

14 DAY FAST

PLEASE CONSULT YOUR
PHYSICIAN BEFORE
BEGINNING THIS FAST.

JANUARY 2 - 15

7A-4P WATER ONLY
AFTER 4P - A SIMPLE MEAL OF VEGETABLES



NOTES ON NEHEMIAH



NIGHTLY AT 9PM CT

LIVE ON ZOOM WITH BISHOP TDR

MEETING ID: 834 7181 9322

PASSCODE: 142025