

How to Fast Effectively:

Matt 6:16-18 “When [not if] you fast, do not be like the hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be fasting. Assuredly, I say to you, they have their reward.

But you, when you fast, anoint your head and wash your face, so that you do not appear to men to be fasting, but to your Father who is in the secret place; and your Father who sees in secret will reward you openly.”

Fasting is the putting away of things you have pleasure in for the sake of God.

Fasting shows God how much you love and appreciate Him by pushing away the things that are pleasant for you to seek God’s face.

We are doing a 21 day corporate fast where you ask God what type of fasting He wants you to do.

Most will be doing a non solid food fast where we deny ourselves the greatest pleasure of life, which is to eat food.

This fasting will allow for the discipline of the physical appetites of the flesh to be brought under the control of the spiritual desires.

When you fast – you are increasing your control over your life – your spirit man.

You are a spirit but you live in a body and most of the time our bodies control us – fasting puts the control of the body back in your hands.

Your body becomes a servant to the Lord and spiritual issues and a master of your spirit.

During the fast time, your regular times for meals should be spent in prayer and Bible study.

Fasting will save you time:

- The time spent thinking about meals.
- The time spent shopping for meals.
- The time spent preparing the meals.
- The time spent eating the meals.
- The time spent in cleaning up after the meal.
- As much as 3-5 hours a day is spent on our food consumption.

Just think about the value of your spending 3-5 hours a day feeding your spirit with God's Word and prayer and how strong and refreshed you will be.

If you eat breakfast regularly:

- If you are a breakfast person, now you have extra time to spend with the Lord in the morning during the fast.
- This is what God has been trying to get you to do for a long time.
- Intimacy will begin to develop.

Lunch time:

- Slip away on your lunch break and read the Word.
- You could read as much as five books of the Bible in a week, depending on your lunch schedule.

Evenings:

- If you are fasting and the family is not; you may have the responsibility to prepare their meals.
- Prepare their meals and spend time sitting with them and bless them.
- Then use your own time to spend with the Lord.

Starting the Fast:

1. Commit yourself to the Lord for the 21 day period of fasting:
 - We did that this past Sunday as a congregation.
2. Drink plenty of water at room temperature:
 - After a few of no eating, cold water will be a shock to your system/ can cause cramping.
 - Avoid ice in your drinks.
3. Drink a minimum of 8 glasses of water [and some juice] per day.
 - Water should be the main source of hydration.
 - Recommended juices are Apple and Cranberry juices due to being low in acidic nature.
 - Other juices are not advised due to the high acidic content.
 - Hot tea [Herbals] are good. Coffee is not good; your body needs to detoxify from caffeine.

4. Your stomach gastric juices are going to cause acidic reactions in your stomach.
- The way to dilute acid is to drink water; so drink plenty of water.
 - When your stomach starts to rumble, groan and ache – DRINK MORE WATER.

Day 1 of Fast:

- Your body and stomach will begin to rest from food intake.
- You will experience hunger but you won't die.
- Eating food is habitual and you are breaking a habit.

Day 3:

- You will begin to experience gastric irritation.
- Your body – tongue and rectum are the same organ tied together – its one big pipe!
- Everything in your system is in your tongue.
- That's why the doctor checks out your system by looking at your tongue.
- When food is in the stomach, the brain tells the stomach to produce gastric juices to digest and assimilate the food.
- These acids are enzymes created by God to breakdown the food and cause it to be digested.
- The stomachs gastric juices/acids when breaking down food produce gases.
- When you intake food at regular times of the day; your brain has developed a system of communicating with your stomach to produce the gastric juices to go to work on the food in the stomach.
- That's why you feel hunger – gases are being produced and go to work before you eat and they come to work on the food. They are looking for the food.
- The pain comes from the acids working on the stomach lining with its nerve endings.
- THIS IS HEALTHY BECAUSE THE STOMACH LINING HAS BEEN COATED WITH FOOD AND IT BUILDS UP.
- The gastric juices/acid begins to clean the stomach lining.
- Colon cancer comes from rotting food that has never been cleansed from your system.
- The pain you feel is the gastric acids working on your stomach beginning to burn off all the layers coating your stomach lining.
- You feel pain because the juices are working on the nerve endings: this is not demons coming to attack you and saying you better eat something quick!
- DRINK MORE WATER - THE PAIN WILL STOP!
- The acids will come out of your system through your urine.
- A benefit of the acids working on your stomach is its cleaning agency.

Day 4-5 You will think you are dying!

- You will think demons are in your system.
- The gastric juices are working on their highest level.
- The brain is sending messages – “There has to be food there, keep looking!”
- You are going through food withdrawals and addiction.
- Your body begins to scream for food – it’s a habit. It screams to be satisfied.
- You will not die.
- When you make it through the 4-5 days the brain starts telling the stomach “Don’t bother anymore – nothing’s coming!”
- THIS IS THE PLACE YOU WANT TO GET TO.
- Really a three day fast doesn’t have much value, because you never really get to this place where your body starts to obey your spirit.
- A three day fast is when you experience the most pain.
- A 7 day or longer fast is better to clean out your system.

Day 6

- Could possibly be your worst day?
- Six is the day of man/flesh. You’re not quite free from the food addiction yet!
- You can still see food and smell it and identify with it.
- Your body will talk to you, the wrong people will show up offering to take you to lunch or bringing you goodies to eat – it never fails.
- When you cross over to day 7, you’re in deliverance from food.

Day 7

- You cross over into deliverance from food and its temptation.
- You will smell and see food but the interest is no longer there.

Day 8

- The day of new beginnings and renewal.
- Eighth day is when Christ rose from the grave. – Day of Resurrection.
- Your system is just beginning to be purified.
- The first 7 days were days of flushing out.
- From day 8 onward, you are in the process of healing.
- Your body throws off the junk and you can see and feel it.
- Your eyes turn white; red eyes are a sign of dirty blood.
- Scientifically, it is toxic blood.

- Your skin changes on the 8th day. Smooth complexion.
- Toxins are coming out – your skin is an organ excreting poisons – you may even smell interesting to others. Take baths or showers more often!
- Your body inside and out begins to renew itself.
- Organs – heart rests, lungs revitalize because they are not carrying weight of helping the digestive system work.
- **DRINK LOTS OF WATER – THIS HELPS IN THE PURIFICATION PROCESS FROM DAY 8-13.**

Soul cleansing:

- Once your body becomes purified; it affects your soul – The Mind – Will –Emotions.
- On days 12-13 – Emotions can be healed, you are at peace.
- When your body is pure; your mind becomes sober – heightened in its sensitivity.
- Your memory will become sharper - You'll read & comprehend things at a higher level.
- At 14 days you enter the second level of sevens.
- You become clear in your system and there is nothing to interfere with the work of the Spirit - You will enjoy prayer more.
- You will experience more energy! Surprising, but it happens.
- Your body can now give you all the energy it was previously spending on digesting food.
- The energy comes from your body living on the fat it has stored up.
- It converts the fat back into carbohydrates – making energy for the body.

14-20 Days

- Your body will increase in both energy and spiritual sensitivity.
- You reach a zone where you detest food and want nothing to do with it.
- I have actually realized that this is where a person would have to convince themselves to begin eating again.
- You just lose interest in eating.

Benefits:

- From 20-21 days – your ability to hear God increases about 75%.
- Your capacity for communion and worship increases 60%.
- Because when you are at that level of purification – your spirit has no resistance from your body.
- The ease of worshipping in His presence is heightened.