

DISCIPLES

"Blessed To Be A Blessing"



DISCIPLES 21 DAY FAST – 2008

January 2 - 22, 2008

Our prayer is that you will remain strong and of good courage during this period. We will conclude the 21 days with a 24-hour prayer vigil starting at 6pm Monday, January 21st and ending at 6pm Tuesday, January 22nd.

FASTING INSTRUCTIONS

(Please consult your physician before beginning the fast)

Please select from one of these four options for your fast.

Fast #1 – Eat no food from 6pm to 6am .

Fast #2 – Eat no food from 6am to 6pm.

Fast #3 – Give up one meal per day.
(i.e. – eat no lunch during the 21-day fast)

Fast #4 – Liquids only.

Blessed to be a Blessing,

Howard Turnley, Pastor

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