



TESHUVAH 2021 CORPORATE FASTING SCHEDULE

September 7-16*, 2021 6pm -6am Liquids Only

Absorbable Liquids

Water

Broth

Soup (Liquid Only)

Smoothie

Non-Sugar Fruit Juice

Herbal Teas

*Yom Kippur calls for an absolute (nothing) fast for 24 hours, beginning Sept 15 @ 6pm – Sept 16 @ 6 pm

During the 40 days of Teshuvah we ask that you pray the following scriptures: Psalm 51:1 and Psalm 27

Disclaimer: Check with your physician before fasting. We recommend you not fast if taking medication. Dr. Yulonda T. Griffin, nor any of her speakers or affiliates are responsible for anyone observing the Teshuvah 2021 fast. Everyone must make he/her decision and fast at their own risk.

