

A 40 Day Journey INTERMITTENT FASTING

Day 2 - Resetting Your Metabolism

Isaiah 58:6 Is not this the fast that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke?

Insights: The body thrives on rhythm, but constant eating disrupts its balance. Frequent snacks and meals can cause sluggish metabolism, sugar spikes, and fatigue. Fasting allows the body to reset, training it to burn stored fuel efficiently and regulate insulin. Spiritually, Isaiah reminds us that the fast God chooses breaks yokes and burdens. Just as the body is freed from overdependence on food, the soul is freed from unhealthy cycles. Hunger no longer signals weakness but renewal, reminding you of God's sustaining strength. Each time you resist unnecessary eating, you declare that Christ—not cravings—guides your life. Fasting restores balance in both body and spirit, teaching freedom and reliance on God's strength.

- **Prayer:** Father, reset my body and my spirit. Break unhealthy cycles in me and renew my strength.
- **Receiving Healing:** I receive freedom in my metabolism and fresh energy as I fast unto the Lord.
- **Faith Declaration:** God is restoring balance to my body and focus to my mind.
- **Fasting Schedule:** Stop eating at 6:00 p.m. Resume at 8:00 a.m. (14-hour fast).
- **Practical Step:** Hydrate with water or unsweetened herbal tea; avoid creamers or sweeteners during the fast.