

One Church, Inc. Of Jacksonville

The **2025 OCOJ 21-Day Fast** is a meaningful spiritual and physical journey inspired by the Holy Bible. It emphasizes a primarily plant-based diet to encourage both health and spiritual growth. Throughout the fast, we focus on nourishing our bodies with wholesome foods while dedicating time for prayer and meditation.

Dietary Guidelines

During the fast, we will primarily consume:

- **Fruits**
- **Vegetables**
- **Whole grains**
- **Nuts and seeds**

We will **avoid**:

- Beef and pork
- Dairy products
- Processed foods
- Caffeinated drinks
- Fruit juices with added sugar
- Sodas and strong drinks
- Sugar and sweeteners (except honey)

Permitted Proteins: Poultry and fish (baked, grilled, or roasted) are allowed. **No shellfish.**



Weekly Focus Themes

Week 1 – UNSTOPPABLE FAITH

- Focus on strengthening your faith during prayer and meditation.
- **Diet:** Fish or poultry, fruits, vegetables, whole grains, nuts, and seeds.

Week 2 - UNSTOPPABLE FAVOR

- Reflect on God's favor as you continue your journey.
- **Diet:** Fish or poultry, fruits, vegetables, whole grains, nuts, and seeds.

Week 3 - UNSTOPPABLE GROWTH

- Focus on spiritual and personal growth during your quiet time.
- **Diet:** Fruits, vegetables, whole grains, nuts, and seeds (no fish or poultry).

Helpful Tips

- Drink plenty of water throughout the day to stay hydrated.
- Adjust portion sizes based on your individual needs and energy levels.

Important Dates

- **Start Date:** Monday, January 6, 2025, at 12:00 AM
- **End Date:** Sunday, January 26, 2025, after the 4:00 PM Unstoppable Expansion Service

We pray that this 21-day journey will be a time of growth and renewal as you deepen your faith, embrace God's favor, and experience spiritual transformation. May this fast bring you closer to God and inspire lasting change in your life.

Blessings and prayers for a fulfilling and nourishing experience!