



## BETH RAPHA FAST 2021

**Fasting is a means whereby the believer gets victory over hard cases and in difficult circumstances. In St. Mark 9:29 Jesus told his disciples, “This kind can come forth by nothing but by prayer and fasting.”**

**Fasting is not, and neither should it become an everyday activity. Join this fast, you need it to overcome your impossible circumstances.**

### **Preparation for the fast**

- 1. We recommend that you take a laxative or an enema prior to beginning the fast. The laxative or enema cleans out the digestive system and lessens the possibility of headaches, dizziness or any other symptoms, which result from not eating regular meals. This process should be repeated every three days during the entire fast.**
- 2. We challenge you to be serious and committed during the 5 day period of consecration. Please do not eat any more than one bowl of soup per day. The soup may be made with meat and vegetables. The end product should be mostly fluid. You should drink water during the day because water is extremely good for you, and it helps to flush the toxins out of the system.**
- 3. Please make a list. Write down the specific needs you want God to answer. In order to get the maximum results from your sacrifice, tell God exactly what you want. If you are specific in your request, you will get a specific answer.**
- 4. We will break our fast at 3:00pm everyday with one meal. We will meet at the church at 8pm each day and pray for one hour. It is important to pray together. Unity gives strength, builds faith and it helps to know that there are other people involved.**
- 5. If you have health problems and you need to ask questions about medication or diabetic information, please consult with your doctor.**
- 6. Prayer and fasting works! If you have fasted before, you know that it works. If you have never fasted before, it works. Read Daniel 9:3, 10:3 and Esther 4:16.**

## **Recipe for Cleansing/Fasting Drink**

1. 6 cups of water
2. Juice and pulp of 1 lemon
3. 12 tablespoons of 100% maple syrup
4. ¼ teaspoon of cayenne pepper

Stir ingredients all together and pour into bottles and refrigerate.

For the first two days drink 4 cups. On days three to five, drink 8 cups a day. (For those who only want to drink it for 3 days, drink 8 cups a day.) In order for this to really work, you should do it for at least 3 days.)

Do not try and sip it, drink it straight down! This drink is extremely hot and will probably make you cough. I recommend that you drink a little water if it's too hot or causes coughing. It will loosen the phlegm/mucus in your nose, throat, and chest. It will also clean out your intestines and improve circulation.