

A 40 Day Journey INTERMITTENT FASTING

Day 11 - Renewed Energy

Isaiah 40:31 But they that wait upon the LORD shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint.

Insights: As the body adjusts to fasting, energy steadies. What once felt like weakness becomes strength. Isaiah declares that those who wait on the Lord renew strength. Fasting teaches waiting—through hunger and prayer. Physically, your body uses fuel more efficiently; spiritually, your hope is lifted as God provides renewal. Hunger is no longer only a challenge but a reminder that strength comes from the Lord.

- **Prayer:** Lord, renew my strength as I wait on You in fasting.
- **Receiving Healing:** I receive fresh strength and energy today.
- **Faith Declaration:** I walk and do not faint, for the Lord renews me.
- **Fasting Schedule:** Stop eating at 6:00 p.m. Resume at 12:00 p.m. (18-hour fast).
- **Practical Step:** Take a short walk after breaking the fast to enjoy renewed energy.