

2017

August

The Firehouse Church Fast Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
31	01 6AM-1PM Fried Food	02 6AM-1PM Fried Food	03 6AM-1PM Fried Food	04 6AM-1PM Fried Food	05 6AM-1PM Fried Food	06 6AM-4PM Fried Food/ Red Meat
07 6AM-4PM Fried Food/ Red Meat	08 6AM-4PM Fried Food/ Red Meat	09 6AM-4PM Fried Food/ Red Meat	10 6AM-4PM Fried Food/ Red Meat	11 6AM-4PM Fried Food/ Red Meat	12 6AM-4PM Fried Food/ Red Meat	13 6AM-6PM Fried Food/Red Meat/Social Media
14 6AM-6PM Fried Food/Red Meat/Social Media	15 6AM-6PM Fried Food/Red Meat/Social Media	16 6AM-9PM Add Sweets/ Carbonated Drinks to list	17 6AM-9PM Add Sweets/ Carbonated Drinks to list	18 6AM-9PM Add Sweets/ Carbonated Drinks to list	19 6AM-9PM Add Sweets/ Carbonated Drinks to list	20 6AM-9PM Add Sweets/ Carbonated Drinks to list
21 6AM-9PM Add Sweets/ Carbonated Drinks to list	22 6AM-9PM Add Sweets/ Carbonated Drinks to list	23 6AM-9PM Add Sweets/ Carbonated Drinks to list	24 6AM-12AM Eat Vegetables and Fruit and drink Water Only	25 6AM-12AM Eat Vegetables and Fruit and drink Water Only	26 6AM-12AM Eat Vegetables and Fruit and drink Water Only	27 6AM-12AM Eat Vegetables and Fruit and drink Water Only
28 6AM-6AM Fruit Only/Water	29 6AM-6AM Water Only	30 6AM-6PM Water Only	31	01	02	03
04	05	<p>Notes: This is a progressive fast schedule, and the sacrifices are in addition to the previous items. Be reminded that Prayer goes along with fasting or else you have just taken an extreme diet. Be mindful of your medical compliancy. Fruit and fluids will keep you from dehydration.</p>				