

# A 40 Day Journey INTERMITTENT FASTING

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## Day 1 - Fasting as Stewardship of the Body

**1 Corinthians 6:19-20** What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's.

**Insights:** Fasting is more than going without food—it is a spiritual act of honoring God with your body. Scripture reminds us that we are His temple, bought with a price. Many see food as comfort, but fasting shifts our trust from bread to the Bread of Life. Physically, fasting gives the digestive system rest, allowing the body to repair, lower inflammation, and stabilize energy. Spiritually, it deepens discipline and focus, teaching that true life is sustained by God alone. Each hunger pang becomes a reminder to turn your attention toward Him. This act of stewardship brings balance to body and spirit, drawing you closer to God while shaping habits that glorify Him daily.

- **Prayer:** Lord, I dedicate my body to You. Help me see fasting as a gift and a way to honor You.
- **Receiving Healing:** I receive strength and renewal in my body as I fast before the Lord.
- **Faith Declaration:** My body is the temple of the Holy Ghost. I will honor God with my habits.
- **Fasting Schedule:** Stop eating at 6:00 p.m. Resume at 6:00 a.m. (12-hour fast).
- **Practical Step:** Drink only water during fasting hours; when hunger rises, pause to pray.