



# Prayer Guidelines

## Prayer/Quality Time

1. Tithe at least two (2) hours and 40 minutes every day through prayer, studying the Bible, meditation, or just being still; this time does not have to be done all at once.
2. Pray over the Pastor's Request List and the Church's Request List every day.
3. Read your Prayer Guides every day.
4. Join us every Morning, Monday thru Friday @ 6:00 a.m. in prayer on the prayer line.
5. If possible, come to Prayer Meeting or join the Prayer Line from 6:00 pm to 7:00 pm.

## Physical Restrictions

1. Cannot be in a sinful state, you must come out of sin.
2. Spend only 4 hours of secular television a day, or either 4 hours of video games a day, no secular music and no secular magazines.
3. Don't combine the video games & television times to make 8 hours.
4. No movies rated "PG-13," "R", "NC-17", "Mature Adult TV", "Unrated TV" or XXX.
5. No social Media, except for church sites; limited social calls.

# Greater Faith Chapel

## 21 Days of Fasting

### Zoom Meeting



Join Zoom Meeting

Meeting ID: 845 1017 8241

Passcode: 859040

**Time: Monday – Friday 6:00 am**

**Sunday 8:00 am**

