

Out the Gate Fast 2025

Monday January 27th (12am) through Sunday February 2nd (After Worship)

Purpose: To incorporate discipline within our initiative to get out the gate strong in 2025 that we may indeed be out loud believers making an impact.

Total Restrictions (All 6 days)

NO sweets, bread, chips, pasta, fried foods and alcoholic beverages

*Drink water, coffee or tea only

At Least 2 of the 6 Days

No meat

At Least 2 of the 6 Days

Eat in an 8-hour window only, total fast (water/coffee/tea only) for the remaining 16 hours

Other Disciplines

- Avoid carnal behaviors and conversations daily
- Workout a minimum of 3 days for a minimum of 30 minutes each time
- Pray daily (at least twice a day)
- Eliminate non-essential financial purchases daily
- Make at least one significant step concerning your vision

Corporate Biblical Reading Schedule

Monday: Romans Chapters 1-3 **Tuesday:** Romans Chapters 4-6 **Wednesday:** Romans Chapters 5-8

Thursday: Romans Chapters 9-11 **Friday:** Romans Chapters 12-14 **Saturday:** Romans Chapters 15-16

Prayer Schedule (Each Day, Pray For Each Topic Below)

Monday: TNC's 2025 Vision **Tuesday:** More men at TNC **Wednesday:** The 2025 Budget of TNC

Thursday: Pastor Anthony **Friday:** Your Commitment to TNC as a Partner **Saturday:** Spirit Filled Weekend Worship on 02/02/25

Note: Since we are praying twice a day minimum, one of those times should be for the prayer topics above and the other for matters you choose

Attendance Commitment

Tuesday: Prayer Call 01/28 @ 5:25 a.m. **Wednesday:** Worship Night 01/29 @ 7:00 p.m.

Thursday: Bible Study 01/30 @ 6:25 p.m. **Sunday:** Weekend Worship 01/26 & 02/02 @ 9:50 a.m.