

A 40 Day Journey INTERMITTENT FASTING

Day 5 - Balancing Blood Sugar

Proverbs 23:2 And put a knife to thy throat, if thou be a man given to appetite.

Insights: Uncontrolled appetite leads to cycles of sugar highs and crashes that drain energy. Fasting breaks those cycles by lowering insulin, forcing the body to burn stored fuel instead of relying on constant sugar intake. Energy becomes steadier, focus improves, and cravings lessen. Spiritually, this mirrors learning to walk in balance with God's rhythm, not relying on quick fixes for comfort. Proverbs warns of indulgence, and fasting trains the soul to say no. When you break your fast, choose foods that strengthen rather than weaken. Each bite becomes an act of worship, reminding you that balance in body and spirit comes from God.

- **Prayer:** Father, help me overcome gluttony and find balance. Heal my body from cycles of sugar highs and lows.
- **Receiving Healing:** I receive balanced energy and a calm mind as I fast with wisdom.
- **Faith Declaration:** My body is free from sugar's control. I walk in balance and strength.
- **Fasting Schedule:** Stop eating at 6:00 p.m. Resume at 10:00 a.m. (16-hour fast).
- **Practical Step:** Break your fast with protein, healthy fats, and vegetables; avoid processed sugar today.