
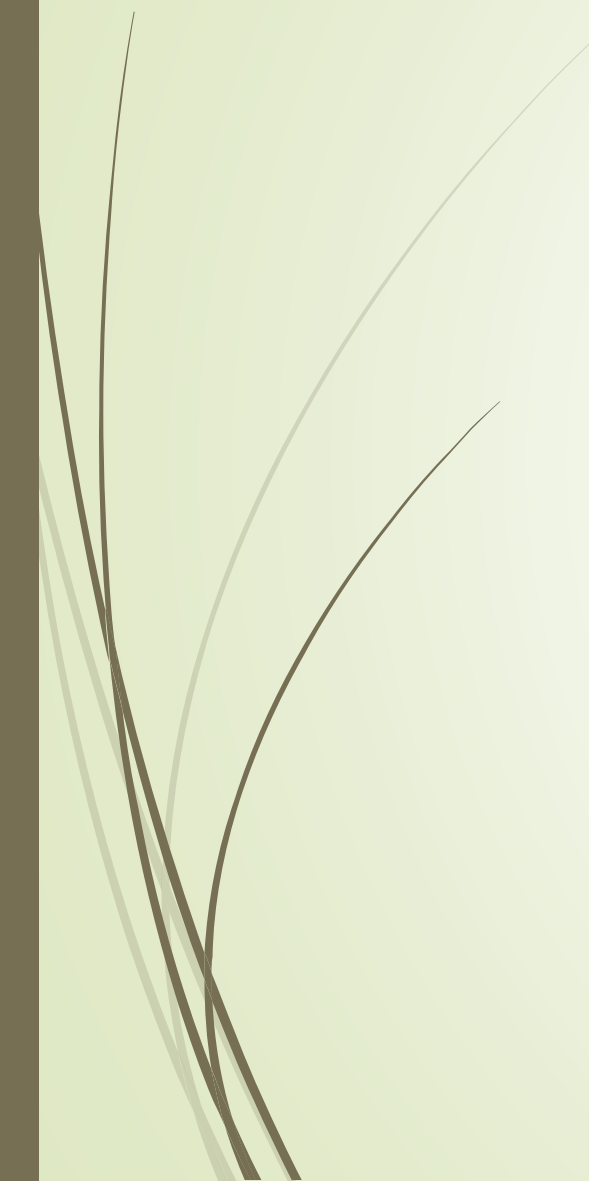



WEEKEND VIRTUAL FAST CAMP GUIDELINES



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1. It is important that you follow the Detoxification Diet to prepare your stomach for the period of fasting. This also helps to alleviate illness during the camp.

As you reduce the quantity of your meal, increase your intake of water. Drinking lots of water helps to flush the toxins from your system.




2. You should try as much as possible to attend all sessions.

It is important to maintain the continuous flow of the sessions if you are to benefit from the camp.


The latest time to log on to the camp is 6:00pm on Friday evening.

If you missed the Friday sessions you will not be admitted on Saturday morning




3. Since you would not be in a controlled environment during your break periods you should:

- keep in the attitude of prayer;
- meditate on the word shared at the sessions;
- take the time to rest;
- take the time to wait on the Lord;
- avoid idle conversation;
- avoid discussions about food;
- resist the temptation to look at the television and
- resist the temptation to respond to phone messages and social media;



4. In our fast we not only abstain from all forms of foods, but from our everyday practices. Therefore we ask that you ***DO NOT*** use the following:


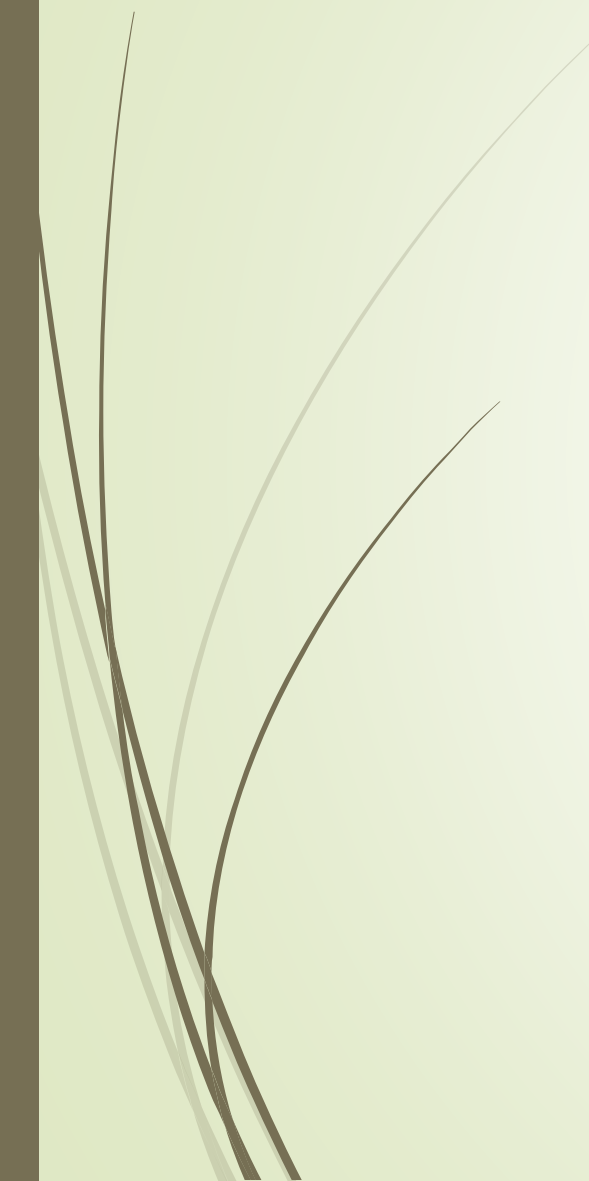
- deodorant, anti-perspirant, under arm lotion;
- scented soaps, talc, perfumes, oils, body lotions, bath lotions etc.;
- facial makeup, powders, foundation creams, toners, moisturizers etc.;
- toothpaste, mouthwash;
- confectionery –mints, chewing gum etc.;
- jewellery – with the exception of engagement or wedding rings / bands.
- remove nail polish from hand and toes


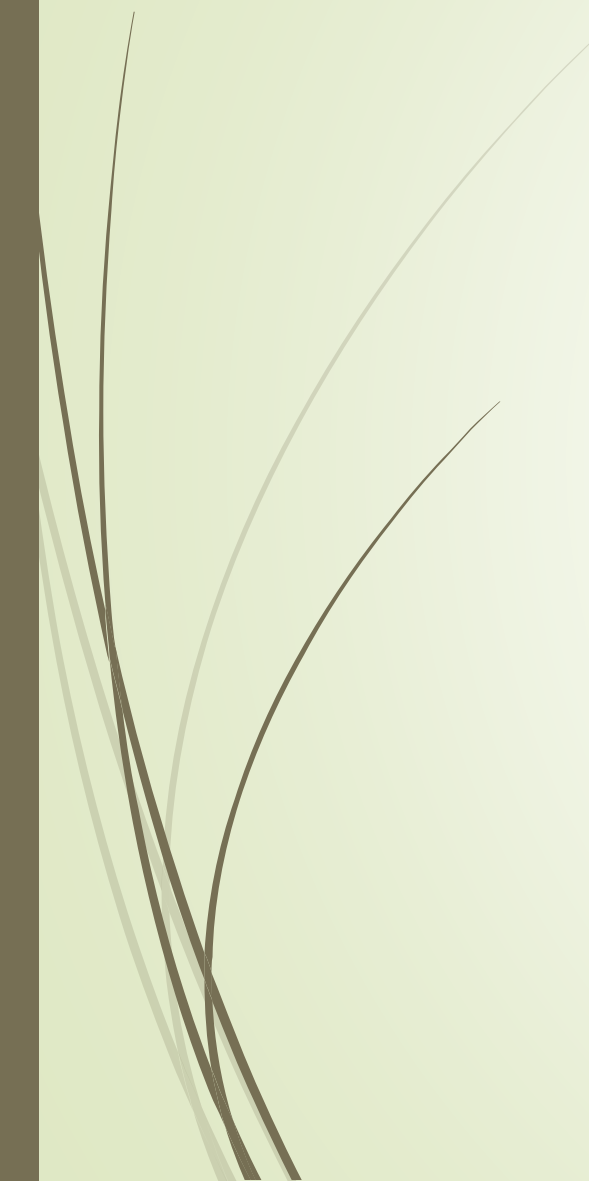


During fasting, the senses are heightened and scented cosmetics cause nausea and headaches.

Using toothpaste or mouthwash - the sweet and mint flavour activates the taste buds and the stomach and brings on the desire for food.

Since you are at home, it is important that you manage your environment to avoid or limit the scents and distractions around you.

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5. Wear comfortable and loose clothing.
 6. Ensure that the atmosphere around you is one of peace.

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- It is imperative that all the guidelines are followed.
 - Disobedience by one person can disrupt the flow of the Holy Spirit and therefore the purpose of the camp.



Beginning time for camp is **Friday morning 8:00 am**. Log on time: 7:30 am

Things you need to have:

- bible, pen and notepad;
- lots of water; (**NOT Coconut Water**)
- plastic/garbage bags and paper towel;
- olive oil for anointing;
- emblems for communion on Sunday and
- fruits for breaking the fast (**orange, bananas, pawpaw**)
- a meek and humble spirit to receive what will be taught.



POSSIBLE MANIFESTATIONS

During the camp you may experience deliverance which may be manifested by:

- crying, sobbing;
- coughing and
- vomiting

This is why we ask you to have the plastic/garbage and paper towels at your disposal.



ALL registration must be done
via the website

<https://valleyofdecisionmissions.org/>

Registration instructions are on the website.
After completing your registration and payment
you will be sent the **Fast Camp ID and Link.**

**Registration Deadline:
Wednesday 9th November, 2022**

DONATIONS CAN BE MADE TO ANY BRANCH OF



Credit Card
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Please send confirmation of your deposit (*deposit slip or online transaction confirmation*) via:

- Email:
valleyofdecision1999@gmail.com
- WhatsApp: (868) 310-1649
- or
- Complete the Deposit Advice on our Website:
- www.valleyofdecisionmissions.org
- Donation page



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FOR MORE INFORMATION

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