“Refocus Fast”

We are starting a 40 day “Refocus Fast” starting August 1st, 2018 ending September 9th, 2018.

Eating Rules:

Between the hours of 12:00 pm and 8:00 pm you are allowed a regular diet.

Liquids only before 12:00 pm and after 8:00 pm (no soft drinks at all during this time) focus on water, tea, coffee and natural fruit juices.

\*\*\*Note: If you are in need of healing during the hours of 12:00 pm to 8:00 pm only eat fruit, veggies, meat and nuts only\*\*\*

During the fast start everyday with:

20 minutes of quiet time/prayer

Read for 20 minutes a day (please see Bishops suggested reading)

Exercise for 20 minutes a day

Bishops suggested reading:

The Amazing Results of Positive Thinking by Dr. Norman Vincent Peale