

Day	Reading	Family Focus
[] Day 178	2 Cor 8	2 Cor 8:7-15
[] Day 179	2 Cor 9	2 Cor 9:6-15
[] Day 180	2 Cor 10	2 Cor 10:12-18
[] Day 181	Ezek 37	Ezek 37:23-28
[] Day 182 Weekly Day Off		
[] Day 183	2 Cor 11	2 Cor 11:21-33
[] Day 184	2 Cor 12	2 Cor 12:5-10
[] Day 185	2 Cor 13	2 Cor 13:5-9
[] Day 186	Luke 1	Luke 1:5-25
[] Day 187	Luke 2	Luke 2:1-17
[] Day 188	Mal4	Mal4
[] Day 189 Weekly Day Off		
[] Day 190	Luke 3	Luke 3:1-6
[] Day 191	Luke 4	Luke 4:16-24
[] Day 192	Luke 5	Luke 5:1-11
[] Day 193	Luke 6	Luke 6:39-49
[] Day 194	Luke 7	Luke 7:1-10
[] Day 195	Isa 40	Isa 40:1-5
[] Day 196 Weekly Day Off		
[] Day 197	Luke 8	Luke 8:4-15
[] Day 198	Luke 9	Luke 9:28-36
[] Day 199	Luke 10	Luke 10:38-42
[] Day 200	Luke 11	Luke 11:1-4
[] Day 201	Luke 12	Luke 12:22-32
[] Day 202	Prov 8	Prov 8:33-35
[] Day 203 Weekly Day Off		
[] Day 204	Luke 13	Luke 13:10-17
[] Day 205	Luke 14	Luke 14:7-11
[] Day 206	Luke 15	Luke 15:8-10
[] Day 207	Luke 16	Luke 16:19-31
[] Day 208	Luke 17	Luke 17:11-19
[] Day 209	Deut 15	Deut 15:7-11
[] Day 210 Weekly Day Off		
[] Day 211	Luke 18	Luke 18:9-17
[] Day 212	Luke 19	Luke 19:28-48
[] Day 213	Luke 20	Luke 20:19-26
[] Day 214	Luke 21	Luke 21:1-4
[] Day 215	Luke 22	Luke 22:39-46
[] Day 216	Isa 56	Isa 56:7
[] Day 217 Weekly Day Off		
[] Day 218	Luke 23	Luke 23:39-43
[] Day 219	Luke 24	Luke 24:33-45
[] Day 220	Acts 1	Acts 1:1-11
[] Day 221	Acts 2	Acts 2:41-47
[] Day 222	Acts 3	Acts 3:1-18
[] Day 223	Joel2	Joel 2:28-32
[] Day 224 Weekly Day Off		
[] Day 225	Acts 4	Acts 4:7-12
[] Day 226	Acts 5	Acts 5:17-32
[] Day 227	Acts 6	Acts 6:1-7
[] Day 228	Acts 7	Acts 7:30-42
[] Day 229	Acts 8	Acts 8:2-6-40
[] Day 230	Deut 18	Deut 18:14-18
[] Day 231 Weekly Day Off		
[] Day 232	Acts 9	Acts 9:1-16
[] Day 233	Acts 10	Acts 10:24-40
[] Day 234	Acts 11	Acts 11:4-18
[] Day 235	Acts 12	Acts 12:5-17
[] Day 236	Acts 13	Acts 13:13-31
[] Day 237	Psa 89	Psa 89:20-29
[] Day 238 Weekly Day Off		
[] Day 239	Acts 14	Acts 14:8-20
[] Day 240	Acts 15	Acts 15:6-18

Day	Reading	Family Focus
[] Day 241	Acts 16	Acts 16:22-34
[] Day 242	Acts 17	Acts 17:22-29
[] Day 243	Acts 18	Acts 18:5-11
[] Day 244	Amos9	Amos 9:11-12
[] Day 245 Weekly Day Off		
[] Day 246	Acts 19	Acts 19:8-10
[] Day 247	Acts 20	Acts 20:25-38
[] Day 248	Acts 21	Acts 21:27-30
[] Day 249	Acts 22	Acts 22:1-16
[] Day 250	Acts 23	Acts 23:6-11
[] Day 251	Ezek 33	Ezek 33:1-6
[] Day 252 Weekly Day Off		
[] Day 253	Acts 24	Acts 24:10-21
[] Day 254	Acts 25	Acts 25:7-12
[] Day 255	Acts 26	Acts 26:26-32
[] Day 256	Acts 27	Acts 27:14-26
[] Day 257	Acts 28	Acts 28:1-6
[] Day 258	Isa 26	Isa 26:19
[] Day 259 Weekly Day Off		
[] Day 260	Gal 1	Gal 1:6-10
[] Day 261	Gal 2	Gal 2:20-21
[] Day 262	Gal 3	Gal 3:6-14
[] Day 263	Gal 4	Gal 4:4-7
[] Day 264	Gal 5	Gal 5:22-26
[] Day 265	Gen 12	Gen 12:1-5
[] Day 266 Weekly Day Off		
[] Day 267	Gal 6	Gal 6:2-5
[] Day 268	Eph 1	Eph 1:3-14
[] Day 269	Eph 2	Eph 2:4-10
[] Day 270	Eph 3	Eph 3:13-21
[] Day 271	Eph 4	Eph 4:7-16
[] Day 272	Psa 68	Psa 68:17-20
[] Day 273 Weekly Day Off		
[] Day 274	Eph 5	Eph 5:6-17
[] Day 275	Eph 6	Eph 6:1-9
[] Day 276	Phil 1	Phil 1:2-7
[] Day 277	Phil 2	Phil 2:1-11
[] Day 278	Phil 3	Phil 3:7-14
[] Day 279	Exod 20	Exod 20:1-12
[] Day 280 Weekly Day Off		
[] Day 281	Phil 4	Phil 4:4-9
[] Day 282	Col 1	Col 1:15-20
[] Day 283	Col 2	Col 2:13-17
[] Day 284	Col 3	Col 3:8-17
[] Day 285	Col 4	Col 4:2-6
[] Day 286	Psa 33	Psa 33:1-5
[] Day 287 Weekly Day Off		
[] Day 288	1Thess 1	1Thess 1
[] Day 289	1Thess 2	1Thess 2:9-13
[] Day 290	1Thess 3	1Thess 3
[] Day 291	1Thess 4	1Thess 4:9-12
[] Day 292	1Thess 5	1Thess 5:11-24
[] Day 293	Prov 17	Prov 17:3
[] Day 294 Weekly Day Off		
[] Day 295	2Thess 1	2Thess 1
[] Day 296	2Thess 2	2Thess 2:13-17
[] Day 297	2Thess 3	2Thess 3:1-5
[] Day 298	Heb 1	Heb 1:4-14
[] Day 299	Heb 2	Heb 2:9-18
[] Day 300	Psa 110	Psa 110:1
[] Day 301 Weekly Day Off		
[] Day 302	Heb 3	Heb 3:12-19
[] Day 303	Heb4	Heb 4:12-16

Day	Reading	Family Focus
[] Day 304	Heb 5	Heb 5:11-14
[] Day 305	Heb 6	Heb 6:9-12
[] Day 306	Heb 7	Heb 7:23-28
[] Day 307	Num 14	Num 14:20-29
[] Day 308 Weekly Day Off		
[] Day 309	Heb 8	Heb 8:1-5
[] Day 310	Heb 9	Heb 9:11-17
[] Day 311	Heb 10	Heb 10:19-25
[] Day 312	Heb 11	Heb 11:1-3
[] Day 313	Heb 12	Heb 12:5-11
[] Day 314	Prov 3	Prov 3:11-12
[] Day 315 Weekly Day Off		
[] Day 316	Heb 13	Heb 13:5-8
[] Day 317	James 1	James 1:22-25
[] Day 318	James 2	James 2:21-26
[] Day 319	James 3	James 3:3-12
[] Day 320	James 4	James 4:10-12
[] Day 321	Gen 22	Gen 22
[] Day 322 Weekly Day Off		
[] Day 323	James 5	James 5:7-11
[] Day 324	Jude 1	Jude 1:20-25
[] Day 325	Matt 1	Matt 1:18-25
[] Day 326	Matt 2	Matt 2:7-15
[] Day 327	Matt 3	Matt 3:13-17
[] Day 328	Isa 7	Isa 7:13-14
[] Day 329 Weekly Day Off		
[] Day 330	Matt 4	Matt 4:1-11
[] Day 331	Matt 5	Matt 5:43-48
[] Day 332	Matt 6	Matt 6:25-34
[] Day 333	Matt 7	Matt 7:24-27
[] Day 334	Matt 8	Matt 8:23-27
[] Day 335	Deut 8	Deut 8:1-5
[] Day 336 Weekly Day Off		
[] Day 337	Matt 9	Matt 9:9-13
[] Day 338	Matt 10	Matt 10:11-16
[] Day 339	Matt 11	Matt 11:25-30
[] Day 340	Matt 12	Matt 12:33-37
[] Day 341	Matt 13	Matt 13:10-23
[] Day 342	Hosea 6	Hosea 6:6
[] Day 343 Weekly Day Off		
[] Day 344	Matt 14	Matt 14:22-33
[] Day 345	Matt 15	Matt 15:1-10
[] Day 346	Matt 16	Matt 16:13-20
[] Day 347	Matt 17	Matt 17:24-27
[] Day 348	Matt 18	Matt 18:10-14
[] Day 349	Isa 29	Isa 29:13-16
[] Day 350 Weekly Day Off		
[] Day 351	Matt 19	Matt 19:13-15
[] Day 352	Matt 20	Matt 20:1-16
[] Day 353	Matt 21	Matt 21:12-17
[] Day 354	Matt 22	Matt 22:34-40
[] Day 355	Matt 23	Matt 23:1-12
[] Day 356	Deut 6	Deut 6:4-9
[] Day 357 Weekly Day Off		
[] Day 358	Matt 24	Matt 24:42-46
[] Day 359	Matt 25	Matt 25:14-30
[] Day 360	Matt 26	Matt 26:36-46
[] Day 361	Matt 27	Matt 27:27-37
[] Day 362	Matt 28	Matt 28:1-10
[] Day 363	Psa 90	Psa 90:10-13
[] Day 364 Weekly Day Off		
[] Day 365		



Fasting Guide & One-Year New Testament Reading Challenge

VISIT **NORTHWOODS.CHURCH/FASTING** FOR TIPS AND ADDITIONAL RESOURCES

Important Note: If you have any medical conditions that would make it difficult or dangerous for you to go without food for any extended period of time, please check with your doctor as to what would be advisable for you.

WHY SHOULD SOMEONE FAST? IS IT REALLY IMPORTANT?

Fasting is a powerful discipline for any follower of Christ. Admittedly, denying yourself food or any other luxury for an extended period of time can be confusing. Here are a few reasons why fasting is important in the life of a Christ follower:

- Fasting allows the Holy Spirit to reveal your true spiritual condition and often results in Him bringing to light areas of brokenness, pain, and hurt that need healing.
- Fasting produces self-discipline in other areas of your life. When you say “no” to food for any length of time, it becomes easier to say “no” in other areas of life, especially to temptation.
- Fasting allows you to hear God more clearly.
- Jesus encouraged prayer and fasting for a “breakthrough” in your life where you are in need of freedom but feel stuck and unsuccessful.

INCORPORATING FASTING INTO YOUR DAILY LIFE

- Set aside time daily for undistracted worship (even if it is five minutes, three times a day).
- Include the family! Set aside a few minutes to pray together. Work together on an act of kindness for a neighbor or a family member (the best prayer is often love in motion).
- For those who can’t or shouldn’t fast from food (children or those with medical issues), choose another form of fasting, i.e. fast from video games, television, Facebook, etc.
- Journal your thoughts and the things God reveals to you.

TYPES OF FASTS

- The most common fast or what is called the normal fast involves going without food for a meal, a day, or a certain number of days. If you undertake a normal fast, you should drink water, and plenty of it. Depending on the length of the normal fast, you may also choose to take clear broth and 100% juices in order to maintain your strength.
- Another type of fast is the partial fast. This fast usually involves giving up particular foods and drink for an extended period of time. This is often referred to as the Daniel fast (cf. Daniel 1:12 and 10:2) based on several times in Daniel's life where he allowed himself no choice foods, meats, breads, sweets or wine, but ate only vegetables and drank water.

TIPS FOR FASTING

- Use the free meal time to pray and study your Bible.
- Drink a lot of water (this will flush your system of all the built up toxins).
- Expect a normal fast to be uncomfortable at first (if you go without food for a day or two you may feel weak and experience a headache; that's just your body getting rid of lots of junk you don't need).
- Consider simple meals for several days as a form of fasting: yogurt, spoon of peanut butter, small bowl of soup, piece of toast, etc. This works well for those who need to maintain healthy blood sugar or have something in their stomach when taking medication.
- If you undertake a normal fast for 3 days or more, when you break your fast don't shock your system by eating a big meal right away. Start up again by eating a light meal of fruit, salad, eggs or oatmeal and help your digestive system to gently gear up.

A ONE-YEAR NEW TESTAMENT READING PLAN

Day	Reading	Family Focus	Day	Reading	Family Focus	Day	Reading	Family Focus
[] Day 1	John 1	John 1:1-5	[] Day60	Rev 16	Rev 16:17-21	[] Day 119	Weekly Day Off	
[] Day 2	John 2	John 2:1-11	[] Day61	Rev 17	Rev 17:7-14	[] Day 120	2 Pet 1	2 Pet 1:12-21
[] Day 3	John 3	John 3:1-21	[] Day 62	Dan 7	Dan 7:13-14	[] Day 121	2 Pet 2	2 Pet 2:1-3
[] Day 4	John 4	John 4:42-54	[] Day 63	Weekly Day Off		[] Day 122	2 Pet 3	2 Pet 3:8-13
[] Day 5	John 5	John 5:16-24	[] Day 64	Rev 18	Rev 18:20-24	[] Day 123	Rom 1	Rom 1:16-20
[] Day 6	Gen 1	Gen 1:1-3	[] Day 65	Rev 19	Rev 19:11-16	[] Day 124	Rom 2	Rom 2:1-3
[] Day 7	Weekly Day Off		[] Day 66	Rev 20	Rev 20:11-15	[] Day 125	Psa 19	Psa 19:1-4
[] Day 8	John 6	John 6:25-40	[] Day 67	Rev 21	Rev 21:1-7	[] Day 126	Weekly Day Off	
[] Day 9	John 7	John 7:10-36	[] Day 68	Rev 22	Rev 22:8-21	[] Day 127	Rom 3	Rom 3:22-28
[] Day 10	John 8	John 8:23-32	[] Day 69	Isa 65	Isa 65:17-19	[] Day 128	Rom 4	Rom 4:3,16-22
[] Day 11	John 9	John 9:1-34	[] Day 70	Weekly Day Off		[] Day 129	Rom 5	Rom 5:1-8
[] Day 12	John 10	John 10:22-39	[] Day 71	1 Tim 1	1 Tim 1:12-20	[] Day 130	Rom 6	Rom 6:1-7
[] Day 13	Exod 16	Exod 16:1-5	[] Day 72	1 Tim 2	1 Tim 2:1-8	[] Day 131	Rom 7	Rom 7:15-25
[] Day 14	Weekly Day Off		[] Day 73	1 Tim 3	1 Tim 3:1-13	[] Day 132	Gen 15	Gen 15:1-6
[] Day 15	John 11	John 11:32-44	[] Day 74	1 Tim 4	1 Tim 4:1-10	[] Day 133	Weekly Day Off	
[] Day 16	John 12	John 12:12-19	[] Day 75	1 Tim 5	1 Tim 5:17-22	[] Day 134	Rom 8	Rom 8:1-8
[] Day 17	John 13	John 13:21-35	[] Day 76	Ezek 18	Ezek 18:21-32	[] Day 135	Rom 9	Rom 9:14-24
[] Day 18	John 14	John 14:1-6	[] Day 77	Weekly Day Off		[] Day 136	Rom 10	Rom 10:8-16
[] Day 19	John 15	John 15:1-14	[] Day 78	1 Tim 6	1 Tim 6:6-19	[] Day 137	Rom 11	Rom 11:33-36
[] Day 20	Psa 118	Psa 118:24-29	[] Day 79	2 Tim 1	2 Tim 1:3-12	[] Day 138	Rom 12	Rom 12:1-8
[] Day 21	Weekly Day Off		[] Day 80	2 Tim 2	2 Tim 2:1-6	[] Day 139	Isa 53	Isa 53:1-7
[] Day 22	John 16	John 16:7-15	[] Day 81	2 Tim 3	2 Tim 3:10-17	[] Day 140	Weekly Day Off	
[] Day 23	John 17	John 17	[] Day 82	2 Tim 4	2 Tim 4:1-8..	[] Day 141	Rom 13	Rom 13:1-7
[] Day 24	John 18	John 18:15-27	[] Day 83	Prov 11	Prov 11:24-25	[] Day 142	Rom 14	Rom 14:13-21
[] Day 25	John 19	John 19:16-33	[] Day 84	Weekly Day Off		[] Day 143	Rom 15	Rom 15:1-7
[] Day 26	John 20	John 20:10-18	[] Day 85	Titus 1	Titus 1:5-9	[] Day 144	Rom 16	Rom 16:17-19
[] Day 27	Exod 12	Exod 12:31-47	[] Day 86	Titus 2	Titus 2	[] Day 145	1 Cor 1	1 Cor 1:18-25
[] Day 28	Weekly Day Off		[] Day 87	Titus 3	Titus 3:1-11	[] Day 146	Psa 69	Psa 69:7-14
[] Day 29	John 21	John 21:15-23	[] Day 88	Phlm 1	Phlm 1:4-7	[] Day 147	Weekly Day Off	
[] Day 30	1 John 1	1 John 1	[] Day 89	Mark 1	Mark 1:1-8	[] Day 148	1 Cor 2	1 Cor 2:10-16
[] Day 31	1 John 2	1 John 2:3-11	[] Day 90	Mal 3	Mal 3:1	[] Day 149	1 Cor 3	1 Cor 3:11-23
[] Day 32	1 John 3	1 John 3:11-24	[] Day 91	Weekly Day Off		[] Day 150	1 Cor 4	1 Cor 4:1-4
[] Day 33	1 John 4	1 John 4:11-21	[] Day 92	Mark 2	Mark 2:23-28	[] Day 151	1 Cor 5	1 Cor 5:6-8
[] Day 34	Gen 4	Gen 4:1-12	[] Day 93	Mark 3	Mark 3:1-6	[] Day 152	1 Cor 6	1 Cor 6:19-20
[] Day 35	Weekly Day Off		[] Day 94	Mark 4	Mark 4:35-41	[] Day 153	Psa 94	Psa 94:8-11
[] Day 36	1 John 5	1 John 5:1-8	[] Day 95	Mark 5	Mark 5:35-43	[] Day 154	Weekly Day Off	
[] Day 37	2 John 1	2 John 1	[] Day 96	Mark 6	Mark 6:7-13	[] Day 155	1 Cor 7	1 Cor 7:20-24
[] Day 38	3 John 1	3 John 1	[] Day 97	1 Sam 21	1 Sam 21:1-6	[] Day 156	1 Cor 8	1 Cor 8:1-3, 9-13
[] Day 39	Rev 1	Rev 1:9-18	[] Day 98	Weekly Day Off		[] Day 157	1 Cor 9	1 Cor 9:22-27
[] Day 40	Rev 2	Rev 2:1-7	[] Day 99	Mark 7	Mark 7:1-13	[] Day 158	1 Cor 10	1 Cor 10:1-7
[] Day 41	Psa 139	Psa 139:1-4,13-16	[] Day 100	Mark 8	Mark 8:22-25	[] Day 159	1 Cor 11	1 Cor 11:23-33
[] Day 42	Weekly Day Off		[] Day 101	Mark 9	Mark 9:33-37	[] Day 160	Exod 32	Exod 32:1-8
[] Day 43	Rev 3	Rev 3:14-22	[] Day 102	Mark 10	Mark 10:17-27	[] Day 161	Weekly Day Off	
[] Day 44	Rev 4	Rev 4	[] Day 103	Mark 11	Mark 11:15-26	[] Day 162	1 Cor 12	1 Cor 12:12-27
[] Day 45	Rev 5	Rev 5:11-14	[] Day 104	Psa 146	Psa 146:5-10	[] Day 163	1 Cor 13	1 Cor 13
[] Day 46	Rev 6	Rev 6:1-4	[] Day 105	Weekly Day Off		[] Day 164	1 Cor 14	1 Cor 14:12-17
[] Day 47	Rev 7	Rev 7:9-17	[] Day 106	Mark 12	Mark 12:28-34	[] Day 165	1 Cor 15	1 Cor 15:12-19
[] Day 48	Isa 6	Isa 6:1-8	[] Day 107	Mark 13	Mark 13:24-27	[] Day 166	1 Cor 16	1 Cor 16:13-14
[] Day 49	Weekly Day Off		[] Day 108	Mark 14	Mark 14:3-9	[] Day 167	Isa 25	Isa 25:8-9
[] Day 50	Rev 8	Rev 8:1-6	[] Day 109	Mark 15	Mark 15:25-39	[] Day 168	Weekly Day Off	
[] Day 51	Rev 9	Rev 9:13-21	[] Day 110	Mark 16	Mark 16:9-20	[] Day 169	2 Cor 1	2 Cor 1:1-7
[] Day 52	Rev 10	Rev 10	[] Day 111	Psa 22	Psa 22:1-5	[] Day 170	2 Cor 2	2 Cor 2:4-11
[] Day 53	Rev 11	Rev 11:15-19	[] Day 112	Weekly Day Off		[] Day 171	2 Cor 3	2 Cor 3:7-18
[] Day 54	Rev 12	Rev 12:7-12	[] Day 113	1 Pet 1	1 Pet 1:3-16	[] Day 172	2 Cor 4	2 Cor 4:13-18
[] Day 55	Zech 4	Zech 4:6	[] Day 114	1 Pet 2	1 Pet 2:13-25	[] Day 173	2 Cor 5	2 Cor 5:17-21
[] Day 56	Weekly Day Off		[] Day 115	1 Pet 3	1 Pet 3:13-17	[] Day 174	Exod 34	Exod 34:29-35
[] Day 57	Rev 13	Rev 13:11-18	[] Day 116	1 Pet 4	1 Pet 4:7-14	[] Day 175	Weekly Day Off	
[] Day 58	Rev 14	Rev 14:1-5	[] Day 117	1 Pet 5	1 Pet 5:5-11	[] Day 176	2 Cor 6	2 Cor 6:11-17
[] Day 59	Rev 15	Rev 15	[] Day 118	Lev 19	Lev 19:1-3	[] Day 177	2 Cor 7	2 Cor 7:2-7