

I continue this week on the topic of fasting. The following information is taken from the website (www.draxe.com) of Dr. Josh Axe. Dr Axe is a Christian as well as a doctor of natural medicine and chiropractic.

## “Fasting Benefits

There are numerous benefits to Daniel-type fasting, but it all starts with an inward, spiritual motivation. Below are just some of the incredible benefits of fasting.

*“This is the fast that I have chosen ... to loose the bonds of wickedness, to undo the heavy burdens, to let the oppressed go free, and that you break every yoke. Then your light shall break forth like the morning, Your healing shall spring forth.” – Isaiah 58:6*

## Spiritual Benefits of Fasting

Spiritual benefits are a top reason for fasting and may include:

- Fasting brings you closer to God
- Fasting makes you more sensitive to God’s voice
- Fasting helps break bad habits or even addictions
- Fasting shows us our weakness and allows us to rely on God’s strength

## Mental & Emotional Benefits of Fasting

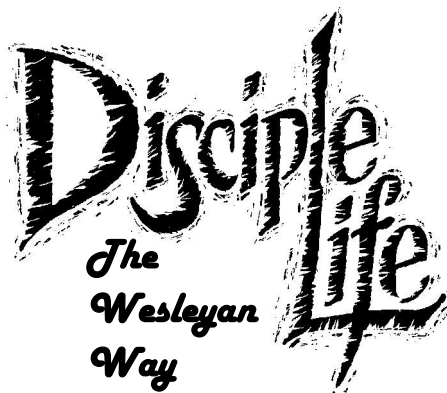
Fasting benefits are different from person to person, but the following have been known to occur:

- Fasting relieves anxiety and nervousness
- Fasting can increase peace and shalom
- Fasting clears your mind of negative thoughts and feelings
- Fasting can help heal relationships in your life that have been stressful
- Fasting decreases [brain fog](#)
- Fasting helps increase your ability to trust God
- Fasting clears out toxins that can make you feel sluggish or depressed

## Physical Benefits of Fasting

Some benefits to the physical body have been known to include:

- Fasting helps break [addictions to sugar](#)
- Fasting supports the body’s detoxification
- Fasting promotes healthy weight loss
- Fasting promoted healthy energy levels



**Week # 33**



Start the  
Conversation:  
Provoke One  
Another in Love

## PROVOKING QUESTION:

This week, you are encouraged to ask a church member the following:

**When considering the Spiritual, Mental, Emotional and Physical benefits of fasting— which most and which least appeals to you?**

- Fasting improves skin health
- Fasting promotes healthy digestion and elimination
- Fasting supports healthy inflammation response and promotes joint comfort
- Fasting promotes healthy [hormonal balance](#)

When you fast and pray — two words that go hand-in-hand in scripture — you pursue God in your life and open yourself up to experiencing a renewed dependence on God, but it isn’t easy. It is a spiritual discipline that requires denying your physical and mental self because your stomach and your brain will most likely work overtime to remind you when and what they want to eat!

As I mentioned earlier, Daniel wasn’t the only one in the Bible who fasted. There were others, but you don’t have to be a “spiritual giant” like Daniel or put yourself through torturous fasts to draw closer to God. However, fasts can help focus your spirit, heart and mind on God and not your own eating and drinking desires. In fact, before you begin your fast, you can make a list of prayer requests you are asking God to answer. Then, every time you experience hunger pangs or food or drink cravings, ask God to work in those prayer request areas.

Also, I recommend spending quiet time with God each day and read passages of scripture from the Bible. You don’t have to be legalistic about this. There are many quality devotionals out there, so just choose one or ask a friend you trust to recommend one. After all, it’s about your relationship with God, not your performance for God.”

*Before undertaking a fast, it is important that you talk with your doctor.*

**Carry the cross**  **and follow me.**  
Luke 14:27, NRSV



## Update on Church Security

Today, the Board of Trustees will meet to select members for a Security Committee that will look more closely at the security needs at the church. This committee will bring their suggestions back to the Trustees at a future date and the Trustees will present a plan to the Administrative Board for approval.

In the meantime, you may have already noticed one significant change in the interior of the church. To comply with our adopted Safe Sanctuary Policy, we have replaced all the interior frosted door glass panes with a clear tempered glass. This was done so that we can see into any room in the church. As part of Safe Sanctuaries, we always want to be able to see what children and adults are doing inside the various rooms of the church. This also allows persons in the church office to see who might be getting ready to enter the office door.

In addition, you should know that, as a proof of concept, we have installed a video camera in the fellowship hall that allows us to view the fellowship hall from the downstairs office, the pastor's office upstairs, and from the cell phone of persons who have been given access. This camera is capable of still and motion pictures as well as audio. It is also capable of rotation to allow us to view the entirety of the fellowship hall. Interior cameras will be one of the

items discussed by the Security Committee being formed today.

I share this information to keep you informed of the actions that we are taking to make our church a more secure facility while at the same time creating a place at which people can feel welcomed and safe. Please be in prayer for the Security Committee as they begin to undertake their task.

### Security Tips...

- If you have a key to the church, do not share it with someone that is not a member of the church. If someone needs access to the church, have them contact the church and arrangements can be made.
- If you are the last person to leave the church following an event, meeting, or activity, then please make sure you lock the doors to the church. Especially take the time to check the parking lot door and the door outside of the office.
- If you come into the church, please let persons in the office know that you are in the building. It is also good to come to the bottom of the stairs and call up to the pastor to let him know you are in the building.
- Pay attention in the parking lot. If you are leaving at night, try to leave with others.
- Report any suspicious activity that you might see outside of the church. Call the church office or the pastor and let them know something doesn't seem right.