

The 40 Day Sugar Fast
Where Physical Detox Meets Spiritual Transformation by Wendy Speake

WEEK	DURING SMALL GROUP	AT HOME READING
Week 1	<i>KICKOFF BRUNCH Choose & Buy Book</i>	<i>Read Before You Fast</i>
Week 2	<i>Intro To Small Groups Discuss Before You Fast</i>	<i>Read Guidelines</i>
Week 3	<i>Discuss Guidelines</i>	<i>Day 1,2,3,4</i>
Week 4	<i>Discuss Day 1,2,3,4</i>	<i>Day 5,6,7,8</i>
Week 5	<i>Discuss Day 5,6,7,8</i>	<i>Day 9,10,11,12</i>
Week 6	<i>Discuss Day 9,10,11,12</i>	<i>Day 13,14,15,16</i>
Week 7	<i>Discuss Day 13,14,15,16</i>	<i>Day 17,18,19,20</i>
Week 8	<i>Discuss Day 17,18,19,20</i>	<i>Day 21,22,23,24</i>
Week 9	<i>Discuss Day 21,22,23,24</i>	<i>Day 25,26,27,28</i>
Week 10	<i>Discuss Day 25,26,27,28</i>	<i>Day 29,30,31,32</i>
Week 11	<i>Discuss Day 29,30,31,32</i>	<i>Day 33,34,35,36</i>
Week 12	<i>Discuss Day 33,34,35,36</i>	<i>Day 37,38,39,40</i>
Week 13	<i>Discuss Day 37,38,39,40</i>	<i>Day 41, Life Beyond</i>
Week 14	<i>FINAL BRUNCH Discuss 41 & Life Beyond</i>	



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