

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