



SET THE CAPTIVES FREE OUTREACH CENTER

**ANNUAL CHURCHWIDE FAST**

*Prayer*  
& **FASTING**

**JANUARY 12 - 18, 2025**

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## 2025 ANNUAL CHURCHWIDE FASTING & PRAYER (Jan 12 - 18)

**Ministry Focus:** Thrive in 2025!!!

**Yearly Theme:** The Abundant Life!!!

**Yearly Motto:** Moving on, Reaching Excellence!!!

**Scripture:** Isaiah 60:1-2

*Arise, shine; for thy light is come, and the glory of the Lord is risen upon thee. 2 For, behold, the darkness shall cover the earth, and gross darkness the people; but the Lord shall arise upon thee, and His glory shall be seen upon thee.*

### **2025 FASTING GOALS:**

- (1) That you will hear from God!
- (2) That you will discipline your flesh.
- (3) That you will develop new and better eating habits.
- (4) That you will be healthier spiritually, mentally, physically, relationally, and financially.

Pastors Linwood  
& Karen Bethea

Set the Captives Free Outreach Center

# THRIVE *in* 2025

Isaiah 60:1-2

# JOIN US FOR PRAYER EACH MORNING!

Join Dr. Karen Bethea, our STCF Senior Leadership Team, and members of our Intercessory Prayer Ministry Team for corporate prayer at **7:00 AM** for 15 minutes of prayer during each day of the fast.

Join us for a brief but powerful time of prayer!

**Dial-In Number: 425-436-6316**

**Access Code: 676375**



# INSTRUCTIONS

**We are fasting completely with water only (no other food or drinks) from 6 am - 6 pm. After 6pm, you may eat what you like; eat healthy meals and have healthy drinks.**

- We highly recommend that you check with your physician before beginning your fast. If you are taking any medications, please consult with your doctor on what dietary adjustments you can make.
- Daily scripture reading and meditation are very important. We recommend abstaining from activities that take away time from devotional with God.
- We will abstain from unhealthy foods throughout the fast including but not limited to: soft drinks, desserts, sweets, processed foods, high sodium snacks, etc. Breath mints are permissible.
- If you are an athlete in special training; a member of the U.S. military; or work with heavy materials or in temperature-stressed environments; have diabetes, or are taking medication that requires a specific food intake, you must choose a modification to the fast (*i.e. such as giving up certain foods for the duration*)



	SUN - JAN 12	MON - JAN 13	TUES - JAN 14	WED - JAN 15	THU - JAN 16	FRI - JAN 17	SAT - JAN 18
<b>Prayer Focus</b>	Pray for America, the President and his family.  Pray for the peaceful transition to the incoming President and administration.	Pray for the body of Christ worldwide	Pray for leaders in government and the church world.	Pray for our church family in particular and the completion of The O.W.E. Center	Pray for families and marriages.	Pray for single men and women.	Pray for global revival.
<b>Scripture Meditation</b>	Proverbs 1 2 Timothy 3:16-17 Joel 2:15-18	Proverbs 2 Isaiah 58	Proverbs 3 Acts 13:1-4	Proverbs 12 Galatians 6:2	Proverbs 5 1 Peter 3:7	Proverbs 6 Luke 18:1	Proverbs 10 2 Chronicles 7:14
<b>Healthy Juice Recipes</b>  <i>Suggestions for After 6PM</i>  <i>** Use a juicer machine or a blender.</i>  <i>Simply double or triple the ingredients to make multiple servings.</i>	<b>GREEN DETOX</b> Day 1 Healthy Juice Recipe  <ul style="list-style-type: none"> <li>• 1 cup pineapple, diced</li> <li>• 1 cucumber, sliced</li> <li>• 1/2 lemon, juiced</li> <li>• 1 cup of water</li> </ul>	<b>APPLE CIDER</b> Day 2 Healthy Juice Recipe  <ul style="list-style-type: none"> <li>• 1 tbsp apple cider vinegar</li> <li>• 1/2 lemon</li> <li>• 1 cup of water</li> </ul>	<b>GREEN BOOST</b> Day 3 Healthy Juice Recipe  <ul style="list-style-type: none"> <li>• 1 cup apple</li> <li>• 1 banana</li> <li>• 1 handful of kale leaves</li> <li>• 1/2 lemon, juiced</li> <li>• 1 cup coconut water</li> </ul>	<b>LIVER DETOX</b> Day 4 Healthy Juice Recipe  <ul style="list-style-type: none"> <li>• 1 apple, cored</li> <li>• 1 beet, chopped</li> <li>• 1 inch ginger, peeled</li> <li>• 1/2 carrot, chopped</li> <li>• 1 cup of water</li> </ul>	<b>COLON CLEANER</b> Day 5 Healthy Juice Recipe  <ul style="list-style-type: none"> <li>• 1 cup papaya, diced</li> <li>• 1/2 cup mango, diced</li> <li>• 1/2 cup pineapple, diced</li> <li>• 1/2 tsp ground tumeric</li> <li>• 1 cup water</li> </ul>	<b>GREEN GODDEST</b> Day 6 Healthy Juice Recipe  <ul style="list-style-type: none"> <li>• 1 banana, sliced</li> <li>• 1 cup mango</li> <li>• 1 cup fresh kale</li> <li>• 1/2 cup almond milk</li> <li>• 1/2 cup water</li> </ul>	<b>ORANGE GINGER</b> Day 7 Healthy Juice Recipe  <ul style="list-style-type: none"> <li>• 1 inch ginger, peeled</li> <li>• 1/2 cup carrots</li> <li>• 1 tbsp flax seeds</li> <li>• 1 scoop protein powder</li> <li>• 1 cup water</li> </ul>

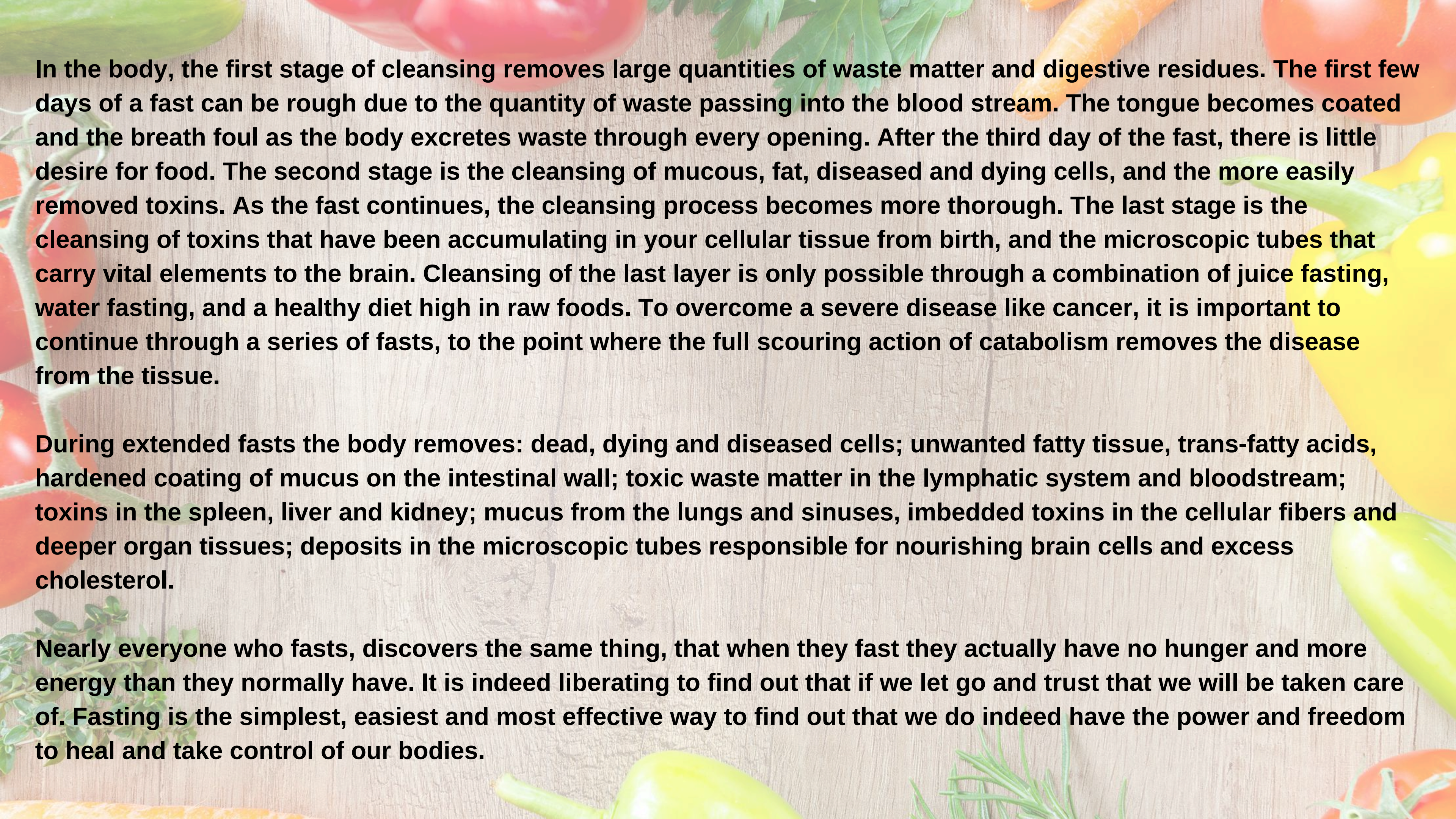
**HEALTHY JUICES ARE GREAT FOR YOUR BODY!**



# WHAT IS FASTING?

**Fasting is a period of abstinence from all food or specific items. Fluids are consumed in sufficient quantity to satisfy thirst and physiologic requirements. During the absence of food, the body will systematically cleanse itself of everything except vital tissue. Starvation will occur only when the body is forced to use vital tissue to survive. Although protein is being used by the body during the fast, a person fasting even 40 days on water will not suffer a deficiency of protein, vitamins, minerals or fatty acids. In the breakdown of unhealthy cells, all essential substances are used and conserved in a most extraordinary manner. There is an unwarranted fear of fasting that strength diminishes from the catabolism of proteins from muscle fibers. Even during long fasts, the number of muscle fibers remains the same. Although the healthy cells may be reduced in size and strength for a time, they remain perfectly sound.**

**The human body has many ordinary modes of achieving elimination: the liver, lungs, kidneys, colon, etc. When these are overloaded, the body will resort to "extra ordinary" methods of elimination: boils, mucous and other discharges, sweats, vomiting, diarrhea, and many others. Should elimination be impossible or uneconomical of body energy, the toxic overload will go into storage forms in the joints, vessels, muscles, organs; almost any tissue in the body. While fasting, the body is highly conservative of its energy and resources. During this deep and profound rest, toxin intake and production are reduced to a minimum while autolysins and elimination proceed unchecked. Anabolic processes such as tissue and bone healing also proceed at a maximal rate during the fast.**



**In the body, the first stage of cleansing removes large quantities of waste matter and digestive residues. The first few days of a fast can be rough due to the quantity of waste passing into the blood stream. The tongue becomes coated and the breath foul as the body excretes waste through every opening. After the third day of the fast, there is little desire for food. The second stage is the cleansing of mucous, fat, diseased and dying cells, and the more easily removed toxins. As the fast continues, the cleansing process becomes more thorough. The last stage is the cleansing of toxins that have been accumulating in your cellular tissue from birth, and the microscopic tubes that carry vital elements to the brain. Cleansing of the last layer is only possible through a combination of juice fasting, water fasting, and a healthy diet high in raw foods. To overcome a severe disease like cancer, it is important to continue through a series of fasts, to the point where the full scouring action of catabolism removes the disease from the tissue.**

**During extended fasts the body removes: dead, dying and diseased cells; unwanted fatty tissue, trans-fatty acids, hardened coating of mucus on the intestinal wall; toxic waste matter in the lymphatic system and bloodstream; toxins in the spleen, liver and kidney; mucus from the lungs and sinuses, imbedded toxins in the cellular fibers and deeper organ tissues; deposits in the microscopic tubes responsible for nourishing brain cells and excess cholesterol.**

**Nearly everyone who fasts, discovers the same thing, that when they fast they actually have no hunger and more energy than they normally have. It is indeed liberating to find out that if we let go and trust that we will be taken care of. Fasting is the simplest, easiest and most effective way to find out that we do indeed have the power and freedom to heal and take control of our bodies.**



# Healing

**During a fast, a metamorphosis occurs. The body undergoes a tearing down and rebuilding of damaged materials. For this reason, fasting is famous for its ability to rejuvenate and give the body a more youthful tone. Why does fasting have such a powerful effect in healing the body? Fasting dissolves diseased cells in a systematic manner, leaving healthy tissue. The result is a thorough cleansing of the tube, membrane and cellular structures. There is a remarkable redistribution of nutrients in the fasting body. It hangs on to precious minerals and vitamins while catabolizing on old tissue, toxins and inferior materials.**

**Each cell of your body is a complete living entity with its own metabolism. It needs a constant supply of oxygen and sufficient nourishment. When due to nutritional deficiencies, sluggish metabolism, sedentary life, overeating and consequent poor digestion and assimilation of food, lack of fresh air and sufficient exercise and rest, our cells are deprived... they start to degenerate... the normal process of cell replacement and rebuilding slows down and your body starts to grow old, its resistance to disease will diminish and you become 'sick'. Animals will naturally fast when they are sick or injured, and when we are ill, our hunger diminishes. If we get out of the way and allow nature to take its course, we will find that we can heal from any problem**

# Benefits Of Fasting

- **Mental clarity is improved and brain fog is lifted.**
- **Rapid, safe weight loss is achieved without flabbiness The nervous system is balanced**
- **Energy level and sensory perception is increased. The longer the fast, the bigger increase in energy and vitality. You normally need less sleep.**
- **Organs are revitalized Cellular biochemistry is harmonized**
- **The skin becomes silky, soft, and sensitive**
- **There is greater ease of movement**
- **Breathing becomes fuller, freer and deeper**
- **The digestive system is rejuvenated and becomes more effective; the peristaltic action of the intestines (the cause of a natural bowel movement) is stronger after fasting.**
- **Fasting retrains your tasting sense back to more healthy food as acute sensitivity is restored.**
- **Fasting can increase confidence in our ability to have control over our lives and our appetite, and that our body is self-regulating and a self-healing organism capable or establishing balance when given the possibility to do so.**
- **Normal metabolic and cell oxygenation are restored. Detoxification - as soon as the body realizes that it's fasting it will begin to eliminate those things that cause disease, such as fat cells, arterial cholesterol plaques, mucus, tumors, stored up worries and emotions.**