

Scriptural Considerations

Psalms 35:13 NASV "...I humble my soul with fasting...."

Psalms 139:23-24 "Search me, O God and know my heart try me, and know my thoughts and see if there be any wicked way in me, and lead me in the way everlasting."

II Timothy 1:7 NEB "For the Spirit that God gave us is no craven spirit, but one to inspire strength, love, and self-discipline."

Philippians 3:19 ..."those whose god is their belly" (lets' make sure we do not honor the demands of our flesh (belly) before Christ.

I Corinthians 6:13 "...the body...is for the Lord"

I Corinthians 9:27 "I buffet my body and make it my slave lest possibly, after I have preached to others, I myself should be disqualified.

II Corinthians 10:4-6 "For the weapons of our warfare [are] not carnal, but mighty through God to the pulling down of strong holds; Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ; And having in a readiness to revenge all disobedience, when your obedience is fulfilled."

II Corinthians 6:16 "...temple of the Holy Spirit."

Liberty Not License

Galatians 5:1, 13

Stand fast therefore in the liberty wherewith Christ hath made us free, and be not entangled again with the yoke of bondage. For, brethren, ye have been called unto liberty; only [use] not liberty for an occasion to the flesh, but by love serve one another.

When Eating Is a Sin

Therefore, eating is a sin when it is associated with sin in the heart. Romans 14:13-23 gives us three such situations:

Romans 14:13-23, "Therefore let us not judge one another anymore, but rather resolve this, not to put a stumbling block or a cause to fall in [our] brother's way. I know and am convinced by the Lord Jesus that [there is] nothing unclean of itself; but to him who considers anything to be unclean, to him [it is] unclean. Yet if your brother is grieved because of [your] food, you are no longer walking in love. Do not destroy with your food the one for whom Christ died. Therefore do not let your good be spoken of as evil; for the kingdom of God is not eating and drinking, but righteousness and peace and joy in the Holy Spirit. For the kingdom of God is not eating and drinking, but righteousness and peace and joy in the Holy Spirit. For he who serves Christ in these things [is] acceptable to God and approved by men. Therefore, let us pursue the things [which make] for peace and the things by which one may edify another. Do not destroy the work of God for the sake of food. All things indeed [are] pure, but [it is] evil for the man who eats with offense. [It is] good neither to eat meat nor drink wine nor [do anything] by which your brother stumbles or is offended or is made weak. Do you have faith? Have [it] to yourself before God. Happy [is] he who does not condemn himself in what he approves. But he who doubts is condemned if he eats, because [he does] not [eat] from faith; for whatever [is] not from faith is sin."

- When One Judges Another for What He Eats
- When One Eats Without Faith
"For whatsoever is not of faith is sin"
- When one Eats with Offense (without being sensitive to others)
Galatians 5:14; I Corinthians 8:13

Ecclesiastes 5:4-6 NLT

- When One Breaks a Promise

“When you make a promise to God, don't delay in following through, for God takes no pleasure in fools. Keep all the promises you make to Him. It is better to say nothing than to make a promise and not keep it. **Don't let your mouth make you sin. And don't defend yourself by telling the Temple messenger that the promise you made was a mistake. That would make God angry, and he might wipe out everything you have achieved.**”

Ecclesiastes 5:4-6 KJV

“When thou vowest a vow unto God, defer not to pay it; for [he hath] no pleasure in fools: pay that which thou hast vowed. Better [is it] that thou shouldest not vow, than that thou shouldest vow and not pay. **Suffer not thy mouth to cause thy flesh to sin; neither say thou before the angel, that it [was] an error: wherefore should God be angry at thy voice, and destroy the work of thine hands?**”

Romans 1:25

- When Food Is an Idol

Food becomes an idol when it is “worshipped” for its benefits. Worship Christ, not the food He has made.

“Who changed the truth of God into a lie, and worshipped and served the creature more than the Creator, who is blessed forever.”

- When Food Becomes an Addiction (One Becomes Enslaved to Appetite)

Psalms 103:5

Mouth of the righteous will be satisfied with good things.

Psalms 22:26

To the meek (one who has entrusted himself to God), the Lord promises that he will “eat and be satisfied”

In contrast to Proverbs 27:20 “The appetite of the flesh...can never be satisfied.”

The Five Phases of Fasting

Phase One Hunger

You suffer the withdrawal symptoms of a “food-a-holic”, because Satan has attempted to turn us into food-a-holic. We have had an unhealthy relationship with food. For some food has doubled as a false intimacy or a “painkiller”. You feel hunger not because your body needs food but because it is the voice of habit & appetite. They will last about 15 minutes or so and a glass of room temperature water will help.

Phase Two Hunger Leaves

Hunger leaves after the first 48 hours or so. There is no hunger because your body satisfies its hunger by burning its own fat as fuel. The craving is gone because the NEED is gone...

Phase Three Weakness

Hunger has passed and weakness begins to set in. Weakness can last up to four days. During the weakness intervals you may want to rest. At this point your body is throwing off the worst of its wastes and poisons. We are on our way to healthier organs.

Phase Four Increasing Strength

The easiest part. You may find that you can return to your normal work or routine.

Phase Five Hunger Returns

This stage is seen in fast that our extended between 30-40 days. This is a signaling that the fast should be ending.

My Consecration Journal

What is God's plan for breaking the Devils hold on me through food?

I silence the cries of my flesh by...

My Hunger & Thirst for the Word of God will be satisfied today by:

What in my daily lifestyle (including my eating habits) is depleting my Christian witness and energy for the Lord?

The enemy hinders my concentration through interruptions & distraction that look like:

I have denied the Lordship of Jesus, the Christ with a fork and knife by:

Holy Spirit reveals the silent sins that I am conditioned to respond to automatically.

I dedicate my appetite & stomach to the Lord by

Identify & list the times in your routine that you are especially vulnerable to satanic food suggestions

_____	_____	_____
_____	_____	_____
_____	_____	_____

I will seize the subtle suggestions of the enemy today by bringing every thought into captivity that has the potential to create a food foothold like...

What triggers do I have that create uncontrollable impulses that can never be satisfied?

What thinking do I have that is progressively destructive?

(1)What do I have an appetite for (2) is what I'm eating feeding or suppressing my appetite and (3) is my eating purposeful?

Does your stomach contain any emotional delicacies and or any undigested emotional waste?

With your Topical Bible look up (fasting, consecrate, firstfruit) and review the scriptures and there references

List ten (10) healthy foods you can tolerate eating, only two or three of them should be favorites or enjoyable.

List stashes & hidden locations then spend time getting rid of all unhealthy foods that you should not be eating.

List two occasions today when you said NO to temptation, and reflect on how it made you feel to overcome the desire.

Have you made any provision for failure or success? Success ____ Failure ____ how so?

Did you fuel today with contaminated food? Yes ____ No ____ If yes, how so?

Prayer of Commitment

Things to Consider:

- ✓ Not eating in bed. The man, who can't be tempted into adultery, might easily be led into overeating or binge eating because food is so innocent looking. Eating in bed could be a form of cheating, like having an adulterous relationship with food.
- ✓ Stop Making Excuses & Exceptions and Live in Excellence

Excuses are the tools of the incompetent that builds monuments of nothingness, and those who make frequent use of them will seldom excel in anything. An excuse is the meat of a lie that is covered by the skin of a reason. There are no good excuses. All an excuse does is help you miss the mark. If you are going to learn to hit the mark, enjoy your potential and fulfill your destiny, you will have to come to an agreement within yourself, that there are no good excuses. As long as you dignify yourself with an excuse, you will stop thinking creatively, stop reaching your goals, stop stretching, and stop growing. – The Danger of Excuse by: Dr. John Tetsola

Excellence is the gradual result of always striving to do better. It is going beyond average and mediocre in life. It is not an event. It is a discipline and an attitude. People of excellence understand the importance of everything working right. They realize that it takes a small unattended leak in a church, in marriage and in life to sink a ship. The failure to hit the bull's-eye is never the fault of the target. To improve your aim, improve yourself. – The Oil of Excellence by: Dr. John Tetsola

- ✓ Risk Being Loved: I John4:7-10 & Song of Songs 4:8-10

Dear God, this is what I plan to do tomorrow _____ and it would give me great joy if you were to come with me as my loving and faithful friend.

- ✓ Seek freedom from respectable addictions – accidental or otherwise – to electronic devices (cell phones, internet and other gadgets)
- ✓ Let God Speak: Genesis 28:16 Jacob said, “Surely the Lord is in this place, and I was not aware of it.” I Samuel 3:1 “...Messages from God was rare...” God was not silent He was just trying to speak in a different way. God is looking to speak to those who can sense His Presence. Include Him on this journey.
- ✓ Make space in your crowded life to notice the movements of the Spirit of God.
- ✓ Identifying and confessing the false self with its addictions, sins, idols and pretense so as to move into the restful reality of forgiveness and communion.
- ✓ Stop and Smell the Roses: (excerpts taken from-Breaking the Grip of Dangerous Emotions by: Janet Maccaro)

Aromatherapy for Stress

- *Lavender* balances your nerves and emotions. It calms the heart and helps to lower high blood pressure.
- *Sandalwood* is good for sleep and relaxation.
- *Clary Sage* promotes feeling of well-being, calms nerves, lifts the mood and diminishes stress.

Aromatherapy for Depression

- *Jasmine* is very good for depression because it is uplifting and soothing.
- *Lemon* is uplifting
- *Bergamont* relaxes the nervous system, is good for anxiety and is uplifting.
- *Neroli* relieves depression, insomnia, stress and anxiety.

Aromatherapy for Motivation and Energy

- *Ginger* quickens and sharpens the senses. It also helps memory.
- *Rosemary* clears the brain and enhances memory.
- *Peppermint* energizes.

Essential oils are very strong and concentrated, so they should be mixed with a carrier oil such as almond oil (15 drops to 4 ounces). They may also be inhaled using a steam inhaler or a diffuser.

List 5 consecration goals: At the end of these 36 days, I would like to have developed...

Examine, list, confess and repent of the “sin network” in your life as evidenced in presumptuous sins, besetting weaknesses, self-centered habits and broken relationship.

I will replace my sinful habits with healthy ones by...

I chose to seek God’s grace to daily be transformed into Christ likeness by...

In order to read and study the Bible, I plan to

In order to deepen my prayer life, I commit to ...

In order to grow in the fruit of the Spirit, I must...

In order to forgive and reconcile with others, I will ...

In order to minister to others, I need to ...

Consult your Spiritual Disciplines Handbook-Practices That Transform Us by: Adele Ahlberg Calhoun

Practicing the Presence of God - Keep company with me and you'll learn to live freely and lightly. Matthew 11:30 (MB)

Day	Focus - review, answer 2 of the reflection questions and complete 1 of the spiritual exercises.	Day	Focus - review, answer 2 of the reflection questions and complete 1 of the spiritual exercises.
1	<p>Teachability: to remain a lifelong learner who is continually open to the fresh wind of the Holy Spirit.</p> <ul style="list-style-type: none"> ❖ Listen more, talk less and curb the know-it-all attitude 	19	<p>Fast: to let go of an appetite in order to seek God.</p> <p>Addressing excessive attachments or appetites and the entitlements behind them, and then partnering with God for change</p>
2	<p>Unplugging: to be fully present to and uninterrupted in my interactions with God and others.</p> <ul style="list-style-type: none"> ❖ Unplugging electronic devices that interrupt relationships. 	20	<p>Intercessory Prayer: to stand in the gap with God's care and concern</p> <ul style="list-style-type: none"> ❖ Training my heart in expectancy of God on behalf of others.
3	<p>Rest: to honor God and my human limitations through restful rhythms.</p> <ul style="list-style-type: none"> ❖ Keeping company with Jesus by curbing your addictions to busyness, rush and hurry 	21	<p>Liturgical Prayer: Open myself to God through established patterns or traditions of written prayers and readings.</p> <ul style="list-style-type: none"> ❖ Use red prayer book
4	<p>Self-Care: to value myself as my heavenly Father values me.</p> <ul style="list-style-type: none"> ❖ Living in a way that honors your body as a living temple for God's presence 	22	<p>Inner-Healing Prayer: to assist the emotionally broken & wounded as they seek God for healing</p> <ul style="list-style-type: none"> ❖ Bringing past hurts into the healing light of God
5	<p>Discernment: to delight in and recognize the voice and will of God.</p> <ul style="list-style-type: none"> ❖ Seek to bring both head and heart into alignment with God's will. 	23	<p>Praying Scripture: this allows God to shape our prayer life through the word of scripture.</p> <ul style="list-style-type: none"> ❖ Allowing biblical stories to give voice and action to inner needs, desires and feelings.
6	<p>Silence: to free myself from the addiction to and distraction of noise so I can be totally present to the Lord; to open myself to God in the place beyond words.</p> <ul style="list-style-type: none"> ❖ Live free from negative habits of speech (deception, gossip, impulsive chatter, small talk, impression management, the need to express your opinion or critique) 	24	<p>Prayer of Recollection: to rest in God allowing Him to calm and heal my fragmented and distracted self.</p> <ul style="list-style-type: none"> ❖ Discovering how scattered and distracted you are and honestly confessing your disordered passions and surrendering them to God, enabling you to accept your limits, therefore, living your true identity as the beloved of God
7	<p>Solitude: to leave people behind and enter into time alone with God.</p> <ul style="list-style-type: none"> ❖ Live free from the need to be occupied and stimulated. 	25	<p>Holy Communion: to be nourished by Christ. Tasting the sweet depths of redemption.</p> <ul style="list-style-type: none"> ❖ Partaking of the meal that heals.
8	<p>Submission: to have Jesus as the Master of my life.</p> <ul style="list-style-type: none"> ❖ Being free a rebellious & autonomous spirit 	26	<p>Centering Prayer: to quiet the heart and rest in God alone.</p> <ul style="list-style-type: none"> ❖ Attend to the presence of the Holy Spirit within
9	<p>Accountability Partner: to give a regular and honest account of my choices, priorities and temptations to a godly and wise companion who points me to Christ.</p> <ul style="list-style-type: none"> ❖ Being free from pretense and dishonesty 	27	<p>Chastity: to revere God by receiving and honoring my body and others with purity of thought and action.</p> <ul style="list-style-type: none"> ❖ Maintain healthy life-giving relationships
10	<p>Discipling: to be in a relationship where I am encouraged to become an apprentice of Jesus.</p> <ul style="list-style-type: none"> ❖ Investing in what lasts – the growth and fruitfulness of others. 	28	<p>Unity: to be a bridge-builder and peacemaker in the body of Christ.</p> <ul style="list-style-type: none"> ❖ Distinguishing between biblical principles and your personal convictions regarding those principles.

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11	Service: to reflect the helping, caring and sharing love of God in the world. ❖ Walk the talk, be what you profess	29	Fixed Hour Prayer: to stop my work and pray throughout the day. ❖ Integrating being & doing in your daily life (balance)
12	Witness: to reveal the life-changing love of Jesus to others ❖ I will leave others with fragrance of Christ	30	<p style="text-align: center;">Kindly, use these remaining 7 days (30-36) to either review one from the book not previously chosen or to revisit one of the above a do a personal study. Enjoy the personal ministry of the Holy Spirit.</p>
13	Meditation: deeply gaze on God through His works & word. ❖ Seeing beyond first glance& impressions into the heart of God	31	
14	Compassion: to become the healing presence of Christ to others. ❖ Seek to heal wounds rather than react to the wounded	32	
15	Control of the Tongue: to turn the destructive way I use words into authentic, loving and healing speech. ❖ Address your critical nature as revealed in your critical tongue	33	
16	Humility: to become like Jesus in His willingness to choose the hidden way of love rather than the way of power ❖ Free from being an approval addicted	34	
17	Truth Telling: to live an authentically truthful life ❖ Being freed from rationalization, denial & blame	35	
18	Breathe Prayer: breathing in the life of Christ & breathing out the work of Christ. ❖ Come, Holy Spirit, come	36	