

A 40 Day Journey INTERMITTENT FASTING

Day 12 - Practicing Moderation

Philippians 4:5 Let your moderation be known unto all men. The Lord is at hand.

Insights: Fasting retrains the body and spirit in moderation, something rare in a culture of excess. Physically, it reminds us we do not need constant food, and breaking the fast gently prevents overindulgence. Spiritually, it teaches self-control, proving God—not appetite—directs our lives. Moderation brings balance, peace, and gratitude for “enough.” It frees you from the endless pursuit of more, making room for simplicity and contentment. By eating slowly and stopping before you are full, you practice honoring God with both restraint and gratitude. In moderation, you discover freedom: freedom from excess, freedom from cravings, and freedom to live balanced before Him.

- **Prayer:** Lord, teach me moderation in all areas of life.
- **Receiving Healing:** I receive balance and self-control through Christ.
- **Faith Declaration:** I live with moderation that honors God.
- **Fasting Schedule:** Stop eating at 6:00 p.m. Resume at 12:00 p.m. (18-hour fast).
- **Practical Step:** Break your fast with a modest plate—avoid overeating.