

Agathos Ministries
Hosted at the Guardian Academy
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FASTING

The Bible talks about Fasting as having SP: _____

Spiritual Power

Fasting is practiced by SP: _____ coupled with P: _____

Spiritual People, Prayer

Verses that mention Fasting: Judges 20:26; 1Samuel 7:6, 31:13; 2Samuel 1:12, 12:16, 12:21, 12:22, 12:23; 1Kings 21:27; 1Chronicles 10:12; Ezra 8:23; Nehemiah 1:4, 9:1; Esther 4:3, 4:16; Psalms 35:13, 69:10, 109:24; Isaiah 58:3, 58:4; Jeremiah 14:12, 36:6; Daniel 6:18, 9:3; Joel 2:12; Zechariah 7:5; Mathew 15:32, 17:21; Mark 8:3, 9:29; Acts 10:30, 14:23, 27:33; 1Corinthians 7:5

Fasting is also a D: _____ of WOB: _____

Discipline, Will Over Body

Fasting also has PB: _____, and is part of a C: _____

Physical Benefits, Cleanse

Fasting can be D: _____ to some people under certain circumstances.

Dangerous

One example is people with Diabetes for whom going without any nutrition can be dangerous.

Agathos Fasting: NSF,LoN: _____

No Solid Food, Lots of Nutrition

Agathos Cleanse: FPF: _____. Lots of Cleanse Options.

Fast Plus Fiber

Week by Week: 1 Day Fast. 2 Day Fast. 3 Day Fast. *Pre-Fast if you have not Fasted before!*

Recommended PF: _____: RCO: _____

Pre-Fast, Raw Carrots Only

Day 1: Replace One Meal. Day 2: Replace Two Meals. Day 3: Replace All Three Meals.

Recommended to train your body if you have never Fasted before. *Maintain Liquid Nutrition!*

Break Fasts with Carrots or other light, high fiber live foods to ease your stomach back to eating.

As a DoWOB: _____ the point is to

Discipline of Will Over Body

FH&CtNE: _____

Feel Hungry and Choose to NOT Eat

If you have plenty of LN&S _____ you can know that

Liquid Nutrition and Supplements

YBDNNF: _____ - it just WANTS bulk.

Your Body Does NOT Need Food

Fasting was a much bigger deal in Biblical times than today because MwaBD: _____

_____. Dinner might last 3 or 4 hours! If you were going to skip even just dinner, you were freeing up the whole evening in your schedule to devote to the Scriptures and Prayer.

Meals were a Bigger Deal

A huge part of the SPoF: _____ is found in

T“FT”f“GT”:

Spiritual Power of Fasting, Trading “Food Time” for “God Time.”

Alternative to Fasting: FfA: _____ - Practice Will Over “Anything”

Fast from Anything

Television, Video Games, or anything else that frees up time to invest in the Scriptures and Prayer.

Any habit, indulgence or impulse that is less than best for you to practice Will Over Anything.

Alternative to Full Fasting: PF: _____ - Only Allow Certain Foods.

Partial Fasting

Example: Fresh Fruit and Raw Vegetables Only. Carrots and Apples only.

“Opposite Fasting”: DoE: _____ - Choose to Eat or Drink or take what you KNOW is good for you that you do not and would not normally put in your body.

Discipline of Eating

Additional Physical Benefits: 1. “Shrinks Stomach.” 2. Gives Digestive System a Break. 3.

Cleanse: Rope Effect, Eliminate Toxins. 4. Increase Health and Nutritional Uptake. 5. Fat Loss.

Additional Character Benefits: 1. Will Power. 2. Will Over Body for Other Body Desires.