

FASTING

Let's first go over some protocol

Fast- means to abstain from food.

Fasting is for believers so if you have not accepted Jesus Christ as your lord and Savior you are simply not eating food (not fasting)

How do I accept Jesus as my Savior?

Romans 10:9

Acknowledge and confess with your mouth that Jesus Lord
(acknowledging his power, authority, and majesty as GOD) and believe in your heart
that GOD raised him from the dead YOU WILL BE SAVED

Prayer: Jesus I invite you into my heart, I invite you to be lord over my life, I believe
that you died on the cross and rose from the grave with all power in your hands. I
believe you are the risen king seated in majesty. And that you died for a sinner like me.

Matthew 6:16-18

- whenever doesn't say if ever so we know this is a part of our walk as believers
- We want our reward from heaven so let's not run around telling people we are fasting
- Let's not walk around looking like we are having a hard time either no one should know that you are fasting

What should you be doing

- 1) Drawing near to God
- 2) humbling ourselves before the lord
- 3) Grieving our sins
- 4) Settling matters in earth as it is in heaven
- 5) Letting our cry be heard on high
- 6) Loose the bonds of wickedness
- 7) Undo heavy burdens
- 8) Set the **oppressed** free
- 9) Breaking every **yoke**
- 10) Share bread with the hungry (give to the poor, shelter, cloth them)

And not hide yourself from your own sins

Isaiah 58 gives us the protocol for fasting and what we should expect in return!

8 Then your light shall break forth like the morning,

Your healing shall spring forth speedily,

And your righteousness shall go before you;

The glory of the LORD shall be your rear guard.

9 Then you shall call, and the LORD will answer;

You shall cry, and He will say, 'Here I am.'

"If you take away the yoke from your midst,

The ^[a]pointing of the finger, and speaking wickedness,

Yoke- a bent piece of wood put around the neck of a bull, with the two ends fastened to the yoke

Oppressed -cracked to pieces, broken, bruised, discouraged, struggling

Rear guard - reward

Righteousness - what is right or just or normal, rightness, justness (think justice)

Continue reading

Isaiah 58:10-12 for more of what to expect! Because you shouldn't fast without expectation!

Fasting is when you afflict your soul [mind, will, emotions] so if you don't feel afflicted you need to come back and read the instructions and look into the scriptures to see what the Lord says about fasting. We saw this with David! If you are still enjoying 5-course meals watching your favorite shows, and stalking your ex-boyfriend on Facebook you probably need to check yourself.

In the next few sections I am going to share with you my fasting tools/info, So don't think my saying drink a shake is scripture because it's NOT! But It's my opinion and I'd like to share it. The next few sections will be my recommendations based on things I've done and seen BREAKTHROUGH during times of fasting. I am NOT A DOCTOR... but I know Jehovah Rapha and he approves this message.

Breaking down the days

I am taking into account that most of you have never fasted, and most people don't read their bible so the thought of not eating so that you can (eat) the word of GOD seems unattainable

Luke 4:4⁴ And Jesus answered him, saying, It is written, That man shall not live by bread alone, but by every word of God.

Days 1-4

Fasting from 6 am-3 pm

Nothing but water during fasting times ... not sparkling water ... not flavored water, just plain water.

Cooked food only after 3 pm

No eating out

Days 5-8

Fasting from 6 am-6 pm

Nothing but water during fasting times ... not sparkling water ... not flavored water, just plain water.

No cooked food during this portion of the fast

No eating out

Days 9-10

Fasting from 6 am-3 pm

Nothing but water during fasting times ... not sparkling water ... not flavored water, just plain water.

Cooked food after 3 pm

No eating out

If you need to go longer than 10 days, keep going! Remember David got up once the lord answered. I know he will answer! but let's say you still kept watching TV and gossiping on the phone the first 4 days of the fast... you can go ahead and keep going.

Let's talk about food

I recommend that you prepare everything especially if you lack self-control (which by the end of this fast won't be your issue).

Example day :

5:00 am - thank the Lord for waking me

5:30 am - protein shake + light snack (I choose some kind of nut usually walnuts)

6:00 am - thanksgiving (see Thanksgiving assignment)

7:00 am-11:59 am -your job or whatever you have to do but still be mindful you are fasting.

Noon - praise/worship

1 pm-5:59 pm - your job or whatever you have to do but still be mindful you are fasting.

6:00 pm- repentance communion

I say spend at least one hour ! During the assignment times...

Don't **try** and cheat GOD because you are just cheating yourself!

Read Matthew 26 and you will see why I chose an hour

36 Then Jesus came with them to a place called [p]Gethsemane (olive press), and He told His disciples, "Sit here while I go over there and pray." 37 And taking with Him Peter and the two sons of Zebedee [James and John], He began to be grieved and greatly distressed. 38 Then He said to them, "My soul is deeply grieved, so that I am almost dying of sorrow. Stay here and stay awake and keep watch with Me." 39 And after going a little farther, He fell face down and prayed, saying, "My Father, if it is possible [that is, consistent with Your will], let this cup [a]pass from Me; yet not as I will, but as You will." 40 And He came to the disciples and found them sleeping, and said to Peter, "So, you men could not stay awake and keep watch with Me for one hour? 41 Keep actively watching and praying that you may not come into temptation; the spirit is willing, but the [r]body is weak." 42 He went away a second time and prayed, saying, "My Father, if this cannot pass away unless I drink it, Your will be done." 43 Again He came and found them sleeping, for their eyes were heavy. 44 So, leaving them again, He went away and prayed for the third time, saying the same words once more. 45 Then He returned to the disciples and said to them, "Are you still sleeping and resting? Listen, [s]the hour [of My sacrifice] is at hand and the Son of Man is being betrayed into the hands of sinners [whose way and nature is to oppose God]. 46 Get up, let us go. Look, My betrayer is near

What if you have to work?

it's your day because I have fasted while working a job so I can help. We all know that your mind is how you serve the LORD ...which is why mental illness is such opposition to your destiny. If you are at work during the assignment time you can still be intentional about your thoughts and keep them to the savior. Keep a notepad and as soon as you are done pray the prayers that the Holy Spirit gives you. Right down what he reveals to you

- You can also spend this time casting down every imagination that exalts itself above the knowledge of GOD (so check your thoughts) and replace them with your scripture from your morning assignment. If you need to wake up earlier do

so! Or stay up late ...do so! Let's not make excuses, the same excuses that have kept us in bondage.

My recommendations for meals

Breakfast -Protein shake (I like the premier protein cake shop, Atkins also has good shakes) this will stop you from making excuses about how much you have to cook.

Light snack - walnuts, plums, raw spinach, carrots, bananas, raspberries, pistachios are some of my favorites

No cooking meals for days 5-8 - I just make a fruit salad for dinner, I suppose you can have a regular salad as well. Just nothing cooked...
so don't put black beans or anything else that has been cooked on your salad.

My go-to dinner for cooked food days - is rice veggies and some kind of meat

Vitamins - you don't have to take them if you don't want to, I take vitamins before bed.
I stop taking vitamins on days 5-8 and resume after. *You can do what you want.*

Pretty simple right? Fasting is not about you eating but this menu is more than sustainable. I am still able to take walks, work, and do everything else and so can you. If you are focusing on food by day 3 let's make sure we are breaking free from addiction to food because your life depends on you changing! And if a hamburger would make you want to stay in a place of oppression and depression we need to address that.

What to read?

-The Bible is the only necessary book for fasting

What to watch

I don't watch tv so...

I can only attest to no TV!

Don't spend countless hours on social media, if you are not attending your online church service or something of the same nature I would refrain during this time from watching social media.

What other Supplies do I need?

-I would buy a journal (from DOLLAR TREE or something else inexpensive).

- BIBLE apps are a great tool

- Holy Bible app
 - Blue letter Bible app
- a place to play uninterrupted worship music (no ads) my YouTube spontaneous worship playlist plays ads at the beginning but not through the video. That is distracting and I wouldn't suggest you have your worship interrupted with commercials about who knows what.

wake up with Thanksgiving-

write a list of at least 20 points of gratitude and you will say over the next 10 days (you can add to it as you go). You have alot to be grateful for! I like to use this time to remind myself what God has delivered me from.

Psalms 100:4-5

Enter into his gates with thanksgiving, And into his courts with praise: Be thankful unto him, and bless his name. For the LORD is good; his mercy is everlasting; And his truth endureth to all generations.

David was a king himself so he is the perfect person to tell us how to enter into the courts of heaven! with thanksgiving and praise! Not complaining.

Example:

Thank you Father for not allowing me to become a statistic of my upbringing Thank you Father that when I woke up this morning I had my sight! I am in my right mind! I woke up with a roof over my head! Thank you Father for your grace and mercy that hunt me down on my worst days Keep going...

We are not asking for anything right now! Just saying thank you. Some of you haven't told God thank you in a long time so you should have more than enough to say over the next 10 days. I would encourage you to turn on some worship music while you do this. If you have to get up before you go to work and get this done do that! Don't begin your day without saying thank you.

repentance /communion -

Repentance in Hebrew is a four-letter word that means “turn around” or “return.” It is derived from two words, naham (to return) and yaham (to change). While the Old Testament and New Testament use the word to mean the same thing, the meaning varies. In both cases, the word denotes a change of heart and mind. But unlike the English word, the Hebrew term for repentance has spiritual implications.

The word repent in the Hebrew Bible can mean a change of mind. It is not simply a change of behavior, but rather an irreversible transformation of one’s mind.

Repentance, then, refers to a radical turn from sin and a return to God. But unlike other words in the Bible, repentance is different. The Hebrew word for “repentance” is teshuva, pronounced “tuh-shoo-vah,” and it comes from the verb ‘to return’. What does repentance mean in Hebrew? To repent means to feel regret for a sin or crime. It can also refer to wrong behavior, such as cheating on an exam. Repentance is a process of rearranging one’s mind and renouncing the wrong experience.

Repentance involves transformation, and teshuva means returning to innocence and purity. While both meanings of repentance are similar, they have very different purposes. In the Old Testament, repentance is a collective activity and is an action by God to help people change their hearts and return to God. Individuals and groups engage in repentance to make sure they don’t fall into the traps of sin. For those who are experiencing this type of behavior in their daily lives, it is time to change. If you want to avoid the adverse judgment of God, repentance is the way to go. True repentance is not about turning away from God but returning to His grace and goodness. God’s grace is the source of power and forgiveness, which is demonstrated by the cross. And true repentance doesn’t involve turning back to the Law of Moses. It is about turning to His cross and returning to His grace. But we must understand the concept behind true repentance before we can truly be saved. So, what does repentance mean in Hebrew?

According to Jewish tradition, teshuva consists of five stages. The first stage is the identification of sin and guilt. The second step requires the sinner to realize their fault and seek God’s forgiveness. The third step involves making amends and pacifying the victim we do this by pleading the blood of Jesus because he paid it

all!

What does it mean to plead the blood of Jesus?

Holy Spirit gave me this analogy during a time of fasting so I'll share it with you.

The laws in the spirit are much like thoes in the natural except they are invisible so unless the lord has allowed you a glimpse into this invisible word you might live your life as if it doesn't exist! I will tell you that to walk out of some of the things that you are in right now you must get this understanding!

Stop sweating and praying for stuff that the blood of Jesus has already paid for! This fast is not to pay a debt but rather to reveal what the enemy is accusing us of owing. When that information is revealed and you have repented and broken the covenant .. plead the blood and move on!

Back to the analogy ... you know what pleading the fifth means? *exercising your right to remain silent and not incriminate yourself. If you worry about answering questions out of fear that you may be guilty of a crime, you have the legal right to plead the Fifth.*

Well because you have been paid for by the blood of Jesus Christ you can plead the blood! Anything that the devil is accusing you of is covered. The Holy Spirit will bring specific things from your childhood and your life in general up during this fast. It is important that you write thoes things down so that you can repent! break covenant! and plead the blood! This is the only way to be set free (stop being accused).

Repent

Renounce- formally declare one's abandonment of (a claim, right, or possession).

Denounce publicly declares to be wrong or evil. you express that you don't agree.

Remember like the law! if you agree with the murder or participate you are guilty

Divorce separates or dissociates (something) from something else.

Say! I am no longer in a legally binding covenant with _____

Make a new covenant

Covenant breaking prayer

Example prayer:

Father forgive me for masturbating! forgive me for not trusting that you can supply all of my needs. Forgive me for fornicating and igniting my desires outside of the covenant of marriage ... (keep going what do you need to be forgiven for)

In the name of Jesus, I break the covenant I made with masturbation. I denounce it and renounce it right now! I divorce myself from any and every evil and demonic spirit that I married myself to by masturbating. I remove my name from any and every evil and demonic alter that has my name or my seed on it from masturbating.

Father God in the name of Jesus I come into a new covenant with you ! and I declare that you have rule reign and authority over my body, my sexual appetite, my marital appetite, and my desires. any areas in my life that have been occupied by these spirits Father God in the name of Jesus I give you complete control and I ask that you fill those spaces with your Holy Spirit in Jesus' name. The blood of Jesus speaks a better word than any of the mistakes I made. The blood of Jesus speaks a better word than my trespasses so I plead the blood of Jesus!

Father and because I've denounced, renounced, divorced, and came into a new covenant with you I command every evil and demonic spirit every evil and demonic alter, every tormenting spirit, the spirit of death, rehearsing spirit, the spirit of shame, spirit of fear and all of the other imps come out now in the name of Jesus with all of your thethers! because the Blood of Jesus Paid IT ALL!

I release everything that has been held up because of that covenant in Jesus' name amen!

Writing points :

1) Remind yourself what God has delivered you from

Example: Father thank you for rescuing me from mental illness

Father thank you for rescuing me from poverty

Keep going you can do this for an hour! you have alot to thank God for.

2) Write down your recurring negative thoughts and experiences, write a letter of repentance, and break the covenants you made with each thing! These are not just negative thoughts these are destiny destroyers (use the covenant-breaking prayer).

3) Find scriptures to combat each negative thought ! you need to speak this over yourself when the enemy tries to speak to you.

4) Write out any promises that God has made you !