

# A 40 Day Journey INTERMITTENT FASTING

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## Day 8 - Building Mental Focus

**1 Peter 1:13** Wherefore gird up the loins of your mind, be sober, and hope to the end for the grace that is to be brought unto you at the revelation of Jesus Christ;

**Insights:** Fasting sharpens the mind by quieting distractions. Constant eating can dull concentration, but fasting frees the mind. Without the burden of digestion, the body steadies blood sugar, and mental clarity grows. Without constant digestion, your body steadies energy and clears mental fog. Scripture calls us to prepare our minds for action and to set hope fully on Christ. As you fast, use this renewed focus for prayer, reading, and reflection. Each hunger pang becomes an opportunity to anchor your mind in God's grace and truth.

- **Prayer:** Lord, sharpen my mind and prepare me for Your purpose. Remove distractions and renew my focus.
- **Receiving Healing:** I receive clarity of thought and steady focus through fasting.
- **Faith Declaration:** My mind is clear, focused, and set on God's purpose.
- **Fasting Schedule:** Stop eating at 6:00 p.m. Resume at 12:00 p.m. (18-hour fast).
- **Practical Step:** Use the late-morning hour for focused Bible reading or journaling before you eat.