

THE SPIRITUAL FASTING COMES FIRST, AND IS THE SOUL'S REFUSAL OR DENIAL OF ALL KINDS OF EVIL ACTIONS AND HABITS --

SAVE THE DATE

Special Fasting Prep Sessions

SATURDAY, FEB 17,

3PM-6PM EST

SATURDAY FEB 24

2-5PM EST

SATURDAY, MAR 2

2-PM- 5PM

ABSTENTION FROM FOOD AND DRINK FROM SUNRISE TILL SUNSET
DATES FOR THE FAST ARE MARCH 1-19, 2024

"Thou hast endowed every hour of these days with a *special virtue..*"



PART 1: PRAYER



PART 2: MEDITATION



PART 3: SPIRITUAL RECUPERATION

Preparing for the 2024 Fast

FASTING IS MORE THAN JUST NOT EATING

Shoghi Effendi indicates that the fasting period, is...essentially a period of **meditation and prayer**, of **spiritual recuperation**, during which the believer **must strive to make the necessary readjustments in his inner life**, and to refresh and reinvigorate the spiritual forces latent in his soul.

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An Individual Initiative of Barbara Talley

Spiritual Spring Cleaning Time