

## **FASTING COVENANT**

**LORD, I enter into a 40-day fasting covenant with YOU.** You are the Lord, You alone. You made the heavens, with all their host, the earth and all that is on it, the seas and all that is in them; and You preserve all of them. You alone are the Lord, my God.

**LORD,** as I commit ALL of my life to You this day, forgive me of my sins. Purge me and wash me to be whiter than snow. Create in me a clean heart and renew a right spirit within me.

**LORD,** I promise to read and meditate on your Word daily, storing it up in my heart. Please open my eyes to behold wondrous things out of Your Word. I ask You for insight and understanding. Set my heart to study Your Word---to hear it and then do it. Lead me down every good path, imputing wisdom, knowledge, discretion, and understanding to me.

**LORD,** I praise You, for I know that I am fearfully and wonderfully made. I thank You that You know my frame and that You remember that I am but dust. Help me to not set anything worthless before my eyes. Set a guard over my mouth and keep watch over the door of my lips. Keep my heart from inclining to any evil. Let all that my heart meditates on be acceptable to You and directed by You. Teach me daily to speak only gracious words—words that bring sweetness to my soul and health to my body.

**LORD,** please teach me to live a balanced life --- mentally, spiritually, and physically. **Keep me ever mindful that Your Spirit dwells within me, that my body is Your temple. Help me to treat it that way and to glorify You through healthy habits. Guide me in knowing that not all things are helpful to me. Grant me freedom. Help me to not be enslaved by anything. Enable me to do all things with moderation and balance, abstaining from eating foods that are not healthy. Give me self-discipline in caring for my “temple.” When I am tempted I trust that You will avail me an escape and a better choice.**

**LORD,** whatever I eat or drink, whatever I do, guide me in doing it all to Your glory. Help me to remember that You are not seeking perfection, but affection from me. Lord, I know that through Christ I have been set free. Help me to act and live like it—standing firm and not submitting to a yoke of slavery in any area of my life. Help me to walk by the Spirit and not gratify the desires of my flesh. Produce in my life, love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. **I covenant with you this day to fast off of those foods that are not good for me.**

**LORD,** whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, help me to think about these things and give You praise.

**Signed,**

**Name:** \_\_\_\_\_

**Witness:** \_\_\_\_\_

**Date:** \_\_\_\_\_



## FASTING LIST

**NO TO: Sugar, alcohol, grains, legumes, and dairy.**

**YES TO: Meats, seafood, eggs, vegetables  
(INCLUDING ALL POTATOES), fruits, and natural fats.**

**Do not consume added sugar of any kind, real or artificial.** No maple syrup, honey, agave nectar, Splenda, Equal, NutraSweet, xylitol, stevia (except as noted below), etc. Be sure to read your labels! Companies sneak sugar into products in ways you might not recognize. Fruit juice as a sweetener is an exception. Products or recipes that include orange, apple, or other fruit juices are permitted, just do not go overboard. BEWARE! Companies sneak sugar into products under a variety of names, and chemical-sounding ingredients may be unhealthy or totally harmless.

**A NOTE ON STEVIA:** If you would like to continue using Stevia during your fast, there is a brand called SweetLeaf. You can get it on Amazon and at HEB. The difference in this brand, as opposed to Truvia and some of the others out there, is that it does not contain anything other than stevia leaves and purified water. It is non-GMO, allergen-free, and gluten-free. Each packet is as sweet as 1 tsp. of sugar. **HOWEVER, please be advised that keeping ANY type of sweetener in your diet during your 40-Day Fast could hinder your true fast from sugar. This is where YOU have to decide where YOU draw the line. It is YOUR time of fasting for the Lord, so you are the one that prays through your boundaries.**

**A NOTE ON VINEGARS.** Most forms of vinegar, including white, balsamic, apple cider, red wine, white wine, champagne, and rice, are allowed. The only exceptions are flavored vinegars with added sugar, or malt vinegar, which is thought to contain gluten.

**Do not consume alcohol in any form.** No wine, beer, champagne, vodka, rum, whiskey, tequila, etc., whether on its own or used as an ingredient—not even for cooking.

**Do not eat grains.** This includes wheat, rye, barley, oats, corn, rice, millet, bulgur, sorghum, sprouted grains, and all gluten-free pseudo-cereals like amaranth, buckwheat, or quinoa. This also includes all the ways we add wheat, corn, and rice into our foods in the form of bran, germ, starch, and so on. Again, read your labels.



## **FASTING LIST - continued**

**Do not eat legumes.** This includes beans of all kinds (black, red, pinto, navy, white, kidney, lima, fava, etc.), peas, chickpeas, lentils, and peanuts. No peanut butter, either. This also includes all forms of soy—soy sauce, miso, tofu, tempeh, edamame, and all the ways we sneak soy into foods (like soybean oil or soy lecithin). **The only exceptions are green beans, snow peas, and sugar snap peas.** While these are technically legumes, they are far more “pod” than “bean,” and green plant matter is generally good for you.

**Do not eat dairy.** This includes cow, goat, or sheep’s milk products such as cream, cheese, kefir, yogurt, and sour cream. **The only exceptions are clarified butter or ghee.** Plain old butter is not allowed. (Unsweetened nut milks and coconut milk are fine.)

**Do not consume carrageenan, MSG, or added sulfites.** If these ingredients appear in any form in the ingredient list of your processed food or beverage, it’s out during your fast.

**Do not recreate baked goods, “treats,” or junk foods with approved ingredients.** No banana-egg pancakes, Paleo bread, or coconut milk ice cream. Your cravings and habits won’t change if you keep eating these foods, even if they are made with approved ingredients.

### **A NOTE ON PROTEIN/SNACK BARS**

**RXBARS AND LARABARS ARE APPROVED CHOICES DURING YOUR 40-DAY FAST.** While RXBARS (which are a complete protein from egg whites) and more satiating than LARABARS, are the preferred choice, both should be eaten and used with caution. They are okay for on-the-go food—stash one in your purse, desk at work, etc. HOWEVER, please keep in mind that both will be considered as candy to your brain, especially LARABARS due to their lack of being a complete protein. This means they aren’t as satiating as they could be, often leaving you hungry shortly after eating them. Therefore, please don’t use EITHER bar as a treat, dessert, or to satisfy sugar cravings. We want to get control of our sugar cravings, not feed them during our **40-Day Fast**, so use these bars sparingly—not as treats, desserts, or meal replacements, except in an emergency situation.

**RXBAR APPROVED FLAVORS:** All flavors except for peanut butter.

**LARABAR APPROVED FLAVORS:** Apple Pie, Banana Bread, Carrot Cake, Cashew Cookie, Cherry Pie, Chocolate Coconut Chew, Coconut Cream Pie, Key Lime Pie, Lemon Bar, Pecan Pie, Pumpkin Pie.

**For a list of fast-friendly snacks and foods and where to purchase, go to: [firstfruitsliving.com](http://firstfruitsliving.com) and click on the Challenge Tools Tab.**

