

# A 40 Day Journey INTERMITTENT FASTING

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## Day 9 - Reducing Inflammation

**Psalm 147:3** He healeth the broken in heart, and bindeth up their wounds.

**Insights:** Inflammation often hides behind fatigue, pain, or illness. Fasting lowers inflammation by reducing insulin and giving the body time to repair. Spiritually, unresolved wounds or bitterness can inflame the soul. Psalm 147:3 declares that God heals the brokenhearted and binds wounds. As your body calms physically, invite Him to heal your inner hurts. Choose nourishing foods when you break your fast, and let prayer bring soothing peace. Hunger is not just a physical signal but a spiritual reminder that God restores. In fasting, both body and soul are invited into His healing presence, where renewal takes root.

- **Prayer:** Lord, heal inflammation in my body and wounds in my spirit. Bring restoration where pain has lived.
- **Receiving Healing:** I receive healing from inflammation and strength for my body.
- **Faith Declaration:** God is reducing pain and restoring health in me today.
- **Fasting Schedule:** Stop eating at 6:00 p.m. Resume at 12:00 p.m. (18-hour fast).
- **Practical Step:** Break your fast with berries, leafy greens, olive oil, or fish to support lower inflammation.