

# *Beth-El Ministries Church*

Seasonal

BMC Corporate Consecration Fast  
Fasting ~ Prayer ~ Giving

See & Follow Schedule  
(Consult your doctor before attempting)

Fasting Dates

Wednesday – Sunday  
(Saturdays Excluded)

Times: 6 A.M. – 6 P.M. Day Workers  
6 P.M. – 6 A.M. Night Workers

Food Schedule (Partial Fast)

- Fast One Meal each Day
- No Meat Tuesdays

Guidelines

- Do not Binge after or before fast times
- As we get closer to Finale, Fast will intensify