



E N C O U N T E R
C H U R C H

Fasting Schedule August 2020

Some have asked for a fasting schedule like we've used in the past. Let me just say, this is just a suggestion. Please do what you feel God is requiring of you. So, below is a ***suggested*** weekly schedule for Encounter's fast from August 10th through August 30th.

Sunday: Fast dinner (do not eat after 4 PM) 1 Hour of TV or less

No social media

Monday: Fast Lunch (do not eat between 11AM-3PM) Do not eat after 7 PM 2 Hours or less of TV

Tuesday: Fast all caffeinated drinks No fried foods Do not eat past 6:30 PM

1 hour or less of TV

Wednesday: Fast lunch (do not eat between 11AM-3PM) 2 hours or less of TV
No social media

Thursday: Eat no meat, sweets or bread Do not eat past 6:30 PM 1 Hour or less of TV

No social media

Friday: Fast lunch (do not eat between 11AM-3PM) No fried foods Do not eat past 6:30 PM

2 hours or less of TV

Saturday: Fast lunch (do not eat between 11AM-3PM) Fast all caffeinated drinks
Do not eat past 6:30 PM

1 Hour or less of TV