

No Small Gain

“Never doubt that a small group of committed individuals can change the world, indeed it is the only thing that has.”
- Margaret Mead

“... But the days will come when the bridegroom will be taken away from them and then they will fast (Matt. 9:15b NJKV).”

Immediately after Jesus introduced the idea of **the Bridegroom fast**, He spoke of new wine being placed into new wineskins [Matt. 9:16, 17]. His wine is always “new,” for He continually imparts new and fresh revelation about God’s heart. Spiritual hunger is a divine agent that leads us to greater love. It is an instrument that makes room for love and purity in our hearts and expands our souls. We are wounded in love because He intentionally withholds a measure of His presence in order to bring us into greater intimacy as He works humility and produces meekness in us so His nearness is sustained in us for the long term. Fasting for spiritual renewal includes mourning over the sin that hinders our relationship with Him.

A full life in the Emptiest of Places

If you get rid of unfair practices, quit blaming victims; quit gossiping about other people’s sins. If you are generous with the hungry and start giving yourselves to the down-and-out, your lives will begin to glow in the darkness, your shadowed lives will be bathed in sunlight. I will always show you where to go. **I’ll give you a full life in the emptiest of places** – firm muscles, strong bones. You’ll be like a well-watered garden, a gurgling spring that never runs dry (**Is. 58: 9b -11**).

Fasting may provide us with a key to unlock doors where others may have failed; a window opening up new horizons in the unseen world; a spiritual weapon of God’s providing, ‘mighty to the pulling down of strongholds.’
- Arthur Wallis

To serve victims of human trafficking is complex and requires a significant amount of inter-agency coordination. To sow our fast seed we should become familiar with the governmental and non-governmental trafficking resources available, in our local area and throughout the U.S. and to begin networking with individuals and programs that will partner with us.

“And at midnight a cry was heard: ‘Behold, the bridegroom is coming, go out to meet him! (Matt. 25:6)’

12 days The Bridegroom fast (Mediterranean vegan) – Avoid processed and microwave meals, poultry, meat products, eggs, dairy products, sweeteners (except fruits), sodas, sweet tea, lemonade, coffee, lattes, etc. Partial list of recommended beverages are: ginger tea, mint tea, or water with lemon, orange rind and cayenne. Good fats from tahini, nut butters, oils and olives also lower intake of calories.

According to botanists (those who study plants), a fruit is the part of a plant that contains the seeds. The other parts of plants are considered vegetables.

It has been found that psychological and emotional symptoms are directly associated with excess toxins in the body. Cleanse and nourish your **body** by avoiding toxic products and unwholesome foods.

Hydrate sufficiently. Nourish your **soul** by avoiding toxic media and unwholesome entertainment. Clean and nourish your **spirit** by avoiding toxic people and places.

The following are technically **fruits**: Avocado, beans, peapods, corn kernels, cucumbers, grains, nuts, olives, peppers, pumpkin, squash, sunflower seeds and tomatoes.

Vegetables include celery (stem), lettuce (leaves), cauliflower and broccoli (buds), and beets, carrots and potatoes (roots). Root vegetables are high in nutrients and fiber.

The following schedule which outlines our corporate **12 days** of Mediterranean **fasting is flexible so that you can participate on and beyond our corporate times**. We begin March 24, 2015 on an absolute for the first night at 5:45pm to 9:45am EST the next morning for a total of 9 hrs (minus 7 hrs sleep). Wednesday March 25th to April 4th the nightly fast starts at 6:45pm and ends every morning at 8:45am Saturday night is 7:45pm to Sunday April 5th 8:15am, mealtime continues to 3:45pm (total 212 hrs).

The body begins detoxifying during a fast, depositing toxins into the intestines. Taking an herbal laxative or an enema before bedtime will help eliminate solid waste. Since 1/3 of the waste products eliminated during a fast are removed via the skin, adequate bathing is essential. Use a natural bristle body brush on the skin prior to bathing, to help cleanse the skin. Also, adjust fasting times at night as sleep pattern changes.

My sheep hear my voice, and I know them and they follow ME. And I give them eternal life, and they shall never perish, neither shall anyone snatch them out of my hand (John 10:27, 28).

The number 12 of the **Bridegroom Fast** represents the church and God's authority. Jesus had 12 disciples, and there were 12 tribes of Israel. A tree with 12 kinds of fruit 12 times a year (see Rev. 21).

Day unto day utters speech and night unto night reveals knowledge. There is no speech nor language where their voice is not heard. Their line has gone out through all the earth and their words to the end of the world. In them He has set a tabernacle for the sun, which is like a bridegroom coming out of his chamber and rejoices like a strong man to run its race (Psalms 19:2-5).

Nothing can compare with fasting and prayer to bring personal revival and renewal to the Church. Pray for the church and its response to sex trafficking and commercial sexual exploitation, including:
for an increase in resources – human, financial, and infrastructural – to be dedicated to meeting the needs of survivors
for the church, its members and leaders, to remain sexually pure, that they not become the perpetrators or consumers of abuse in any form

“My food is to do the will of Him who sent ME and to complete His work” (see John 4:34)

“Fasting...opens the way for the outpouring of the spirit and the restoration of God's house. Fasting in this age of the absent Bridegroom is in expectation of His return. Soon there will be the midnight cry, 'Behold, the bridegroom! Come out to meet him.' It will be too late then to fast and pray. The time is now.” - God's Chosen Fast, Arthur Wallis