

FASTING SCHEDULE | GRACE 21 DAYS

2022 Theme: "Return to Him"

During your designated fast time, you may choose the absolute fast, water fast or Daniel Fast. Your fast time should consist of any combination of 4 hours or more to reach the expected weekly fast time total throughout any combination of days. We will also have corporate prayer weekly and there will be opportunities for corporate fast times on select days.

Week 1

RETURN TO OUR FOCUS ON JESUS

Fast Time Total:

Beginners: At least 12 hours

Advanced: At least 24 hours

Week 2

RETURN TO OUR FOCUS ON JESUS

Fast Time Total:

Beginners: At least 24 hours

Advanced: At least 48 hours

Week 3

RETURN TO OUR MISSION TOGETHER

Fast Time Total:

Beginners: At least 48 hours

Advanced: At least 72 hours