



## Guide to Fasting & Prayer

# *There's Always More . . .*

*Too many people are stuck in a world where there's never enough.*

*Never enough time. Never enough hope. And because of that their world gets smaller and smaller, closing them in and leaving them with nowhere to go.*

*In Jesus, we have a world that is always expanding.*

*There is always more love. There is always more joy. There is always more peace. And no matter how long we follow Jesus, we'll never reach the end.*

*There's no end to His grace, no end to His forgiveness, and no end to His power that's working inside of us. There's always another step to take. There's always another soul to reach. And we're going to keep on growing, keep on following, keep on leading, and keep on serving with every ounce of faith we've got.*

*So c'mon. Let's go.*

*Abundant Life Outreach Center...there is always more.*

## ALOC STATEMENTS

### *Our Kingdom Concept – why we exist*

Abundant Life Outreach Center exists to glorify God and make disciples by equipping believers to go build Christ-centered relationships that will transform the lives of broken people in the world.

### *Our Mission – what we do*

Leading People into a transforming relationship with Jesus Christ

### *Our Values – why we do it*

#### **Radical Faith**

We believe that radical faith will always produce radical change

#### **Relentless Growth**

We believe that growing people add value to others,  
strengthen the church and live in victory

#### **Fearless Vision**

We believe that we should be in fearless pursuit of the vision that God has given us

#### **Passionate Teamwork**

As a team, each member has a role to play. We believe that each member use their unique gifts and talents to advance the kingdom of God locally and globally

#### **Abundant Life**

We believe that when a person finds God they discover  
the secret to an abundant, purpose filled life.

### *Our Strategy – how we do it*

Encounter to Connect, from Connect to Grow, from to Grow to Encounter (repeat)

### *Our Mission Measures – what we become*

Who did I invite to find God?  
Who are my 3am friends?  
Am I active in the game or observing from the crowd?  
How am I moving from fear to faith in my giving?

### *The portrait of a disciple of Jesus Christ*

One who loves God above all else  
Loves others and put their needs above their own  
Continues in the word of God and Bear much fruit

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## PURPOSE

This guide introduces you to a time with God through prayer and fasting. It contains basic information to aid in scripture reading and guided prayers.

## SUPPLIES

- Bible
- Journal
- Pen
- Highlighter
- This handout
- A contrite spirit and a willing heart

## PRAYER

Prayer is an essential component within itself, when coupled with fasting is it a powerful tool in the arsenal of a worshipper. When we fast and pray, we set aside earthly concerns, diligently seek the heart of God and dedicate ourselves to life-change.

As you plan your fast, think of specific needs you want to focus on, here are a few questions to get you started:

- *What is God calling you to trust to Him?*
- *Where area(s) is Jesus inviting you to grow this year?*
- *What specific steps must you take?*

### Prayer using *The Prayer Journey* by Fredi Trammell

Prayer changes hearts, changed hearts change people, and changed people change the world. Learning to pray is well worth the investment of time, energy and effort. Knowing the basics will provide direction to any session of prayer whether you are new to the faith or a seasoned prayer-warrior. Prayer is an opportunity to know your Creator upfront and personal; it is fitting for private devotions, small groups and corporate gatherings. Start by spending 5-7 minutes in each area.

- **Praise and Worship**
  - **Scripture References: John 11:31, 2 Kings 19:15, Psalm 8:1, 9:1-2 and Psalm 26:8**

Praise is acknowledging God's presence, giving thanks for all his promises, blessings, and his gifts to us. Praise and worship will satisfy the deep, inner craving after God. As our responses to God deepen and mature, praise and worship will become a continual flowing of adoration and love for Him in our everyday lives.

In this segment, you **do not ask** God for anything. Instead, worship HIM for WHO HE IS! EXALT HIM! Magnify Him! Glorify Him! Focus on HIM alone and no one else. Praise and worship sanctifies the atmosphere and creates a throne room in which all of God's power become readily available.

- **Repentance and Forgiveness**
  - **Scripture References: Psalm 66:18, Isaiah 59:1-2, Matthew 5:23-24, 6:12, 14-15**

In this segment, focus on the two aspects of forgiveness. First, forgive anyone who has offended you. Second, ask God to forgive you of your personal offences, sins and shortcomings. Repentance is included in this aspect of forgiveness. Technically, if one cannot forgive others, he has no right to ask God to forgive him.

- **Petition**
  - **Scripture References: Matthew 7:11, John 16:23, Ephesians 6:18**

During this segment, you enter into a ***private place***, shut the door and speak directly to God alone. The aim is to eliminate distractions that tempt the mind to seek help from anything or any person outside of God and to dispel any personal glory or fleshly ambition. Bring your personal requests, desires and needs to the Lord. "Petition" God or ask Him to supply these needs for you "according to His riches in glory and HIS will." This can be a time of rededication, total commitment and surrender to your first love as you renew your vows to God.

- *Pray* for needs directly relating to Abundant Life Outreach Center, giving (tithes, offerings and Capital Campaign).
- *Pray* to adherence to the values of Radical Faith, Relentless Growth, Fearless Vision, Passionate Teamwork and Abundant Life.
- *Pray* for participation and full commitment to evangelism and outreach.
- *Pray* specifically for matters pertaining to Government policies, media and entertainment, the arts, drama, theater, books, digital etc., the nations of the world, local communities and families.
- *Pray* for leaders civil and spiritual, in communities, cities, states, and nations.
- *Pray* for public assistance systems: Welfare and Justice, Jobs, Finances and Education.

- **Intercession**
  - **Scripture References: Romans 8:26-27, Colossians 1:9-11, 1 Timothy 2:1-2**

The segment known as intercession or travail is standing between someone or something and God with the focus on bringing the two together. This can be challenging to your emotional, physical and mental well-being, but has proven to be well worth it in the end. You must be tenacious. When you feel that you have already extended yourself in vain, take heart by renewing your mind with the words of Paul, "*My little children, of whom I travail in birth again until Christ be formed in you.*" Galatians 4:19.

- **Meditation (Sitting Quiet with Jesus)**
  - **Scripture References: Psalm 46:10, Psalm 19:14, Proverbs 4:20-21, Matthew 11:28**

This portion of prayer recalls the parallels between the physical and the spiritual. When the body is tired and the mind weary, we know a rest is in order, meditation is rest for the spirit. We stop *doing* and come aside to *rest* at the feet of Jesus. Practice getting alone with God by pausing the cell and stepping away from people; stilling your physical body, centering your thoughts upon the Lord, and noticing *your own heart*. Read His word or a book by an inspiring author. Close your eyes and meditate, contemplate (think) about what you read. Listen for His voice. Allow yourself to bask in the light of His presence.

- **Thanksgiving**
  - **Scripture References: Psalm 116:12, 17; Psalm 136:1-26, 1 Thessalonians 5:18**

Here we offer thanksgiving, appreciation and gratitude to Him for **specific** blessings, name them one by one. It is scriptural to thank God for our food, our marriage or singleness, our families, our health—all the blessing we receive from the gracious hand of God.

- **Praying the Word**
  - **Scripture Reference: Psalm 145:18, John 17:17**

Praying the Word is the most powerful type of praying there is—his Word is “quick and powerful.” Pray the Word of God, focusing your prayers upon certain needs for healing, for protection, and for dispelling unwanted attributes that hinder your faith walk. The best way to do this is to personalize the scripture, inserting the name or need into the passage. Using Jeremiah 17:14 for example, “Heal **(say the name)**, O Lord, and (he/she) shall be healed; save **(say the name)** O Lord, and (he/she) shall be saved: for thou are **(say the name)**’s praise.

- **Singing**
  - **Scripture References: Psalm 18:49, 66:2, and 147:1, 7. Zechariah 2:10**

Make this area of prayer a joyful time. Do not allow Satan to cheat you out of this component by switching your focus from *singing to* God on to that of your *ability* to sing. God created us with the ability to make music with our voice and hands. So open your mouth and sing! Lift your hands and clap! Do it unto the Lord. Do not know what to sing? Turn to the Psalm, a hymnal or sing-a-long with a worship song—make melody in your heart unto the Lord.

## **FASTING**

### **What is fasting?**

To fast is abstaining from eating and/or drinking for a specified time. Biblical fasting is a discipline of voluntarily denying one's self in order to be available for prayer and communion with the Lord. Your fast may be for one meal, one day, one week, or more. It may consist of removing only certain types of foods or liquids. One perspective is to use the natural hunger, as a reminder of the spiritual hunger for the things of God, Bible study, prayer and meditation. The discipline of fasting is to separate you from your "perceived" life support so you can focus exclusively on the Lord—your true life support. Fasting just one time will be equivalent to having one good workout in the gym. You may feel great for a while, but you will not experience lasting effects until it becomes a lifestyle. I encourage you to view fasting as a discipline, one that you will build upon and improve throughout your life.

### **Why fast?**

We fast to take our focus off earthly concerns and to position ourselves to listen to God as individuals, families and a church. It enables us to celebrate the goodness and mercy of God and prepares our heart before the Lord. It is a wonderful way to reset your body, mind, and soul while experiencing renewal from the inside out!

Your time of fasting may present some difficulties; it is important that you know your own body and your physical health. This knowledge will equip you with wisdom to make fasting beneficial. It is critical that you seek God as to how to proceed in the fast, below is a list of reasons to fast:

- Repentance: Jonah 3:5, Daniel 6:18
- When facing danger: Ezra 8:21, 23
- For courage and wisdom: Esther 4:3, 16, 9:31
- In times of grief: 1 Samuel 31:13, 1 Chronicles 10:12
- In times of distress: 2 Samuel 1:12
- Ultimate denial of the flesh: Matthew 4:2,
- For Spiritual power: Mark 9:29
- For wisdom: Acts 14:23
- Set aside self for holiness: 1 Corinthians 7:5
- Answered prayer: Acts 10:30-31
- Mourning: Daniel 10:1-3
- Special revelation: Exodus 34:27-28
- Spiritual recuperation: 1 Kings 19:1-9

### **Is it Biblical?**

Both prayer and fasting are mentioned and was practiced regularly throughout the Old Testament and New Testament in the Bible.

- In Nehemiah 9, the people of Israel came together to fast and pray; during this time, they humbled themselves, confessed their sins, thanked and worshipped God for all He had done for them.
- In Esther 4, facing the possibility of death by going before the king without being summoned; Esther along with all the Jewish people fasted three days and nights; God answered by granting favor and the lives of her people.



- In Matthew 4, Jesus fasted 40 days in the desert, prior to beginning public ministry

### Do Christians “have to” fast today?

When asked why his disciples did not fast, Jesus said, “*the time will come when the bridegroom will be taken from them; then they will fast...*” Notice that Jesus does not say his followers **might** fast but they **will fast**; yes, fasting is a discipline of which followers of Jesus should participate in even today.

### Fasting Categories

- **Public (Corporate)** – a fast which is done in a unified fashion, such as a congregation.
- **Private (Personal)** – a fast done by an individual alone or in small groups.

### Choosing a Fast

Determine the number of days of your fast, the most common are: 1, 3, 7, 10, 21 and 40 days. Remember the biblical meaning of fast entails the abstinence or limiting of food and/or drink to draw near to God. Here are some fasting suggestions:

- **Water Fast** — is when you remove food altogether and drink only water.
- **Juice Fast** — is when you remove solid food and drink water, juices preferably made from fresh fruits and vegetables.
- **Daniel’s Fast** — This fast usually lasts 10 or 21 days and follows the outline stated in the Book of Daniel in which you remove meat, sweets, or bread from your diet and consume water, juice, fruits and vegetables.
- **Media Fast** – this is not a fast according to the true definition of fasting, yet it is helpful to declutter the mind and heart that one might better hear God. With our growing dependency on media, it is good to take a rest from it by allowing a time of disconnect or silence from our electronics.

Try electing to refrain for 24 hours or limit your media time to just business, a set time of the day. Remove TV, movies, social media, video games, etc., for a specified period. Fill you mind with reading the Word, journaling and prayer.

### Definitions:

- **Healthy Carbohydrates** – those high in fiber, such as fruits, vegetables and whole grains.
- **Refined carbs** - are those that have been processed which means the healthy part has been removed, and replaced with sugar, i.e., cakes, cookies and white bread.

- **Starches** – a type of carbohydrate found in seeds, fruits, tubers (carrots, potatoes), roots, and stem pith of plants notably in corn, potatoes, wheat, bread, and rice; foods having a high content of starch rice, breads and potatoes.
- **Moderation** – the avoidance of excess or extremes, especially in one’s behavior

### **Starting and during the Fast**

- Check with your doctor prior to entering a fast to discuss the method and the length if you have health concerns.
- Select a place and time to meet with God; 15 minutes in the morning seems to best as distractions are few. The most important thing is that you use your time to be with God, drawing near to his heart.
- If feeling weak during the fast, sip on some to diluted juices, clear soups, pray and continue.

### **Ending the Fast**

#### **1. Awaken the stomach gently DO NOT rush.**

Usually a liquid diet such as homemade fresh juices, dilute them half and half with water for the first day, juicy Fruits (like water melon or fresh citrus juices) eaten in measured amounts or watery broths. Then add bland foods gradually. Avoiding dairy products and cream soups for the first day, clear soups or broth soups may be a healthier alternative.

#### **2. Consider your diet, what will you do now that you can eat?**

Approach the “MAY ADD BACK” portion of the fast with prayer, as the discipline of fasting influences other areas of your life increasing awareness of and reliance upon the Lord. To overlook the self-denial you have gained is a critical step backward to the control of the flesh.

Food re-entered with little to no regards for type (sugar, white flour or dairy for example), along with lack of quantity (no real sense of portion control), nor consideration of the time of meals eaten, can wreak havoc on the body. Listening to and noticing your body has long-ranged physical, emotional and spiritual benefits. It may tell you that it no longer requires certain foods or that it would rather have certain foods.

It may be better to have or not have a certain item a particular time of the day. Be obedient. DO NOT rush, give your body permission to speak, guiding you into a healthier you through temperance and moderation.

## Designing Your Fast

**Step 1:** Pray and seek God. Sit quiet, with your bible and a journal. Praise God for what He has done, his protection and provisions and worship Him for who He is, Confess sin and wrongs and ask for His forgiveness; forgive others. Discuss your concerns; be open and honest with yourself and the Lord about your thoughts and feelings. Be still and listen for His voice and any answers He may reveal to you. Be patient and consistent, come daily and often.

**Step 2:** When during a fast one should consider the purpose, type, length and method of fast, for example:

- Purpose: I am fasting for: \_\_\_\_\_
- Type: Absolute, Water, Media, etc.,
- Method: One meal after 3pm, Daniel's Fast, etc.,
- Length: 1-day, 3-day, etc., beginning on: \_\_\_\_\_, ending on: \_\_\_\_\_

**Step 3:** Use the draw down guides below to aid in planning for the dates on your calendar. Remember to consult your doctor for those with special medical conditions and modify as necessary.

### SAMPLE 21 Day Draw-down Schedule

Day 1 -3	Remove sugar
Day 4-6	Remove caffeine
Day 7-9	Remove fried foods & meats
Day 10-11	Remove starches & dairy. Begin final prep for fast with liquids only (fresh fruits/vegetables and coconut water.)
Day 12-14	FAST (3-days is the goal, do your best)
Day 15	Breakfast with diluted liquids (orange juice, watery fruits, watermelon)
Day 16-17	May add vegetables and fruits
Day 18-20	May add starches and dairy
Day 21	May add meats

### SAMPLE 40 Day Draw -down Schedule

Day 1 -3	Remove sugar
Day 4-6	Remove Caffeine
Day 7-9	Remove fried foods and meats
Day 10-13	Remove meats
Day 14-16	Remove starches & dairy
Day 17- 18	Remove Fruit, Veggie juices and water
Day 19	Clear, diluted juices and water
Day 20 -22	Fast Days (goal: 3 days, you may fast longer)
Day 23	Add diluted juices and clear liquids
Day 24 - 25	Add fruit & veggie juices
Day 26-29	Add healthy carbs
Day 30-32	May add starches and dairy in moderation
Day 33-35	May add meats and fried foods in moderation
Day 36-38	May add caffeine in moderation
Day 39-40	May add sugar in moderation

# A 40-Day Fasting Devotional

## **Day 1 – 3: REMOVE Sugar (white)**

*(Permitted: Natural sweeteners such as Stevia, cane sugar, and raw honey is in moderation).*

### **Day 1 Read Proverbs 1 & Psalm 1**

- Make a list of worship choruses that you can learn or sing from memory. Lift your hands and your voice, sing aloud and walk around if possible.

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### **Our Kingdom Concept – why we exist**

Abundant Life Outreach Center exists to glorify God and make disciples by equipping believers to go build Christ-centered relationships that will transform the lives of broken people in the world.

- Spend time meditating, memorizing and journaling on why we exist.

### **Day 2 Read Proverbs 2 & Psalm 2**

- Make a list of specific things that you want God to do for you over the next 40 days.

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- Add 5 minutes of thanksgiving to God for all He has done for you. Mention everything that is on your desired list also. Thank Him for family members, healing, finances, job, salvation, etc. (Total: 10 Minutes)
- Meditate and Journal

### **Day 3 Read Proverbs 3 & Psalm 3**

- Meditate and Journal

**Day 4 – 6: REMOVE Caffeine**

*(This includes energy drinks that contain caffeine)*

**Day 4 Read Proverbs 4 & Psalm 4**

- Make a list of all the spiritual strongholds in your life (example: fear, jealousy, pride, rebellion, stubbornness, pornography, lust, selfishness, etc.) Please remember this list is between you and God. If you have a private journal or diary you may feel freer to write these things there.

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- Take 5 minutes to thank God for revealing these strongholds to you. Plead the Blood of Jesus against them, ask forgiveness and claim victory over them.
- Call each stronghold by name, as you confess them thank him for helping you to see yourself and thank him for loving you enough to help you tear down these strongholds in your life. (Add this to your previous prayer steps total of 15 minutes).
- Meditate and Journal

**Day 5 Read Proverbs 5 & Psalm 5 and memorize our Mission**

**Our Mission – what we do**

Leading People into a transforming relationship with Jesus Christ

- Meditate and Journal

**Day 6 Read Proverbs 6 & Psalm 6**

- Meditate and Journal

**Day 7- 9 REMOVE Fried Foods**

*(Permitted: raw, boiled, and baked foods).*

**Day 7 Read Proverb 7**

- Set your affections on the things above. Seek ye first the kingdom of God. Make a list of Kingdom Priorities and Goals. Commit yourself each week to witnessing, teaching Bible studies, reading your Bible, volunteering in some area of ministry, increasing your giving, making new contacts, inviting people to church services, etc.

- Take 5 minutes to affirm your commitment to these goals and declare your success (Total: 30 Minutes)
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### **Day 8 Read Proverbs 8 & Psalm 8**

- Spend time meditating, memorizing and journaling on our mission

#### **Our Mission – what we do**

*Leading people into a transforming relationship with Jesus*

### **Day 9 Read Proverbs 9 & Psalm 9. Memorize our Values**

#### **Our Values – why we do it**

##### **Radical Faith**

*We believe that radical faith will always produce radical change*

- Meditate and Journal

### **Days 10 - 12 REMOVE Meats**

*(Permitted: diet consists of fruits, vegetables, raw and/or cooked).*

*Now is the time to consider the type of cleansing for you colon you will do, check your schedule and purchase the items necessary. You will want to do this on the third day of this removal cycle. The use of herbal teas, such as Smooth Move, Salt flush and other natural methods. The use of laxative products such as Mag-citrate, Dulcolax or Ex-lax are strongly discouraged because they can cause a rapid electrolyte imbalance)*

### **Day 10 Read Proverbs 10 & Psalm 10**

- Repent and ask for forgiveness of each of the spiritual strongholds that you confessed above as well as repenting for every act of disobedience including failure to do what God has placed you in this body to do. Keep in mind that repentance means changing directions.
- Take 5 minutes and ask God to deliver you from your secret sins and acts of disobedience. Affirm your willingness to obey His Word and abide in His will for your life.
- Mediate and Journal

**Day 11 Read Proverbs 11 & Psalm 11**

- Meditate and Journal

**Day 12 Read Proverbs 12 & Psalm 12**

- Mediate and Journal

**Day 13 – 15 REMOVE Starches and Dairy**

*(Permitted: fresh squeezed fruits and vegetables juices and non-chlorinated water are top choice, no dairy based drinks or creamed soups made with dairy).*

*Today is the day you should do your colon cleansing, remember to all time for this so choose early morning or prior to bed. See notes on January 14).*

**Day 13 Read Proverbs 13, Psalm 13 & Galatians 5. Memorize our values.**

**Our Values – why we do it**

**Relentless Growth**

We believe that growing people add value to others, strengthen the church and live in victory

Take 5 minutes to pray aloud, “Lord, help me to bring forth the fruit of the Spirit from deep in my heart.” Ask God to bring forth in you the fruits listed below (Total: 35 minutes) Remember to mediate and journal.

**LOVE** – Help me to show love to everyone and all situations, including my enemies.

**JOY** – Help me to have a positive mind and a cheerful disposition at all times.

**PEACE** – Help me to be calm and know that God has all things in control.

**PATIENCE** – Help me to wait on God and endure difficulty cheerfully.

**KINDNESS** – Help me to be polite and respectable to all people, for I am an ambassador for Christ.

**GOODNESS** – Help me to look for opportunities to help or serve someone else and do so without being told.

**FAITH** – Help me to show confidence in God by my communication and my conduct - especially in the times of trouble.

**GENTLENESS** – Help me to consider the feelings and needs of others above my own.

**SELF CONTROL** – Help me to live according to the truth and the truth alone. Let me have control over my emotions and never let my emotions control me.

**Day 14 Read Proverbs 14 & Psalm 14**

- Mediate and Journal

**Day 15 Read Proverbs 15 & Psalm 15**

- Mediate and Journal

**Day 16 - 18 Fruit and Vegetable Juices and Water**

*(Permitted: fresh squeezed fruits and vegetables juices and non-chlorinated water are top choices).*

**Day 16 Read Proverbs 16 & Psalm 16**

- Meditate and Journal

**Day 17 Read Proverbs 17 & Psalm 17, Memorize our Values**

**Our Values – why we do it**

**Fearless Vision**

We believe that we should be in fearless pursuit of the vision that God has given us.

- Meditate and Journal

**Day 18 Read Proverbs 18 & Psalm 18**

- Meditate and Journal

**Day 19-21 – Clear liquids, diluted juices and Water only**

*(Permitted: Clear liquids are those which you can see through; diluted are part juice and part water).*

**Day 19 Read Proverbs 19 & Psalm 19**

- Turn to the front of the book and spend time memorizing, meditating and journalizing the values.

**Day 20 Read Proverbs 20 & Psalm 20**

- Turn to the front of the book and spend time memorizing, meditating and journalizing the values.

**Day 21 Read Proverbs 21 & Psalm 21, memorize our values**

**Our Values – why we do it**

**Passionate Teamwork**

As a team, each member has a role to play. We believe that each member use their unique gifts and talents to advance the kingdom of God locally and globally



**Day 22-24 THREE DAY FAST**

*(Permitted: Water and broth if absolutely necessary. You are encouraged to go longer than three days).*

**Day 22: Fasting Day 1**

**Read Isaiah 58, 2 Chronicles 7:14, Proverbs 22, Psalm 22 & Philippians 2:12-18**

Meditate and Journal

Continue with your prayer directives and adding to your prayer list and journaling; letting your worship and requests be known unto God.

- Make a list of specific things that you want God to do for you. **BE SPECIFIC!** James 4:2-3. Ye lust, and have not; ye kill, and desire to have, and cannot obtain; ye fight and war; yet ye have not, because ye ask not. [3] Ye ask, and receive not, because ye ask amiss, that ye may consume it upon your lusts. ...nevertheless not as I will, but as thou wilt.” (Matthew 26:29)

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If you are single and praying for a mate, you must be willing to wait on God. If you are in a relationship with an unbeliever, you should obey the Word and trust God’s plan for your life.

*Believer Defined:* Believer is not just a person who CLAIMS to know God. A believer is someone whose lifestyle is one of holiness, truth, and commitment to the work of God and walking in harmony with the body of Christ.

If you are praying for material blessing, you must ensure that you have honored God in your giving and that you are willing to honor him with your increase. Take time to read the following passages aloud (Malachi 1:6-14; Malachi 3:8; Haggai 1:2-7; 2 Corinthians 9:6-11; Galatians 6:7)

- Take 5 minutes to pray for everything on your list (Total: 40 minutes)
- Meditate and Journal

Continue praying with your prayer directives and adding to your prayer list.

Take 5 minutes to read the following verses quietly and meditate upon what God is trying to say to you. Start and end each day with praise and thanks giving (Total: 45 minutes)

**Day 23: Fasting Day 2**

**Read Proverbs 23, Psalm 23 & Philippians 2:12-18**

Meditate and Journal

**Day 24: Fasting Day 3**  
**Read Proverbs 24, Psalm 24 & Philippians 4:8-9**  
Meditate and Journal

Should you fast extend beyond three days, repeat the above readings or others as the spirit leads.

- Spend time meditating, memorizing and journaling on our strategy

**Day 25 – 27: ADD diluted juices and clear liquids**

*(Permitted: Diluted juices are part juice and part water, liquids you can see through are clear liquids).*

**Day 25 Read Proverbs 25 & Psalm 25, memorize our values**

**Our Values – why we do it**

**Abundant Life**

We believe that when a person finds God they discover the secret to an abundant, purpose filled life

- Meditate and Journal

**Day 26 Read Proverbs 26 & Psalm 26**

- Meditate and Journal

**Day 27 Read Proverbs 27 & Psalm 27**

- Meditate and Journal

**Day 28-30: ADD Fruit and Vegetable Juices**

*(Fresh fruit and vegetable juices are best, full or diluted. Be careful not to rush it. Listen to your body it will tell you when you are going to fast).*

**Day 28 Read Proverbs 28 & Psalm 28**

- Meditate and Journal

**Day 29 Read Proverbs 29 & Psalm 29, memorize our strategy**

**Our Strategy – how we do it**

Encounter to Connect, from Connect to Grow, from to Grow to Encounter (repeat)

- Meditate and Journal

### **Day 30 Read Proverbs 30 & Psalm 30**

- Meditate and Journal

### **Day 31-34: ADD Fruits, Vegetables & Healthy carbs**

*(Permitted: whole fruits and vegetables, aim for “healthy carbs”. Moderation begins here with portion control, timing of meals and healthy choices. Awaking the stomach by adding too much too fast could be dangerous and embarrassing causing gas, diarrhea and cramping. Your goal is to build discipline in your eating, mind over stomach (desires). Start with clear fluids then move slowing to diluted fresh fruit and vegetable juices)*

### **Day 31 Read Proverbs 31 & Psalm 31**

- Meditate and Journal

### **Day 32 Read Ephesians 1 & Psalms 32**

- Meditate and Journal

### **Day 33 Read Ephesians 2 & Psalms 33. Memorize our mission measures.**

#### **Our Mission Measures – what we become**

Who did I invite to find God?  
Who are my 3am friends?  
Am I active in the game or observing from the crowd?  
How am I moving from fear to faith in my giving?

- Meditate and Journal

### **Day 34 Read Ephesians 3 & Psalm 34**

- Meditate and Journal
- Continue praying with your prayer directives and adding to your prayer list. Also continue journaling in your journal.
- Turn to the front of the book and review the first three of our values then spend time meditating, memorizing and journaling the last two of our five values. These aid us to understand “the why we do what we do.”

**Day 35 – 37 MAY ADD Starches, Dairy**

**Day 35 Read Ephesians 4 & Psalm 35**

- Meditate and Journal

**Day 36 Read Ephesians 5 & Psalm 36**

- Meditate and Journal

**Day 37 Read Ephesians 6 & Psalm 37. Memorize the portrait of a disciple of Jesus Christ.**

***The portrait of a disciple of Jesus Christ***

One who loves God above all else  
Loves others and put their needs above their own  
Continues in the word of God  
Bears much fruit

- Meditate and Journal

**Day 38 – 40 MAY ADD Fried Foods and Meats**

*(Remember to exercise moderation, portion control and time of eating).*

**Day 38 Read Psalm 38 & 39**

- Meditate and Journal

**MAY Caffeine**

*(Remember to exercise moderation, portion control and time of eating).*

**Day 39 Read Psalm 139**

- Spend time meditating, memorizing and journaling on our mission measures

**MAY ADD Sugar**

*(Remember to exercise moderation, portion control and time of eating).*

**Day 40 Read Psalm 150**

- *Celebrate! Thank God that you made it the 40 days of consecrating yourself to God!*
- Meditate and Journal. Continue to cultivate a life-style of prayer and fasting to enrich your effectiveness as a Christian.

**Closing Prayer:** *Heavenly Father I thank You for sustaining me through this time of prayer and fasting. I celebrate you. I thank you that You are made perfect in my weakness. Your grace was and still is sufficient for me. I thank You that Your steadfast love never ceases and Your mercies are new every morning. You say in Your Word that mourning may come for a night, but the new day will bring gladness.*

*Thank you for blessing me with a life style of healing. Restore unto me the joy of thy salvation. Help me to stay on the path that leads to life. In Jesus Name, Amen.*

## Receipts for Strength while Fasting

### A Fresh Citrus Juice (diluted)

#### Ingredients

- Fresh fruit juice (of your choice. If coming off the fast orange is recommended)
- Pure water
- Freshly squeeze the fruit to make juice then dilute with pure water, starting with one part juice to three parts water. Gradually increase to ½ and ½ until you can tolerate orange juice straight.

### Vegetable Broth

#### Ingredients

- 1 onion
- 1 potato
- 2 carrots
- 2 stalks of celery

Peel the vegetables, cut into quarters and add to one quart of pure water. Let the mixture simmer on the stove for one hour and then strain the solids from the broth.

**\*\*Sip slowly for added strength then continue with your fast.**

## The Master Cleanser aka Lemonade Diet

One of many juices used to detox the body, it is normally done for 10 days but one can go longer if desired.

### Ingredients

2 tablespoons of freshly squeezed organic lemon juice  
2 tablespoons of grade B organic maple syrup  
2 organic cayenne pepper capsules or 10th of a teaspoon of powdered organic cayenne pepper  
Distilled water in 10 oz glasses

- **Lemon or Lime Juice**

Approximately ½ of a lemon needed to create 2 tablespoons of the juice. If making a whole day's supply is preferred, bear in mind lemon juice will spoil in 8 hours, regardless of placing the lemon juice in the fridge.

Never use canned lemon juice, as canned lemon juice no longer contains the needed vitamins and nutrients. Our body needs all the nutrients that is only available from fresh lemon juice because only the lemonade will be consumed for the entire 10 days of the Master Cleanse.

**Do remember to use organic lemons because non-organic lemons contain toxins like pesticides, otherwise it will defeat the purpose of doing the master cleanse.**

- **Organic Maple Syrup**

Use **Organic Maple Syrup**, Grade B is preferred. Other types of maple syrup are not appropriate for The Lemon Diet. Organic Maple Syrup has been mistaken for commercial maple syrup used on pancakes; the two are different maple syrup.

**Grade B is superior in terms of nutritional value.** Many websites are saying that as long as you are using the organic maple syrup, then it should be fine. But the truth is if you really can't find the grade B Organic Maple Syrup, then you have no choice but to use the organic maple syrup.

- **Powdered Cayenne Pepper**

Do not take the powerful healing properties of Cayenne Pepper for granted, it is regarded as one of the world's best healing herbs, Cayenne Pepper increases the body's blood flow. Has a rich amount of vitamins B and C. Cayenne Pepper is known to prevent heart attacks. Powdered Cayenne Pepper is highly recommended, compared to ungrounded Cayenne Pepper

Most of the time, participants find it difficult to acquire the taste of the powdered cayenne pepper. They could not really drink the lemonade with the cayenne pepper and give up halfway.

If you find it difficult to drink it too, here is a tip, **start off with a little cayenne pepper and get use to the taste and slowly add more cayenne pepper.** Do not use the cayenne pepper pills manufactured by the pharmaceutical companies as the nutritional value in the cayenne pepper was removed.

**How much of cayenne pepper is necessary?** About 1/10<sup>th</sup> of a teaspoon or one capsule.

**How much to drink and when?** You would need to drink at least 6-10 servings a day. There are no specific guidelines when you should drink the lemonade, but as a rule of thumb, drink it when you are hungry.

### **Salt Water Flush**

#### **Ingredients:**

*Unrefined Sea Salt\** (Be sure label says, “unrefined” may be slightly pink or tan in color this is okay as it is in its most natural state. Do NOT use coarse sea salt. \*Sea salt may be purchased at a Tree of Life, Kroger or a whole food store as well as the internet).

*32 oz of warm distilled water*

#### **Instructions:**

Mix 2 tsp. of “unrefined” sea salt into one 32 oz. container of warm distilled water. Some people have mixed a little lemon or lime juice with the salt water flush to make it more tolerable.

Stir until salt dissolves. *Note some sedimentation may appear on the bottom of your container this is normal. Adjust the salt amounts as needed per your body weight. Be sure to drink plenty of water afterwards..*

Drink all; with a straw is best. Please allow 30 minutes to 2 hours for bowl cleansing. Stay near the bathroom. Doing first thing in the morning prior to activities or later in the evening prior bed. When on the lemonade diet for ten days or more, toxins will accumulate in the digestive track and elimination every 3-5 days to avoid nausea is advisable.

### **Laxative Tea**

You need non-caffeinated laxative tea for the lemonade diet. One usually drinks the laxative tea just before they go to bed. You can get organic green or peppermint tea. If you are unable to withstand the salt-water flush, you can drink the laxative tea in the morning too. If you find that you do not have frequent bowel elimination, consider using a natural colon cleanser.



## **Understanding the Importance of Detox**

### **By Courtney Johnson**

Never before in human history have exposure to such high levels of toxins existed. There has been an explosion in the number of studies showing the effects of these environmental chemicals on human health. There are estimated to be approximately 1000, chemicals now in commerce, 30,000 of which are in common use and only 3,500 of which have been safely tested. Through our daily life, we are in constant contact with environmental toxins. It isn't hard to believe they are playing role in modern illness like birth defects, nervous systems disorders, strokes, heart attacks diabetes and cancer, just to name a few.

### **What are these toxins coming from?**

We absorb toxins through our skin, from the air we breathe, the chemicals in our foods, and from the chemicals released in our homes and workplaces. They add to our body's toxic load. Ideally, on a daily basis, our bodies break down these toxins and clear them away.

### **Detoxification is simply normalizing the body's ability to process and excrete toxins.**

To support the detoxification process, the body requires a variety of nutrients. If these nutrients are in low supply, the toxins re-circulate. These un-neutralized, fat-soluble toxins can be stored in body tissues such as fat, brain and nervous system causing systemic symptoms and future disease processes.

### **Possible symptoms associated with ineffective detoxification are:**

- Digestive problems: constipation, gas and bloating
- Skin rashes
- Fatigue
- Headaches, migraines
- Weight gain
- Cognitive problems: brain fog, memory problems
- Excessive mucus
- Poor body odor, bad breath

### **Some possible health issues related to toxicity**

- Chronic fatigue
- Allergies and asthma
- Autoimmune disease
- Leaky gut, malabsorption, GI Inflammation
- Obesity, poor weight management
- Hormone issues
- Multiple chemical sensitivity, adverse reactions to presence of chemical smells
- fertility problems
- irritable bowel syndrome

## How does the body detoxify?

The liver is the most important organ when it comes to detoxification. It transforms a fat-soluble compound such as a toxin into a water-soluble compound. This allows the compound to bind with various nutrients to carry it out of the body throughout our excretory organs. These harmful substances are eliminated through urine, sweat and bowel movement. Detoxification keeps our clearance pathway open and operating. This is key in building our foundation for optimal health and wellness.

Since it is not possible or practical to eliminate all toxins from the body, some professionals suggest that the question is no longer *if* we are toxic, rather **how** toxic are we?

## What can we do to improve our capacity to detoxify?

- Drink purified water in glass bottles instead of plastic bottles that contain bisphenol A (BPA). Use stainless steel or glass drinking container, reduce or eliminate all plastic utensil, drink containers, plates and storage containers.
- Store food in non-plastic containers and bags when possible.
- Do not heat your food in microwaves, especially in plastic containers.
- Avoid fried foods; carcinogens can be formed when carbohydrate foods are cooked at high temperatures. Do not cook or fry food in non-stick pans coated with chemicals.
- Use chemical free products in your home (soap, detergents, cleaning products, dryer sheets, natural insect and weed killers, etc.)
- Purchase a water purifier, put a filter over your faucets, and shower heads. This may reduce chlorine exposure (Chloroform is released when chlorinated water is heated).
- Buy wholesome, organic fresh foods in a variety of colors.
- Choose free-range, hormone, anti-biotic free dairy, meats, and eggs whenever possible
- Eat liver and kidney enhancing foods: beets, artichokes, dandelion greens, leafy vegetable, cruciferous vegetable, burdock root and milk thistle.

## Mental and Emotion Detoxification

When undertaking a detoxification lifestyle, you may experience the benefit of resolving unhealthy thought and emotional patterns that affect us on a cellular level. The build up of hurtful emotions is common and often binds to our cells like plaque.

Cleansing can help rid our system of any toxic chemicals that formerly played a part in controlling and dulling our emotions. Many people believe that eating a diet free of toxins make them more emotionally aware.

### ***Suggested Reading List***

*God's Chosen Fast* by Arthur Wallis

*When Ye Fast* by Joy Haney

*When Ye Pray* by Joy Haney

*When Ye Give* by Joy Haney

*The Prayer Journey* by Fredi Trammell

*Fasting for Spiritual Break Through* by Elmer L. Towns

*Knowing God Through Fasting* by Elmer L. Towns

*Fasting* by Jentezen Franklin

*Teach Us to Fast* by Kim Johnson

*The Big Book of Juices and Smoothies* by Natalie Savona

*Juice for Life* by Cherie Calbom & Maureen Keane

*Fresh Vegetables and Fruit Juices* by N.W. Walker Dr, Sr.

*Juicing for Health* by Julie Stafford

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