

Fasting To Freedom Seminar

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The Power Of Decision (Exercising the spirit of Self control)
Personal Testimony
Questions and Answers

Short Break

Session 2 11:30 – 1:00 PM

Why should I Fast?
(We can make fresh juices and hand them out in small dexi cups.)

Lunch

Session 3 2 – 3:30PM

How to fast.
FAQ
Questions and Answers

Short Break

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Spiritual side of Fasting
Regaining Focus
Rebuilding Identity
The Prophetic side
Reestablishing Intimacy
Questions and Answers
(Heading to the grocery store, how to pick perfect produce)

Introduction

-Pray!

-a big cold hello from Canada, I guess I can take this toque off.

-I was doing a little reading on the history of your fine city, and I discovered one thing we do have in common is home town of Lindsay has some great century old Victorian homes.

It's a tradition round the Christmas season for me to dress up and go for a Christmas walk. I will put on my long thermal underwear, thick fleece pants and three warm shirts, down filled snow suit, mitts, scarf, toque, and winter boots, and if I still have enough energy after all that layering up, I'll walk around the old section of our city at night and look at these beautiful Victorian homes all lit up with Christmas lights, glowing off the surrounding snow.

-Our roofs have about three feet of snow on them by Christmas, and I have always wondered. How does Santa land his slay on your bare roofs?

-Actually, I would trade the snow in Canada for your great weather down here.

I don't know how much you know about Canadian culture. Due to being such a young country with 1 tenth the population of the US, we often make fun of ourselves because of our lack of national identity. The Us and Canada shares the largest unprotected boarder in the world, and for us it's kind of like of like having a good relationship with a bigger and older brother.

But we do know how to make fun of ourselves.

Q : How many Canadians does it take to change a light bulb?

A : None. Canadians don't change light bulbs, we accept them as they are.

Q : What does a Canadian say when you step on his foot?

A : I'm sorry!

- I am excited to be here and impart as much as time permits, all that God has taught me on the spiritual and physical blessings of fasting, with some bonus information on nutrition and health.

I spend most of my time behind a computer, writing, web building and answering emails, posting answers on our bulletin board, so it's always a treat for me to be here among real breathing flesh and blood people!

One of the things I really enjoy about getting out from behind my computer is the feedback. At the end of each session we are going to provide time for questions. It has been the thousands of questions and comments asked during the seminars and by email that has shaped the direction Freedomyou over the last 10 years and has provided a deeper understanding of the need people have.

An Overview of the Weekend

-tomorrow we will be doing four sessions, starting at 10AM.

Saturday

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- Personal Testimony
- Questions and Answers

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-Rebuilding Identity

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-Questions and Answers

(Heading to the grocery store, how to pick perfect produce)

Sunday Morning

-A Freedom Lifestyle in a world of addictions.

-How to break the addictive power of this world and walk in the spirit of self control through developing a deeper intimacy with Jesus.

Quick Introduction To Freedomyou

-About 19 years ago, at the age of 30 I went on my first long fast, a 30 day juice fast.

-It was second biggest life-changing experience, my first being becoming a Christian. I will be sharing my fasting testimony with you tomorrow, in greater detail.

-after the fast I wanted to share this with everyone, and so I began to write down my experiences. I wanted to know how a 30 day juice fast could so dramatically improve my health, result in such mental clarity and relationship with God, so I began to study everything I could get my hands on about fasting, which led me to researching nutrition and human health.

-The whole time I felt a profound calling to continue, that God had a divine purpose in all of this.

-I was driven. When all my friends where watching the hockey game or out with their buddies, I was home studying and writing. My family thought I was crazy.

-But never did I feel such a purpose, even though I had no one's support, I knew that this was exactly what I suppose to be doing, and I had never felt that before.

-The lack of support was understandable. After all I was a failure at school, couldn't spell, and cleaned toilets for a living as a janitor. Who did I think I was?

-But the incredible health and wellbeing I was experiencing was undeniable.

-Every time I read new information on the health benefits in some new food or juice, I could see my Father's handiwork, and I wanted to tell the world, especially His children. I began to understand that many of the sicknesses Christians where experiencing was self-inflicted and avoidable.

So I began to write. One book became a four Book Series

-Fasting To Freedom

-Whole Foods and Healing Recipes

- North American Diet
- Foundation To All Freedom

-After 10 years of study and writing, in 2001 I opened the Freedomyou website offering free information on fasting nutrition and health with a Christ-centered focus. At the beginning there was only a small trickle. But the trickle grew, until today, Freedomyou receives about 2 million visitors a year and thousands of e-mails from all over the world, including Pastors, Evangelists and missionary, even a surprising number of American Soldiers from bases all over the world. People who hunger to change their life.

-Over half of the visits that come are not believers and are simply interested in improving their health. They hopefully find relevant information, and then are drawn to go deeper and discover the Source of Health, Jesus Christ.

-Where is Freedomyou going?

-You have heard it first here, I have just finish another book call, The Know-IT-All Health Nut, and will be opening a brand new website called, The Juice Nut. This site will be all about the nutrition in different fruit and veggie juices and juice recipes.

-The purpose of this site is of an sneaky evangelical nature.

-I will be able to pull people in who would never visit Freedomyou due to its clearly Christian focus. Hopefully through this site I can gain some connection with the reader, and then through discrete links, lead them into Freedomyou, if they are looking to go deeper.

-a simple example of this would be if they are reading about how juicing can break food addictions, I can suggest if they want to understand the spiritual side of addiction, click here, and whala, they went from reading about carrot juice, to the power of the Spirit to free man from addictions.

-The goal of Freedomyou is to continue Christ's ministry on earth.

Christ's Complete Ministry **body mind and spirit**

-so what did Christ's three year ministry involve?

-Believe it or not this is an important question to understanding fasting, because during fasting you are open the spirit of God to fully minister to you like no other time. It's a little heaven on earth.

-Over this next few days are going to be talking about nutrition, about the harmful stuff in the foods you are eating. We are going to be talking about detoxification, weight loss and spiritual growth, all in the same breath. We are going to go from spiritual warfare to what's in carrot juice.

-you are going to learn how fasting has a powerful healing effect on the body, mind and spirit.

-some of you may be wondering what nutrition has to do with the spiritual life.

-well before we get started I want to connect the dots for you between physical, mental, and spiritual health.

And I'm going to do that by looking at the 3 year ministry of Jesus on this earth.

Does God Care About Your Health?

Does God care about your physical health as much as He cares about your spiritual health?

To answer that we must look at the character of God which is reflected in Christ's three year ministry

- God is the author of Order
- God is the author of life
- God is the author of health

1 God is the author of Order

1 Cor.14:33 "For God is not a God of disorder but of peace."

Gen 1:31 *"God saw all that he had made, and it was very good.."*

-God steps back after creating this highly complex ecosystem, and puts His seal of approval.

-good on a functional level

-good on a pleasing level

-can you imagine what it must of felt like for God to stand back and look at His expression of creativity?

-sickness, mental illness, depression, addiction, demon possession are all forms of disorder. Healing is the way God brings order to a disorder caused by sin.

This Creation is a clear and beautiful living message revealing the character of God.

God is a God of Order

Sickness, mental illness, cancer are all disorders and not from God.

Who is the author of disorder?

To answer that lets take a look at a simple grain of wheat. A little treasure of essential fatty acids, proteins, vitamins, minerals, enzymes, fiber, and carbohydrates. These fragile, valuable elements are kept fresh in a natural, airtight container.

A perfectly created food for human health.

Now there is a bakery in France that makes pastries you would die for. Light as air, paper-thin, melt in your mouth. People come from all over Europe to experience France's baking. **Halepaskas**

Bakery

How do they get their pastries so light and fluffy?

To answer this question, we have to go back to our little seed. Wheat in its natural state would be useless for the famous bakers of France. It would produce a flour too heavy and gritty. So first we must remove the hard bran casing. Then remove and wheat germ, as the delicate oil exposed to light and air would go rancid, causing the flour to taste unpleasant. What is left is the white inner farina. It is ground to a fine talcum texture, and for a whiter-than-white appearance it is bleached with chlorine. To satisfy us whining health nuts, the flour is enriched with cheap, synthetic vitamins and minerals. The finished product is a white flour suitable for use in the finest bakeries of the world, producing a texture that have come to love.

Just down the street from the bakery, there is a hospital. Inside, a man in his early fifties is having his colon cut open. The surgeon removes fifteen pounds of black, dried, encrusted pastries and mucus, which have impacted on the colon walls due to the lack of fiber. After removing the mass, the surgeon discovers small, cancerous tumors, spread over a third of the length of his colon.

-Here we have a picture of two foods.

one perfectly designed for your health. And for thousands of years has been stone ground and eaten by peoples all over the world. So common was this food, even Jesus was called the Bread of Life.

-the other has been redesigned into an addictive, fibreless food that our bodies were never meant to eat. The result is sickness and disease.

God carefully designed food to be a blessing because he is motivated by a Father's heart.

But let me asked you a question.

-What happens when a Huge Food Industry is driven not by a Father's heart but profit?

-It has transformed a great percentage of what we eat today, what we put into every cell of our bodies.

And I believe that the greed for profit has opened the door to Satan, so he can transform God's provision of blessing into highly processed, additive, damaging food.

-this has resulted in a nation of sick obese people, including Christians

God is the author of order
Satan is the author is disorder.

If you don't believe God cares about your health at least believe Satan does! He wants to destroy it!

The last thing he wants is a bunch of energetic, clear-minded Christians running all over his kingdom spreading light and love everywhere they go.

He wants you tired, sick, and discouraged, overweight, addicted.

2 God is the author of life

"The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full." John 10:10

-I do not picture God an old graybeard. That is a Michel Angelo misrepresentation of Wisdom. Their message is *God is wise because he is old. Wrong!*

-God Running through his forests, He is not a tame God, but wild and alive like a child!

-the entire Universe is alive with movement.

-God is so alive and free, if He came visiting our tame Churches we may have a problem with Him, kind of like they did with Jesus.

Who is the author of death?

From which hand are you feeding from?

3 God is the author of health

MT 9:35

Jesus went through all the towns and villages, teaching in their synagogues, preaching the good news of the kingdom and healing every disease and sickness.

Why did Jesus heal?

-I was told by my Baptist Church, He healed to attract people to the gospel

-they saw healing as a means to an end

-healing is the gospel as much as His teaching.

-He healed because He was a Healer.

-remember the woman who touched the hem of his garment. At her point of faith contact, healing poured out of Jesus. He healed without even trying.

It we see this in Jesus nature, we also can see this in the nature of the food he has provided for us to eat.

-He healed because He loved, *“When he saw the crowds, he had compassion on them”*

Christ's Continuing Ministry **Through You**

The total ministry of Christ is to both body and spirit. So to should be the ministry of the Church.

-Christians are leery of all this talk of alterative health, and for good reason. It is an industry almost completely owned and operated New Age Movement.

-Google something as innocent as juicing or healing foods and you will smack in the middle of websites promoting New Age Teaching.

-most fasting sites or early fasting books are New Age.

-I believe the new Age movement has filled vacuum left by a Church that has not been fulfilling the whole ministry of Christ

-The Church is always looking for ways of becoming more relevant. To bring in the lost.

-best way is to met their needs

-and to do that you must understand their needs!

-Instead of the Pastor swallowing gold fish, could you imagine if it was we who had got on the health bandwagon and on the New Age?

-After all, It's our Father who created all this very cool stuff that scientists are discovering in natural food.

-What to get your neighbor into your Church? Offer free weekend seminar on healthy eating, nutrition and weight loss for all to come? We would fill this place.

-And its is so easy to transition from taking about physical health to spiritual health, because God created both and is the sustainer of both.

-physical health is a great metaphor to spiritual health.

-The New Age ties them together as if they are one thing, why don't we? Jesus did in His ministry.

-yes we are body and spirit, but let me tell you even a sore toe effects how you feel, how well you day is going

-your going to learn that your diet has a huge effect of emotions, mental clarity, self-worth, all effecting the whole of you.

-Jesus spoke the language and met the needs of the culture around Him, and they followed by the droves. He was relevant.

-We also need to be speaking to the needs of our culture. We need to become relevant.

-the needs of people have not changed very much.

Jesus went through all the towns and villages, teaching in their synagogues, preaching the good news of the kingdom and healing every disease and sickness. ³⁶ When he saw the crowds, he had compassion on them, because they were harassed and helpless, like sheep without a shepherd."

Matthew 9:35

-Freedomyou is receiving 2 million visits a year not because we are so wise or talented, but we are simply speaking to the needs of people, Christian or not. A good 60% who visit are not Christian, but it will not take them long to discover that real health, body, mind and spirit, comes from the God of health.

-food addictions, sickness, depression, obesity, hopelessness. Real needs with real Christ-centered answers

-God is the author of order, life health.

-Satan is the author of disorder, death and sickness

-Which are we emulating?

-We can make the gospel attractive by being attractive

I said to you that the last thing Satan wants is a bunch of energetic, clear-minded Christians running all over his kingdom spreading light and love everywhere they go.

He wants you tired, sick, and discouraged, overweight, addicted.

-We can be a people free of addictions, vibrantly healthy, body mind and spirit, clear minded at peace and focused , self controlled and free of addictions.

-That will get this community interested in what you have, and you can point to the God of life.

-Then people will be asking you the important questions.

-You are the gospel

-Your faith displayed in a practical way, as you walk in freedom for all the world to see.

The Church ought to be the most healthiest, well balanced, free people on earth. Then we can fulfill the full ministry of Christ on earth.

-So look out New Age Teachers, Jesus is back through his people.

And we are going to learn how.

-God is going to touch you spiritually, emotionally and physically, so don't miss tomorrow.

Questions and Answers

Saturday

Session 1

What Does Nutrition Tell About The Heart Of God?

Little Love Letters

Pray!

-A quick recap for those who were not here yesterday, and those who's brains are not fully awake.

-Last night we asked the question, what did Christ's three year earthly ministry look like? An important question because the way Jesus ministered on earth will be what you will experience during a fast, because fasting opens you up to receive a touch from the Spirit than any other time in your life. And we are going to talk about way that happens

We touched on three points.

-God is the author of Order

-God is the author of life

-God is the author of health

- Christ's ministry was to the whole person, body mind and spirit.

-that great verse in MT 9:35 says it all . . .

Jesus went through all the towns and villages, teaching in their synagogues, preaching the good news of the kingdom and healing every disease and sickness.

-we looked the design of a simple grain of wheat , and we of how the Father-Heat of God in the way He specially created it for our health. Today we are to look at more exciting examples of this in God Creation

But then we talked about how Satan wants to destroy our health. Where God is the author of order, life and health, he is the author of disorder, death and disease.

-and finally we discussed our role in continuing Christ's ministry on earth. That if the Church would reach out to a world seeking real answers to their physical, emotional and spiritual needs we could become a relevant and powerful voice that would draw our neighbors to Church. So instead of The New Age Movement being where people turn to for answers it's Christ's followers

-Lets continue, we have a lot of exciting material to cover.

-you know what I believe?

-I believe creation is full of little love letters from God, being daily unveiled by science.

Has anybody heard of Free Radicals?

-They are not Republicans gone A-wall. Free Radicals are like cellular terrorists. They come from too much sun exposure, radiation, cell phones, and unhealthy diet.

-And they damage human cells, even DNA causing premature aging and cancer only to mention a few. Due to our lifestyle we are faced with more Free Radicals than any other time in History.

-every day scientists are discovering more and more microscopic stuff in fruits and vegetables that protect us from things like environmental toxins and free radicals. That protect our bodies from developing cancer and heart disease to only mention a few. And I find completely fascinating

-Macronutrients or protein, fat and carbohydrates. We have all heard of those.

-micronutrients. Now that's where the fun begins. Those are the countless different types of Antioxidants and Phytochemicals. These are not used as food like the Macronutrients. I think the best way explain what a micronutrient is, is by introducing you to a few of my favorites.

-while I list some of these off, keep in mind, God invented these right out of His imagination. It's easy to adopt a materialistic worldly attitude toward God's creation, and then we miss so much of the heart of God in His masterpiece.

There are those who tell a lot about people just by studying someone's handwriting

-so much more with a painting

-even more when it comes to the living painting of God's creation.

-To me they are little love letters, hidden until now.

-All of these foods I add into my juice during a juice fast.

-the antioxidant sulforaphane found in broccoli actually helps the body apprehend and remove damaging carcinogens from the body. It can also shut down the growth of cancer tumors.

Indoles, is another cancer fighter found in broccoli, especially in protecting from breast cancer. The estrogen receptor cells are especially susceptible to cancer, and the introduction of estrogen to these cells can trigger the development of cancer. For estrogen to function it must dock into one of these receptor cells, and they fit like a key. The indole-3-carbinol found in broccoli is shaped just like estrogen and will harmlessly fit into these tiny docks, displacing the estrogen and protecting the estrogen receptor cell.

A question for the Darwinist. Why would broccoli evolve something

that so precisely assists and protects human health? That makes no sense.

-you know that stinky smell in garlic. It is a substance called allicin, and boy is it powerful stuff. Studies have shown it increases healing, it lowers bad cholesterol, while increasing good cholesterol, lowers blood pressure, to mention a few. Garlic also inhibits bacterial growth and fungus. It also helps with an overgrowth of yeast in the body and is used in treating Candida. Do not use odorless garlic pills. If they don't smell, your body can't tell. At the National Cancer Institute research is showing great promise, that garlic extracts both reduce the proliferation of cancer cells and bring about the death of abnormal cells. A Iowa Women's Health Study has concluded that women who consumed garlic just once a week had a 32 percent lower risk of contracting colon cancer.

A question for the Darwinist. Why would garlic evolve something that so precisely assists and protects human health? Makes no sense.

Ah, the lowly carrot. I have juiced hundreds of pounds of this orange root. The vitamin A (beta-carotene) is an antioxidant that is able to attach to free radicals in the body. Remember those free radicals? The damaging effect of free radicals has been associated with cancer. Carrots also increase the functional ability of our body's natural-killer cells.

The beta-carotene present in the skin is a natural protector for the common skin cancer, melanoma. Research has shown this can also protect the skin from the damaging effect of the sun. As an added bonus, a few weeks on a juice fast, your skin will feel velvety soft.

- the blue pigment in blueberries is one of most powerful antioxidants against ridding the body of free radicals. I love blueberries, they grow wide all over Canada.

- Parsley is one of the highest sources of life-giving chlorophyll,

which acts like iron to oxidize the blood. Parsley is a cleanser of the kidneys, liver, and urinary tract. Parsley is effective for upset stomachs by stimulating digestive enzymes.

-Peppers are great for the skin and reduces swelling due to arthritis because of the high silicon content.

-Raw cabbage is an good source of the trace mineral, selenium which is excellent for fighting cancer, protecting against heart disease, improving conditions of arthritis, slowing the aging process. Also cabbage has a delicate amino acid called glutamine which is effective for healing stomach disorders including ulcers. When making cabbage juice, it must be consumed within 60 seconds or this precious amino acid will begin to decay

-I could go on forever, but I want to end with my very favorite food, Cantaloupes. And guess who has the best Cantaloupes I have ever eaten? Texas!

-Tell the story of the roadside vender. Everything is bigger in Texas.

- Cantaloupes are considered the most nutritious of all fruit by the The Center for Science in Public Interest. Cantaloupes are packed with vitamins A and C. Per pound, this fruit has 15,000 I.U. of vitamin A and three times the vitamin C content of apples. It also contains a lipid that helps with anxiety, insomnia and in battling hardening of the arteries. Cantaloupes contain the greatest amount of digestive enzymes. They are recommended by the American Cancer Society as powerful agents in the fight against intestinal cancer and the skin cancer, melanoma.

-Dear evolutionist, why would a Cantaloupe evolve a lipid to help with anxiety in humans ?

Peeking into the cells of fruit and vegetables cells and membranes, there is almost a magical quality to fruit and raw vegetables, discovering bountiful gifts to the human body. And so much still undiscovered. What secret treasures has God hid within this living food? Protective compounds, phytochemicals and unnamable

energies that heighten brain activity, sharpen senses, support our immune system and ward off aging.

This is only a few example of thousands. They are discovering these **little love letters** on a daily bases.

-That makes no sense. God was making sure we would not get it wrong.

-I was taught in Theology class that Creation is a general Revelation and the bible is a specific Revelation of God's Nature.

-I think they are wrong.

Rom 1: 20 says: For since the creation of the world God's invisible qualities--his eternal power and divine nature--have been clearly seen, being understood from what has been made.

-What if we are missing it. What if the earth is full of very specific tiny love letters hidden until now, seen staring back at us through the microscope?

-The message, I am God.

-my studies on the nutrition in whole foods has brought me to weeping and worship as much as studying the bible.

Those Protective compounds, Phytochemicals and antioxidants are not mistakes. They are there because God is a God of healing and love bring order to disorder.

-So, What does nutrition tell us about the heart of God?

-But all that great stuff will make no difference to your health if you decide to live at McDonalds inside of roadside fruit stands.

-God has done His part, now it's up to you to decide who's hand you will be fed by.

The Power of Creative Decision

-many of the things we are going to talk about over this weekend is will become useless information if not met with powerful, even painful decision.

-I know what some of you are thinking, because I have been there

-some of you came to this weekend seminar hungry for real change, but deep down inside you are so full of self-doubt, that you really no longer believe anything will ever change.

-You have tried every weight loss program invented. Tried eating less. Even pleaded to God for the spirit of self control.

-Maybe you have gone so far have had the laying on of hands, had demons casted out, gone forward and been prayed over by a famous TV evangelist, and still I cannot stop eating those dang dingdongs!

-no self control.

-your faith has been damaged through countless broken promises, broken vows make to yourself.

I will never gorge like that again
I will never look at porn again
I will never get angry at my spouse again
I will never drink again

But you do.

I will have devotions every morning

I will watch less TV
I will be more giving

But you don't.

- I know what it is like to sit in the pew and listen to some teacher eloquently expound on something I know I need to do, but the voice in the back of my mind says:

- Yah right, you never complete anything
- The voice of despair battling against voice Hope

-the bible is full of situations where God forces his people to respond with a decision.

-in fact everything Jesus taught requires a decision, and makes the assumption that you can do it.

This day I call heaven and earth as witnesses against you that I have set before you life and death, blessings and curses. Now choose life, so that you and your children may live.

Deuteronomy 30:19

- The bible is filled with stories of people who made history defining decisions. They were tuff, even agonizing, but we love to read about them because we see the best in humanity and long for that within ourselves.

-if your honest, you hate the weakness within yourself.

Fasting is not an easy decision. And as God moves in your life

during the fast you will be faced with more choices, between life and death, blessings and curses. So before we get into the meat of fasting I want to give you some teaching about how to be successful in making the hard choices.

I want to look at two False expectations that are the cause of why most Christians fail.

-First, God is going to do it for me if I just trust him enough

-Kenneth Copland story about the swollen ankles.

-Please God take away the desire to eat those dang ding-dongs. And if your thing aint the ding-dongs, just put whatever you struggle within its place. What we are really praying is for God to remove the struggle of the flesh, to do the work for us.

-if you have been smoking for 10 years, then probably you are doing to deal with 10 years of withdrawal when you try to quit. Non-Christians quit smoking, even atheists quit smoking, its gut-retching but they do it.

-if God were simply remove all the years of addictive behavior, the He would simply become a crutch for the weak, and we would never learn and grow through the fires of breaking addiction.

-So when God doesn't answer our prayer, by paving the way for your hard choice, you feel as if He has failed you and become discouraged, or you may feel you are not good enough to receive His grace.

-And this brings me to the core issue, which is not understanding what Christ has **already** done for you, and who you already are in Christ.

-right where you sit, you are the righteousness of God. You have been given the Holy Spirit. The power of sin has been broken, and

you have been set free from the power of sin.

-Christ has already done that for you

-Christ has finished His work on the cross, now the ball is in your court

-The second false expectation that are the cause of why most Christians fail is *God is going to make it easier for me.*

Gal. 6:7 Do not be deceived, God cannot not be mocked, a man reaps what he sows.

-even though God has made it possible for you to overcome any sin or addiction, that does not mean it's going to be easy.

-after years of fasting and breaking addictions in my own life, I am thankful it was not made easy.

-we grow and mature in the fires of struggle. I am a better, happier man today because of the pain that I went through throughout my life. And I have found that the greater the pain the greater the payoff in personal growth.

-And if you do not believe that God's people experience pain then simply read the lives of David, the prophets, Paul, and the disciples.

Here are the exceptions you should have when dealing with fasting or any other decision that will result in growth and maturity.

Expect it to be hard

Expect to stand on your own two feet, and even at times to feel alone.

Expect to fail

-Do not be afraid to fail. The road to success is littered with failure.

-It is during failure that we can experience God's deepest grace.

-I have failed more fasts than succeeded. But I didn't quit. I dusted myself off and kept trying.

You are mighty in Christ, you are the army of God, train yourself for action.

I would like you to take a moment to write some things you would like to permanently change about your life.

Maximum, five to keep this focused.

Be courageous, pretend in your mind that you actually can do all things in Christ, that you have no limitations.

-what brought you here on this fine Saturday?

-it could be overeating, starting to exercise, praying longer, control stinking thinking, breaking Pornography. Think about this question, it will define this entire day for you.

Personal Testimony (If there is time)

- my first fast was no of the hardest and more rewarding things I have ever done, and yet grace was given me in abundance.

-Christ first found me at 18 years old, a drug addict and alcoholic.

I did not want to live, my whole life was a disaster, including my family life.

Christ gave me a whole new lease on life, I owed Him everything, and I was on fire.

But you know how it is.

Got married, full time job, two kids, and the slow slide into mediocrity.

Over time I replaced drugs and alcohol addiction from something much more expectable among my Church family, food addiction.

Here is an Excerpt from my testimony that says it best:

Like so many who lose their purpose, I turned to a more immediate fulfillment. Throughout my twenty's I carefully cultivated a major dependency on junk food, trying to fill the empty hole left by a God I had pushed away. A wiry teenage body transformed into an overripe pear. Prayer was replaced by eight different kinds of chocolate bars stockpiled in my drawer. Street Ministry was replaced with Saturday night Hockey, supplemented by a large bag of salt and vinegar potato chips and candy coated peanuts, Bible reading substituted for a two-kilogram tub of butterscotch ice cream. My covert stash and I met regularly, intense moments of escape from intimacy gone dry. Not knowing it at the time, I had replaced the drug addiction of my early years with a different type addiction, junk food. I crawled into bed with the very things I once hated and consequently began to hate myself. Deep inside the flame still burned demanding honest, single-minded purpose but the flesh had its demands too in the worst form of self-violation.

I turned to junk food to curb off
-loneliness
-depression
-emptiness

I become addicted to food

By the time I turned 30 I was overweight, sick, no energy and feeling depressed and tired all the time.

My fasting story

-My first introduction to fasting all started when I reluctantly went to a health and fasting seminar.

-I was raised to believe all alterative health was New Age,

-On the second day of the fast it was clear I had a problem. The props of junk food gone, I had to believe Jesus would nourish the empty ache within.

-The first days of the fast mostly involved regret and repentance. Like mighty waves, God's grace washed every regret away leaving a freshness of spirit.

-My praying changed. It became deeper and longer.

-My desire for junk-food and TV subsided. I started to delight again in reading the Bible and meditating on the Lord.

-The vision that I received years ago started to burn again. I began reaching out to people in a way I had never known before. Instead of being cranky, there was a deeper love and compassion flowering in my heart. These awakened feelings reminded me of a forgotten youth, I felt like a teenager again, spiritually alive. Worldly cares became silly and frivolous.

-A caffeine dependency was braking, salt levels in the blood were balancing and years of mucus build-up eliminated.

-Waste from years of hot dogs and fries was being burned up in the cannibalizing state, causing me to feel sick, headachy and emotionally horrible, until finally it exited my body. In other words, I was going through a physical metamorphosis.

-These detoxification days were great tests. There was period's of joy contrasted by internal turmoil and confusion. At times the fast became meaningless and empty. The mind would flood with doubt and confusion.

-It was not always easy. Physically, I had days of vigor and energy. Other days when the body is detoxifying, I experienced cloudiness of the mind and lethargy. These periods were times of great trial. Yet God taught me to trust in His character. I learned not to trust in how I felt.

-After the fast people asked me, “did the fast bring about permanent changes in your life?” Almost 20 years later, I can say, yes! Even in youth, I have not known better health or clarity of mind. My diet is clean from addiction? I have never felt so energetic and healthy in all my life. Besides all this, I enjoy eating more than ever before.

-Fasting has become an important component to spiritual maintenance. When earthy cares start crowding out intimacy with God, resulting in the “empties,” the quiet space of fasting calls me home once again.

-I can fast for 30 days, what else am I capable of doing in Christ!

-Sickness became vibrant health

-Addiction became freedom to choose what I eat

-A useless life became useful with eternal value

-and on top of it all, I lost 33 pounds!

Questions and Answers

Come back, the second session we will be getting into some practical stuff.

Session 2

Why Do We Need To Fast?

In this modern world is not fasting irrelevant and outdated?

-Many people see fasting as old fashioned, outdated, Old Covenant, legalism.

-and besides the fact that Christ Himself set the perfect example by His 40 day fast,

-besides the fact that Jesus said in *MT 9: 15 The time will come when the bridegroom will be taken from them; then they will fast.*

-We need to fasting today more than any other time in history and I am want to prove that.

I want to look at the physical and spiritual reasons fasting is so important today

Let's start with the physical

-I want to give you all a little assignment. You are aware that often the physical world can be a metaphor to the spiritual world. This is why Jesus teaching used common things like trees, bread or water to clarify deeper spiritual truths. He spoke in parables.

-Here is your assignment. As we go through the physical benefits of fasting, write down how each one could be an metaphor of a spiritual blessing.

-This is going to help you make some vital connections.

Then after this segment I am going to ask what you came up with.

The Modern Diet

-what is the difference between our modern diet and the what mankind has eaten other human history?

-call them out to me.

-I want to look at four:

-addictiveness

-high calorie and low activity

-highly processed

-toxic

We are a nation that is Addicted

I think most of us are aware of how addictive the average diet is.

-food business adds, salt, sugar, and fat to food to make them more highly additive

-has it worked?

-Thirty years ago Americans spent about \$6 billion on fast food a year. Today we spend more than \$110 billion, greater than the amount spent on movies, books, newspapers, videos and music; all combined.

-Market research has found that children can often recognize a brand logo before they can identify their own name. Little mouths trained early to beg mom and dad to eat lunch at McDonalds or KFC. The Marketing Industry calls it “pester power,” and it has translated into billions of dollars.

-Your body must maintain a homeostatic balance. This is a chemical balance within the trillions of cells in your body.

-any stimulate like coffee throws homeostatic balance out.

-the body will readjust itself until it needs the stimulate for homeostatic balance

-withdrawals is your body readjusting its homeostatic balance.

- a scary thought

-your whole body has adjusted and adapted itself to an addictive American Diet.

-The Food Industry loves this and so does Satan.

-When trying to fast, you are faced with a double whammy. Emotions demand the associated positive feelings that a cantaloupe just will not provide, and the body cries out for a deadly food that it has homeostatically adapted to.

-Oh no my dear, I am not like those others, I'm not addicted to anything—until you attempt a fast.

-Those who think you live autonomously in this world, fasting is a perfect immunity test, often a rude awakening of how toxic your daily requirements have become. What makes your world go around? Addiction is anything that controls you, and whether it's food, pornography, coffee, TV or heroin, it taints independence and freedom.

Fasting brakes addiction

-Ever tried to quit coffee?

-I have, three days to a week of headaches, tiredness, and

unfocused mind.

-depending on your diet for most that will be the experience of the first days of fasting

Fasting is effective, due to its ability to strip away the props we have become so dependent on to get us through the day. The large coffee double-double, cinnamon Danish, ball game, Budweiser, nacho's, cigarettes, sitcoms, hours upon squandered hours, and for some, drugs, pornography, overeating and alcoholism. When these props are removed, what remain are the spiritual resources within. If they are bankrupt then during fasting you will come face to face with a profound emptiness only God can fill. It is this very emptiness so many run from or try to offset with material things. Yet this is doomed to failure for we are created spiritual beings, with spiritual longing.

Fasting accomplishes two purposes. First, it will reveal how much the flesh has taken control, and secondly, it will serve in breaking the flesh's hold upon the will.

-Imagine if you were forced to remove all life's little props. Forced to quiet your life down to the few things that really matter. Within days, years of fat melt away, mind focuses, allowing deeper meditation and prayer. At first the pain of broken addictions is acute but short lived, usually ending in three days. As a weakened body releases its control over to the Spirit, peace and contentment replace a normally stressed and anxious state of mind.

-are you getting excited yet?!!

-I do not want to glamorize fasting. Fasting is simply a tool releasing what God has already put inside you

We are a nation of obesity

Our Children are being hit hard. Almost half of all children today are overweight!

-what about us Christians? We have the gift of self control right?

-as our nation gets fatter, the Body of Christ follows right behind.

-we may not smoke, drink or do drugs, our drug of choice is food.

Fasting breaks Obesity

-You safely lose weight by lowering caloric intake while flooding your cells with nutrient rich, cleansing juices.

-Not only does the fat melt off but the food addictions are broken.

-see your fast as a launching pad of a brand new life-diet

-vital you follow up your fast with a new diet or it will come back again.

We are a nation that is Toxic

Bleaches, trans-fatty acids, preservatives, chemical flavors, buffers, noxious sprays, deodorants, moisteners, drying agents, expanders, modifiers, emulsifiers, saturated fat, caffeine, processed sugar, stabilizers, thickeners, clarifiers, disinfectants, defoliant, fungicides, neutralizers, anticaking and antifoaming agents, herbicides, pesticides, synthetic hormones, antibiotics, steroids, and four thousand other unpronounceable ingredients commonly found in the food you eat. Welcome to the age of synthetic nutrition.

The small print on your Twinkies reads more like rocket fuel than food for human consumption

Take some time and look at what you are putting into every cell of your body, and your children's bodies.

Fasting is famous for its ability to detoxify

I call it Selective Cannibalization, (explain)

- While we sleep our body has a brief opportunity to cleanse —a mini-fast. With great patience, it waits until we start dozing off then finally in the sleep-state it can begin the miraculous work of cleansing.

-*Breakfast* is appropriately named, breaking the nightly fast with a morning meal.

-when you awaken, the tongue is coated, breath foul, skin puffy and mind foggy. These are early symptoms of detoxification, short little holidays taken every night from a life of feasting.

-most people's first introduction to fasting is not very friendly

-The negative experience in the first few days of a fast is reaping a lifetime of toxins stored up in fatty tissue, crammed into the body, meal after meal. During a fast, countless toxins and Big Macs dramatically enter into the bloodstream. This may be the body's first chance to detoxify.

-people quit their fast thinking, forget that. That was as spiritual as eating old socks.

-here is what is happening

Eliminated during the detoxification process

- Dead, dying or diseased cells
- Unwanted fatty tissue
- Trans-fatty acids
- Hardened coating of mucus on the intestinal wall
- Toxic waste matter in the lymphatic system and bloodstream
- Toxins in the spleen, liver, and kidneys
- Mucus from the lungs and sinuses
- Imbedded toxins in the cellular fibers and deeper organ tissues

- Deposits in the microscopic tubes responsible for nourishing brain cells
- Excess cholesterol

The Result

- Mental clarity is improved
- Rapid, safe weight loss is achieved without flabbiness
- The nervous system is balanced
- Energy level is increased
- Organs are revitalized
- Cellular biochemistry is harmonized
- The skin becomes silky, soft, and sensitive
- There is greater ease of movement
- Breathing becomes fuller, freer and deeper
- The digestive system is given a well-deserved rest

-this is the reason Freedomyou does not recommend water fasting, especially your first fast, unless clearly called by God. Juice fasting buffers Detoxification

*****Remember I asked you to put on your created thinking caps and think of some spiritual applications to what we just learned. Anybody come up with some?*****

What about the Spiritual reasons for fasting

Think of the things we Christians must face today compared to any other time in history

-mobility, planes trains and automobiles a crazy fast-paced lifestyle, life is no longer simple, involving small village issues. We now swim or are drowning in a huge information river. Every world disaster, piped into your living room, in full color, surround sound, real time.

-Simple living has rapidly changed into a highly complex fast-paced life resulting in a *blurred focus*.

-media, billboards, TV, radio, Computer, neon arches all vying for your attention. For business, focus means money:

a blurred focus, a spasmodic focus

-Do you feel that way? Christ out of focus?

-Indicators, lost peace and joy, feeling of emptiness resulting in unhealthy addictions

-lose of personal identify

-Let me tell you a little secret. Satan trembles at the thought of a focused Christian.

-Paul, Elijah, King David, the apostles, Jesus, focused to the point of what the world would called fanaticism, wreaking havoc on Satan's kingdom everywhere they went.

-Satan cannot touch our spiritual authority, so it's no wonder he is doing everything today to mess with our spiritual focus.

-You need to guard you focus, it is among the most precious resources God has given you. Successful business people, motivational speakers will tell you that you are only as successful as your focus.

-Fasting is a powerful tool to regain your spiritual focus.

-Fasting is a vital tool to add to your Spiritual Maintenance Program. We are going to talk about this in our third session.

We are going to go into a lot more detail about the spiritual blessing of fasting later on, and in the Sunday Morning Service

Ok, we have a pretty made a pretty good case that fasting is much needed today

- unclunders our lives creating a time to spiritually refocus
- brakes addiction
- brakes obesity
- detoxifies

In the third session we are going to learn how to fast. And then we are going to discuss the spiritual nature of fasting

-Is there any questions before we take a break.

(We can make fresh juices and hand them out in small dexi cups.)

Questions and Answers

Lunch

Session 3

How Do I fast?

**In this segment you are going to learn three things.
How to prepare for your fast, the fast itself, and how to properly end your fast**

Preparing for the fast

-just like a journey you need to be prepared, approach this like a spiritual vacation

-clear the calendar as much as possible

-tell only those who will be affected by your fast

-get yourself a fasting journal and write down you goals, every journey needs a destination

-our BB is a good place to journal

-properly adjust your expectations. The first three days are not going to be easy. It's the law of reaping and sowing. The good news is it gets better.

Prepare for the ups and downs

-This would be a good time to talk about Ups and Downs of Fasting

-you want the good news or bad news first?

-Let's get the bad news out of the way

The Downs (Detox Blues)

-Years of beer, binges and late night ball games return from the dead.

-remember we talked about Selective Cannibalizaon

-Your body cannibalizes on sick cells and dirty fat, releasing toxins into the blood.

-The good news is the body is finally able to rid itself of years of accumulated toxins, an essential but painful stage to healing.

- The Downs are hard to endure. The mind rationalizes, *I feel horrible, this can't be good for me.* It's like enduring a cold or virus.
- it is usually during this time people break their fast.
- I have said this before, never make an important decision during detox?
- for some strong reason this is a time of spiritual detox too.
- toxic fears, old regrets and memories can rise up.
- A lot of people mistake detoxification as the fasting state
- and unfortunately, you can experience detox right at the beginning of a fast, so many just quit thinking, well, that's fasting, forget it
- if they would have just endured a little longer and had the right information, they would have been able to get top the other side
- He ate all organic . . .
- Jesus water fasted for forty days and I can tell you He did not have to go through what most endure today during a juice fast
- this is a time of prayer and simply riding it out
- we will talk about what to do during detox to help you through

The Ups

To best describe this I want to read you this excerpt:

How can I exist anywhere but here? Need and want are left far below; the presence of God suffices all. Just His glorious presence inside and out, washes, cleanses, renews, strengthens.

Dr. Ehret, an avid faster describes it thus. "An indescribable feeling that gave me great joy and happiness just to be alive. Greater power, energy and endurance . . . All my faculties were improved, beyond the healthiest part of my youth."

There is just this feeling of being wonderfully clean and still, inside and out

The physiological half can be easily understood; increased endorphin levels similar to the endorphin-high experienced by long distance running. Cleaner brain functions, every cell saturated with nutrients with health. The spiritual half cannot be as easily examined other than by countless testimonies of lives permanently changed. Both halves work perfectly together, flesh submitting to spirit, unlike most people's experience where quenched spirit must daily submit to demanding, addicted flesh.

-It's during these times I wonder if this was how it was suppose to be.

-You know before the fall

-all senses alive and sharp

-a deep inner quiet, and in that quiet the silent sense of God's ever-presence

There are some fasting tools you will need

-Bulletin Board, support

-Our Four Books

-Juicer

-fresh produce, (organic, but don't sweat it)

-enema kit

-thermos

-strainer (pulp means hunger)

-Ideally, you should eat mostly raw food three days before your fast

-clean out your colon the day you start.

- enema
- senna tea
- other natural laxatives

-find a quiet place you can go where people know if you are there, they are not to disturb

During the fast

- drink lots of fresh, strained juice, as much as you want
- drink both fruit and vegetable juices, receiving a full spectrum of nutrients
- drink juice as fresh as you can, but it's ok to make the night before for walks.
- you can cut back on juice when not working
- go for walks, (explain the lymphatic system)
- we recommend doing enemas about every three to four days
- read the bible, turn off the TV and radio, get focused
- get good sleep
- don't worry about weight loss, it will take care of itself, focus on Christ

During detox

- lots of rest
- colon cleanser
- increase juice to slow detox
- read and focus on Christ
- know the deeper the down the greater the up

Braking the Fast

-The way you break your fast is as important as you fast. Breaking it on chicken wings and a large side order of fries will result in cramps and serous constipation. Been there done that , more than once.

-Very important, do not give into food fantasies as you get closer to the end of your fast.

-For six days gradually increase the amount of raw fruits and vegetables in your diet. This will gently re-awaken the digestive system.

Here are some meal suggestions:

First day: Eat fruit in the morning and a small bowl of raw vegetable salad for lunch; vegetable broth also is good. Drink lots of fresh juice.

Second day: Soaked prunes or figs for breakfast. Small bowl of fresh vegetable salad for lunch. Vegetable soup at dinner. Two apples, or a fruit salad eaten between meals. All this in addition to freshly made juices and broths.

Third day: Same as the second day, but add a handful of dates and small amounts of nuts well masticated. Eat a small portion of manna bread or cooked grain such as quinoa, buckwheat, or millet.

Fourth day: You may return to a light version of the diet you have chosen but it is important to listen to your stomach, eat smaller meals, and eat only when hungry.

NOTE: *A good rule of thumb is when breaking a fast over ten days the break-in period should be extended one day for every 4 days of fasting.*

-Eat slowly and chew your food well. Saliva has enzymes that assist in digestion. The enzymes in saliva can digest up to 80 percent starch, 30 percent protein and 10 percent fat.

-Do not overeat! Listen to your body. Discover the amount of food that your body needs to live a vibrant, healthy life.

-Make juices during the breaking period. Juice is gentle nourishment to the body. Most continue to include juice in their daily routine for the rest of their lives.

-Continue in the same prayerfulness you had during the fast. God should be just as much a part of your eating as He was a part of your fasting.

-Educate yourself on how to begin a lifestyle of healthy eating. Fasting is a wonderful new beginning, a foundation for a lifelong, healthy diet.

-Discern the difference between cravings and hunger. Never feed your emotions.

-When you are hungry you are burning calories. So make friends with hunger.

-When breaking a water fast, go to a juice fast of two days or eat sweet fruits like oranges, mangoes or pears.

- A great approach is to see the five days of transition back into eating with a fasting mentality.

Frequently Asked Questions

-You can believe how many fasting questions we get through e-mail.

-they are all life and death, fasting breaking questions to the one

asking

-like, can I mix cantaloupe and carrot juice together?

How many perfectly good fasts have died a premature death because an unanswered question had been allowed to fester into suspicion?

-this is especially true during the detox blues

- We are going to give you some time to ask questions, but first I am going to give you our top: 13 questions we receive

Will I gain all my weight back after the fast?

-I start with this question because spiritual focus or not, most people are delighted by the weight they lose during a fast, and would be quite happy never to see the lost pounds come home again.

-The answer to this question is simple. It's up to you.

-If you reintroduce your new clean, lean, youthful body back to the lazy, junk-food lifestyle you once lived, then yes, the weight will happily come home.

-instead why not use the fast as a launching board to a new diet.

-great time to do that because you have broken food addictions.

Will fasting or living on a fruit diet slow my metabolism?

-Any calorie reduction will cause a lowering in the base metabolic rate.

-The cleansing of your digestive track will increase metabolic

efficiency.

-In other words, you will need less food and feel more energetic.

-Something few people know is a more efficient metabolism slows the aging process.

-Overeating, especially a diet high in protein, stimulates cell regrowth. Sounds good but not really. Every time a cell dies its replacement is slightly inferior, hence, aging.

-A recent study revealed rats that lived on a restricted diet lived longer than rats given as much food as they could eat.

-to increase your metabolism after a fast you need to be exercising.

-Within days of quitting your fast, start some form of aerobic program, like running, biking, anything that will increase heart rate about 140 beats a minute for at least 20 minutes.

-after a 20-minute workout, you can sit on the couch and read, burning twice the calories you normally would as muscles grab glucose from the blood to replace glycogen supplies.

-The key to weight loss is fewer calories and more exercise. A diet high in raw food provides fewer calories and higher fiber.

Can I exercise while fasting?

-Walking is the best exercise during a fast

-get the lymphatic system going to detoxify

-If you feel a rush of energy don't overdo it. Save it for a time it's really needed.

-the energy can be fickle.

-If you experience energy loss, limit yourself to stretching

exercises, light walking or deep breathing.

-Overdo it and you will feel tired and weak for the next day or two as the body tries to recover the glycogen reserves in the muscles.

How much juice should I drink?

-Here it is again. By far, this is our most asked question and easiest to answer.

-Drink to your heart's content!

-On a busy day I have consumed a gallon of carrot/apple juice and the juice of two large cantaloupes.

-Fresh, strained juices will not encourage hunger or pull you out of the fasting state.

-Other days, like on weekends, I may naturally slip into water fasting, forcing a slowdown, deepening my prayer and solitude with God.

-There are times the body will desire a greater intake of juice. Increased physical activity or entering into detoxification state can trigger increased juice consumption.

-I have found I drink more juice at the beginning of my fast, and as the fast progresses, my need for juice diminishes.

-Be careful not to drink too much acidic juice in the morning. Melon or vegetable juices are best if drinking large amounts. Acidic juice early in the morning may cause stomach cramps for some.

-If you have decided to water fast, I find it a real challenge to drink the daily 8-10 glasses recommended. It's the experience of many to lose their thirst altogether. Nonetheless, force yourself to drink as much water as you can.

-Even on a juice fast, drink some of water

Water will help clean the body of toxins through the kidneys. And in our toxic environment, maintaining a fresh supply of water going in will force the flushing out of toxins instead of a build-up causing great discomfort.

Will I become protein deficient?

-many are concerned with protein deficiency; meanwhile never do we hear of anyone being diagnosed with protein deficiency, even on a restrictive diet.

-Your body has sufficient protein reserves for a 30-day water fast or longer. Fasting is a natural process.

-many people have gone before you down the fasting path and their health has vastly improved

Should I continue with my medication?

-It is wise to consult your doctor regarding the effect of fasting combined with your medication.

-Many do successfully fast while on medication.

-Some find they never need to go back to taking their medication, such was the healing they experienced.

It is wise to consult a doctor, but it is also wise to consult God.

How much weight will I lose?

-Weight loss can initially be as high as three to four pounds per day, much of it water retention due to the high intake of salt in your diet

-As the fast continues, the average loss will be ½ to one pound per day.

-The speed of weight loss will depend of how much juice you are drinking, how much activity, and how metabolism how overweight you are. Obese people will drop weight faster.

Will I get too thin?

-If you are thin or at average weight and you fast for 30 days on juice or 10 days on water, ribs will show, face will become gaunt, friends and family will notice.

-If you were too thin to start with, fasting may allow you to gain additional weight afterward. Metabolism is normalized due to the cleansing process.

Will fasting shrink my stomach?

-Your going to love this!

-From years of over-filling the stomach, the muscles supporting the tummy have lost its natural elasticity, stretched out of shape.

-People with large protruding stomachs need more food to feel full, out-eating their caloric needs.

-Fasting helps recover the stomach's natural elasticity, restoring a flat stomach.

-You will be satisfied on less food, your tummy will be in proportionate size to the body's caloric requirement.

Since I have finished fasting, why am I more sensitive to unhealthy food?

-This is a phenomena that surprises people.

-Now don't be complaining about this.

-Feeling sick when eating junk-food is a sign that your body is functioning normally.

-Fasting restores the body's ability to violently react to harmful,

health-damaging food.

-just think of sensitive a toddler is?

-I have some instructions on how to desensitize your body back to its former toxic state by:

Returning To A Toxic Diet (IF there is time)

1. Slowly begin to reintroduce harmful foods. Suggestions are pizza with extra cheese, white bread, milk, coffee or coke, milk shakes from edible oil products, fried chicken, steak with barbecue sauce and a small portion of overcooked vegetables.

2. Eat very few raw fruits and vegetables. If you must eat vegetables, make sure the life has been cooked out of them. The best fruits are canned and preserved in sugar syrup.

3. Drink bottled or canned juices. Canned vegetable juice is fine because all the enzymes have been destroyed through pasteurization.

4. Swallow food whole. Use butter as a lubricant. Deep-fried foods will require less chewing.

5. Eat as much as you possibly can at one sitting. This conditions the muscles that support the stomach to expand, accommodating an increased volume of food.

6. Avoid fiber at all cost. If forced to eat whole-wheat flour, pick the bits of bran from the bread. This will allow the food to pass more slowly through the intestine so the body may absorb optimal toxic chemicals.

7. Do not exercise. Exercise oxygenates the cells and triggers the lymphatic system to clean the body. Try to remain in an inactive, horizontal position.

8. Snack regularly during the night so as to curb the body's natural tendencies to detoxify during sleep.

Attend lots of church potlucks, and with luck you will get your pot back in time for the beach.

Are there any conditions that restrict fasting?

- Yes.
- hypoglycemia or diabetes.

Should I abstain from sexual relations during a fast?

Do not deprive each other except by mutual consent and for a time, so that you may devote yourselves to prayer. Then come together again so that Satan will not tempt you because of your lack of self-control.

1 Cor. 7:5

- The Jewish picture of fasting was synonymous with solitude, humility, focused prayer and intercession, involving periods of isolation.
- During this kind of “pressing in,” sexual relations could be impractical and distracting.

Abstinence was to do with the discipline of solitude associated with fasting.

- sex drive will naturally decrease during a fast
- talk to your spouse about this
- and whatever you do, do not approach this legalistically
- nothing about fasting should be legalistic

Questions and Answers

Session 4

Spiritual side of Fasting **Your spiritual maintenance Program**

As I have said, we will be really talking about the spiritual impact of Fasting during tomorrow's service. You do not want to miss that.

- Most people today live unfocused lives.
- They live from one addiction to another.

Regaining Focus

Someone will be talking to me, while I have a glazed look in my eyes.

They ask, "were you listening?"

"Oh of course," I reply.

You just know what the next question will be: "Then what did I say?"

-Fact is I didn't hear a word, my mind was focused on other things.

-Ever think God feels that way with us?

-We often do not think He speaks to us anymore, not the case.

-Our spiritual ears are closed. Always listening, never hearing.

-The song says, "open my ears Lord, I want to hear Jesus."

-God says open your own ears, and there is no easy way, regaining focus is going to take some work on your part.

-we sure listen when a crisis happens

-Hollywood often depicts someone who has come to the end of their resources by having the main character wander into a Church, sit or kneel desperate to find . . . what?

-Answers, solace, a quiet place to think, focus.

-Usually it's too late, this common movie scene is usually a sign that their fate is sealed.

-the thousands of people that e-mail Freedomyou are precisely in that place. Physically and spiritually a mess.

-The good news is it is never too late. That is because of God's endless grace.

Fasting is a sacred, quiet place everyone of can go to at any time to:

-refocus

-realign the heart

-detoxify from the addiction of busyness

-not only to pray but to find prayer again

The more you fast the easier it is to enter that place

-you gain confidence

-it is a familiar place where you need God and your spiritual self

The more you have fasted the easier it will be to recognize the call to fast.

Rebuilding Identity

*****-how many of live out:**

- I am the righteousness of God**
- I can do all things in Christ**
- I am pure and blameless in His sight**
- I am an object of God's affection*****

-no, more often than not we see ourselves as the sum total of all our successes and failures.

- failed at breaking a simple addiction
- a failed diet program
- failed at overcoming fear or anger

-our failures reinforce a negative inner portfolio of how we see ourselves

-our identity

If fasting helps us refocus on Christ, how do you think that will affect our personal identity?

- we see ourselves though the eyes of the spirit not the flesh.
- who we are in Christ

-you act and live according to how you see yourself.

- if you believe yourself to be a failure, you will fail
- if you believe you can do all things in Christ, you will

-Fasting rebuilds your identity because you prove to yourself that you have discipline.

-you will never see yourself the same again after completing a 30 day fast. (Talk about myself)

-building confidence in yourself.

-After a few days of exercising the muscle of discipline, it will become stronger

-overcome a candy bar today, save the world tomorrow.

What is the Prophetic side of all this

-don't tell anybody but I see Freedomyou as a Last Day's Ministry.

-Satan cannot mess with your spiritual authority, he can only control you if you relinquish your will to him.

-he does not want out of control Christians in his kingdom

-what happens when Christians are as emotionally and physically addicted to TV, movies, junk food, caffeine, busyness, material possessions as the rest of the world?

I'm not going to get into a pre or post tribulation debate, but all I can say is if you are addicted to this world you better be real sure about your pretribulation stance, because my bible says in Revelations 13: 16-18

He also forced everyone, small and great, rich and poor, free and slave, to receive a mark on his right hand or on his forehead,¹⁷ so that no one could buy or sell unless he had the mark, which is the name of the beast or the number of his name. This calls for wisdom. If anyone has insight, let him calculate the number of the beast, for it is man's number. His number is 666.

-you are going to be faced with tuff choices.

-No big Macs, chocolate bars, cokes, coffees, beer, ballgames, DVD's

-if you are addicted to this world the choice has been made for you!

- you get my point, we need to live autonomously now, today.
- no hooks in the heart
- Can you understand why Satan hates fasting.
- Christians discovering they can live on nothing but the Bread Of Life.
- that is a position of power
- when someone cannot take anything from you, they have no power over you.

Pre or post tribulation, we are living in the last days, and we better be ready for the return of Christ because He is coming.

This ministry wants to be a part of preparing the Bride of Christ of His Return. Where the Bride has cleaned its bed from lovers, and is crying come Lord Jesus come!

Reestablishing Intimacy

- Lastly and most importantly, I want to talk about Reestablishing Intimacy with God. I say Reestablishing, because most of us were on fire when we first came to Jesus, but too often it all went downhill from there. Our hearts grows cold so easily.
- Oh, we got to know more about God, even got to know our bibles better, but I am not talking about that. I am talking about what every true child of God longs for, to be passionately in love with Jesus, like in the beginning of our faith when everything was fresh and new.
- I want to get real honest
- Today the popular TV Evangelist fad is to receive a second, third,

even forth anointing from the Spirit.

- Some ministries try to profit on that common feeling that many of us have that something is missing. Bottle a good feeling and sell it, there's not much new about that. Biblically weak, needy Christians are easy targets.

- If you don't get it via hands, hype, or holy Ghost water, well, you just aren't there like the rest of us. Your missing out.

-holy laughter, holy gold dust, holy cow, I guess most of us are just at the wrong place at the wrong time.

-think about it for a moment, if we need something more from God, like more anointing, then it becomes about God doing something more .

-there's still some work He needs to do, as if the cross was not enough.

-When it comes to Intimacy it's all about you, God has done everything to be close to you.

The ball is in your court. God is waiting for you.

Revelation 3:20 says *Here I am! I stand at the door and knock. If anyone hears my voice and opens the door, I will come in and eat with him, and he with me.*

-We use this as a witnessing tool for the lost, well I have some news for you, this was written to Christians, to the church in Laodicea

-That changes things doesn't it?

Who opens the door?

Who invites Him in to the privacy of their home?

Who takes the time and sit down to eat with Jesus?

-That the ball is in our court ought to be good news, because you can do something about it.

He died for you
Gave you His Spirit
Intercedes for you night and day
Gave you His Word
gave you a spiritual mind
He is preparing a place for us, which is our great hope

- -The list endless, but it's all useless if sitting outside the door of our hearts.
- -And opening the door is not always going to be easy
- -It's often a process of trust, I know because I struggle with trust.

-God will not break down the door, I know because I have prayed that too.

-Is it time to fall back in love with God?

-How about a spiritual honeymoon with Him. Just you and Him.

A time of coming forward and receiving prayer

Morning Service
The lifestyle of Freedom
Living Autonomously

I have really enjoyed being here with you.

-if you missed yesterday's Seminar, you can go onto our website,

-all notes are published there, including this morning's message

****-tell them how to find the notes*

Lets Pray

Introduce Freedomyou

-after a 30 day fast, I started writing things God was showing me

-one book became a four book series

-ten years ago we opened Freedomyou

-we now have over 2 million visits a year and receive countless e-mails from all over the world.

-there is obviously a real need out there

This morning I want to talk about something has been on my heart for many years but for some reason I have never felt the freedom to speak about it.

-I touched on it yesterday, have done some writing on the subject but not in any depth.

-I am calling this message **Living Autonomously**

-Like most messages, there is good news and bad news. Don't worry the good new far outweighs the bad.

Lets get the bad news of the way first.

The dictionary defines autonomy as:

-Not controlled by others or by outside forces; Independent in mind

or judgment

-There are only two kingdoms on this earth and it is not Republican or Democrat.

-It is not Canada and the USA.

-Jesus was not a politician, nor did he involve himself in politics, even though his followers tried to push Him to.

-He was literally an ambassador from entirely different Kingdom.

*Matt 4: 8 says: the devil took him to a very high mountain and showed him **all** the kingdoms of the world and their splendor. "All this I will give you," he said, "if you will bow down and worship me."*

-Jesus did not argue whether Satan had the authority to give Him all the kingdoms, because Satan was the ruler of those Kingdoms.

-you may have studied a lot of Politics, but this vital for you to get.

-According to God and Satan there are two Kingdoms. The Kingdom of God and the Satan's Kingdom, or the Kingdom of this world.

-That's it, just two.

If you are a Child of God then you are seated with Christ in the Heavenly Realms.

-That is a reality as much as you are seated in this Church, in fact it is a greater reality, because it is an eternal reality.

-you are a member of the kingdom of heaven

-so what about this earthly kingdom we find ourselves living in?

-there is no doubt that we are living in the last days.

-we very well maybe chosen to represent all Christendom in welcoming the return of Christ.

-All kingdoms in history have their Zenith, which is always followed by their downfall

-So too with Satan's Kingdom

-He shall rise as Antichrist, and for a short time, be King of all the earth.

-this will be his Zenith, and I believe we are quickly approaching that day and I am not alone in that belief.

But like all other kingdoms, Satan's Kingdom will be followed by its destruction

In an time when Satan's Kingdom is coming to its greatest zenith, The question Christians should be asking is how can live in his kingdom autonomous and free?

I want to answer that most important this morning.

The word Autonomy always brings to mind a movie I saw many years ago called The Untouchables.

- it was about a police officer living during the day's of Ale Capone
- all the other cops were on the Capone payroll, but not this one
- he could not be bought for any price or manipulated by any threat.
- he would die before going against his inner morals
- he was an untouchable.

I have met few people like this in my life, one thing they all had in common, a single minded purpose. They know who they are, and lived accordingly.

Ask yourself this question. Are you living Autonomously and free of Satan's control and influence?

Unless you know yourself well, that's a hard question to answer.

Tell the Frog Story

- that is how Satan works
- desensitization
- a little more tolerant
- a little busy
- until there is no difference

There is a very effective test you can take

- think of it as an Autonomy Test
- fasting

You may say, I am not like those others, I'm not addicted to anything—until you attempt a fast.

Those who think they live autonomously in this world, fasting is a perfect immunity test, often a rude awakening of how toxic your daily requirements have become. What makes your world go around? Addiction is anything that controls you, and whether it's food, pornography, coffee, TV or heroin, it taints independence and freedom.

I have been helping Christians fast for over 14 years. I have witnessed the realization on their faces when they come to terms of how addicted they are to the world around them.

-it's demoralizing, and hard to face

-they slow down enough to step back and take an honest look at their lives

-they discover a silent slavery that has been slowly going on for years.

-they understand why they have felt so far away from God, why the passion of their spiritual youth has faded

-Satan cannot mess with your spiritual authority, he can only control you if you relinquish your will to him.

-Satan does not want out of control Spirit-Filled, Jesus-Freak Christians running freely throughout His Kingdom.

-because he cannot take your spiritual authority away, he will work on keeping you distracted, busy, stressed out, addicted, unfocused.

-in these last days he has cranked up this work to an unparalleled level.

I'm not going to get into a pre or post tribulation debate, but all I can say is, if you are addicted to this world you better be real sure about your pretribulation stance, because my bible says in Revelations 13: 16-18

He also forced everyone, small and great, rich and poor, free and slave, to receive a mark on his right hand or on his forehead,¹⁷ so that no one could buy or sell unless he had the mark, which is the name of the beast or the number of his name.

-as the world grows more and more dark, we are faced with tuff choices.

-one day that will mean no big Macs, chocolate bars, cokes, coffees, beer, ballgames, DVD's, fast cars, the list goes on

-if you are addicted to this world the choice has been made for you!

-you get my point, we need to live autonomously now, today.

-no hooks in the heart

- you can understand why Satan hates fasting.

-Christians slowing down, discovering they can live on nothing but the Bread Of Life and be fully satisfied.

-this is our position of power

-when someone cannot take anything from you, they have no power over you.

Pre or post tribulation, we are living in the last days, and we better be ready for the return of Christ because He is coming.

-A few minutes ago I told you that I am going to teach how you can live autonomously.

-ask yourself this question.

If you could summarize in one word the thing you could do to live in this modern world in freedom, what would that word be?

Let give some common answers

-holiness

-prayer

-scripture

-sanctification

All of those are vital, but I do not believe they are the answer.

It's not going to be our knowledge of scripture that will help us stand. The Pharisees knew scripture and were completely blind to Jesus, and would be fooled by an Antichrist

It's not going to be how much we go to Church, most Religions will bow its head to the Antichrist, and have already.

Prayer is vital to our spiritual health, but people in every religion pray, and I know many who's prayers are stone cold, done out of duty.

Holiness is great in concept, but we all know we fall short, even when we are really trying hard not to.

There must be a word that would embody the one thing that would

allow us to walk autonomously in this world.

I believe there is and I am going to prove it to you through Scripture

The word is Intimacy

JN 10:4, 14, 27 " 4 When he has brought out all his own, he goes on ahead of them, and his sheep follow him because they know his voice. 5 But they will never follow a stranger; in fact, they will run away from him because they do not recognize a stranger's voice14" I am the good shepherd; I know my sheep and my sheep know me-- just as the Father knows me and I know the Father . . . 27 My sheep listen to my voice; I know them, and they follow me.

That is a discription of profound intimacy between the sheep and the shepherd.

- A baby knows its mother, and holds out its arms to be picked up
- Intimacy
- Adam knew Eve, and the two became one flesh
- Intimacy
- sheep knows its Shepard, and a stranger they will not follow
- Intimacy
- just as the Father knows me and I know the Father
- intimacy

-the Teachers of the law, Rabbi, and Pharisees all failed to know Him, but a prostete fell at his feet weeping, washing His feet with her tears

--intimacy

MT 7:22 Many will say to me on that day, 'Lord, Lord, did we not prophesy in your name, and in your name drive out demons and perform many miracles?' 23 Then I will tell them plainly, 'I never knew you. Away from me, you evildoers!'

-I never knew you. You may have done things for me, but you

never really let me in. I never knew you and you never knew me.
God wants your intimacy

My sheep here my voice and stranger they will never follow

Two Christian men walk down the mall, one turns its head to look at a seductive poster, and he lusts in his heart.

The other man chooses not look.

One man has maintained a profoundly intimate relationship with his wife. They are transparent with each other, he has invested time toward her, there is passion.

The other man, though earnest to be righteous, though beating himself up all the time, though profusely repenting, has yet to make a connection between his intimacy issues and his weakness toward lust. His wife does not know her husband, he is distant and busy, and he is locked up inside, afraid to step out.

Without Intimacy relationship begin to mutate:

- a day of Pentecost mutates into a Stoic Roman Catholic Religion
- obedience mutates into legalism
- joy mutates into emotionalism
- the mission fund mutates into a building fund
- Spiritual discernment mutates into judgmentalism
- worship mutates into Church activities

- finally, there is no longer any real power over sin
- we become inward focused and deceived.

The only way to walk Autonomously in this world is to maintain an intimacy with God.

- intimacy It is why He died
- intimacy is His heart's desire

-our relationship with God needs to takes on a personal nature

-there are things that only God knows about me

-I talk to him about all my sin

-your sin is none of Satan's business, it's between you and God, and you can work it out together.

-making your sin Satan's business will only result in unproductive guilt

-make it God's and He will show you a grace that will stop you dead in your tracks.

-If we do not jealously guard our spiritual intimacy with God, we will become distant, our prayers will be cold, the bible will be dead, songs will be half song, and we will be wide open be deceived.

-remember what we said

-Satan cannot mess with your spiritual authority, he can only control you if you relinquish your will to him.

-This is why Satan will do everything in his power to distract us from building intimacy with God. The one thing that keeps him up at night is the thought of Spirit-filled Christians on fire for Jesus.

-spiritual Untouchables, like Paul, David, and Peter, not because they were so perfect, but they were passionately in love with their God.

-Satan can't touch that.

-he can't even stand in the same room with one of those fiery souls.

-he runs away like a scared dog.

We are brought to the question of how to maintain intimacy

with God.

A question so easily answered it's almost embarrassing.

-Simply put, we need to spend more time with Him building a relationship

And there are two powerful tools given to us by God to help us to that.

-Fasting and solitude

Do a personal study: Every man and woman in scripture who had a passionate relationship with God spend a great deal of time alone with God, and they practiced fasting.

LK 5:15 the news about him spread all the more, so that crowds of people came to hear him and to be healed of their sicknesses. ¹⁶ But Jesus often withdrew to lonely places and prayed.

-how many more people could Jesus have healed or preached to during those times of solitude?

-“they were looking for him” is a common thread

-read the book of Luke, its almost comical, half the time they could'nt even find Him

-Do people always know where you are? Cell phone never turned off, always reachable?

-maybe its time we are a little less reachable to each other and more reachable to the Holy Spirit.

Why is fasting so powerful in establishing intimacy?

I would like to read you an excerpt from Fasting To Freedom that really brings this home.

Fasting cuts away superficiality, getting down to the bone of living. Effective, due to its ability to strip away the props we have become so dependent on to get us through the day. The large coffee double-double, cinnamon Danish, ball game, Budweiser, nacho's, sitcoms, hours upon squandered hours, and for some, drugs, pornography, overeating and alcoholism. When these props are removed, what remains is the spiritual resources within. If they are bankrupt then during fasting you will come face to face with a profound emptiness only God can fill. It is this very emptiness so many run from or try to offset with material things. Yet this is doomed to failure for we are created spiritual beings, with spiritual longing.

LK 5:35 But the time will come when the bridegroom will be taken from them; in those days they will fast."

That is a beautiful passage of scripture that reeks of intimacy

- First we have the image of a bride and her groom
- Then we have a separation
- the separation results in the bride fasting

why?

- a longing to be reunited
- even though the bridegroom has been taken away, we have been given the Holy Spirit.
- fasting quiets the heart so we can draw near to God
- it slows us down so we can be still and hear His voice
- it is a honeymoon with God
- a time set aside just for him
- it is a time to get in touch with your spiritual longing for his return
- and to clean the other lovers from your bed of passion.

LK 13:34 "O Jerusalem, Jerusalem, you who kill the prophets and stone those sent to you, how often I have longed to gather your

children together, as a hen gathers her chicks under her wings, but you were not willing! ³⁵ Look, your house is left to you desolate. I tell you, you will not see me again until you say, `Blessed is he who comes in the name of the Lord.'"

-That is a cry that has yet to be heard in heaven.

-But a time is coming and is already here where the bride will purified by fire, and we cry, come Lord Jesus come.

I closing, I would ask you to bow your head as I read this to you. Please receive this into your hearts