

FAST SEASON ITENARARY 2023:

- 1 Spend some time in Prayer; your discretion
- 2 Abstaining Time (Fasting Time) 6:00 am – 12:00 pm Monday - Friday
- 3 Give up two (2) things you indulge in or do on a consistent basis during this time: Feb. 22 [12:00 am] – April 2,2023 [12:00pm]

Weekly Sacrifice:

Feb. 27 – Mar.3	No Fried Foods	you may resume after 6 pm on Friday
March 6 – 10 th	No Pork meats	same instructions as above
March 13– 17 th	No Beef meats	same instructions as above
March 20 – 24 th	No Poultry meats	same instructions as above
March 27 – 31 st	No Seafoods	same instructions as above

If there is an item you may not partake of on a certain week, use the previous week sacrifice.

God Bless and Grow in the Lord Jesus Christ

Balperazim Ministries Family

The Apostles loves you and praying for you.