

The Preparation

When you fast, your body detoxifies and gets rid of waste and toxic build-up. It is very important to prepare your body for a fast. This will cut down on headaches, nausea etc. It is recommended that you do not drink anything with caffeine or eat anything with sugar in it for at least 3 days before you begin your fast. It is advisable to eat only fresh fruits and vegetables at least two days prior to your fast. Just cut out all processed foods, canned foods, all meats, and just eat foods that come in their own natural wrapper. This will make your fast easier and you will feel so much better.

Various Types of Fasts:

The True Fast

When Jesus was led by the Spirit into the wilderness for a season of prayer and fasting, He drank only water. The Bible tells us, *He was afterward and hungered.* This is the true fast -- drinking only water. It is advisable to not go more than 3-5 days on water-only fasting unless you are under the watch of a physician.

Fasting For The Diabetic

The Daniel*s fast is recommended for those who are diabetics, have health issues, or take strong medications that hinder them from going totally without food. (Please see *Daniel Fast Guidelines*.)

The Juice Fast

The juice fast is perfect for individuals who do hard manual work and need energy. It consists of fresh juices only. DO NOT drink juices that have any kind of sugar in their ingredients. Trader Joes has a great selection of all natural juices. Also, at Jamba Juice you could order fresh carrot and orange juice.

The Master Cleansing Fast

This is an excellent fast because it is truly sacrificial. It has no substance to the liquid, yet it sustains your energy level to continue your everyday responsibilities. If you do it right it will cleanse every part of your body. This combination has all the nutrition needed during your fast.

HOW TO MAKE IT?

2 Tablespoons lemon or limejuice (approx. 1/2 lemon)

2 Tablespoons genuine grade A or B maple syrup (Not maple flavored sugar syrup) You can purchase this at Trader Joes, or any health section at the grocery store.

1/10 Teaspoon liquid cayenne pepper (red pepper) to taste. (Dr. Schultz brand is great.)

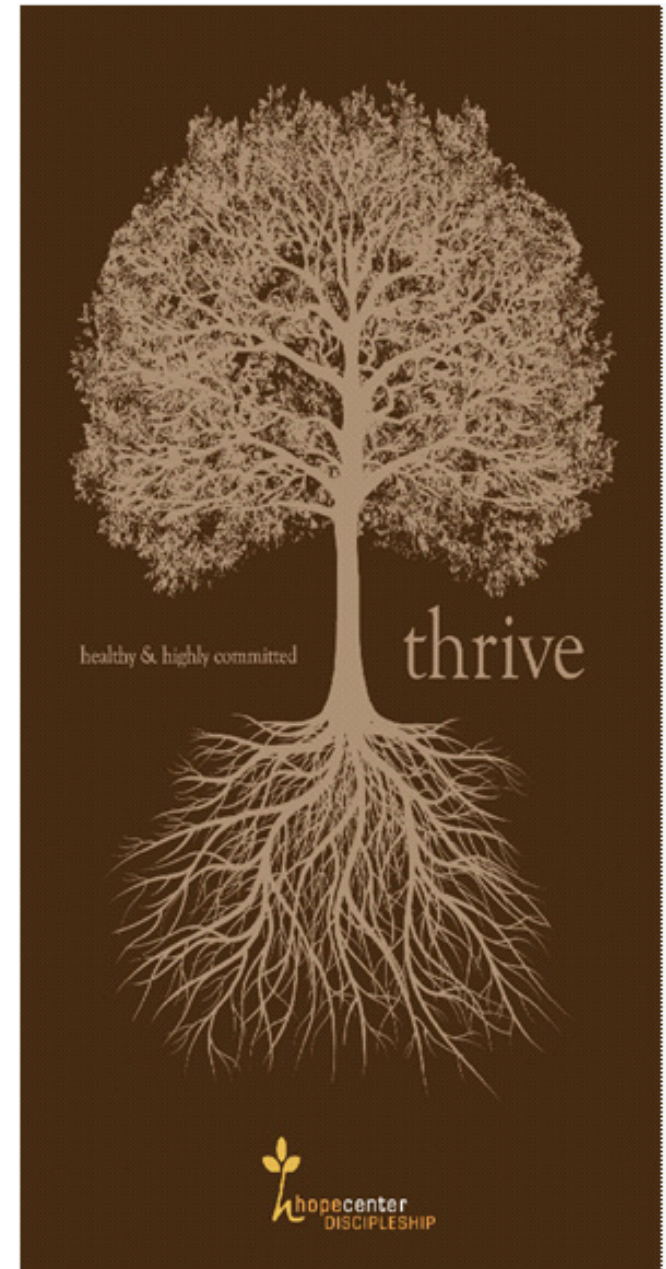
8 oz water, room temperature - or cold

Combine the juice, maple syrup, and cayenne pepper in a 10 oz glass with the water. Shake it up or stir it and drink. (Cold water may be used if preferred.) Use fresh lemons only, never canned lemon or limejuice nor frozen lemonade or frozen juice. Drink this mixture 8-10 times a day, any time you feel hungry. The maple syrup balances your sugar levels and keeps you going. Every night it is important to drink a cup of *Smooth Move* herbal tea. Steep for about 5 minutes and sweeten with honey or maple syrup.

Breaking The Fast

Breaking your fast is as important as the fast itself. DO NOT go out and have pizza! Your stomach and intestines have rested during this time and you must start out with juices such as pure grape juice and orange juice. Do not rush your stomach for this could bring great harm to your organs! Steamed vegetables and soft blended food such as soups are recommended. NO MEATS.

Fasting Information



Why Fast?

There are so many benefits to fasting (natural and spiritual) that there is no way to go into detail in this limited space. Throughout the Bible we read how God*s people fasted and God acted. Fasting was not a stranger to the early church. The prayers that you pray during a time of fasting will move the Hand that controls the universe! These prayers bring the forces of God into action on your behalf when prayer ALONE will not break through. Fasting, along with your prayer and reminding God of what He promised in His Word, will bring CLOSURE to your battles. As someone said, *Fasting puts legs on your prayers.* So many people are not aware -- or not willing -- to put the flesh aside for a season and seek God in the way that He Himself exemplified for us. Fasting and prayer together will overcome apparently impossible obstacles because there is a FAITH that is born inside of you that can come NO OTHER WAY but through FASTING. A faith is BIRTHED THROUGH FASTING that reaches out and takes HOLD OF GOD and His PROMISE and brings it into the physical realm. This is proven when Jesus* disciples could not cast out the demon of epilepsy out of a boy in Matt. 17. They were men of prayer, followers of Jesus -- but there was a missing ingredient. This ingredient was the FASTING combined with their prayers that birthed the FAITH to take authority. As Jesus said, *this kind (or this kind of faith only comes by) prayer and fasting.* (Matt. 17:20,21)

Fasting Brings Great Anointing With Boldness

In Matt. 6:18 Jesus told His disciples during the sermon on the mount, *Thy Father which seeth in secret (He sees your fasting) shall reward thee openly.* The REWARDS of fasting with prayer will be shown openly through this person

being used in DELIVERANCE, GIFTS OF THE SPIRIT, HEALINGS, and HEARING THE VOICE OF THE LORD as your spirit is finely tuned into God*s Spirit. Fasting produces the FAITH to take hold of the SPIRITUAL.

Fasting Will Bring Direction Given By The Holy Spirit

If you are needing direction in your life, if you are looking for an open door, if you are confused or concerned with your future - seek God through prayer and fasting. This is evident in the lives of the apostles when they were seeking God for direction: *As they ministered (or prayed) unto the Lord AND FASTED, the HOLY SPIRIT SAID ...* (Acts 13:2) The Holy Spirit will speak to you during your time of prayer and fasting. Your spiritual ears become tuned as the world is shut out and the flesh is shut down. You will draw closer and become more sensitive to the Spirit, it will also be a time of cleansing and purifying not only your body, but your heart.

The Only Thing That Can Hinder Your Prayer & Fasting (Read Matt. 5:23,24)

The very first day you begin your fast, make sure you are approaching God with a clean heart. If anything can hinder your prayers from being heard, it*s a heart that is not right with God. *If I regard (or keep, protect) iniquity (sin, unforgiveness, bitterness) in my heart, the Lord will not hear me.* (Psalms 66:18) The fasting, sacrifice, and prayers are all in vain if you are not willing to let go of offences and approach God with repentance and a clean heart because sin will hinder your prayer and fasting. Even days into your fast the Lord will lay a situation upon you that you need to take care of and get under the blood. This is a time of cleansing the soul as well as the body.

When You Feel Like You Can*t Touch Heaven - Faith Takes Hold!

During the fast, your physical senses are under submission and it*s not uncommon to go into prayer and not *feel* anything. This is when you must be reminded that *We walk not after the flesh, but after the Spirit* (Romans 8:1) The SPIRIT does not FEEL, but prays in FAITH knowing that God is hearing the prayers.

During Your Fast Keep Your Spirit Connected To The SPIRIT

When you fast, life still goes on... it does not stop and wait for you to finish your fast. Your kids do not stop needing to be fed and lunches made for school, your spouse*s desire for a home-cooked meal doesn*t dissipate, your co-workers will not cease to eat lunch around you. So you have to learn to FLOW with life and at the same time FLOW IN THE SPIRIT. Stay connected to the Spirit of God through consistently praying in the Holy Ghost. Let me add ... when you set aside this time of prayer and fasting, you will need to be alone as much as possible. You will not desire to be around crowds, or parties, or light hearted people. There is something that transcends from heaven into your spirit and a true solemnness or seriousness accompanies this. Explain to your close family or friends before this time so that they will be prepared to honor your sacrifice. Remember fasting sometimes can be a lonely road. You may not even receive much support from others, but YOU ARE THE ONE WHO GOD WILL REWARD OPENLY! Read your Bible constantly during your fast, this is how you will receive words from the Lord. It is also recommended to read a book on fasting during your fast.