Areas of Focus

**Leaders of our Country**

* President Donald Trump & Vice President Mike Pence
* Supreme Court Justices – John Roberts, Clarence Thomas, Anthony Kennedy, Ruth Bader Ginsburg, Sonia Sotomayor, Stephen Breyer, Samuel Alito, Jr., Elena Kagan, Neil Gorsuch
* U.S. Senators (Kentucky) – Mitch McConnell, Rand Paul
* U.S. Representatives (Kentucky) - James Comer, Brett Guthrie, John Yarmuth, Thomas Massie, Harold “Hal” Rogers, Garland “Andy” Barr

**Leaders of Our State**

* Governor – Matt Bevin
* Lt. Governor – Jenean Hampton
* Mayor – Linda Gorton

**Leaders of Our Church**

* Lead Pastor & Wife – Mario & Melody Radford
* Associate Pastor & Ministers
* Executive Team - Guilluame Smith, Claudia Bottoms, Bridgette Wingate, Belinda Polk, Marshall Fields
* Directors of Ministry – Marshall Fields & Bridgette Wingate
* Overseers - Dr. Thomas Beavers (Birmingham), Pastor Mike Brady (Lexington), Elder Donna Covington
* ARC - Association of Related Churches

**Lead Pastor’s Family**

* Wife- Melody Radford
* Children – Darious, Myles, Natori

**Growth Point Family Network**

* Georgetown – Kingdom Fellowship Living Word – Stacey McDonald (Brian)
* Lexington - Pastor Nicholas Banks

**Our State, City and Community**

**Our Students**

* Superintendent
* School System
* Colleges & Universities

**Our Vision**

*“Lead and connect lives to Jesus at every point.”*

* Know God (Weekend Services/Saturday Prayer) – Pray for the lost to be saved
* Find Freedom (Circles of Growth)
* Discover Purpose (Growth Track) – Pray for people to take next steps
* Make A Difference (Dream Team) – Pray for all who serve others

PURPOSE & TYPES OF FASTS

The goal of fasting is to draw nearer to God. Biblical fasting always has to do with eliminating distractions for a spiritual purpose; it hits the reset button of our soul and renews us from the inside out! It also enables us to celebrate the goodness and mercy of God and prepares our hearts for all of the good things God desires to bring into our lives. Remember, your personal fast should present a level of challenge, but it is very important to know your own body, your options, and, most importantly, to seek God in prayer and follow what the Holy Spirit leads you to do.

**COMPLETE FAST**

This fast calls for drinking only liquids, typically water with light juices as an option.

**SELECTIVE FAST**

This type of fast involves removing certain elements from a diet. One example of a selective fast is the Daniel Fast, during which you remove meat, sweets, or bread from your diet and consume water and juice for fluids and fruits and vegetables for food.

**PARTIAL FAST**

This fast is sometimes called the Jewish Fast and involves abstaining from eating any types of food in the morning and afternoon. This can either correlate to specific times of the day, such as 6:00 am to 3:00 pm, or from sunup to sundown.

**MEDIA FAST**

This fast is common for those who do not have much experience fasting foods, who have health issues that prevent the fasting of food, or who wish to refocus certain areas of their life that are out of balance. For instance, someone might select to abstain from using social media or watching television for the duration of the fast—and then choosing how to carefully bring that element back into their life in an orderly fashion.

**TIMING OF A FAST**

We encourage fasting corporately for 21 days. This is part of a season of high-intensity prayer as a family. You may also opt to fast at other times during the year for your own spiritual development. It's very typical to fast a single meal, a whole day, or three days or more. The timing of your fast is not as important as the strength of your focus on Him as you fast.

**CORPORATE FAST INSTRUCTIONS FOR ALL 21 DAYS**

No TV/Social Media from 7pm-7am

No Sodas/Strong Drinks

No Displays of Anger

No Excessive Spending

**Scripture References**

Matthew 6:16-18

Matthew 9:14-15

Luke 18:9-14

Acts 27:33-37

Nehemiah 9:1-3

**FOODS TO EAT (Selective/Partial Fast)**

**All Whole Grains**

Including (but not limited to) Whole Wheat, Brown Rice,

Millet, Quinoa, Oats, Barley, Grits, Whole Wheat Pasta,

Whole Wheat Tortillas, Rice Cakes, Popcorn

Legumes

Dried Beans, Pinto Beans, Split Peas, Lentils, Black-Eyed Peas

**Fruits**

Apples, Apricots, Bananas, Blackberries, Blueberries,

Boysenberries, Cantaloupe, Cherries, Cranberries, Figs,

Grapefruit, Grapes, Guava, Honeydew Melon, Kiwi,

Lemons, Limes, Mangoes, Nectarines, Papayas, Peaches,

Pears, Pineapples, Plums, Prunes, Raisins, Raspberries,

Strawberries, Tangelos, Tangerines, Watermelon

**Vegetables**

Artichokes, Asparagus, Beets, Broccoli, Brussels Sprouts,

Cabbage, Carrots, Cauliflower, Celery, Chili Peppers, Corn,

Cucumbers, Eggplant, Garlic, Ginger Root, Kale, Leeks,

Lettuce, Mushrooms, Mustard Greens, Okra, Onions, Parsley,

Potatoes, Radishes, Rutabagas, Scallions, Spinach, Sprouts,

Squashes, Sweet Potatoes, Tomatoes, Turnips, Watercress,

Yams, Zucchini

Seeds, Nuts, Sprouts

**Liquids**

Water, Unsweetened Soy Milk, Herbal Tea, Honey, Natural

Fruit Juice (no added sugar)

**FOODS TO AVOID**

Meat\*

Poultry\*

Fish\*

White Rice

Fried Foods

Carbonated Beverages

Foods Containing Preservatives

(or Additives)

Refined Sugar or Sugar

Substitutes

White Flour

Margarine

Shortening

High Fat Products

All Leavened Breads

Dairy (Milk, Butter, Cheese,

Yogurt, etc.)

\*If you have young children or

students, consider adding turkey,

chicken and fish to the approved list.