



VIRTUAL Women Only Weekend Fast Camp

June 10th - 12th 2022

Theme:

The Cross and "Is there a balm in Gilead,
is there no physician there" Jer. 8:22

PRE-FAST MEETING:
Saturday 4th June 2022
Time: 10:00 am
Login Time: 9:30 am



Meeting ID: 832 4564 1987
Passcode: 358800

For more information and Registration
log on to our website:
www.valleyofdecisionmissions.org
Attend the Pre-Fast Meeting

ZOOM PROTOCOLS

1. Please keep your audio muted during the session to avoid background noises.
2. If you are using video, please try to limit movement as this could be distracting to the presenters.
3. Please check you audio. If you are hearing the song that is playing your audio is working.
4. Please save your questions for the end of the presentation segment



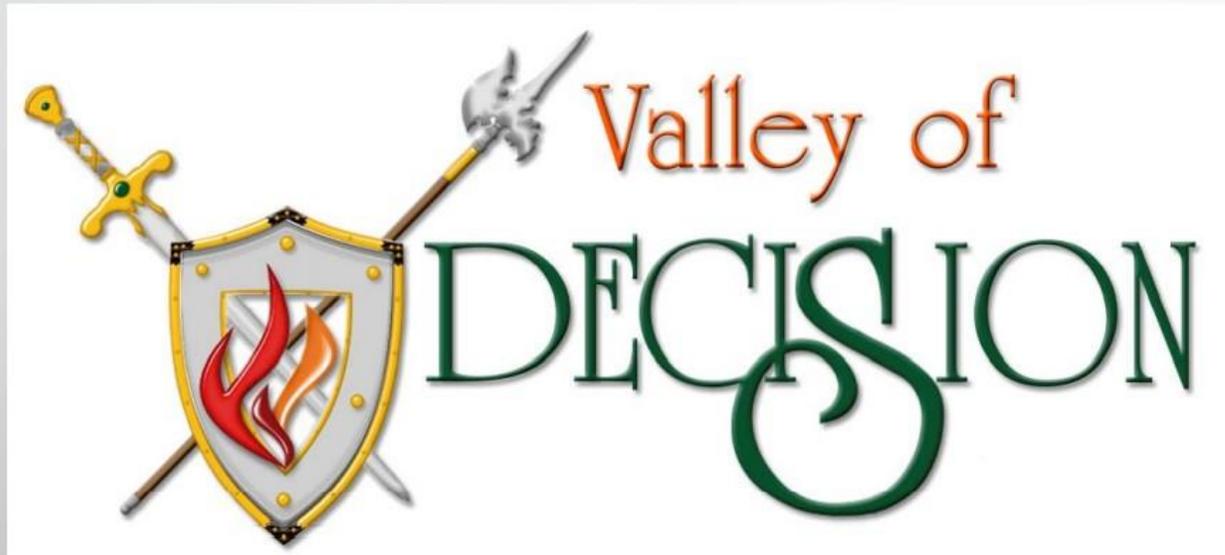
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Sis. Teckler Thomas

- **About Valley of Decision Missions**
- **What you should know about fasting**
- **Fast Camp Guidelines**

WHO ARE WE?





We are a para-church organization. A ministry, the Lord has anointed to proclaim healing and restoration for the thirsty and needy via **Weekend Fast Camps.**

We minister to the churched and the unchurched through various areas of ministry

- Weekend Fast Camp
- Counselling
- Seminars and Workshops
- Training in Christian Counselling

WHY DO WE FAST?

Matthew 6: 16 & 17 Jesus says 16. Moreover when ye fast.... 17. But thou, when thou fastest... Fasting is a compulsory requirement for a child of God.

Isaiah 58 gives us the model of fast that the Lord requires of us.

Fasting requires Discipline. It is very important therefore that if you think that you do not have the discipline to maintain this weekend fast then you should reconsider beginning.

TYPES OF FASTING

- NORMAL FAST (**Matthew 4:2**) *And when He had fasted forty days and forty nights, He was afterward an hungered.*
 - The significance is obvious in this first mention of fasting in the New Testament. Jesus fasted and was hungry afterwards. It signifies abstinence from all food, solid or liquid, but not from water.

PURPOSES OF FASTING

- 1. FOR PERSONAL HOLINESS. (to get closer to God).** Psalm 69:10 "When I wept and chasten my soul with fasting." Matthew 5:4 "Blessed are they that mourn."
- 2. TO HEAR FROM GOD. (Ezra 8:23)** *"So we fasted and besought our God for this and He was intreated of us".*
- 3. TO SET THE CAPTIVES FREE. (Isaiah 58:6 &7)** *"6. Is not this the fast that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke? 7. Is it not to deal thy bread to the hungry, and that thou bring the poor that are cast out to thy house? when thou seest the naked, that thou cover him; and that thou hide not thyself from thine own flesh?"*
- 4. TO RECEIVE REVELATION. (Daniel 9:3; 21,22)** *"And I set my face unto the Lord, to seek by prayer and supplications, with fasting. Gabriel spoke with me saying..... I have now come forth to give thee skill and understanding."*
- 5. THEY FASTED TO BIND THE STRONG MAN. (Isaiah 49:24-25).** *"Shall the prey be taken from the mighty, or the lawful captive be delivered? But thus saith the Lord, even the captives of the mighty shall be taken away, and the prey of the terrible be delivered, for I will contend with him that contend with thee, and I will save thy children."*

SPIRITUAL BENEFITS OF FASTING

Isaiah 58: 8-11

- 8. Then shall thy light break forth as the morning, and thine health shall spring forth speedily: and thy righteousness shall go before thee; the glory of the LORD shall be thy rereward.
- 9. Then shalt thou call, and the LORD shall answer; thou shalt cry, and he shall say, Here I am. If thou take away from the midst of thee the yoke, the putting forth of the finger, and speaking vanity;
- 10. And if thou draw out thy soul to the hungry, and satisfy the afflicted soul; then shall thy light rise in obscurity, and thy darkness be as the noonday:
- 11. And the LORD shall guide thee continually, and satisfy thy soul in drought, and make fat thy bones: and thou shalt be like a watered garden, and like a spring of water, whose waters fail not.

PHYSICAL BENEFITS OF FASTING

Fasting is the quickest and greatest curative agency known. Observe animals when they are sick – they do not eat. When you feed a diseased body you feed the disease while fasting starve out the disease. Fasting detoxifies the body and gets rid of practically all unwanted poisonous filth.

- Fasting helps to subdue the body and dominate appetite.
- It purifies the bloodstream and improves circulation.
- It cleanses the blood vessels so that choked vessels with cholesterol, etc will be cleared out and blood can freely flow.
- This prevents blood clots, heart diseases and heart attacks.
- Since the heart rests during fasting, blood pressure problems are put right, both high and low blood pressure.

WHO CAN FAST?

- Everyone can fast as long as the person is spiritually, emotionally and physically prepared. However, in some instances, it is advisable not to fast; e.g. pregnancy, when going through severe emotional trauma, - death of a loved one, or divorce, if you are severely anaemic, and do not fast at festive times, (unless especially called to do so)
- Anyone fasting from three days or more, need to go on a detoxification diet, longer than seven days, should have a blood test and be supervised by someone knowledgeable of fasting.



PROCEED TO DETOXIFICATION GUIDE