

**The Acceptable Fast  
20 Rewards of Fasting**  
Based on Isaiah 58-Amplified  
Version

1. Your light will break forth in the morning (v.8)
2. Your restoration and healing shall spring forth speedily (v.8)
3. Right relationship with God shall go before you (v.8)
4. God's glory will be your rear guard (v.8)
5. You will call and the Lord will answer (v.9)
6. You will cry and God will say here I am (v.9)
7. God will take away yokes of oppression (v.9)
8. Your light shall rise in darkness (v.10)
9. The Lord will guide you continually (v.11)
10. He will satisfy you in drought and dry places (v.11)
11. He will strengthen your bones(v.11)
12. You will be like a watered garden(v.11)
13. You will be like an unfailling spring of water (v.11)
14. Your ancient ruins shall be rebuilt (v.12)
15. You will raise up the foundations of many generations (v.12)
16. You will be called the repairer of breach (v.12)
17. You will be called the restorer of dwellings (v.12)
18. You will delight yourself in the Lord(v.14)
19. You will ride upon the high places of the earth (v.14)
20. God will feed you with the heritage of Jacob your father (v.14)

# JANUARY 2021

## Fasting Dates

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1/11</b> <b>A-E</b>	<b>1/12</b> <b>F-J</b>	<b>1/13</b> <b>K-O</b>	<b>1/14</b> <b>P-T</b>	<b>1/15</b> <b>V-Z</b>	<b>1/16</b> <b>A-E</b>
<b>1/17</b> <b>F-J</b>	<b>1/18</b> <b>K-O</b>	<b>1/19</b> <b>P-T</b>	<b>1/20</b> <b>V-Z</b>	<b>1/21</b> <b>A-E</b>	<b>1/22</b> <b>F-J</b>	<b>1/23</b> <b>K-O</b>
<b>1/24</b> <b>P-T</b>	<b>1/25</b> <b>V-Z</b>	<b>1/26</b> <b>A-E</b>	<b>1/27</b> <b>F-J</b>	<b>1/28</b> <b>K-O</b>	<b>1/29</b> <b>P-T</b>	<b>1/30</b> <b>V-Z</b>
<b>1/31</b> <b>EVERY</b> <b>ONE</b>						

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