



THE POWER OF FASTING

Week of April 1-7

Three days of one meal per day

Week of April 8-14

Three days of only fruits and vegetables

Week of April 15-21

Three days of only liquids until 3pm

Week of April 22 -28

Three days of one meal per day

APRIL 1ST - APRIL 28TH

**LIVING WORD MINISTRIES
825 TAYLOR STREET LYNCHBURG VIRGINIA**