

**FEBRUARY 1<sup>ST</sup> – 29<sup>TH</sup>, 2020**

**BE-IN-HEALTH MINISTRY BOOT CAMP**

- ❖ **PUT TOGETHER FASTING GROUPS** (it is good when your group can include those who live with Saints yet this is not a requirement). **WHEN PUTTING TOGETHER FASTING GROUPS, IT MIGHT HELP TO INCLUDE YOUR PRAYER GROUP AS WELL.**
- ❖ **ASKING AS MANY AS CAN TO PARTICIPATE IN THE BOOT CAMP!**
- ❖ **WEEKLY:**
  - **MONDAY - SATURDAY 2 DAYS OF 24 HOUR FASTING AND**
  - **1 DAY OF 6AM – 6PM FASTING**
- ❖ **FASTING DAYS CAN BE IN SUCCESSION OR DIVIDED UP.**
- ❖ **WEEKLY 3 DANIEL ABSTINENCE DAYS.**
- ❖ **ON SUNDAYS FAST UNTIL YOUR DINNER TIME.**
- ❖ **SUNDAY'S DINNER CAN INCLUDE FISH OR CHICKEN OR TURKEY AND ETC... NO RED MEAT NOR FRIED FOODS! DON'T GORGE!**
- ❖ **FOLLOW BE-IN-HEALTH AS WITH THIS PRESENT BOOT CAMP.**
- ❖ **EACH WEEK 2 HOURS OF PRAYER. SEE TIMES BELOW:**
  - **7PM – 9PM MONDAYS, TUESDAYS, THURSDAYS AND FRIDAYS**
  - **6:30 PM – 7:30 PM WEDNESDAYS**
  - **6AM – 7AM SATURDAYS**
  - **9AM – 10AM SUNDAYS**