

# Special Instructions



## **Spiritual Fast For Everyone**

1. Pray 3X Daily ~ 15 min - 1 hr
2. Study 3X Daily ~ Read Scriptures - Meditate
3. Thank God 7X Daily



## Physical Fast

### Start

#### **3 Days Prior To Actual Fast**

2 Days of Soup & Broth

1 Day of Fruit

### End

#### **3 Days After Actual Fast**

2 Days of Soup & Broth

1 Day of Fruit

**NO MEAT**

**NO ALCOHOLIC BEVERAGES**