

Ten Steps to a Fulfilling Fast:

1. Plan ahead
2. Have a particular purpose or goal in mind as you fast
3. Start the fast with prayer
4. Direct your thoughts, words, and actions towards keeping the spirit
5. Abstain from two meals
6. Study the scriptures
7. Pay a generous fast offering
8. Attend all your church meetings
9. Ponder and meditate
10. End the fast with a private prayer

**“Feed” yourself
spiritually
“Feast” upon
the scriptures**

If so...