

IWC Be-In-Health Ministry 28 Day Boot Camp Consecration (Feb 1st-Feb 28th, 2026)

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

Dear IWC Family and all Bootcamp Participants, Welcome to Boot Camp

As we embark upon this journey of building our spiritual man and natural man, I beseech us all to take to heart the following which is vital. As often as we can, let's strive to turn off our electronic devices for non-business, school, or emergency purposes especially on fasting days. When reading and studying God's Word let's strive as much as possible to use our physical Bible's and physical study documentation in lieu of electronic and cyber sources. This is important to our focus and keeping God first, not allowing the world, our flesh, and the devil to have easy entree to enter in and hinder, distract, and possibly defeat us in our pursuit of the greater God has for each of us. Listening to the Bible is the exception. Even then the visual should only include Bible text if all possible.

Sincerely, Bishop Williams

I. Soul & Spirit Prospering: (Spiritual Power Building)

Bible 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. (Electronic Bible Media)

2. Meditate: (Josh 1:8; Ps 1:1-3)

Focus on a passage. 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)

Step1: Take one or two passages you focused upon and read seven times. Envision a passage or passages until they become memorized

Step 2: Repeat step one until you can memorize the passage. (It is better to memorize one passage than to twist and mangle five passages).

PrayerPraise: (1 Thess 5:16-18) Strive to PrayerPraise at least 2 Hrs. Daily (Let one hour of prayer correspond with the time listed for prayer partner prayer revival.

Fasting:

Highly Recommended Wisdom but chose your own time to start:

Begin fast with a meal whatever time you awake or start your day. Break your fast with a meal whatever time you awake or start a new day or days after (multiple fast days). This adds benefit spiritually and naturally. All that are able fast at least 3 days each week.

1. Humble your soul and drive out unbelief (Ps 35:13; Mt 17:19-21)
2. Add power to your Bible Intake & PrayerPraise (Isa 58:6)
3. Fasting is a powerful tool to receive healing in your body (Isa 58:8)

II. Temporal Prosperity & Health:

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

God's Prosperity is Spiritual, Physical, Mental, Emotional, and Financial, notwithstanding, our giving too and honoring God with our tithing and offering should be strongly upheld in our spiritual walk. Giving to God, Bible intake, and prayer and fasting not only impacts our spiritual prosperity but all areas of prosperity listed in the last sentence above. Our dietary consumption, which directly impacts our physical being also impacts all other faculties of God's prosperity as well (Read Dan 1)

This bootcamp begins on a Sunday. Let us commit to the following:

1. Fasting Day (FD)
 2. Healthy Eating Day (HED)
 3. Healthy Eating Day With Dairy (HEDWD)
 4. Healthy Eating Day With Dairy, Poultry, & Fish (HEDDPF)
1. FD's: a minimal of three days of fasting each week between Monday to Sunday (weekly)
 2. HED's: No more than two days where fresh vegetables, legumes, nuts, grains, and fruit consumed limited to two meals per day. This is a good time to launch fresh juices and smoothies which can be incorporated in all four non fasting days. Vegetable snacks and a moderate amount of fruit are permissible. Fruit may be consumed for dessert with meals unless part of main course.
 3. HEDWD's: Are the same as HED's with the addition of Dairy (See above)
 4. HEDWDPF's: Are the same as HEDWD's with the addition of Poultry and Fish

(3)

Important: use vegetable broth instead of cooking oil or use small amounts of olive oil for cooking. Recommended modes of cooking: grilling, baking, steaming, broiling, air frying, or sauteing.

Recommended list of healthy foods to consume during Boot Camp. In wisdom, these foods can possibly provide renewed health, and an overall continued path to maintaining health and vitality.

Main Proteins: Beans, nuts, chia seeds, flax seeds, hemp seeds, oats, lentils, quinoa, lima beans, asparagus, broccoli, kale, brown rice

All vegetables have a small amount of protein-Vegetables: spinach, romaine lettuce, celery, tomato, green string beans, cucumber, collard greens, cabbage, onions, endive, garlic, ginger, kale, leeks, peppers-(green, red, yellow, orange,), jalapenos, asparagus, mustard greens, beets, mushrooms-(portabella & shiitake), zucchini, Swiss chard, Brussels sprouts, radishes, alfalfa sprouts, turnip greens, parsley, parsnip, watercress, and bok-choy to name a few.

(VEGETABLES: UNLIMITED QUANTITY-Especially raw)

FRUITS: to name a few- Apple (Medium), Apricot, Blackberry (½ Cup), Blueberry (½ Cup), Cherries (½ Cup), Grapefruit (1/2), Lemons, Limes, Oranges (MEDIUM), Peaches (1/2), Pears, Plums, Tomatoes, Raspberries (1/2 Cup), Strawberries (1 CUP) Goji Berries (1/4) Avocado (1/3 medium size)

Almost every food item listed in this document is considered to be a superfood: Superfoods are natural foods that are especially nutrient-dense while generally being low in calories.

“Superfoods help promote health by increasing your immune function and decreasing your chance of disease aiding prevention and retarding progression,”

Each superfood has different nutritional properties, but overall, they’re associated with:

1. Heart health, 2. A strong immune system, 3. Cancer Prevention, 4. Reduced inflammation and
5. Lower cholesterol

DRINK PLENTY of WATER and natural herbal teas, natural juices and smoothies: these are 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: no unnatural sugar— rather use stevia, monk fruit or xylitol, or small amounts of honey, or maple syrup. Note: 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. See <https://jackedgorilla.com/best-steviasupplements/> Remember to consume your vitamin supplements and the supplements of wisdom to combat viruses and bacteria.

May we all prosper and be - in - health as our souls prosper through submission and obedience to God’s Word in all areas before, during, and after this bootcamp until the coming of the Lord in the clouds in Jesus Name. Build your Word Intake, Prayer and Fasting Life

