

Fasting

I have decided to fully embrace the way in which the lord has given me this information to share with you. You might find grammar errors or just normal typing errors in general but please know that you also are looking at complete obedience .
Journey with me through how I learned the beautiful disciple art/ practice of fasting. And discover how you can practice it as well.

How did I start

When I first started this site for you I wanted to make formal fasting plans. I felt they were easier to understand but the Lord says you need the REAL, you need the TRUTH.

The first truth I have for you is it's not about fancy language and all of that.

it's really about your heart posture and willingness to obey the Lord once he does reveal his desire to you.

Fasting is not about starving ,losing weight or anything like that.

It truly is about having a sound mind and having your body follow suit.

Your body should not be running the show.

Fasting allows us to essentially check out bodies (flesh) and allow us to hear clearly what the Lord is saying .

"[Rather] is this not the fast which I choose, To undo the bonds of wickedness, To tear to pieces the ropes of the yoke, To let the oppressed go free And break apart every

READ ALL OF Isaiah 58

The first fast I ever embarked on was a Daniel fast with the Church.

I didn't have much money to go out and buy fruits and vegetables so I used what I had, and above what I had I sat daily expecting that the Lord had something for me.

Now I am not saying this is the purpose of every fast (but I was a baby in Christ) and to my surprise the Lord definitely had something for me !

He had a word ...

he showed me a vision while sitting on the toilet in my studio apartment.

And that vision forced me to adjust my life to what I saw!

Here are a few videos where I talk more about this

<https://youtu.be/0N-llyhgsiQ?si=ZY2qLLHjWDRNX0jl> - talking about fasting

<https://youtu.be/xzr5dfVHZtQ?si=n4qtJRVqZR0GyVG0> - dwhere I tell the story



Set a date

I like to choose a specific time of the month to fast , and I have experienced some seasons where I needed to double down. Allow the Holy Spirit to be your guide of the frequency and duration you need to fast.

What should/could you eat



read the text for yourself ...

True fasting is abstaining from food.

Now this can be complete= no water or food
water only= well obviously only water
veggies and fruits

here is a **sample** of a 6am-6pm fasting schedule

5:30 am - morning recap (time to pray about the dreams or thoughts from that night)

5:40am - breakfast (protein shake + almonds)

6:00am - begin fasting at this point the only thing that I would have is water and I would allow myself one piece of gum for fresh breath when working with others

12:00pm- 1 hour praise worship / prayer

5:00 pm- prayer repentance

6:00pm breakfast with a meal that is cooked at home or fruits and veggies.

I would often prepare a large salad

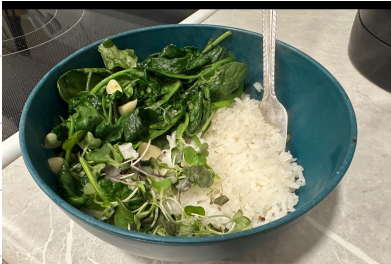
this is a sample but i'll be honest in saying whenever I follow this type of schedule

the Lord always pulls me away for more time. If you are just starting with fasting you may be tempted to stick to a script ...but THERE IS NO SCRIPT.

Your goal is to have a sound mind at the end of this fast.

One that follows the Lord Jesus without the constant interruption of your flesh.

When fasting you find out just how loud the flesh is.



Rice and micro greens



Rice and micro greens with salmon

During longer periods of fasting here is a cooked meal example

Even if you have a physically demanding job, fasting is still possible. I have personally fasted while walking 40k steps a day at work, so I know it can be done! If you haven't reached that level yet, challenge yourself to get there. Remember, a sound mind comes first, and the body will follow suit. Our stomach should not dictate our choices. These are my preferences, but feel free to choose your own. Opt for sparkling water without any added sugar. Just plain water will do. Avoid the ones that taste like juice but have zero calories.



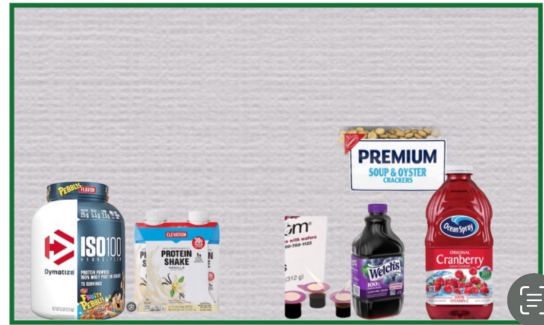
watch your actives

you should not be telling the whole world you are fasting
MATTHEW 6:16.

I also would refrain from watching mindless tv, and reading mindless material during this time. I most definitely would refrain from watching social media. If this is your first time fasting like I said plan! Even the scriptures or books that you will read. You can check my book recommendations. There have been seasons where the lord told me to read through books each day for the duration of the fast. Again this is where relationship with the Holy Spirit comes into play. Just like you would be ok asking me what you should or shouldn't read, ask the Lord this is just a blueprint. At the end the goal is your reliance on the Lord Jesus not another man/woman .



Here are a few recommendations for items that might come in handy for the next two weeks. I've created a visual aid for those who prefer visuals. When it comes to protein shakes, feel free to pick any flavors or brands you like, but here are a few that I personally recommend. As for communion, you can buy it from Amazon if you prefer online shopping. Alternatively, you can grab the items I use from the grocery store.



Option 1

above shows different types of protein shakes (look at the sample schedule to see when I would consume these).

Option 2

Above shows communion options. You are able to purchase communion premade online. I purchase 2/3oz cups (dont fill it up you are not having a meal) and make my own communion. After pm repentance during fasting i like to partake of communion.

Read Luke 22 began at the 14th verse.

Do this in remembrance of me says the Lord! We are remembering the covenant that allows us to have access to the beautiful gift of repentance ! Because we know without this gift we can not fellowship with the LORD JESUS. And this is what fasting is all about ..

Not feeling well while fasting

I am no medical professional, but hey even the medical professionals won't be able to help you out with some of the things you have been suffering with.

I am a living witness to healings of both the body and the mind from the powerful tool of fasting.
BUT....

Sometimes your head hurts, sometimes your body aches, sometimes you are tired!

I have dealt with it all and have seen the most breakthrough when I pushed through it all.

Allow your discomfort to be a point of prayer!

Bring it to the Lord who knows exactly what you have need of and is willing to give you EXACTLY what you need.

The enemy would love nothing more than the reason you don't fast because your doctor said so ...

Or because you never feel well when you fast ...

I had a young lady tell me "fasting makes my stomach condition worse".

If you have any of these foolish thoughts please add this to the list of things you can be praying about directly as you fast



Be Prepared

Just like you plan for vacation and everything else, get a notebook and pen and plan! Plan this time that you will pray, plan the things and the people you will be praying about. Even plan the request that you will make to the Lord. Isaiah 58 says

"Then you will call, and the Lord will answer; You will cry for help, and He will say, 'Here I am.'"

Please read all of Isaiah chapter 58 because there are instructions that the Lord gives for fasting including giving to the poor. Before he says what we read above. Don't cherry pick the scripture.

And in all of your plans have the expectation that God knows exactly what you have need of.



Use your time wisely

you know better than I do the things that you struggle with. So let's not start with wants.

I like to start at the place of my need. Because some of this madness needs to be checked immediately. Sexual immorality, you know I talk about it a lot! If you have any problems with things like masturbation, sleeping with anyone outside of marriage now or at any time in your life start there! Don't waste a fast asking for stuff that you have not done the groundwork to hold. Or there is simply a brass ceiling and the Lord won't answer because of your lack of repentance

I think this is an appropriate section to make a small list just to guide you on a starting place

Sexual immorality OF ANY KIND

adultery

abandoning children

abortions

seducing men with your attire (or anything else)

occult involvement (witchcraft , freemasonry , readings ,all of it)

theft (stealing from jobs,family,government)

Ungodly brotherhoods/sisterhoods (ALL OF THESE GREEK LIFE GROUPS)

idolatry (of celebrities , children, money jobs,marriage , your image)

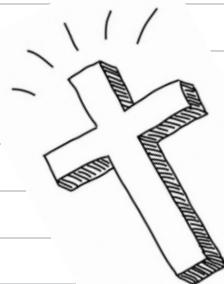
unforgiveness - IT DOES NOT MATTER WHAT WAS DONE



So we have a blueprint as to where we should start. I would take a look at my calendar and if this is your first fast choose a time to start(like a date). Use the tools above to properly plan so that you don't have any excuses as to why you could not be successful.



As you get closer to God and progress in your walk with Christ you will be led to fast for different things. Like I mentioned I have a set time that I fast but the Lord also calls fast without my planning. Once you realize what a tool fasting is to a believer no one will have to force you to fast. The spirit is willing but the flesh is WEAK!



Prayer and fasting ! So don't just not eat and do a little worship here and worship there. Use this time wisely and pray! Be specific in your prayers, the Lord will certainly bring issues to your attention. Don't brush them off, pray!

You will be able to click on certain topics on the website that will help you pray more specifically. This also helps you with asking hard questions about your life and things like that. But these plans are not the end all be all JESUS IS! And some of you are on ground 0! But to GOD be all glory I remember when I was there ,and im blessed that the Lord hasn't allowed me to forget what I did to draw near to him and get off the ground.

