

Fasting

with *MT Zion*

SO JESUS SAID TO THEM, "BECAUSE OF YOUR UNBELIEF; FOR ASSUREDLY, I SAY TO YOU, IF YOU HAVE FAITH AS A MUSTARD SEED, YOU WILL SAY TO THIS MOUNTAIN, 'MOVE FROM HERE TO THERE,' AND IT WILL MOVE, AND NOTHING WILL BE IMPOSSIBLE FOR YOU. HOWEVER, THIS KIND DOES NOT GO OUT EXCEPT BY PRAYER AND FASTING." MATTHEW 17:20-22 NKJV

TUESDAYS FASTING
6:00 AM - 12:00 PM
WATER & 100% JUICE ONLY

THREE AREAS TO FAST FOR:
MENTAL WELL BEING
PHYSICAL WELL BEING
FINANCIAL WELL BEING

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