

PRAYER!
BIBLE
STUDY!
FASTING!

Romans Chapters 5-8

**March 6-
April 21, 2019**



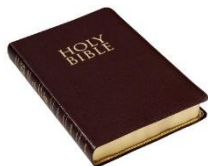
*I can do all things through
Christ who
strengthens me.
Philippians 4:13*

PRAYER!



Morning Prayer @ 6:00 am for 40 Days "Praying specifically for SALVATION, HEALING, STRENGTH AND PEACE!"

BIBLE STUDY!



- † 40 Men in Thursday noon day Bible study
- † 40 Women in noon day Bible study
- † 40 Millennials in Thursday evening Bible study
- † 120+ Women in Sunday's Women's Bible study *"One In A Million: Journey To Your Promised Land"* by Priscilla Shirer

FASTING!



- No Chips
- No Potatoes
- No Ice Cream
- No Fast Food
- No Fried Food
- No Chocolate
- No White Breads
- No Soda or Juice
- No Cakes or Donuts
- No Cookies or Candy
- No sweets
- No white bread or starch
- No beef or pork



Try hard not to throw a temper tantrum!



EXERCISE

daily or 3X a week.

**Please consult with your doctor or trainer for what you should do.*