

12 DAYS OF PRAYER & FASTING

- **Fasting Schedule: Mondays, Wednesdays & Fridays**
- **Fasting Hours: 7:00 pm - 7:00 am**
- **Guidelines:**
 - **Abstain from food during fasting hours**
 - **No sugar**
 - **Drink water only**
 - **Dedicate time to:**
 - ***Prayer, Bible study/meditation & Worship**
 - **Identify and abstain from one distracting/hindering habit (Hebrews 12:1)**

JOIN US

JANUARY 6th-31st