



JACKSON MEMORIAL
BAPTIST CHURCH

7 DAYS

PRAYER

AND FASTING

January 7-14

Isaiah 58:6-7

Is not this the fast that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke?

Rev. Dr. Gregory A. Sutton

Senior Pastor



534 Fairburn Rd. NW
Atlanta, GA. 30331
(404) 691-4238



LIVE

@JACKSONMEMORIALBAPTISTCHURCH



Jackson Memorial Baptist Church

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Rev. Dr. Gregory A. Sutton, Senior Pastor

Prayer and Fasting

We are praying 6 am, 12 noon and 6 pm

Isaiah 58:6-7

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Fruits

apples
apricots
avocados
bananas
blackberries
blueberries
cantaloupe
cherries
coconuts
cranberries
dates
figs
grapefruit
grapes
honeydew
kiwi
lemons
limes
mangoes
melons
nectarines
oranges
papayas
peaches
pears
pineapples
plums
prunes
raisins
raspberries
strawberries
tangerines
watermelon

Vegetables

artichokes
asparagus
beets
broccoli
brussel sprouts
cabbage
carrots
cauliflower
celery
collard greens
corn
cucumbers
eggplant
green beans
kale
leeks
lettuce
mushrooms
okra
onions
parsley
peppers
potatoes
radishes
rutabagas
scallions
spinach
sprouts
squash
sweet potatoes
tomatoes
turnips
yams
zucchini

Legumes

black beans
black-eyed
peas
kidney beans
lentils
pinto beans
split peas

Liquids

water

7 DAY FAST | JANUARY 7th - JANUARY 14th