

21 DAY FAST: JAN 7-27

Pick up your calendar in the foyer!

7 <u>ONE MEAL</u>	8 <u>COMPLETE</u>	9 <u>ONE MEAL</u> PRAYER 6:30pm	10 <u>COMPLETE</u>	11 <u>ONE MEAL</u> PRAYER 6:30pm	12 <u>ONE MEAL</u>	13 <u>ONE MEAL</u> PRAYER 9am
14 <u>ONE MEAL</u>	15 <u>COMPLETE</u>	16 <u>ONE MEAL</u> PRAYER 6:30pm	17 <u>COMPLETE</u>	18 <u>ONE MEAL</u> PRAYER 6:30pm	19 <u>ONE MEAL</u> All Night Prayer 9pm - 10 Am	20 <u>ONE MEAL</u> PRAYER 9am
21 <u>ONE MEAL</u>	22 <u>COMPLETE</u>	23 <u>ONE MEAL</u> PRAYER 6:30pm	24 <u>COMPLETE</u>	25 <u>ONE MEAL</u> PRAYER 6:30pm	26 <u>COMPLETE</u>	27 <u>ONE MEAL</u> PRAYER 9am

*This is a suggested calendar

COMPLETE = Water Only, No Food, & Soul Fast (No TV or Social Media)