

# FAST 2022

## WEEK 1

### DIGITAL DETOX

(JAN10 - JAN16)

*CHOOSE ONE OR MORE OF  
THE FOLLOWING:*

NO SOCIAL MEDIA

NO TELEVISION

NO MUSIC/RADIO

NO SMARTPHONE USAGE

NO INTERNET USAGE

## WEEK 2

### PARTIAL FAST

(JAN17 - JAN23)

NO MEATS

NO SWEETS

NO BREAD

DRINK WATER AS YOUR

ONLY BEVERAGE

## WEEK 3

### TIMED FAST

(Jan 24 - Jan 25)

NO FOOD AFTER 5PM

(Jan 26 - Jan 27)

NO FOOD AFTER 12 NOON

(Jan 28 - Jan 30)

FULL FAST

No food ~ No devices

Water Only

\*DOWNLOAD THE BIBLE APP

\*\*FOLLOW THIS LINK TO READ THE BOOK OF ACTS TOGETHER:

[HTTPS://BIBLE.COM/P/48456750/2566AF52B41C7E2C06FC2601DA70EF98](https://BIBLE.COM/P/48456750/2566AF52B41C7E2C06FC2601DA70EF98)