

# A 40 Day Journey INTERMITTENT FASTING

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## Day 10 - Cultivating Patience

**Galatians 5:22–23** But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, meekness, temperance: against such there is no law.

**Insights:** Patience is grown through waiting, and fasting provides that training ground. Hunger comes in waves, and learning to wait builds endurance. The fruit of the Spirit includes longsuffering, which is strengthened by practice. Physically, the body adapts, proving you can thrive even when waiting. Spiritually, patience teaches trust in God's timing rather than instant relief. Each hunger pang becomes a chance to lean on Him instead of rushing for satisfaction. Over time, patience forms maturity and peace. Fasting teaches that strength is found not in control but in surrender to God's timing and grace.

- **Prayer:** Holy Spirit, produce patience in me. Teach me to wait on You in fasting and in life.
- **Receiving Healing:** I receive peace and patience in body and spirit.
- **Faith Declaration:** The Spirit is producing patience and strength in me.
- **Fasting Schedule:** Stop eating at 6:00 p.m. Resume at 12:00 p.m. (18-hour fast).
- **Practical Step:** Practice deep breathing and a short prayer when hunger rises before your eating window.