



2018 Fasting Schedule January 8th - February 2nd

******* PLEASE NOTE *******

If you take medication please consult your doctor before participating fully in this part of the fast. If you cannot participate in this part of the fast please find something else to fast such as television, Facebook, etc. Please remember our goal is to position us to hear more clearly from God and fasting is one of the ways to help us do that.

Week of the January 8th:

Fast: Wednesday thru Friday (End of prayer or midnight) No meats and no sweets

Week of the January 15th:

Fast: Wednesday thru Friday (End of prayer or at midnight) Wednesday and Thursday; no meats and no sweets. Thursday thru Friday (Liquids ONLY)

Week of the January 22nd:

Fast: Wednesday thru Friday (End of prayer or midnight) Wednesday; no meats and no sweets. Thursday and Friday (liquids only)

Week of the January 29th:

Fast: Wednesday thru Friday (Liquids only)