

GUIDELINES FOR 21 DAYS WITH MY MIND ON JESUS

PRAYER TIMES

MORNING PRAYER - 6:00 A.M.

MONDAY - SATURDAY

via Conference Call

1 (605) 313 - 5106 code #878438

SUNDAYS at 8:00A.M. 6

via Conference Call

FACEBOOK LIVE - 12:00 P.M.

MONDAY - SATURDAY

TYPES OF FOODS NOT INCLUDED IN THE CONSECRATION

Meats, fried foods, snacks (chips, candies, cakes, etc.),
soft drinks, coffee, desserts, caffeine

TYPES OF FOODS INCLUDED IN THE CONSECRATION

Vegetables, fruits, all soups (with the exception of meat),
water, herbal teas, breads, salad (dressings allowed),
cheese, starches (pastas included)

RESTRICTED ACTIVITIES

NO secular radio, movies, television (news only), video games,
magazines or books (non-Christian only)

NO excessive talking on the telephone

NO excessive computer usage (Facebook, Twitter, Instagram, etc.)

NO excessive shopping