



## **UNTO THE LORD - 7 DAY FAST DAY 7**

**January 14th, 2023**

**Brian Gibbs**

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**Good morning, dear friends. Today is day seven as we have entered a very special time of consecration, humility and opening the door to a deeper, more intimate and powerful relationship with JESUS! Our desire is to possess hearts that are fully set apart Unto The Lord. We hunger and thirst for deeper intimacy, heart to heart union and a more powerful relationship with JESUS.**

**Bren and I are blessed that you have chosen to participate in "UNTO THE LORD" by setting aside 7 days to pray, fast and draw nearer to God. Fasting is not just an exercise for super-spiritual people. It is actually supposed to a part of every believer's personal and private spiritual life. Personally, we have found there is no better way to reset and recalibrate our spiritual compass, as well as bring about change and discipline in every area of our lives, than through fasting.**

**We pray that you will experience the presence and power of Jesus in an extraordinary way as you commit yourself to Him over the next 7 days. May God continue to bless you and ignite your passion for Him as you seek Him first.**

### **DAY 7**

#### **FASTING: FINISHING STRONG**

#### **Practical & Spiritual Advice**

**Day seven is here. We're on the very last day of our fast. Did you ever think it would go by so quickly? Ha! I'm just kidding.**

**This week has been so rich as we have gathered every night in corporate prayer with His Presence, anointing, worship, declarations, joy, tears, refreshing and above all—seeking JESUS first. I don't think I can overstate the blessing of this week together, Unto The Lord. Bren and I have loved our quality time invested each night with all of you together in intercession.**

### **How to End Your Fast Physically:**

**Please be careful how you reintroduce food to your system, especially if you went all seven days with just water. There is a period of adjustment when transitioning back to eating. This is because two things have happened to the digestive system during a prolonged fast.**

- 1. The stomach has been slowly shrinking. By the end of the fast, the stomach's capacity for food is nothing like it was at the beginning. Even the smallest amount of food can make you feel full.**
- 2. The organs in the body that are usually involved with assimilating food have taken a rest. You could think of it as if the organs have gone into a kind of sleep which became deeper as the fast was extended.**

**Therefore, when you break your fast, be careful:**

- 1. How much you eat**
- 2. What you eat**
- 3. How you eat it**

**Give your stomach time to return to its normal size and the digestive organs time to "wake up" fully.**

**When breaking a fast, some foods are more suitable than others. A fast of great length is best broken with fruit or vegetable juices, if possible, freshly squeezed or juiced.**

Some consider citrus fruits to be the best. However, if you live where citrus fruits are imported, this is not the best option, as they are often picked unripe, and the juice can be too acidic. Watermelon juice is excellent, as is tomato, grape or apple juice. Start with a small quantity, diluted if necessary. Drink it every two to three hours the first day. Increase the quantity gradually, and you will soon be able to eat the fruit itself. At this point, milk can be taken. Milk in the form of yogurt, taken with fruit, would be beneficial.

Each fast I have done, I normally break the fast with juices, broth and hard-boiled eggs. This is gentle on your stomach and begins the processing well.

Gradually return to regular eating with several small snacks during the first few days. Start with a little soup and fresh fruit such as watermelon and cantaloupe. Advance to a few tablespoons of solid foods, such as raw fruits and vegetables, or a raw salad and baked potatoes. Fresh salad (no dressing), vegetable soups (no fat) and cooked vegetables may be included at this point, always starting with a small amount of anything new and gradually increasing.

Next, you could include a little toasted bread with a small slice of butter, but no cakes, pastries or cookies. Starchy foods are not good at this stage. Introduce protein first in the form of cheese or eggs (or Greek yogurt), with fish and meat last of all.

Rest as much as you can during the period of reintroducing food to your system. It will let your body concentrate on digestion and assimilation. Try not to become too active too soon.

### **How to End Your Fast Spiritually**

Anticipate the voice of the Lord on the other side on this fast. Look and listen for His voice, promptings and prophetic unctions. You may see some rewards manifest soon—that's exciting.

**And remember, our Father loves to reward us (Matthew 6).**

**Although you can relax physically, do not relax spiritually! That is an important point. You can't afford to. Your enemy, the devil, prowls like a roaring lion seeking someone to devour (1 Peter 5:8-9). You must remain alert and vigilant. The "thief" will be on the prowl to steal the increased intimacy with Christ that you have gained during your fast.**

**Give no place to the devil. Be careful. Be alert. Be intentional. Be disciplined, fellow soldier. Stay disciplined in your prayer time and pursuit of God. Stay disciplined in your submission and quick obedience to the Lord.**

**How Do You Plan to Keep Fasting a Part of Your Lifestyle?**

**I'm so glad that you joined our Victory Fast and engaged in opening the door to great intimacy with the Lord through this fast. Please note, though, that a single fast is not a spiritual cure-all. Just as we need fresh infillings of the Holy Spirit daily, we also need fresh times of fasting. Consider a 24-hour fast each week or fasting several days each month. I encourage you to pray about it today and make a commitment as to how you plan to keep fasting a part of your lifestyle. It will be hard to make this decision once you get back into old routines of eating. Pray about it now, while the spiritual benefits of fasting are fresh on your mind and in your spirit.**

**When God leads you as to what your regular fasting commitment should be, put it on your calendar—just as you would schedule a meeting for work, a spouse's anniversary, or, ladies, your hair appointment. When it's on your calendar, it's a commitment to be kept, not a contingency that can be cancelled.**

**I praise God for each of you, and Bren and I bless your New Year of 2023!**

**You are marked, chosen, consecrated and set apart with God's favor and joy—you are His treasure and delight. Enjoy each new day in faith. Worship Him who reigns above all things, in every situation, knowing we are overcomers in this world!**

**Make it a great YEAR and be blessed!**

**Love you all,**

**Brian**