

# **IWC 40-day spiritual and natural Be-In-Health Ministry bootcamp. For spiritual and temporal power and health in Jesus Name!**

“Beloved, I wish above all things that thou **mayest prosper** and **be in health** even as thy soul prospereth” (3 John: 2).

Friday January 20th, 2023, through Tuesday February 28th, 2023.

## **Prayer and Fasting Shut-Ins:**

Friday January 20<sup>th</sup> 6:00pm thru Sunday January 22<sup>nd</sup> end of service

Friday February 17<sup>th</sup> 6:00pm thru Sunday February 19<sup>th</sup> end of service

## **Soul Prospering: (Spiritual Power Building)**

**Word Intake:** John 15:7

1. Reading and Hearing: (Rev 1:3) Daily read at least one or more chapters of God’s word. If Possible, listen to the same chapter or chapters you read thirty minutes daily.
2. Meditate: (Josh 1:8; Ps 1:1-3) Focus on a pericope or certain passages. Slowly think on each word in the passage. Look up words that you do not understand in a Bible lexicon or concordance to seek meaning and understanding.
3. Memorize: (Ps 119:11) Take one or two of the passages you focused on and read seven times. Envision a passage or passages until they become memorized (It is better to memorize 1 passage then to fumble and twist 5 passages).

**Prayer: Strive to get most of your daily praying in during your fasting period**

1. Pray the scripture (1 John 5:15)
2. Prayer of personal edification-Praying in Tongues (1 Cor 14:4)
3. Corporate Prayer (Acts 3:1) Church Prayer meetings, Prayer Line, Prayer Partner sessions
4. Private Prayer (Matt 6:6)

### **I. Fasting:**

- a. Around the clock fasting (ACF) days are 24-hour fasts.

Jesus said, “Howbeit this kind goeth not out but by prayer and fasting.” Matt 17:21

### **Fasting/Eating Days:**

- b. Fasting/eating days (FED): Fast 16 hours of fasting from your last meal the day before. Eat no more than 2 meals during the next 8 hours. Set a goal to have only one meal a day on 16 hour fasting days as often as possible.

**Breaking fasts with teas listed under DA can be very beneficial – See list of DA foods below.**

**Lists of DA foods:** The following is a sample not intended as a complete list.

Vegetables: kale, carrots, spinach, onions, and etc.

Fruits: apples, Peaches, cherries, berries, grapes, and etc.

Whole grains: bulgur wheat, brown rice, barley, steel cut oats, oat bran, and etc.

Legumes: black beans, red beans, Various types of beans, lentils, and etc.

Essential fatty acids: Extra virgin olive oil, coconut oil, and other healthy oils

Nuts and Seeds: almonds, Brazil nuts, pistachio nuts, cashews, flax seeds, Pumpkin seeds, and etc.

**Fresh and powdered powerful natural medicines: ginger, garlic, onion, turmeric, moringa, and etc. drunk as teas are excellent to use in breaking a fast.**

**I. Health Prospering: (Spiritual/Temporal Health Building) God's spiritual word with a spiritual/natural benefit.**

**In Genesis 1:29, God provided fruit, herbs/vegetables (plant-based consumption).**

**In Leviticus Chapter 11 God listed clean flesh protein to be consumed. Through Genesis 1 combined with Leviticus 11 we glean the following: Be-In-Health 111**

**Recommended list of healthy foods to consume during Boot Camp.** In wisdom, these foods can possibly provide renewed health, and overall continued path to maintaining health and vitality. **Strive to eat clean foods based on scripture with vegetable and fruit as your greater portion. Avoid grease fried food if possible.**

**Recommended liquid consumption:** Water, natural herbal teas, fruit and vegetable juices, and natural smoothies. the only beverages to be consumed during the Boot Camp.

**5 Effective Appetite Suppressant Teas:**

Green Tea, Dandelion Tea, Mint Tea, Hibiscus Tea, Ginger Tea

**Important:** use honey, maple syrup, stevia, monk fruit or other natural sweetener in moderation during boot camp. Research states Stevia won't raise your blood sugar levels, and some forms of this sweetener may actually lower blood sugar levels. A study published in Planta Medica in 2005 found that there was a dose-dependent effect of stevioside on blood sugar levels, with stevioside lowering blood glucose levels and decreasing insulin resistance in rats with diabetes. In your consumption of Food intake, be prayerful and led of the Lord.

Remember to consume your vitamin supplements and the supplements and herbs of wisdom to combat viruses and bacteria such Ginger, Garlic, Vitamin D, Zinc, Elderberry, Silver, & Iodine.

**Food for thought by: Bishop Williams**

**“If through the word, we would make our health a 111 Urgency, we could greatly decrease our health becoming a premature 911 emergency”**

**P. S.:** Colonics and enemas can prove to be very beneficial during fasts of multiple days.

Psyllium husk is beneficial in adding fiber in the digestive tract. Remember to drink plenty of water if doing so.

## Suggested daily/weekly Fasting and Eating Planner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
ACF	ACF	ACF	ACF	ACF	ACF	ACF
Or	or	or		or	or	or
FED	FED	FED		FED	FED	FED
DA/RMBC	DA/RMBC	DA/RMBC		DA/RMBC	DA/RMBC	DA/RMBC

Dates not included in the above daily/weekly planner are:

1. Friday January 20<sup>th</sup> from 6:00 pm thru Sunday January 22<sup>nd</sup>, end of service-ACF
2. Friday February 17<sup>th</sup>, from 6:00 pm thru Sunday February 19<sup>th</sup>, end of service-ACF

Acronyms defined:

ACF: Around the Clock Fasting Days

FED: Fasting/Eating Days

DA: Daniel Abstinence-remember teas are a good way to break a fast.

RMBC: Regular Meal Boot Camp-Dairy included/no cane sugar or unnatural sweets.