

*Jesus Is Lord!*



**FROM THE HEART**  
Church Ministries of Atlanta



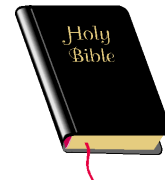
**Monday, April 15 to Saturday, April 20**

The purpose of fasting is to gain spiritual, mental and physical strength. The goal is to help cleanse your temple and make you aware of destructive and negative habits that interfere with your relationship with God.

*If you have any chronic medical conditions that involve the heart, kidneys or liver, please consult your physician prior to beginning this fast.*

<u>Day of the Week</u>	<u>Eat</u>	<u>Eliminate</u>
<b>Monday, April 15</b> <b>TEMPLE</b> 1Corinthians 3:16-17 Daniel 10:1-21	Raw or steamed vegetables, fruit & brown rice cooked w/ olive oil & fresh pressed garlic	ALL whole grain breads, starches, beans, meats & fish
<b>Tuesday, April 16</b> <b>POWER</b> Acts 1:6-8 Daniel 1:11-20	Raw or steamed vegetables, fruit & brown rice cooked w/olive oil & fresh pressed garlic Alternative Protein (tofu)	ALL whole grain breads, starches, beans, meats & fish
<b>Wednesday, April 17</b> <b>STRENGTH</b> Psalm 28:7 Genesis 1:28-30	Raw vegetables & fruits <b>only</b>	All Cooked Vegetables and Brown Rice, whole grain breads, starches, beans, meats & fish
<b>Thursday, April 18</b> <b>PRAISE</b> Psalm 34:1- 4 Daniel 6:17-23	Raw vegetables & fruits and use Olive Oil, spices for dressing. Drink fresh pressed vegetables & fruit juices	All Cooked Foods
<b>Friday, April 19 (Good Friday)</b> <b>PRAYER</b> Matthew 6:5-15 Joshua 1:6-8	Drink Spring Water <b>only</b> (add 6 Lemons to 1 gal. of water) <b>Get Plenty of Rest</b>	All Cooked Foods
<b>Saturday, April 20</b> <b>OBEDIENCE</b> Philippians 2:5-8 Matthew 17:20-21	Add raw vegetables & fruit; Drink fresh pressed vegetables & fruit juices	All Cooked Foods
<b>RESURRECTION SUNDAY</b> <b>Eat a balanced meal!</b>		

Through fasting, your ability to hear, see and accomplish God's plan will become clearer. During the fast, you will gradually eliminate toxic and degenerative foods from your diet and rebuild your body with healthier choices. The daily theme is supported by the **first scripture** and can be your focus for the day. The **second scripture** gives added strength and is a biblical reference for fasting.



**ELIMINATE DURING THE ENTIRE FAST**

- ◆ Beverages with caffeine, carbonation, high fructose corn syrup, fructose and sugar.
- ◆ Junk food, condiments and snacks.
- ◆ Television, movies (home or theater), radio, internet and magazines - except spiritual or gospel based. You want to quiet the noise that feeds your subconscious mind.
- ◆ Intimate relations with the agreement of your spouse (1 Corinthians 7:5)
- ◆ Addictive habits, i.e. alcohol, smoking, gossiping, etc.



## IMPORTANT RECOMMENDATIONS

- ◆ Increase water intake to 3 - 4 quarts/day (**Ounces/day = your weight ÷ 2**)
- ◆ Increase fruit and vegetable intake as meat and proteins are eliminated.
- ◆ **Suggested fruits:** apples, pears, melons, papayas and grapes. These cleanse the body and limit stomach acids. Also add ripe bananas (brown spots with no green edges). Limit acidic citrus fruits.
- ◆ Consider investing in an economical juicer (not blender-it will add to your digestive bulk) to increase the nutritional value of your juices. Alternatively purchase fresh pressed, non-pasteurized, non-concentrated vegetables or fruit juices from a health center or health food store (Whole Foods, Trader Joe's, etc.)
- ◆ Steam vegetable pulp extract from juicer and store to use as a broth or soup.
- ◆ Steam vegetables for 2-3 minutes in a little water to preserve vitamins and minerals. Increase okra consumption and add olive oil sparingly to raw or cooked vegetables or salads (colon health).
- ◆ Create your own salad dressings using olive oil, apple cider vinegar and spices. Substitute sea salt for regular salt and add after cooking. Eliminate black pepper, using cayenne instead. No condiments.
- ◆ Over consumption of vegetables may cause a faster's "detox" (headache, rashes, nightmares). Limit portions to avoid an over active appetite.

## FAST COMPLEMENTS

### What if I Get Hungry?

- ◆ Drink plenty of water
- ◆ Sip broths, hot soups, or bouillon
- ◆ Drink herbal teas (hot beverages can reduce hunger)
- ◆ Prayer and Meditation of the Word of God
- ◆ Journal

### Internal Colon and Body Cleansers (use sparingly)

- ◆ Psyllium husk (natural laxative)
- ◆ Aloe vera juice or gel
- ◆ Cascara sagrada (natural laxative)

### Natural Nutritional Supplements

- ◆ Wheat Grass
- ◆ Spirulina
- ◆ Chlorophyll (blood purifier)

### Herbal Teas (bag or loose)

- ◆ Pau D'arco (blood cleanser, healer)
- ◆ Red Clover (appetite suppressant)
- ◆ Chamomile (relaxant)
- ◆ Gotu kola (energy, brain food)
- ◆ Peppermint (relaxant, appetite suppressant)
- ◆ Golden seal (antibiotic, healer)
- ◆ Red Raspberry (female reproductive help)

### Alternative Natural Foods

- ◆ Olive oil (lubricates colon, aids in digestion) margarine/butter substitute
- ◆ Cayenne (stimulant, blood circulator)
- ◆ Black strap molasses (iron substitute)
- ◆ Liquid kyolic (aged garlic extract without garlic scent)

