

Jesus Is Lord!

FROM THE HEART CHURCH MINISTRIES
OF HOUSTON



Excellence of Ministry®

Through Our Character, Conduct, and Commitment to The Faith

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TWENTY-ONE DAY CLEANSING FAST

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, social media 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 (I Cor. 7:5).
- ❖ Addictive habits (i.e. alcohol, smoking, gossiping, etc.).

IMPORTANT FASTING RECOMMENDATIONS

- ✚ Increase water intake to 3-4 quarts/96-128 ounces per day. (Ounces per day = your body weight in pounds/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 to increase the nutritional value of your juices (not a blender – will add to your digestive bulk). Alternatively purchase fresh pressed, non-pasteurized, non-concentrated vegetables or fruit juices from a health center or health food store (Whole Food, Organic Section of the supermarket).
- ✚ Steam vegetable pulp extract from the 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 vegetable 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.