

PRAYER CALL

MONDAY-SATURDAY AT 6:33AM

CALL IN: 712.775.7031

CALL BACK: 712.775.7029

ACCESS CODE: 435 786 492

FAST LEVELS

GREAT

- NO SWEETS
- NO FAST FOOD
- NO FRIED FOODS
- NO SUGARY BEVERAGES

GREATER

- FRUITS AND VEGETABLES ONLY
- MEAT: BAKED OR GRILLED ON SUNDAYS, WEDNESDAYS, AND FRIDAYS ONLY
- WATER TO DRINK