



*“For we wrestle not against flesh and blood
but against principalities, against powers
against the rulers of the darkness of this world
against spiritual wickedness in high places”*
Ephesians 6:12

“Let’s Take Down the Strongman over every
locality in the San Diego Metropolitan Area
so those who are in Darkness Might see the Light
and respond to the Gospel of Jesus Christ!”

Bishop Blair Holloway
and
Pastor Helena Holloway



CONSECRATION

2020

January 13th – February 2nd

“Reaching San Diego Touching the World”

BISHOP BLAIR HOLLOWAY
and
PASTOR HELENA HOLLOWAY

Christian Life Center of San Diego
Mailing Address: P.O. Box 390387, San Diego, CA 92149
9617 Campo Road, Spring Valley, CA 91977
Phone: (619) 825-8175
www.christianlifesd.org | www.facebook.com/christianlifesd

Published by Christian Life Center
P.O. Box 390367
San Diego, CA 92149, USA
Blair & Helena Holloway

NOTES

All scripture quotations, unless otherwise indicated, are from the
New King James Version. (NKJV)
Copyright© 1979, 1980, 1982 by Thomas Nelson, Inc.
Used by Permission. All Rights Reserved

Reference: When you Fast: Author Unknown
Tulsa, OK 1993 est.

Find us on the world wide web at

<http://www.christianlifesd.org>

Prayer and Fasting

**Bishop Blair Holloway
and
Pastor Helena Holloway**

Christian Life Center

San Diego, California

DEDICATION

This Book is dedicated to Christian Life Center
Prayer Partners who have faithfully prayed
God's will for San Diego to be done.

Table of Contents

Introduction	Page 5
The Issues	Page 6
Consecration	Page 7
Why Fast	Pages 8-9
Types of Fast	Pages 9-11
Before you start	Page 11
How you start	Page 12
During Your Fast	Pages 12
Breaking your Fast	Pages 13-15
New Testament	Page 15
Old Testament	Pages 16
Proper Way of Fasting	Pages 17-18
How can we neglect	Page 19
Prayer Themes	Page 20
Prayer Journal	Page 21-27
Prayer Requests	Page 28-29
Notes	Page 30

Introduction

Greetings in the Name of our Lord Jesus Christ. My wife Helena and I have been blessed not only to serve in the business world but also to pastor in the Church of the Lord Jesus Christ. We know what it is to struggle in every area of life, but we also know how to obtain the victory in every area of life, by applying God's promises to every situation. Whether working in the secular world or serving in full-time ministry, everyone is susceptible to a dulling of the senses and thus a spiritual radar that needs a little adjusting (smile). Our hearts are for the lost, but also for Christians who have never experienced victorious living in Christ.

We are aware of the various beliefs and doctrines taught within the body of Christ concerning Prayer and Fasting. This small booklet is not written to address doctrinal differences, but is written from a pastor's perspective in a local charismatic church which practices and believes that Fasting and Prayer are vital tools for individual believers and the church corporate body to battle the forces of the enemy and to provide a basic discipline for holy living. We do not advocate any extremes as it pertains to prayer and fasting, but we do believe that prayer and fasting with the proper biblical mandates can provide an environment for believers to "fight the good fight of faith" and "bind and loose" and partake of the spiritual blessings that belong to those who serve Jesus Christ.

Our dream is that every believer would walk in true fellowship with our Lord and live a life of Victory that allows the lost to break into the Kingdom of God! May the Lord bless you as you decide to participate in the great conflict against our adversary, the devil and fight for the souls of Men for our God.

In His Power,

Bishop Holloway

The Issues

America is experiencing something it has not experienced since the days of the Civil War. Our nation is experiencing a fight for its very core reason of existence, worshiping the only true God and sharing the Good News of Christ to all of humanity. The Civil War brought brother against brother and family against family with the very existence of the Union at stake. We are now fighting a new civil war with secular humanists and liberals fighting to make Christianity a byword and a crime (if they had their way). We believe the Church of Jesus Christ is living in the greatest time ever. But we as a church have become ineffective in our development of strategies to contend for the faith. The war has been fought in the courts, schools and the economic arena with the church sitting back waiting for the blood of a family member to awake itself. The Church is now wide awake and realized that we have let secularism dominate all arenas of life and now our children are suffering.

The tide is about to turn in this war for the very soul of America and it starts with fighting with “weapons that are not carnal, but mighty in God for the pulling down of strongholds, casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into obedience of Christ, (II Cor. 10:4-5). The very environment where decisions are made on a local, state and federal level must be changed to provide a means for Godly influence.

Therefore, this small book is a theological grass roots effort to educate and help Christians understand that everything in the natural starts with influence from the supernatural. We must use the tools of fasting and prayer to help us fight against the enemies of our soul and nation and receive heavenly strategies to influence and implement righteousness back into our families, local communities, public schools and the courts. We pray that every local church will rise up and fulfill its calling to be the “city set on a hill” for all to see.

CONSECRATION

The very word consecration implies something set apart for some type of use. We are aware that people, vessels, and anything else can be consecrated for noble and ignoble purposes. We believe that biblical consecration is the choice of the believer. Christ's sacrifice has separated us to Him and allowed His righteousness to be imputed to us so we can walk in the liberty of our Lord Jesus Christ. Nevertheless, God has called us to be "Holy as He is Holy" (1 Peter 1:16). We therefore must learn and define what is it to "be Holy". There have been doctrines and numerous volumes written on this particular subject and we do not have time in this brief booklet to examine each one. Thus we will apply the K.I.S.S. principal here "Keep it Simple Saints" to this particular subject.

Our definition of Consecration is: "To lay aside a period of time for repentance, reflection, mediation, declaration and renewal by an act of our will to allow God's Spirit to speak, clean, show and move on our behalf and others."

We must sit in His presence to receive his desires and hear His voice. How do people Consecrate? God is the only one who makes men Holy but God has stated that men can seek His face and He will be found. The Bible declares "without Holiness no one shall see the Lord" therefore, if we do not provide a holy vessel (set apart) for Godly uses no one is going to see (watch, experience, eyewitness) the divine in Human vessels. Consecration through prayer and fasting is one of the ways God has given us to get focused and bring about self examination and Holy Spirit illumination through hearing, reading, and acting on his Word. God wants to use us in these end times, but He is looking for a people who will believe him and set themselves apart for His uses. It's time to Let God arise and His enemies be scattered

FASTING

Fasting coupled with prayer is one of our highest forms of spiritual warfare, (11 Cor. 10:4-6) and should always be done with the right attitude and to the glory of God (Col. 3:23). Prayer alone is mighty, but combined with fasting it produces a force so powerful that all the demonic attacks of Satan and hell cannot prevail against it. (Mark 9:29)

We are convinced that throughout church history many breakthroughs took place because of an individual or group of people decided in their hearts to fast and pray for God's will to be established in the Earth.

My wife and I have experienced great breakthroughs in our own lives because of fasting and prayer with Christ purposes being the focus. We have witnessed many people who have fasted improperly and because of a lack of understanding, have experienced some needless mental and physical discomforts. We believe fasting and prayer are tools given by God for renewal of the spirit, soul and body when properly performed.

Warning!

Anyone who is on medication or has ill health, such as cancer, diabetes, tuberculosis, cardiovascular disorders, etc. (any sickness) should not enter into a fast (especially a prolonged one), without the advice and supervision of a qualified medical doctor.

Why Fast? Biblical Help

“Moreover, when 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. (Matt. 6: 16-18) NKJV

WHAT IS FASTING?

Fasting is to completely abstain from all solid foods for a period of time. (Matt. 4: 1-2) Pure water is not food, it is colorless, it is odorless, it is tasteless, it evaporates, and is not stimulating. Wisdom must be used when going on any extended fast and especially if going without water. The authors of this book do not recommend fasts without water. The scriptures say that Jesus was hungry, not thirsty. (Matt. 4:2-11) Fasting a few days without water is still practiced by many for a few days, but should not be done when fasting more than three to five days. (Esther 4:16)

Fasting is a humbling act of one's will. To fast means to elect to live “off oneself.”
AFTER A FEW DAYS THE BODY LIVES ON ITS OWN SUBSTANCE.

Please do your own research concerning the medical benefits of fasting. Experience has shown us when we first start to fast, we develop an accumulation of cells and tissues that are diseased, damaged, aged, and dead and impure. Fasting & prayer enhances our entire spiritual alertness and we may get along for a while without this discipline, but sooner or later carnality creeps in and unconsciously we may think we are standing when we have fallen. Sometimes our prayers are hindered because we have allowed the things of the flesh to come in and blind us to reality.

A Great Attitude is a Must

Give me a great Attitude and the world is yours. You stand to benefit most if you approach this experience prayerfully and in a positive frame of mind. To prepare ourselves both mentally and emotionally we must understand and know that fasting is a perfectly normal process and can be entered into without fear and anxiety. Fasting empowers one to abstain from every passion and temper which is displeasing to God. It allows us to focus our prayers and helps to obtain and apply the precious promises of God.

My wife and I have been convinced in most circumstances that attitude is the first thing the Spirit holds us accountable for while we are fasting. We will share more later in the book concerning the great passage of Isaiah 58. Nevertheless be aware that attitude has a lot to do with the rewards you will receive in a fast according to Isaiah 58.

WHICH FAST TO CHOOSE

The kind of fast you will choose will depend on your spiritual pilgrimage. You will learn how to use the tool of Prayer and fasting for different times in your life, but prayer is the vital component to any fast. We have chosen to expound on 3 types of fasts but there are numerous types. You can add to the list.

One-meal-a-day-Fast

Full Fast

Daniel's Fast

6am-6pm Fast

The common theme among all these type of fasts is that you should saturate your time in the Word of God, Focused prayer and meditation.

Daniel's Fast or 6am – 6pm Abstaining partially from food

The book of Daniel gives the wonderful story of Daniel who after realizing that eating the King's food would defile him and His friends requests a special diet that was different than the others who were in confinement under the King's order. Daniel requested from his captor that he and his friends receive vegetables and water and abstain from the King's delicacies and wine. Daniel requested 10 days for a testing period and after the ten days Daniel and his companion's features appeared healthier and better than the young men who ate the King's delicacies.

Daniel (Daniel 9:3) also set himself apart to understand more concerning His people and the fulfillment of their return from exile. He "set His Face (act of his will) toward the Lord God to make request by prayer and supplication with FASTING, sackcloth, and ashes". We find that the angel Gabriel (messenger angel) breaks through to give him the Word of God.

Daniel (Daniel 10) set himself apart and mourns for 3 full weeks and "ATE NO PLEASANT FOOD, NO MEAT OR WINE" and fought a spiritual battle that brought even the archangel Michael into the battle. Daniel participated in Spiritual Warfare and prevailed for his people.

A Daniel's Fast is the restraining of one's appetite - especially rich foods, alcoholic beverages, etc. To abstain involves moderate or sparing in one's eating or drinking. Many choose this type of fasting and some call this kind a "Daniel's Fast." (DAN. 1:8-20)

Full Fast Abstaining from all food

The true form of fasting is a pure water fast. However, many have chosen juice fasting over water fasting. It is considered a very effective form of cleansing the body of wastes, building physical stamina and resistance of diseases. The world wide web has more information on this area so we encourage you to do your own research.

The only difference between the two is that one feels less fatigued with a juice fast. (There are many other rewards to a Juice Fast besides this) Rapid elimination of dead cells stimulates the building and growth of new healthy cells. My wife and I have found that fresh raw fruit and vegetable juices help with the digestive system which gives more time for expedition of detoxification and purification, without a great feeling of fatigue. A "just water" fast can really make you feel fatigued and tired.

A principal of abstaining in a "Daniel's Fast" has been used by many who have problems with eating or medical problems and they choose to abstain from things that are abstract or not food such as T.V. etc. We leave all of that to each individual's discernment because the main Goal is to humble and examine our hearts and to let God's Spirit have its way.

One Meal a Day

Many have chosen because of the daily activity and pressures of their jobs to participate in a one meal per day fast or a hybrid of each type of fast. For example, an individual will fast (water or juice only on their days off) and eat one meal a day during their most active days and have a Daniel's fast on other days.

Remember to use wisdom and ask advice when you are not disciplined in breaking a fast. Your digestive system will thank you for it! If you need more insight and wisdom concerning your planned fast and you are a healthy individual, seek the advice of your leadership and research answers for yourself. As we have said before, if you have any medical problems, you need to check with your medical professional concerning fasting.

BEFORE YOU START FASTING

BEFORE YOU ENTER INTO A FAST of a week or more, it is best that you prepare your body a few days (3-5) in advance with a cleansing diet of fresh vegetables and fruits ending with days of liberal amounts of pure fruit juices. This will help greatly in easing the transition from stimulation (the average daily diet) to detoxification (rest, repair and healing process or a fast).

GOD DIDN'T TELL ME TO FAST? God will sometimes call you to fast and at other times we must humble ourselves or just be used by God to intercede, Mark 2:20 says..."Then shall they fast in those days" Remember you are fighting against spiritual forces of darkness (Satan) and he will come in many forms to defeat you if he can, so fast from food and "eat the Word"; study, search, meditate, declare on the Word and let the Word dig deep inside your inner man. There will be a craving for food and discomfort. Be aware that some of these things may occur, especially when rising from a sitting position too quickly, such as; "weakness, dizziness, sharp pains, vomiting, hot flashes, fever, insomnia, foul breath and etc. This is considered normal and will pass usually in 7-10 days.

For many of us this will be our first time fasting and one day going without food will probably make us CRY OUT TO GOD FOR FOOD! (MY EMPHASIS) but when praying and fasting become part of your lifestyle you will witness breakthroughs in your life and others. "Submit yourselves to God (Fast), resist the devil, and he will flee from you (James 4:7-9)." The humbling experience of denying oneself of food, strengthens your character (Hebrews 12:1-2) garners self discipline. This can provide you with a feeling of well being, a lighter step, a clearer eye, a sharper brain, and also a higher endurance level and a greater efficiency for work and activity. It kindles a real zeal for God

Christian Life Center 21 days of Consecration

Monday _____

Morning Prayer

Special Prayer - Holy Spirit revealing our sins

Evening Prayer

Tuesday _____

Morning Prayer

Special Prayer - Repentance

Evening Prayer

Wednesday

Morning Prayer

Special Prayer - God's Presence

Evening Prayer

Thursday

Morning Prayer

Special Prayer - Bishop Blair & Pastor Helena Holloway

Evening Prayer

Friday

Morning Prayer

Special Prayer - Christian Life Center of San Diego

Evening Prayer

Saturday

Morning Prayer

Special Prayer - Pastoral Staff

Evening Prayer

Sunday

Morning Prayer

Special Prayer - Spiritual Breakthrough

Evening Prayer

How can we neglect so Many Promises?

We hope you will be inspired to seek God after reading just a little of what God has provided to us who believe through proper fasting and prayer. Our families and our Churches and this nation need believers who are willing to intercede on their behalf and destroy the strongholds that have been developed over generations. We at Christian Life Center have made up in our minds that “ordinary just won’t do” and we want all that God has for San Diego, this Nation and the World.

Consecration is something we must decide to do in the power of His Spirit. We are convinced that God is always up to something in the World and if our spiritual antennas are not functioning properly, then we could miss the very instructions that will change our churches and this nation.

Now let us Pray:

Repeat these Words:

“I love you Lord and I thank you for Your Son Jesus Christ. We ask for your forgiveness of our sins as a Nation. We acknowledge our apathy in allowing secular humanists to take over what should belong to your Body the Church. We acknowledge our sins of slothfulness in not praying with urgency for our families, leaders, churches, nation and the world. Help us to obey your Word and consecrate our lives to you and your perfect will in our lives. We will start today because you are a God of new beginnings. Help us to fight the powers of darkness through your name and allow your will to be done. We thank you for your courage and strength to be world changers. In Jesus Name.

HOW DO I START FASTING?

Each day you should maintain a great attitude in all you do, while prayerfully grooming yourself so as not to appear to be fasting. Drink at least two quarts of water every day of your fast. Drink water that is not too cold. **IF POSSIBLE, DRINK DISTILLED WATER ONLY, AS REGULAR FAUCET WATER IS HEAVILY CHLORINATED.** Water is vital to keep the channel of elimination (bowels and urinary tract) functioning properly. Bowels should move every few days, but if not, do not be alarmed but do continue drinking good amounts of pure water (distilled). **DO NOT USE LAXATIVES, PURGATIVES, OR SUPPOSITORIES DURING A FAST.** Your bowels will move as often as they need to.

DURING YOUR FAST

The skin is the largest organ of elimination of the body and when fasting, as with all the other organs of elimination, it is really burdened with eliminating poisons. When one fasts, the pores excrete poisons and are covered with toxins, so it is important to keep your body clean and free of toxic buildup. This is done by thoroughly cleansing the skin daily with a loofa or skin brush. Unless one has deep-seated ailments, most wastes, poisons and toxins, will be oxidized and passed off in approximately seven to ten days.

EXERCISE AND REST

You must get adequate rest (mentally and physically). You should participate in light exercise every day. During your fast use wisdom when exercising. While some form of exercise is needed, you must not participate in strenuous exercise. Just don’t go beyond what your body can bear. Get some sunshine each day if possible. Walking and small periods exercise allow your pulse rate to increase and the blood to circulate which will expel and move toxins and poisons out of the body. Remember if fasting is new to you, be aware that insomnia can take place because of all the changes in the body so find a good book or whatever can bring you to a restful state. Don’t be alarmed at those late nights, (I am a witness) just remember that fasting and prayer go together.

FUNK PATROL

During your fast many toxins will be eliminated and bad breath is one of the areas many neglect. Have mints or other items to help with this particular area. Furthermore, it is advisable to take one shower or bath daily. Your showers or baths should be with warm water that is comfortable. You should stay away from extremely hot baths or showers or steam baths, etc. For more information concerning this advice please do your own research.

IF YOU ARE MARRIED,

You should consider 1 Cor. 7:5, “Do not deprive one another (of your due marital rights) except with consent for a time that you may give yourselves to fasting and prayer. And come together again so that Satan does not tempt you (to sin) because of your lack of self-control” One should seek the Lord for knowledge, wisdom and harmony, especially if their spouse is unbelieving. (James 1:5)

Every couple should understand the benefits and warnings of fasting. My wife and I have had nothing but benefits as two believers seeking God’s face. But there are times when my wife will ask for my consent on a longer fast and I will request for her to fast during another time frame. God gave us this advice so the enemy would not have his way with our marriages. My wife always submits in this area because she understands God Word. When prayer and fasting are entered into by a couple in one accord (watch out!) because they will defeat the enemy and their relationship will become more intimate and you know there will be no problem with mutual consent (smile).

FASTING IS NOT A SUBSTITUTE FOR THE CLEANSING FROM SIN, BUT THE BLOOD OF JESUS CLEANSSES FROM ALL UNRIGHTEOUSNESS (1 JOHN 7:1)

BREAKING YOUR FAST

MODERATION IS THE KEY

Always break a fast slowly and by gradually adding things back to your diet. Eat light breakfasts (juice and fruit), light lunches (salads), and maintain very light dinners for several days following the fasting time. This is a great time to begin wise eating decisions. Any meal you eat after the fast will be the “break-fast,” whether morning, noon or night. Eat as little as possible, don’t go back to the garbage gut lifestyle (smile) **WHEN BREAKING THE FAST EAT SLOWLY AND CHEW THE FOOD THOROUGHLY.** This helps in proper digestion. Don’t break your fast with spicy meals because they stress the digestive system that has been in a state of relaxation. **Again do not overeat!** Always take several days (one day of fresh juice for every five days of fasting) to gradually transcend to a vegetable diet. Whether you have fasted three days or 24 days, **THE FIRST THREE DAYS AFTER YOUR FAST ARE THE MOST**

IMPORTANT. No matter how long you fast, if you do not break it right you could do more harm to your physical body. It takes just as much (maybe more) discipline to break a fast than to start a fast.

During a fast, especially the first few fasts, the body is still quite toxic and certain cleansing and healing sensations can be experienced. It is best to know about this in advance so as not to become alarmed or discouraged if and when they occur.

Sometimes when a fast is improperly broken, many uncomfortable conditions can arise. Bloating and other conditions can be corrected by spacing your meals at longer intervals, going on a partial fast again, and then proceeding to break the fast properly.

“If you take away the yoke from your midst, The pointing of the finger, and speaking wickedness, 10 If you extend your soul to the hungry And satisfy the afflicted soul, Then your light shall dawn in the darkness, And your darkness shall be as the noonday. 11 The LORD will guide you continually, And satisfy your soul in drought, And strengthen your bones; You shall be like a watered garden, And like a spring of water, whose waters do not fail. 12 Those from among you Shall build the old waste places; You shall raise up the foundations of many generations; And you shall be called the Repairer of the Breach, The Restorer of Streets to Dwell In.

More things He expects you to do during your Fast

1. Take away the yoke from your midst
2. The pointing of the finger
3. Speaking wickedness
4. Satisfy the hungry and afflicted soul

More Promises concerning proper fasting

1. Light shall shine in Darkness
2. Your darkness shall be as the noonday
3. The Lord will guide you continually
4. The Lord will satisfy the drought in your soul
5. The Lord will strengthen your bones
6. You will be like a well watered garden
7. Like a spring that never stops flowing
8. Those from among you shall build waste places
9. You shall raise up foundations for many generations
10. You shall be called “Repairer of the Breach”
11. Restorer of Streets to dwell in

Proper way of Fasting

6 “Is this not the fast that I have chosen: To loose the bonds of wickedness, To undo the heavy burdens, To let the oppressed go free, And that you break every yoke? 7 Is it not to share your bread with the hungry, And that you bring to your house the poor who are cast out; When you see the naked, that you cover him, And not hide yourself from your own flesh? 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.’”

These are some of the things God has commanded us to do while humbling ourselves before him:

1. Loose the bonds of wickedness
2. Undo heavy burdens for others
3. Let the oppressed go free
4. Share your bread
5. Open your house to the poor and outcast
6. Do not hide from your family

These are some of the Promises:

1. Your light (renewal) will come out
2. Healing will come quickly
3. Righteousness will go before you
4. Glory of the Lord shall protect you
5. When you call on the Lord He will answer

“Here I AM!

IF YOU ARE NOT A REGULAR FASTER

or find it difficult to fast and carry on your daily work or activity, you can begin with “partial” fasting by abstaining from one or two meals daily. Some days you may choose to forego all three meals. **YOU CAN OF COURSE BREAK THE FAST PROPERLY AT ANY TIME YOU FIND THE EXPERIENCE TOO UNPLEASANT.** Successive fasting becomes easier as we flush out our system of poisons. We quickly become more sensitive and susceptible to spiritual awareness and renewals.

Fasting as a lifestyle choice is a trying experience. Your body does not want to fast, your friends may not want you to fast, and certainly the devil does not want you to fast because he knows that **THE POWERS OF HEAVEN ARE UNLEASHED AGAINST HIM WHEN YOU FAST AND PRAY.** FASTING CAN BE YOUR KEY TO HEALTH because it purifies every cell in your body. Even a two-day weekly fast will cleanse out the accumulation of toxic debris from your circulatory system and vital organs. One cannot starve themselves and become healthy, but by prayer and reasonable periods of fasting one can provide critical health benefits. Again, Remember that **breaking THE FAST IS THE MOST CRITICAL POINT OF THE ENTIRE FAST.** Sipping juices can help greatly in most cases.

The stomach and intestinal tract go to sleep after a few days of fasting. When wrong food is placed into them suddenly, and in the wrong manner and quantity, they **REBEL.** They cannot awake suddenly. To receive real benefits from fasting, a nutritious build up diet of natural foods must be taken. This will help supply the regenerative process initiated by the body during the fast. Strength and energy should be conserved more during the fast because great strain and labor is required to enable the stomach to receive food again.

PLEASE BE PATIENT AT THIS TIME! Also do not become anxious because your strength is at a minimum. It will pick up as soon as the stomach can readjust sufficiently to assimilate the heavier food soon to be received. During the “breakfast,” meals should be spaced 4 to 5 hours apart. Be sure to complete all eating by 8 PM. This allows the body to perform at its best because it can follow the normal digestive outline that follows

AFTER A FAST OF 3 - 5 DAYS:

First day: Three or four meals of fresh citrus fruit or juices. Lots of Water.

Second day: Light soups, fresh fruit, vegetables, and salads. Lots of Water.

Succeeding days: Gradually work in a regular diet leaving off any unhealthy “habit formed” indulgences, etc. Lots of Water.

AFTER A FAST OF 6 - 13 DAYS:

First 2 days: Break the fast on fresh fruit juice. At the next meal eat fresh citrus fruit moderately. For the balance of the two days you may eat three or four meals of fresh citrus fruit only. Lots of Water.

Third day: Light soups or skim milk, buttermilk, or yogurt. Lots of Water.

Fourth day: Green salad or steamed light vegetables. Lots of water.

Fifth day and after: Three meals of fresh fruit, green salad, yogurt, or some nuts may be eaten. Lots of Water.

This does not constitute a definitive perfect plan. Please study for yourself proper ways of breaking a fast that fit your particular make up.

New Testament

(Matt. 6: 16-18) NKJV

“Moreover, when 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”

Jesus declared that while he (the Bridegroom) was with the disciples they did not need to fast as the Pharisees and the disciples of John did. But Christ does declare there would be a day when He would go away and in those days they would need to fast. Christ states that when we humble ourselves through fasting that we should not let men know what we are doing but perform fasting in secret. Jesus declared that when you place yourself in the Father’s secret place you will be rewarded. What happens in the secret place?

Well, my wife and I have found that Psalm 91 gives a glimpse of this secret place. The Psalmist and God speak of the heavenly exchange that takes place while a man or woman abides or dwells in this secret place. We know from experience that when we press into the secret place through worship, fastings and prayers and supplications that God gives of Himself the one thing that is needed, His Presence. When we experience this secret place God chooses to reward us openly with answers to prayers, or whatever we have been seeking, knocking and asking from Him.

Old Testament

Isaiah 58

The True Fast

The Issue-Wrong type of Fasting

“Cry aloud, spare not; Lift up your voice like a trumpet; Tell My people their transgression, And the house of Jacob their sins. 2 Yet they seek Me daily, And delight to know My ways, As a nation that did righteousness, And did not forsake the ordinance of their God. They ask of Me the ordinances of justice; They take delight in approaching God. 3 ‘Why have we fasted,’ they say, ‘and You have not seen? Why have we afflicted our souls, and You take no notice?’

“In fact, in the day of your fast you find pleasure, And exploit all your laborers. 4 Indeed you fast for strife and debate, And to strike with the fist of wickedness. You will not fast as you do this day, To make your voice heard on high. 5 Is it a fast that I have chosen, A day for a man to afflict his soul? Is it to bow down his head like a bulrush, And to spread out sackcloth and ashes? Would you call this a fast, And an acceptable day to the LORD?

Improper Attitude and Actions during Fast:

1. First thing is to humble ourselves and repent
2. On your Fast day you exploit your workers
3. You fast for strife and debate
4. You strike the fist of wickedness
5. This type of fast is not what will have your voice heard on High