

CONSECRATION 2026

“BELIEVE! IT’S POSSIBLE!”

One Meal a Day Fast

Eat one meal at the time of your choice.

Allowed:

- Water
- 100% juice

Not Allowed:

- Caffeine
- Carbonated drinks
- Sweetened drinks
- Sweets

****As with any dietary changes, please be mindful of your personal health needs and consult your physician if necessary.***