

# FASTER WAY

T O F A T L O S S <sup>®</sup>



**WEEK 4 DEVOTIONALS**

24 HOUR FAST



## **MONDAY** - Your Body is a Temple

*I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect. Romans 12:1-2 ESV*



The world is fighting for you to conform - to its way of doing things, its way of thinking, its way of eating, its way of being healthy.

The truth is that people feel the most comfortable when you are at the same level that they are. When you try to break away in order to get healthier, some people will unintentionally (and sometimes intentionally) try to hold you down so that their apathy and unhealthy choices aren't highlighted.

But, the FASTer Way process is a journey of Transformation, not Conformity. You've chosen to not let the world set the standard for you. You've responded to that internal nudge, the Holy Spirit, that has told you that there is more FOR you. There is more TO you.

Your body is being transformed, but so is your mind. Pay attention to the negative thoughts that try to creep into your mind this week and submit them to God. Ask Him to renew your mind and watch as He does just that. He can change the way you think; the way you think about food; the way you think about yourself.





## TUESDAY - Whole Foods

*Because we have these promises, dear friends, let us cleanse ourselves from everything that can defile our body or spirit. And let us work toward complete holiness because we fear God. 2 Corinthians 7:1 (NLT)*



Are you surprised at all the food you are eating in the FASTer Way program? When you first started tracking your macros, you may have doubted that you'd ever figure out how to meet your macro goals, but each week you've continued to get the hang of it.

As you became more aware of what you were eating during your first week, you may have experienced a detox as the processed foods were flushing out of your system and the whole foods were coming in. Symptoms like headaches are often common when you dial back on these things, but these symptoms quickly subside with healthy changes. You may have also noticed that your cravings have changed and just possibly you are craving vegetables over potato chips.

God designed your body to need real whole foods for fuel and energy! Whole foods combined with daily fasting and water intake is a natural way to cleanse out toxins and impurities that may build up over time. Later this week, you'll be participating in an extended fast, which will lead to even more natural cleansing that your body needs both physically and spiritually!

When you begin to feel defeated, it's time to put the PROMISES of God to work in your life. His Word is truth and will cleanse you of any doubt the enemy may try to make you believe. God wants to work in your life to strengthen you to walk in your KINGDOM CALLING. Be sure you are not letting the processes of the world contaminate your life.





## **WEDNESDAY** - Strength

*The LORD is my strength and my song; he has given me victory. This is my God, and I will praise him— my father's God, and I will exalt him! Exodus 15:2 NLT*



During your health journey you have probably experienced fatigue of some sort. Maybe you woke up on a Saturday and staying tucked into bed sounded better than rocking that Leg Day workout or perhaps measuring that tablespoon of almond butter just seemed like more trouble than it was worth.

Did you know that the Lord wants to give you strength in that battle? In Exodus 15:2 we read that the Lord is your strength! He empowers you to do the next right thing every single time you ask!

Make a habit of honoring God in your choices by whispering His name whenever you feel weak. When it seems like your “want-to” is broken and you just don’t care, cry out to Jesus and tell Him that. Ask Him to replace that broken “want-to” with a powerful “get-to”! You get to do that Leg Day workout! You get to measure our almond butter because you have learned that there is an appropriate amount to consume that will lead to optimum health! You get to do this!!

When that weakness rears its ugly head (and if it hasn’t yet, it will), give it to God. Hand it right over to Him and ask Him for the strength He promises you in Exodus 15:2. And then get up and praise and exalt Him, because He is your strength and your song!





## **THURSDAY - Mindset**

*“When you practice some appetite-denying discipline to better concentrate on God, don’t make a production out of it. It might turn you into a small-time celebrity but it won’t make you a saint. If you ‘go into training’ inwardly, act normal outwardly. Shampoo and comb your hair, brush your teeth, wash your face. God doesn’t require attention-getting devices. He won’t overlook what you are doing; He’ll reward you well.” Matthew 6:16-18 MSG*



As you begin a 24 hour fast, focus your mind on drawing closer to God as you learn to deliberately deny yourself by giving up the physical things that can often consume you. May you lean into God through discipline and an intentional break in your eating patterns, even as it becomes uncomfortable. Allow the hunger you sense in your body to transfer to hunger in your heart for a deeper connection to Him! This attention to God rather than your self is a form of worship which honors Him.

As you read in Romans 12:1-2, earlier this week, Paul urges you to offer your body to God as a living sacrifice. Paul knows that this will benefit you to receive all that God has for you both in your physical body as well as your mind and spirit. When you give God access to your heart, mind and soul, you can anticipate a renewal of your mind and the start of an inner transformation. As you create space for this work of God in your mind, your hunger for God can intensify as you offer your all to him. This intentional time allows you to examine the things in your life that may need attention so you can begin the process of addressing them.

In addition to all of the physical benefits, this 24 hour fast is also an opportunity to allow Him to transform you into a new person by changing the way you think. Allow God to have His way in your life!





## **FRIDAY - Victory**

*But thanks be to God! He gives us the victory through our Lord Jesus Christ. 1 Corinthians 15:57 NIV*



You often find yourself walking through difficult circumstances...you lose a job, you break up with your significant other, or you're given an unexpected diagnosis from the doctor. But because God loves you and is for you, He will not let you walk through these difficult times alone. He meets you in your struggles and will give you victory through Him! Through these victories that He gives you, you experience the encouragement and strength you need to stay the course and keep working towards the goal. These challenges teach you to be resilient and mentally tough and help you learn that with Him you can do hard things.

In order to overcome difficult challenges in your life, you need to take on a "warrior mindset." Warriors do four things—refuse to make excuses, stay the course even when things get tough, rely on God's presence and power, and give thanks through all circumstances.

Your mental toughness is put to the test when you are faced with pressure, adversity, or disappointment. You may have felt that pressure yesterday during the 24 hour fast. This might have been a new challenge for you, but you did it! Congratulations! Whatever version of an extended fast that you did, you should feel so empowered! When you remain focused on what you know to be true, you experience God's supernatural strength from the promise that He will always be with you and will give you victory through the Lord Jesus Christ.

