

2 WEEKS OF FASTING

STARTS: 07/05/2022

ENDS: 07/19/2022

NO MEAT

NO STRONG DRINKS

BE CAREFUL OF WHAT YOU SEE AND

HEAR ON TELEVISION: MINIMIZE

WATCHING TELEVISION

**PRAY: 3 TIMES A DAY – MORNING, NOON, AND
EVENING**

**SCRIPTURES: READ SCRIPTURES OF YOUR
CHOICE EVERYDAY, THIS WILL CAUSE YOU TO
BE STRENGTHEN IN GOD.**