

**(SAMPLE) 40 DAY FASTING SCHEDULE**

(P) Singing; (R) Scripture Reading; (A) Supplications; (Y) Surrender.  
 SPIRIT-SINGING-SOUL-Scripture reading-BODY-Stretching

Events	Hours	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rise and Shine	5:00A.M.							
Drink Water								
P.R.A.Y. 7 X 7 X 7	6:00A.M.							
Exercise/ Get Dressed	6:30A.M.							
Eat Breakfast (-Big-)	7:30:00A.M.							
---@Work---	8:00A.M.							
Drink Water 16oz	10:00A.M.							Worship
---@Work---	11:00P.M.							Worship
Eat Lunch (-Medium-)	12:00P.M.							Worship
---@Work---	1:00P.M.							Worship
Drink Water 16oz	2:00P.M.							
POWER WALK	3:00P.M.							
---@Work---								
Drink Water 16oz	4:00P.M.							
Eat Dinner (-Small-)	5:00P.M.							
P.R.A.Y. 1 Hour	6:00P.M.	Family Prayer	Family Prayer	Family Prayer	Family Prayer	Family Prayer	Family Prayer	Group Prayer
Study God's WORD	8:00P.M.			Group Bible Study				
	9:00P.M.							
Go to Bed..	10:00P.M.							

"Now may the God of peace Himself sanctify you completely; and may your whole spirit, soul, and body be preserved blameless at the coming of our Lord Jesus Christ." Thessalonians 5:23