

# 10 DAY FOCUS FAST

## May 15th - May 25th

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### DANIEL FAST

#### FOODS TO AVOID FOR THE NEXT 10 DAYS

- No Meat
- No Powdered Sugar
- No Fried Foo
- No Junk Food
- No Caffeine
- No Sweets
- No Sodas
- No Bread unless(100% Whole Grain)

#### FOODS ALLOWED FOR THE NEXT 10 DAYS

- 100% juice
- Fruits
- Whole Grains
- Water
- Nuts

#### SEEK DEMONSTRATION

#### OVER THE NEXT 30 DAYS

- 20 min. of Physical Activity Per Day
- 15 min. Focus -Silence and Meditation Per Day
- Consume 1 quart Water Per Day

- Read 1 new book by the end of the month
- Read a newspaper or magazine for 15 min. Per Day (this should be articles of knowledge NOT gossip)
- Learn or practice a NEW skill by the end of the month

**\*\*Please Setup A Periscope Account and follow @pastorarandall to receive Devotion and Prayer by Bishop Andrew L. Randall, Jr.**

STAY CONNECTED:

TEXT by MOBILE: 'Text the word "AFT" to 714-41

WEBSITE: AFTCHURCH.ORG

