

MARCH		ST MATTHEW=MT; ST LUKE=LK; ST MARK=MK; ST JOHN=JN
	1	LK 1; JN 1:1-4
	2	MT 1; LK 2:1-38
	3	MT 2; LK 2:39-52;
	4	MT 3; MK 1; LK 3; JN 1:1-14
	5	MT 4; LK 4-5; JN 1:15-51
	6	JN 2-4
	7	MK 2
	8	JN 5
	9	MT 12:1-21; MK 3; LK 6
	10	MT 5-7
	11	MT 12:22-60; LK 11
	12	MT 13; LK 8
	13	MT 8:14-34; MK 4-5
	14	MT 9-10
	15	MT 14; MK 6; LK 9:1-17
	16	JN 6
	17	MT 15; MK 7
	18	MT 16; MK 8; LK 9:18-27
	19	MT 17; MK 9; LK 9:28-62
	20	DANIEL 1 - 6 DANIEL FAST BEGINS @ 6:00 PM
	21	DANIEL 6 - 12
	22	MT 18
	23	JN 7-8
	24	JN 9:1-41; JN 10:1-21
	25	LK 10; JN 10; 22-42
	26	LK 12-13
	27	LK 14-15
	28	LK 16; LK 17:1-10
	29	JN 11
	30	LK 17:11-37; LK 18:1-14
	31	MT 19; MK 10
		ST MATTHEW=MT; ST LUKE=LK; ST MARK=MK; ST JOHN=JN
		ACTS OF THE APOSTLES=ACTS; GALATIANS=GAL; ST JAMES=JM

I THESSALONIANS=I THESS; I THESSALONIANS=I THESS		
APRIL	1	MT 20-21
	2	LK 18:15-43; LK 19:1-48
	3	MK 11; JN 12
	4	MT 23; LK 20-21
	5	MK 13
	6	MT 24
	7	MT 25
	8	MT 26; MK 14
	9	LK 22; JN 13
	10	JN 14-17
	11	MT 27; MK 15
	12	LK 23; JN 18-19
	13	MT 28; MK 16
	14	LK 24; JN 20-21
	15	ACTS 1-3
	16	ACTS 4-6
	17	ACTS 7-8
	18	ACTS 9-10
	19	ACTS 11-12
	20	ACTS 13-14
	21	JM 1-5 ... GOOD FRIDAY SERVICE @ 7:00 PM NBCM/FAST ENDS 6 :00PM
	22	ACTS 15-16
	23	GAL. 1-3... RESURRECTION SUNDAY
	24	GAL 4-5
	25	ACTS 17; ACTS 18:1-18
	26	I THESS 1-5; 11 THESS 1-3
	27	ACTS 18:19-28; ACTS 19:1-41
	28	I COR 1-4
	29	I COR 5-8
	30	I COR 9-11
I CORINTIANS=I COR; II CORINTIANS= II COR; ROMANS= RM;		
COLOSINIANS=COL; EPHESIANS=EPH; PHILIPPIANS=PH; I TIMOTHY=I TIM		

I THESSALONIANS=I THESS; II THESSALONIANS=II THESS	
MAY	1 I COR 12-14
	2 I COR 15-16
	3 II COR 1-4
	4 II COR 5-9
	5 II COR 10-13.
	6 ACTS 20:1-3; RM 1-3
	7 RM 4-7
	8 RM 8-10
	9 RM 11-13
	10 RM 14-16
	11 ACTS 20:4-38; ACTS 21-22; ACTS 23:1-35
	12 ACTS 24-26
	13 ACTS 27-28
	14 COL 1-4; PHILEMON
	15 EPH 1-6
	16 PH 1-4; I TIM 1-6
	17 TITUS 1-3
	18 I PETER 1-5
HEBREWS=HB; THE REVELATION OF ST JOHN= REV	
	19 HEB 1-6
	20 HEB 7-10
	21 HEB 11-13
	22 II TIM 1-4
	23 II PETER 1-3
	24 JUDE
	25 I JN 1-5
	26 II JN; III JN
	27 REV 1-5
	28 REV 6-10
	29 REV 11-15
	30 REV 16-19
	31 REV 20-22

1. The Daniel Fast as practiced by New Birth includes;	
• Chicken, fish and turkey (NOT FRIED)	
• Juices 100% pure	
• Butter or olive oil (virgin/natural)	
• Organic items (READ THE LABEL)	
• Dairy (eggs, yogurt, cheeses) optional.	
• Bread (whole wheat, Rye or Oat bread with NO preservative) optional.	
• Foods to avoid and examples of foods encouraged are listed below	
• Time period designated by Pastor, usually during the Lenten Season.	
FOODS TO AVOID:	MEAT (Pork, Beef and Lamb);
	MARGARINE, SHORTENING, HIGH FAT PRODUCTS
	ALL FRIED FOODS
	CARBONATED BEVERAGES (sodas/pop)
	REFINED SUGAR (white)
	FOODS CONTAINING PERSERVATIVES OR ADDITIVES
	WHITE FLOUR AND ALL PRODUCT USING IT(pastas)
	WHITE RICE
	CAFFEINE AND ALL PRDUCT CONTAINING IT
	ALL SUGAR SUBSTITUTES
<u>MORE EXAMPLES OF FOOD YOU MAY EAT</u>	
	All Whole grains ; All Vegetables fresh or frozen
	All seeds, nuts and sprouts
	Liquids: spring water, distilled water, 100% all natural fruit fruit juices and vegetable juices.
	Sweeteners: stevia (natural) or honey (organic).
FULL INFO AND COOKBOOK ONLINE .. Www.newbirthcm.org	