

8 DAYS OF

# REFRESHING

JANUARY 1-8

8 DAYS OF PRAYER & FASTING

**SUNDAY, 10AM**

MONDAY | 7:30PM **VIRTUAL ONLY**

TUESDAY | 7:30PM

WEDNESDAY | 7:30PM

THURSDAY NO SERVICE

FRIDAY 9:30PM

SATURDAY, NO SERVICE

**SUNDAY, 10AM**

[THEFAITHCENTERINT.ORG](http://THEFAITHCENTERINT.ORG)



THE FAITH CENTER

Ordinary People With Extraordinary Faith

5555 NW 95TH AVENUE

SUNRISE, FL 33351

*Consult your physician before participating in the fast*

## THE YEAR OF STRATEGIC ALIGNMENT

“... For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future...” Jeremiah 29:11(NIV)

*The Year of Transition* will take us into 2023: ***The Year of Strategic Alignment.***

Align is a verb meaning “to bring into cooperation or agreement.”

Developing God’s strategy for our lives requires alignment with the right sources, people, systems, and mindsets. The alignments we choose to make will determine our outcome at the end of 2023.

As we look at the playbook/ blueprint outlined by Jesus in the Holy Bible, we see that Jesus was very strategic in His ministry and partnerships. He aligned himself with the people who would advance His purpose – they were not perfect people, but they were part of God’s perfect plan. Jesus was intentional in everything He did – the places He went, the homes He visited, the friends He kept, the people He disciplined, the people he taught, the people He healed, the people He fed, and the life He lived.

This year’s fast will be a **Daniel Fast**, so we encourage you to consume fruits, vegetables, grains, and drink water. (See Daniel 1: 8 – 16). A daily Devotional Guide has been prepared for you with instructions for the fast as well as a list of foods that can be consumed.

We will partake of communion at the beginning of the fast on Sunday, January 1, 2023, and we will end the fast with communion on Sunday, January 8, 2023.

On Friday, January 6, 2023, please join us for a Prayer Service: *Breaking the Barrier; Unleashing the Blessing*, from 9:30 PM to 12:00 midnight.

Let us follow the example of Christ and be intentional about the alignments we choose. Let us strategically align ourselves in the will of God to fulfill our destiny.

We are anticipating the manifestation of God’s promises as we come into alignment with God’s purpose for our lives over the next twelve months of 2023.

Stay blessed, and keep the faith!

Henry & Carol Fernandez

## DEVOTIONAL GUIDE

### Day 1 – King Abimelek Aligns with Isaac

#### Genesis 26:26 – 31

Meanwhile, Abimelek had come to him from Gerar, with Ahuzzath his personal adviser and Phicol the commander of his forces. Isaac asked them, “Why have you come to me, since you were hostile to me and sent me away?” They answered, “We saw clearly that the Lord was with you; so we said, ‘There ought to be a sworn agreement between us’ ... *Genesis 26:26 – 28 (NIV)*

 [Share your thoughts on social media.](#)

### Day 2 – Elisha Aligns with Elijah

#### Read 1 Kings 19:19 – 21

So Elisha left him and went back. He took his yoke of oxen and slaughtered them. He burned the plowing equipment to cook the meat and gave it to the people, and they ate. Then he set out to follow Elijah and became his servant. *1 Kings 19:21 (NIV)*

 [Share your thoughts on social media.](#)

### Day 3 – David Aligns with The Ark of The Covenant

#### Read 1 Chronicles 16

They brought the ark of God and set it inside the tent that David had pitched for it, and they presented burnt offerings and fellowship offerings before God. After David had finished sacrificing the burnt offerings and fellowship offerings, he blessed the people in the name of the Lord. *1 Chronicles 16:1 – 2 (NIV)*

 [Share your thoughts on social media.](#)

### Day 4 – Jesus Aligns with Mary (His Mother)

#### Read John 2:1 – 12

When the wine was gone, Jesus’ mother said to him, “They have no more wine.” “Woman, why do you involve me?” Jesus replied. “My hour has not yet come.” His mother said to the servants, “Do whatever he tells you.” *John 2:3 – 5 (NIV)*

 [Share your thoughts on social media.](#)

## Day 5 – Jesus Aligns with People from All Walks of Life

### Read Matthew 9:9 – 13

While Jesus was having dinner at Matthew's house, many tax collectors and sinners came and ate with him and his disciples. When the Pharisees saw this, they asked his disciples, "Why does your teacher eat with tax collectors and sinners?" *Matthew 9:10–11 (NIV)*

 [Share your thoughts on social media.](#)

## Day 6 – Mary (Martha's Sister) Aligns with Jesus

### Read Luke 10:38 – 42


"Martha, Martha," the Lord answered, "you are worried and upset about many things, but few things are needed—or indeed only one. Mary has chosen what is better, and it will not be taken away from her. *Luke 10:41–42 (NIV)*

 [Share your thoughts on social media.](#)

## Day 7 – Cornelius Aligns with Peter

### Read Acts 10

While Peter was still speaking these words, the Holy Spirit came on all who heard the message. The circumcised believers who had come with Peter were astonished that the gift of the Holy Spirit had been poured out even on Gentiles. For they heard them speaking in tongues and praising God. *Acts 10:44–46 (NIV)*

 [Share your thoughts on social media.](#)

## Day 8 – Paul (Saul) Aligns with Ananias and The Holy Spirit

### Read Act 9: 1 – 31

Then Ananias went to the house and entered it. Placing his hands on Saul, he said, "Brother Saul, the Lord—Jesus, who appeared to you on the road as you were coming here—has sent me so that you may see again and be filled with the Holy Spirit." Immediately, something like scales fell from Saul's eyes, and he could see again. He got up and was baptized, *Acts 9:17–18 (NIV)*

 [Share your thoughts on social media.](#)

## FASTING INSTRUCTIONS

- The Daniel Fast begins at 8:00 AM on Sunday, January 1, 2023, and continues through the end of service on Sunday, January 8, 2023.
- Consult your physician before participating in the fast.
- For eight (8) days, we will fast and pray consistently.
- Read and meditate on the Word of God at least three times per day: at 7:00 AM, 12:00 noon, 9:00 PM.
- Have family devotion each day.
- Be in attendance (on campus or virtual) at every service during the fast – we will have communion on Sunday, January 1, and Sunday, January 8.
- Abstain from TV and radio, with the exception of Christian broadcasts.
- We encourage you to utilize the reading materials that are provided during the fast and use social media to discuss the impact these services and reading materials are making in your life. You may also use social media to invite others to participate in the fast and the services.

FRUITS			VEGETABLES		
Açaí	Eggplant	Papaya	Alfalfa	Corn	Pepper, All Varieties
Aceola	Fig	Passion Fruit	Artichoke/Artichoke Hearts	Cucumber	Potato
Ackee	Goji Berry	Peach	Arugula	Daikon	Pumpkin
Apple	Gooseberry	Pear	Asparagus	Dandelion	Radicchio
Apricot	Grape	Persimmon	Bamboo Shoots	Eggplant	Radish
Avocado	Grapefruit	Pineapple	Barley Grass	Endive	Rutabaga
Banana	Guava	Plantain	Beans: Green, Italian, Wax	Garlic	Sauerkraut
Blackberry	Honeydew	Plum	Bean Sprouts	Green Bean	Scallion
Blueberry	Jackfruit	Pomegranate	Beet	Green Onion	Shallot
Breadnut	Key Lime	Pomelo	Bok Choy	Green Pea	Soybean Sprouts
Camu Camu Berry	Kiwi	Prickly Pear	Broccoflower	Horseradish	Spinach: Green
Cantaloupe	Kumquat	Prune	Broccoli	Jicama	Sprout
Chayote	Lemon	Raisin	Brussels Sprouts	Kale	Squash
Cherry	Lime	Raspberry	Cabbage: Chinese, Green	Kohlrabi	Sugar Snap Peas
Clementine	Lychee	Rose Apple	Callaloo	Leek	Summer Squash
Coconut	Mango	Soursop	Carrot	Lettuce	Sweet Potato
Cola Nut	Mangosteen	Star Apple	Cauliflower	Mung Bean Sprouts	Swiss Chard
Cranberry	Melon	Strawberry	Celery	Mushroom	Tomato
Cucumber	Mulberry	Sugar Plum	Chard (Swiss & Red)	Mustard Greens	Turnip
Currant	Nectarine	Sweetsop	Chicory	Nightshade Vegetables	Turnip Green
Custard Apple	Noni	Tamarind	Chives	Okra	Water Chestnuts
Date	Olive	Tangerine	Chlorella	Olive	Watercress
Dragonfruit	Orange	Tomato	Collard Green	Onion	Wheat Grass
		Watermelon		Oriental Radish	Wild Greens
				Parsley	Winter Squash
				Peas	Yam
					Zucchini
LEGUMES	NUTS & SEEDS	WHOLE GRAINS			
Black Beans	All Nuts (unsalted, raw)	Amaranth			
Black-Eyed Peas	Almonds	Barley			
Kidney Beans	Cashews	Brown Rice			
Lentils	Chia Seeds	Bulgur			
Mung Beans	Flaxseed	Millet			
Pinto Beans	Pumpkin Seeds	Oats (Groats soaked)			
Split Peas	Sunflower Seeds	Quinoa			
	Walnuts				

Consume in any form of your preference such as juicing, baking, steaming, etc.

## FREQUENTLY ASKED QUESTIONS (FAQs)

**What is fasting?** Fasting is the discipline of abstinence from food and can consist of eating very little, or totally abstaining from food. A fast denies the physical body of food so that the spirit can grow. To get a better understanding of fasting, read Henry Fernandez's book: *Pursuing a Lifestyle of Fasting & Prayer*.

**What type of fast will we be doing?** We will be doing a **Daniel** Fast, which consists of fruits, vegetables, grains and water.

**Do I have to go on the fast?** You are under no obligation to participate in the fast. A corporate fast unites believers in a common cause. We are being challenged as the Body of Christ to come together and seek God's direction for the year 2023. If you choose to take part in the fast, but are unsure you can for health reasons, please consult your physician before participating.

## SERVICE SCHEDULE

Sunday, January 1 (**Communion**) – 10 AM  
Monday, January 2 – 7:30 PM (Virtual only)  
Tuesday, January 3 – 7:30 PM  
Wednesday, January 4 – 7:30 PM  
Thursday, January 5 – **NO SERVICE**  
Friday, January 6 – 9:30 PM – **Prayer Service**  
Saturday, January 7 – **NO SERVICE**  
Sunday, January 8 (**Communion**) – 10 AM – **VICTORY Sunday**



Henry & Carol Fernandez  
Senior Pastors

5555 NW 95th Avenue  
Sunrise, FL 33351  
954-742-7832

<http://thefaithcenterint.org>



facebook.com/thefaithcenter



twitter.com/thefaithcenter



instagram.com/thefaithcenter



youtube.com/c/TheFaithCenterMinistries