permission to quit.

We are a growing church, and we are growing in discipline together.
Less scrolling. More Scripture.
Less distraction. More devotion.
Let's finish strong.

- **Your Lead Servant**