

Fasting Recommendations

We will begin each week's fast on Monday mornings before breakfast and end on Friday evenings at dinner.

week one, 10/6-10/10: fast from snacking, soda, sweets, and desserts

week two, 10/14-10/18: fast from week one items + consume only liquids until lunchtime

week three, 10/20-10/24: fast from week one items + consume only liquids until dinner time

week four (3 days), 10/27-10/29: consume liquids only

We'll end the fast together on Wednesday, October 29 with a 5:30pm family meal + 6:30pm worship night at the church.

View the weekly recommendations as cumulative. For example, continue fasting from snacking, soda, desserts + other sweets each week and not only during the first week.

Pastor Harry will be available for those who are looking for alternative fasting options. Please contact him at hhawkins@nehemiah.org if what is listed for the general fast would not be wise for you for any reason.

Due to unique health concerns, fasting from food is not recommended or advisable for everyone. If you have some concerns or questions, please consult with your doctor before joining in the recommended fast.