

The Word of God

... Sons, during the three days in the week: Monday, Wednesday and Friday, have only one meal on evenings, and let the sick people eat at twelve o'clock. This is for My things to become perfect. He, who cannot do it, is not obliged. The sick man should also fast until twelve o'clock and his food may be without oil on that day.

Excerpt from the Word of God, from [18-08-1973](#).