

The Light Center

3 Day Thrive-Fest - November 23-25th (12 Midnight to 12 Noon)

We are so glad you have decided to participate in this dedicated time of prayer, fasting and personal devotion. We pray that you will experience the presence and power of God in an extraordinary way as you commit yourself to Him in the three (3) dedicated days.

What type of Fast?

A water-only fast is the normal fast referred to in the Bible. This is how Jesus and the New Testament church fasted. A water fast is just that—no eating of any food or drinking of any liquids except water within the fasting window.

Focus Scripture: Psalm 1:3 (NIV)

“That person is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither whatever they do prospers.”

WHAT IS FASTING?

Fasting is a spiritual discipline that is taught in the Bible. Jesus expected His followers to fast, and He said that God rewards fasting. Fasting, according to the Bible, means to voluntarily reduce or eliminate your intake of food for a specific time and purpose.

"When you give up eating, don't put on a sad face like the hypocrites. They make their faces look sad to show people they are giving up eating. I tell you the truth, those hypocrites already have their full reward. So when you give up eating, comb your hair and wash your face. Then people will not know that you are giving up eating, but your Father, whom you cannot see, will see you. Your Father sees what is done in secret, and he will reward you." Matthew 6:16-18 (NCV)

WHY FAST?

Fasting releases God's supernatural power. It is a tool we can use when there is opposition to God's Will.

Day 1: Understanding My Purpose

Theme: *Planted with Purpose*

Scripture Meditation: Jeremiah 29:11, Ephesians 2:10

Focus Thought: God designed me intentionally. My purpose is not random but rooted in His divine plan.

Morning

- **Absolute Fast:** Water only from 12 midnight to 12 noon.
- **Prayer:** “Lord, reveal why You created me and help me align my steps with Your divine plan.”
- **Journaling Prompts:**
 - What passions or gifts do I believe God placed in me?
 - How can I grow where I am?

Afternoon

- **Scripture Study:** Reflect on Psalm 1:3 and focus on being *planted by streams of water*.
- **Reflection:** How does being “planted” by God help me endure seasons of waiting or growth

Evening

- **Prayer Walk:** Spend 15 minutes outside thanking God for where you are in life.
- **Break Fast with Gratitude:** Pray over your meal and journal one thing you learned about your purpose today.

***Participate in the Nightly TLC Prayer Online**

Day 2: Realizing My Potential

Theme: *Nourished by His Presence*

Scripture Meditation: Philippians 4:13, John 15:4–5

Focus Thought: My potential thrives when I stay connected to God, my true Source.

Morning

- **Absolute Fast:** Water only from 12 midnight to 12 noon.
- **Prayer:** “Lord, show me the abilities You have placed in me and help me see myself as You see me.”
- **Journaling Prompts:**
 - What fears or doubts have kept me from walking in my full potential?
 - What strengths or spiritual gifts have I overlooked?

Afternoon

- **Study and Reflect:** John 15:4–5 Jesus is the vine and we are the branches.
- **Action Step:** Do one small thing today that expresses your God-given ability. Encourage someone, start a creative project, or pray for someone in need.

Evening

- **Worship and Gratitude:** Listen to a worship song that reminds you of God’s strength within you.
- **Prayer:** Thank God for the growth He is producing in your life.

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Day 3: Becoming More Productive

Theme: *Bearing Fruit in Every Season*

Scripture Meditation: Colossians 3:23, Galatians 6:9

Focus Thought: True productivity flows from purpose and potential by doing what God calls me to do with excellence.

Morning

- **Absolute Fast:** Water only from 12 midnight to 12 noon.
- **Prayer:** “Lord, help me bear fruit that honors You. Teach me to work diligently and wisely.”
- **Journaling Prompts:**
 - What does fruitfulness look like in my current season
 - What habits or distractions hinder my productivity

Afternoon

- **Scripture Study:** Reflect again on Psalm 1:3 and focus on *whatever they do prospers*.
- **Practical Planning:**
 - Identify three goals aligned with your purpose and potential.
 - Create a simple plan to pursue them through daily or weekly action steps.

Evening

- **Break Fast with Thanksgiving:** Share a meal mindfully and thank God for clarity, strength, and renewed vision.
- **Closing Prayer:** “Lord, thank You for planting me, nourishing me, and making me fruitful. Help me continue thriving in You.”

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Daily Additions

- **Worship Playlist:** Play songs about growth, faith, and purpose.
- **Gratitude List:** Write three things you are thankful for each day.
- **Affirmation:** “I am planted, purposed, and prosperous in Christ.”

May these three days bring you **clarity, renewal, and deeper connection with God** as you thrive in His purpose for you.

Disclaimer: If you have health issues, you should always talk with your health professional before starting the Fast or any other major change in your diet. Fasting should never bring harm to the body, so medications should be continued.