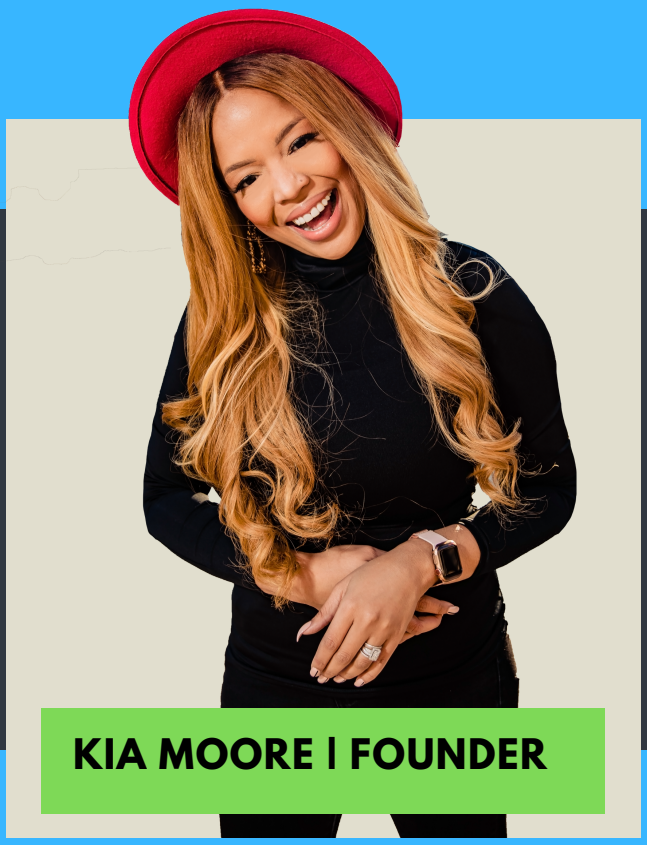
AUGUST 2020
#WEMAKEWELLS
something
DIFFERENT
the fast
THE CHURCH AT THE WELL



KIA MOORE | FOUNDER

from our pastor

I am so excited to begin this journey with you! The #SomethingDifferent Challenge is for people who are seeking God in a new way in this season.

For years, I led thousands on 6 continents to fast every month and now, that same spirit is sweeping our church. As we approach our two year anniversary in October, we enter into this season ready to walk fully in purpose and ready to be in full alignment.

Life is never going back to the way it was. Something different is happening in the earth. A shift is happening in the spirit. Will you go deeper?

about the well

The Church At The Well is both mission minded and discipleship focused. Our motto is "Get Well. Live Well. Make Well" and encourages members to seek their own healing, live a pleasing life to God and begin to help others begin the journey towards life in Christ. Within our first 18 months, we funneled nearly $50,000 to various causes, organizations and people in need.

#WEMAKEWELLS

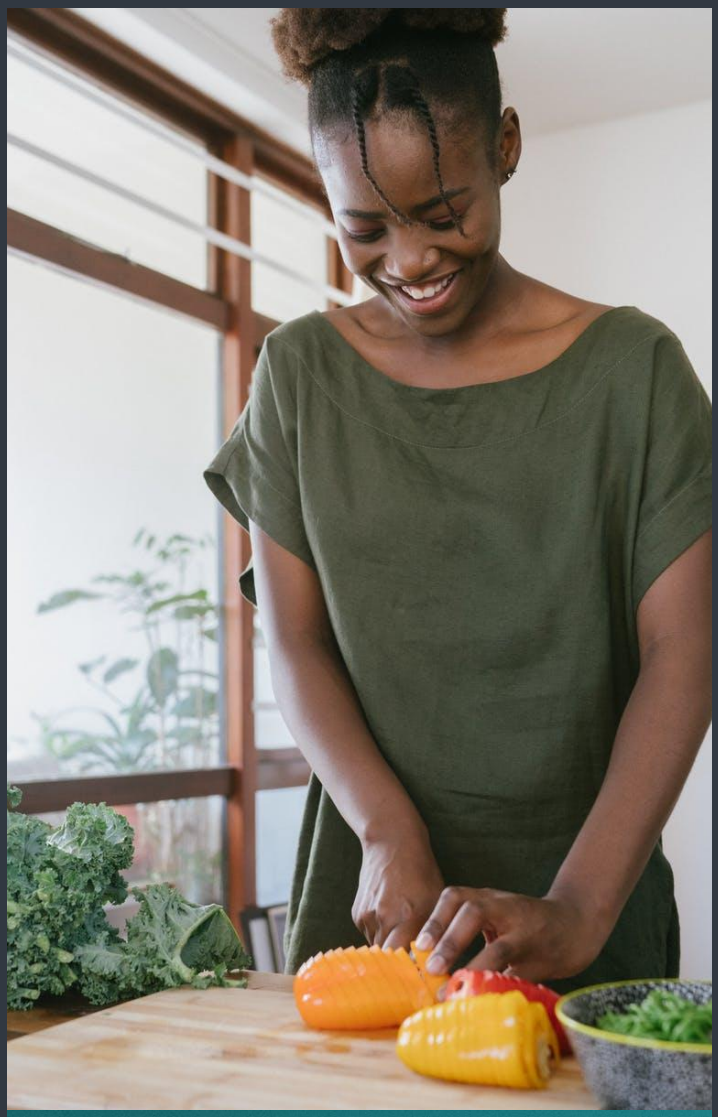
Making special efforts to care for our membership as much as the community, The Well paid off debts, medical bills, helped to start businesses, gave seed funding for non-profits & wiped out legal fees for dozens of members. The church is also sponsoring billboards for all entrepreneurs who have stable businesses. During the pandemic, each member received free grocery delivery to ensure they could stay home more.

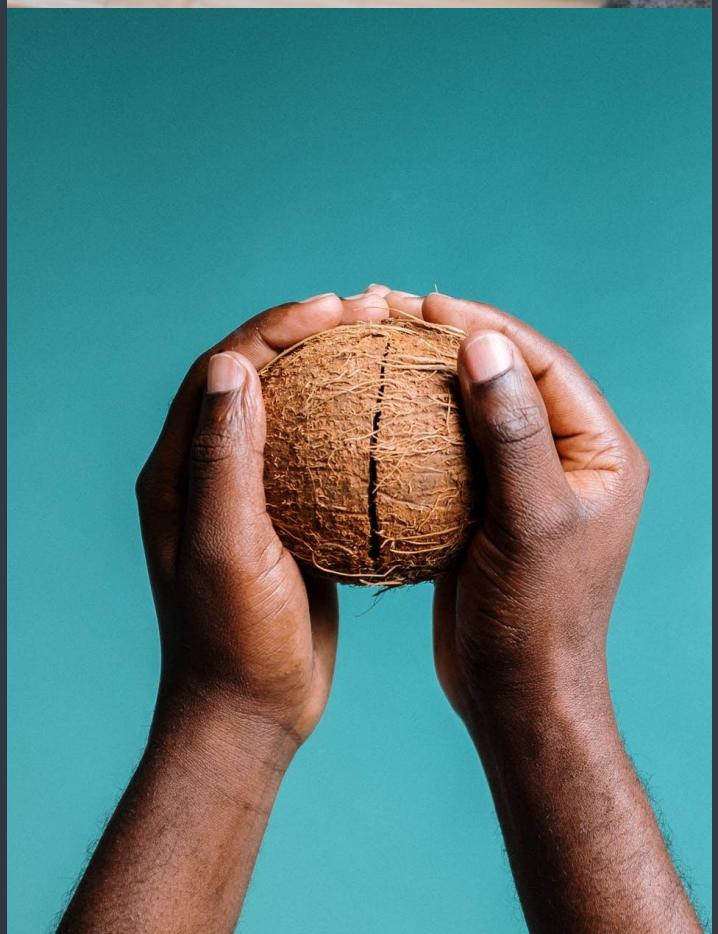
In less than two years, The Well has grown to nearly 300 members including a thriving online membership. The ministry has witnessed countless miracles and many have been delivered. At present, the church is worshipping exclusively online until the pandemic ends.

about fasting

There are several examples of fasting in the Bible and God shows us throughout the Bible that fasting grants us supernatural power. Today people are facing enormous weights: sexual impurity & promiscuity, peer pressures, drugs, suicide, cyber bullying, alcoholism, domestic violence, rape, academic challenges, gangs, the divorce of parents, absent fathers, neglectful mothers, financial struggles, loneliness, brokenness, depression, homelessness, poverty, foster-care, disease, health issues, single-parenthood, unanswered questions, delayed requests, spiritual blockages, lack of direction regarding purpose, inaccuracy in hearing God, inability to hear God, shame, guilt and embarrassment.

All of these things keep us from getting God's best. ALL of these things, however, can be eradicated through the power of prayer and fasting! It may not happen overnight, it may not happen this month...but over the course of this journey you will see God turning things around. The more you show God that you are committed to receiving His best by giving Him YOUR best, you will see change in your life. God is calling for a movement...a wave of spiritual re-birth that sweeps the world and it starts with you and your friends and family telling other people about fasting! The world needs to be educated and informed, so that they are equipped to withstand the attacks that we face as believers!





fasting info

1. TYPES OF FASTS: THE DENIAL OF FOOD

Individual Fasts – private in nature, done secretly: Daniel Chapter 10 & Jesus in the Wilderness Matthew 4:1-11

Corporate Fasts – open to the community, called in public: The Book of Esther & Joel Chapters 1 &2

2. SPECIAL CONSIDERATIONS

Note, that even though Corporate Fasting like this one is communal in nature, you should still privately seek God. This is not a spectacle. This is a group of believers joined together seeking God through intense prayer and sacrifice.

3. MAKE A VISION BOARD

Make time tonight, to think about the things you want for your life, write them down, preferably on a poster board. You may add drawings or photographs...but give yourself a tangible image of where you see yourself going.

4. MAKE A JOURNEY BOARD

Trace your steps. Uncover your path. Unlock your future. If you can understand that you have been serving the same God who brought you out of so much and blessed you with even more…then you can better understand that everything you are praying for is possible! Your vision board is the evidence of things not seen (FAITH). But, your journey board is the evidence of things already come to pass (FACT).

5. TRY CONTEMPLATIVE PRAYER

Each day, take time to center your mind on God, on entering His presence and on trying to hear His voice. Sitting still in silence for 15 minutes or more, will lead your mind to places. Be careful not to allow your mind to consider things that have nothing to do with God or your purpose.

approved food

All fruits in either the fresh, frozen, dried, juiced or canned form including but not limited to apples, apricots, bananas, blackberries, blueberries, boysenberries, cantaloupe, cherries, cranberries, figs, grapefruit, grapes, guava, honeydew melon, kiwi, lemons, limes, mangoes, nectarines, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, watermelon

All vegetables in either the fresh, frozen, dried, juiced or canned form including but not limited to artichokes, asparagus, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, chili peppers, collard greens, 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, veggie burgers are an option if you are not allergic to soy.

All whole grains including but not limited to whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole wheat pasta, whole wheat tortillas, basmati rice cakes and popcorn

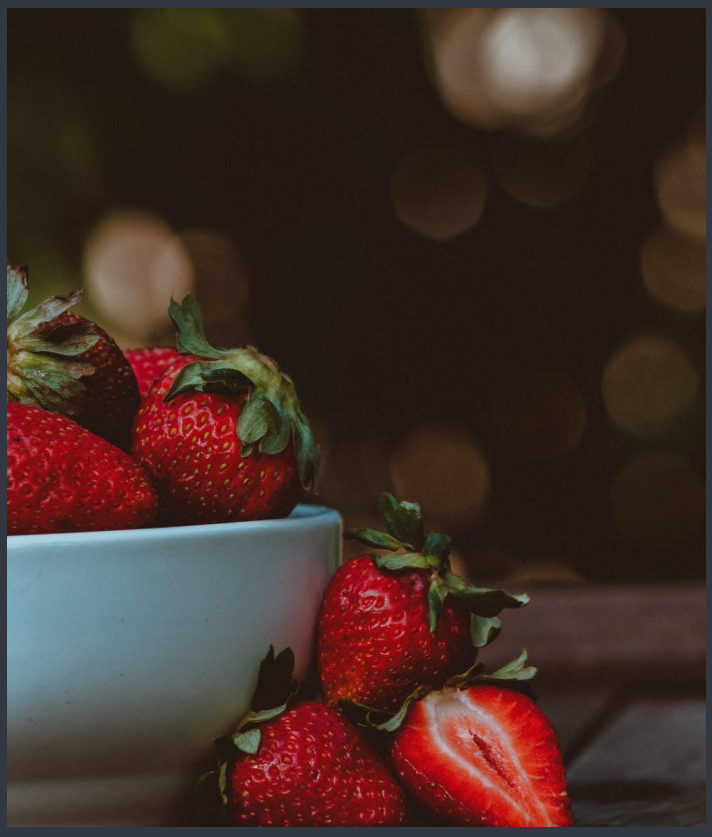
All nuts and seeds, including but not limited to sunflower seeds, cashews, peanuts, sesame. Also nut butters including peanut butter

All legumes, canned or dried including but not limited to dried beans, pinto beans, split peas, lentils, black eyed peas, kidney beans, black beans, cannellini beans, white beans

All quality oils including but not limited to olive, canola, grape seed, peanut, and sesame

Pure Beverages including but not limited to spring water, distilled water, other pure waters and all 100% and organic juices without added sugars

Other acceptable items of interest may be tofu, soy products, vinegar, seasonings, salt, herbs and spices



unapproved foods

All meat and animal products including but not limited to beef, lamb, pork, poultry, and fish

All dairy products including but not limited to milk, cheese, cream, butter, and eggs

All sweetener sincluding but not limited to sugar, raw sugar, honey, syrups, molasses, artificial sweeteners and cane juice

All leavened bread including all variations which are generally baked with yeast, eggs, milk, honey and/or sugar

All refined and processed food products including but not limited to artificial flavorings, food additives, chemicals, white rice, white flour, and foods that contain artificial preservatives

All deep fried foods including but not limited to potato chips, French fries, corn chips. All solid fats including shortening, margarine, lard and foods high in fat

Sweetened beverages including but not limited to processed coffees, teas, herbal teas, carbonated beverages, energy drinks, and alcohol

meal suggestions

Breakfast: Peanut Butter and Fruit OR Oatmeal and Fruit OR Polenta [boiled corn meal, which is reminiscent of grits]

Lunch: Cucumber Salad, Fruit Salad or Brown Fried* Rice [Sauté Brown Rice in Organic Soy Sauce & Olive Oil with Onions & Veggies] OR Roasted Corn on the Cob and steamed veggies

Dinner: Sautéed Spinach & Roasted Potatoes OR Vegetables and Whole Wheat Pasta/Brown Rice OR Black beans and Brown Rice OR Sautéed potatoes with garlic, green onion and Daiya cheese alternative.

consult your doctor

It is EXTREMELY important to consult your doctor or physician before altering your diet, ESPECIALLY if you are on medication or dealing with an illness. Please retain your physician's approval before beginning this fast. We are in no way responsible for any health related issues that may arise from your decision to fast. Only a physician can determine whether you are able to fast. This packet is simply a tool that provides information regarding a suggested way to fast, under the supervision of a physician. Moreover, if you start to feel ill, please STOP the fast and seek medical assistance immediately!

check all food labels + packaging

Please read ALL labels of ANYTHING that you consume, because you cannot have deep fried foods, sugar, processed foods, additives or chemicals for the entire 21 days. Drink LOTS of water throughout this process, it will assist with cleansing your system. You may have to look for ways to add protein to your diet...and eating nuts or all-natural peanut butter [simply ground peanuts] are great ways to do it!

prayer call info

DIAL IN NO: (712) 770-5327

PARTICIPANT CODE: 221164

PLAYBACK NO: (712) 770-5076

M-F
6:30AM

CENTRAL STANDARD TIME

Please mute your phones upon entering the call. Feel free to share the call information with people who are not fasting. The call is not limited to those who are fasting but open to anyone who needs prayer. **Email admin@wemakewells.org to order blessed oil to use when you pray. We have seen miracles with this oil.**

FEEL LED TO SOW? $wemakewells PayPal.me/wemakewells

week one scripture guide

8/6 - Romans 12:2

8/7 - Isaiah 43:19

8/8 - John 4:47-51

8/9 - Ezekiel 36:26-27

8/10 - Mark 1:40-45

8/11 - Luke 5:4-10

8/12 - Matthew 8:5-13

week two scripture guide

8/13 - John 2:7-10

8/14 - Luke 7:11-18

8/15 - Matthew 8:23-27

8/16 - Matthew 9:27-31

8/17 - Daniel 1:8-16

8/18 - Hebrews 11:7

8/19 - Hebrews 11:23-28

week three scripture guide

8/20 - 2 Kings 4:1-7

8/21 - 1 Samuel 16: 6-13

8/22 - Mark 14:3-9

8/23 - Hebrews 11:17

8/43 - John 11:33-43

8/25 - James 5:17

8/26 - Matthew 9:20-22

about our pastor

Pastor Kia Moore is a proud alumna of White Station High School. She left Memphis to graduate at the top pf her classes at both Clark Atlanta. University and the University of Chicago. As an award winning researcher, Kia accepted a call to ministry that has allowed her to reach large audiences. As a licensed and ordained elder with a decade of experience in ministry leadership, Kia has helped to shape strategy for some of the largest churches in the south.

She is both the youngest clergy person to pray on the Tennessee House Floor and to lead National Day of Prayer in Memphis alongside its Mayor. She brings both her passion for preaching and her love for outreach to her church plant that is being shaped by her doctoral studies in seminary focused on forming churches. As pastor of The Church At The Well, Kia becomes the first female African American millennial church planter in this region by all accounts.

As Pastor Kia completes her doctoral studies by early spring 2021, she is also continuing to consult megachurches across the country, lead women in business via her small business incubator and she also serves as a National Faith Outreach Coordinator for the Joe Biden 2020 Presidential Campaign working with the Director of African American Engagement and two other coordinators.

Pastor Kia married her longtime friend Tarrik in 2015 and together they share a business & non-profit that afforded them the opportunity to be featured in Essence Magazine 3 times. Tarrik is a serial entrepreneur who is finishing his first book highlighting his efforts to launch the world's first Memphis Jookin studio and therefore pioneering the multi-million dollar industry. Pastor Kia & Tarrik have one daughter, Harper Dream who wants to be a pastor one day.

LIVE

JOIN US FOR WORSHIP THIS SUNDAY AT 12:15PM CST ON FACEBOOK LIVE

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