

HOUSE OF ARIEL GATE FAST – beginning 18h00 on 9 August 2020 for 40 days ending 18h00 18 September 2020

- Rather eat many small meals every day rather than 2 or more large meals. This will limit the input and allow your body to take in the nutrition without the overload.
- All fresh and frozen vegetables and fruit are allowed on this fast.
- Milk, yoghurt, cheese, cream cheese, feta cheese and eggs are allowed. Yoghurts should preferably be plain, unsweetened.
- All legumes, nuts and seeds are allowed including peanut butter.
- Wholegrains are allowed such as brown rice, barley, millet, quinoa, couscous, bulgar wheat, lentils, oats and rice cakes.
- Drink plenty of water, green tea, rooibos teas, herb teas. Limit tea and coffee. Try hot or cold water with lemon.
- Use rye bread but avoid breads, pastas, sweet breads, pastries, cakes and desserts.
- Limit sugars and if possible no sugar - especially limit all processed and hidden sugars.
- Preferably try to make use of soups, broths, juicing, protein drinks as often as possible without making yourself ill or not able to function at work.
- Use oil, butter sparingly. Also use salad dressings for food and salads as a means of flavouring. You can flavour your food. The fast is not about how little or tasteless the food is, make your food interesting, tasty – but small portions.

Maybe as a suggestion, make curries and stews from all different types of vegetables, lentils, chickpeas etc. Think about a vegetable lasagne using eggplant and potato or sweet potato as your pasta base.

This fast is to allow the Holy Spirit to break old patterns and mindsets which hold us from moving forward in Christ. May this fast loosen/break bands of wickedness, undo heavy burdens, let the oppressed go free and yokes to be broken (Isaiah 58.) Where possible share food with others. (Isaiah 58)

As we fast and pray every day for 40 days, may the Lord deal with our hearts and may His light break forth in us and in our nations. May the righteousness and healing of the Lord Jesus break forth in our lives, our families, our nations.

We repent for fasting to manipulate God, for fasting out of our own mindsets and established patterns. This is our opportunity to afflict our souls and pound our bodies into submission to Christ, to become sensitive to the voice of the Holy Spirit.

If you are struggling with the fast, please contact us.