

2012...“The Year of Application & Manifestation”

Greetings Beloved,

We've completed 1/3rd of our journey and you're doing well. I'm sure you've lost a few points and inches by now and you've settled into this process. Ask for God's grace and empowerment to meet you today and take you beyond. He will do it! However, if you began the fast and gave in to eating, don't fret. Remember, He is good! He is looking at your heart! Make a decision and begin fasting again; ask for His sustaining ability to work in you to see you through the fast. Re-establish your reason for fasting: "Lord, I want to hear You clearly; I want to be free from what has entangled me; Lord, I love You and I need healing, restoration, deliverance".

Whatever your need is, bring it to the Lord as you fast and pray; our Father, who knows you, will reward you. There are a number of things I plan to change and make adjustments to in regards to living a better life (both naturally and spiritually) in 2012. We've started this year together by fasting, praying and giving, therefore I want encourage you to continue with great purpose and determination, "you can make it"! Make a self declaration to get your life in order, get into alignment with the principles of God. Our intercessors are praying for you; now is the time for you to stretch your faith in God to believe God at His word for a better year.

Special Note: send your prayer requests to Prayer@trujoyministries.org. On Sunday January 22nd during morning worship we're going place every prayer request we've received on the altar, our intercessors and ministers will lay hands on the (sealed) request, and we're going to believe God for a miracle to happen over those request. So, if you don't mind, spread the word, maybe your co-workers and friends are asking God for something; we will join our faith with theirs and call on our God to move upon us.

Beloved, whatever we feed will grow stronger. By denying our flesh its appetite, our spirit inside grows more in-tune with the things of God. I am certain He longs for us to hear Him clearly, His direction, His warnings, His words of affirmation and love. We not only benefit from more of God in our lives, we receive other rewards. According to Matthew 6: 16-18 "When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you they have received their reward in full. But when you fast, anoint your head with oil and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father in heaven, who is unseen; and your Father, who sees what is done in secret will reward you".

Until next time...

Love you much,
Pastor

P.S. I've attached a little more information for you reading in regards to the natural benefits of fasting. When you get a few free moments, read over it, you'll be amazed.

Fasting enhances mental acuity

Perhaps the most instructive testimony as to the acuteness of mental powers during fasting comes from Dr. Herbert Shelton who supervised the fasting of more than 40,000 people over a period of fifty years. His message is that the freer the body is of toxic materials flowing through the blood and lymphatic system, the clearer is the ability to think.

These facts are due to physiological causes. Large amounts of blood and nervous energies have to be sent to the digestive organs to digest a meal. If these energies are not required there, they may be used by the brain for better thinking. This increase in mental acuity doesn't usually happen until after the first few days of a fast, because the body is busy cleaning out excess toxins and substances and so the first few days can be a period of depression, with headaches and various pains as this process is underway. This makes the first stage of fasting difficult but after the body has thrown off its load of toxins, then the brain is fed by a cleaner bloodstream and the mental powers and clarity of thought are extraordinarily increased and the other senses also become more acute.

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One's mind becomes clearer and one's ability to think and solve intricate problems is enhanced. One is simply more alert, and one's mind seems to open up into new fields. The mental and physical senses are heightened, and often there can be a feeling of euphoria, especially during longer fasts. Some, for the first time, will experience emotional stability. The reasons for this are multifold - the elimination of the emotional dependence on food, exclusion of stimulating foods like caffeine, processed sugars, recreational drugs, tobacco and trans-fatty acids, all of which can have a devastating effect on delicate emotions.

Dr. Ehret stated an amazing fact at the turn of the 20th century. He said that, for a water fast to awaken the higher mind functions, it had to be longer than 21 days. Fasting has a history of awakening intuitive senses, creativity, and deeper spiritual questions in those with enough determination to get past the 21 day mark.

Fasting has been beneficial for these conditions:

Although fasting is not recommended in every situation, (cancer of the liver is one instance where fasting is contraindicated), in many situations fasting is the only known solution. Fasting has been beneficial for arthritis, asthma, high blood pressure, lupus, chronic fatigue, colitis, Crohn's disease, diverticulitis, spastic colon, irritable bowel, cases of paralysis, neuritis, neuralgia, neuroses, and mental illness as well as many others. Fasting will also break down tumors and for this reason; many have overcome cancer with fasting. Fasting decreases dependency on authorities How many of us believe that when we get sick that a doctor is going to save us from pain and death? We just assume that the technology is going to be able to repair us when we break down, by giving us a pill, a treatment or a surgery. We are so alienated from our bodies that we think that a doctor knows more about us than we do. The reality is that doctors don't have the cures that we need, what is offered by the traditional system of healers is only the possibility to treat our symptoms never being able to cure us or root out the cause. When we take these kinds of treatments to suppress our symptoms then that cause, which is the underlying reason we are sick, goes unattended, then in fact our illness continues to grow. We will never be healthy until we take responsibility for our own health. We need to stop blaming the outside for making us sick, whether it is corporations, a person, our immediate environment or a government, and to recognize instead that our sickness is a symptom telling us something is inside needs to be addressed. For sure there are outside influences that we can't control, but there is much that we can control by taking responsibility for ourselves and working to change our habits.

Benefits of Fasting

- Mental clarity is improved and brain fog is lifted.
- Rapid, safe weight loss is achieved without flabbiness
- The nervous system is balanced
- Energy level and sensory perception is increased. The longer the fast, the bigger increase in energy and vitality. You normally need less sleep.
- Organs are revitalized
- Cellular biochemistry is harmonized
- The skin becomes silky, soft, and sensitive
- There is greater ease of movement
- Breathing becomes fuller, freer and deeper
- The digestive system is rejuvenated and becomes more effective; the peristaltic action of the intestines (the cause of a natural bowel movement) is stronger after fasting.
- Fasting retrains your tasting sense back to more healthy food as acute sensitivity is restored.
- Fasting can increase confidence in our ability to have control over our lives and our appetite, and that our body is self-regulating and a self-healing organism capable of establishing balance when given the possibility to do so.
- Normal metabolic and cell oxygenation are restored.
- Detoxification - as soon as the body realizes that it's fasting it will begin to eliminate those things that cause disease, such as fat cells, arterial cholesterol plaques, mucus, tumors, stored up worries and emotions.

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Spiritual

As the system detoxifies, many of these spiritual aspects of ourselves that have been waiting to come through for a long time are finally able to, and that person, hopefully fasting in an environment that is calm and serene and peaceful and loving, will be able to express and deal with these spiritual phenomena such that it can have a very beneficial and positive effect.

