

Victorious Life Family Worship Center

Fasting Guidelines

May 23-May27

Mon-Fri

3 Days Corporate 5 Days Intercessors

Fasting Focus

(Proverbs 18:14 Amplified)

“The strong spirit of a man sustains him in bodily pain *or* trouble, but a weak *and* broken spirit who can raise up *or* bear

(The Message Bible)

“A healthy spirit conquers adversity, but what can you do when the spirit is crushed”.

Read the Book, “Fasting for Fire”

Jennifer A. Miskov

Food menu below:

Seafood

Salad Fixings

(Vegetables, fruits, nuts, liquids)

6:00am-6:00pm

Fast ends Daily at 6:00pm

Praying in the Spirit 30 minutes (non- stop)