

A 40 Day Journey INTERMITTENT FASTING

Day 7 - Breaking Sugar Cravings

Romans 12:2 And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.

Insights: Sugar cravings can feel like chains, controlling mood and decisions. Fasting disrupts this cycle by training the body to rely on stored fuel rather than constant sugar. The shift may feel uncomfortable but leads to lasting freedom. Romans 12:2 urges transformation through renewed minds. Fasting reshapes thoughts and desires, teaching you to find satisfaction in God rather than sweets. Every resisted craving is a declaration that Christ is Lord over appetite. Hunger becomes a prayer, cravings a call to rely on God's strength. Through fasting, chains break, and your life is transformed in body and spirit.

- **Prayer:** Father, transform my mind and my appetite. Free me from cycles of craving and addiction.
- **Receiving Healing:** I receive freedom from sugar dependence and strength in my body.
- **Faith Declaration:** My cravings do not control me—Christ does.
- **Fasting Schedule:** Stop eating at 6:00 p.m. Resume at 11:00 a.m. (17-hour fast).
- **Practical Step:** Break your fast with protein and fiber; avoid sweets completely today.