

I have given them the glory that you gave me, **that they may be one** as we are one: <sup>23</sup> I in them and you in me. John 17:22-23

Fasting prepares you for the fight of your life! Not any old fight but the one that opens the door to POWER... Does fasting lead to hunger? Ahh Yes! But mostly it leads to hunger for connection and wholeness that unites you to how powerful you REALLY are.

- Luke 4:1-2, 14 ... Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the desert, 2 where for forty days he was tempted by the devil. He ate nothing during those days, and at the end of them **he was hungry** ... Jesus returned to Galilee in the **POWER** of the Spirit ...

### **WHY SHOULD WE FAST? Oneness: Union with the True Self**

Union with our Creator connects us to the Script for our very own lives. It is vital to the wholeness necessary for achieving acceptance, warmth, and compassion for self. Separation however, divides us and perpetuates the self-destructive behavior that results when a kingdom is **DIVIDED** against itself (Matt 12:25). During these 21-days we earnestly seek to be near God, to connect and attune our ear to the Divine voice.

- Matt 12:25 ... Jesus knew their thoughts and said to them, "**Every kingdom divided against itself will be ruined**, and every city or household **divided against itself** will not stand.
- Isa 58:2-3 ... For day after day they seek me out; they seem eager to know my ways ... They ask me for just decisions and seem eager for God to come near them. <sup>3</sup> 'Why have we fasted,' they say, 'and you have not seen it? Why have we humbled ourselves, and you have not noticed?'

### **BENEFITS OF FASTING? Clarity, Cleansing, Connection, Weight Loss ...**

1. Allows For Cleansing And Detoxification of The Body
2. Promotes Greater Mental Clarity
3. Rests The Digestive System
4. Improves Energy Level
5. Stimulates an Inner Silence
6. Heightens Spiritual Connection
7. Enhances Weight Loss

### **FREQUENTLY ASKED QUESTIONS**

- **WHAT ABOUT MY MEDICATIONS?** If you have health concerns of any kind, PLEASE consult your doctor prior to beginning a fast.

- **WHAT ABOUT THIS HEADACHE?** The Soul Factory Family has fasted for 21 days for 8 years now. We all had headaches. However, the testimony was the same for all of us, “The headaches gave way to clarity of mind.”

### **WHAT TYPE OF FAST?**

- **LIQUID FAST:** consists of 21 days of liquids only. Remember one benefit of fasting is that your digestive system gets a chance to rest.
- **DANIEL FAST:** Includes certain solid foods. List of Foods at <http://www.livestrong.com/article/339947-things-that-you-can-can-not-eat-on-the-daniel-fast/>

### **HOW LONG? 21 days of *Breaking the Resistance* of the adversary.**

Breaking the strongholds that are trying to take hold of me! We choose to fast for 21 days at the beginning of the year in preparation for receiving and recognizing the blessings that God has in store for us.

- Dan 10:12-13 ... Since the first day that you set your mind to gain understanding and to humble yourself before your God, your words were heard, and I have come in response to them. 13 But the prince of the Persian kingdom **resisted me twenty-one days.**

### **THE END OF THINGS: Broken Strongholds: *Patience over Pride!***

It's best not to PIG OUT at the end of the fast. Gradually introduce foods in smaller portions.

- Eccl 7:8-9 ... **The end of a matter is better** than its beginning, and patience is better than pride. 9 Do not be quickly provoked in your spirit, for anger resides in the lap of fools.