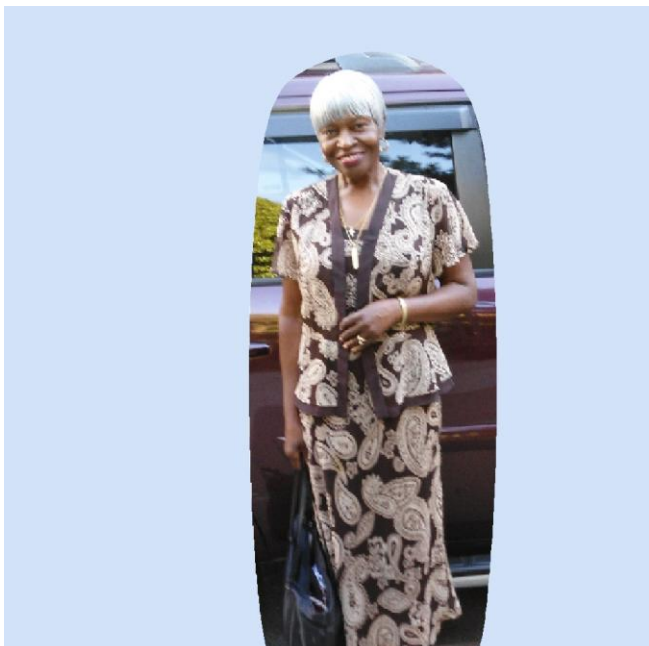


Week Three
No Meat, Praise God!
(Continuation of No Sugar, No Fried Foods)



Giving all praises to God, and thanks for this February fasting. As we give up something each week. My personal experience is giving up sweets, meats, etc. opens the door to closer holiness and better health. My body feels great when I do this. I've totally given up meats except chicken and seafood, and again thank God for the will power. I couldn't do it without Him. Sister Beverly S.



Joining in the fast each year has helped and continues to help me develop disciplines in every area of my life. It was a bit challenging at first, but each year it gets a little easier, to God be the Glory! If this is your first time joining in the fast, be encouraged and remember *Phillipians 4:13*.
"I can do all things thru Christ who gives me strength."

