



# THE WAVE CHURCH

FAST 2025  
JANUARY 5 - JANUARY 26

## Option 1: Daniel Fast

<b>Food:</b> Fruit, Vegetables, Whole Grains,	Seeds, Nuts, Legumes
<b>Drink:</b> Water	Herbal Tea
<b>Restrictions:</b> Meat, Fish, Poultry, Dairy	Sugar, Caffeine, Fried or Processed foods

## Option 2: One Meal/Day

**Food:** One healthy light meal per day

**Drink:** Water, Herbal Tea

**Restrictions:** No Fried Foods

## Option 3: No Pleasant Bread

All Food accepted

**Restrictions:** ie. Salt, Pepper,  
Anything to make the spices, sugar, no fried  
food tasty foods

**Drink:** Water      Herbal Tea

## Option 4: Juice for 3 days, Eat on 4th day

**Juice & Water:** January 6-8, 10-12,  
14-16, 18-20, 22-24,  
26

**Food:** January 9, 13, 17, 21,  
25

**Recommendation:** Eat healthy & light  
meals

## Online Prayer Schedule

Mon - Thurs.: 7PM

[Zoom](#)

## In Person Prayer Schedule

Fri. & Sat.: 7pm

**Church:** 2 Hamilton St.  
Taunton