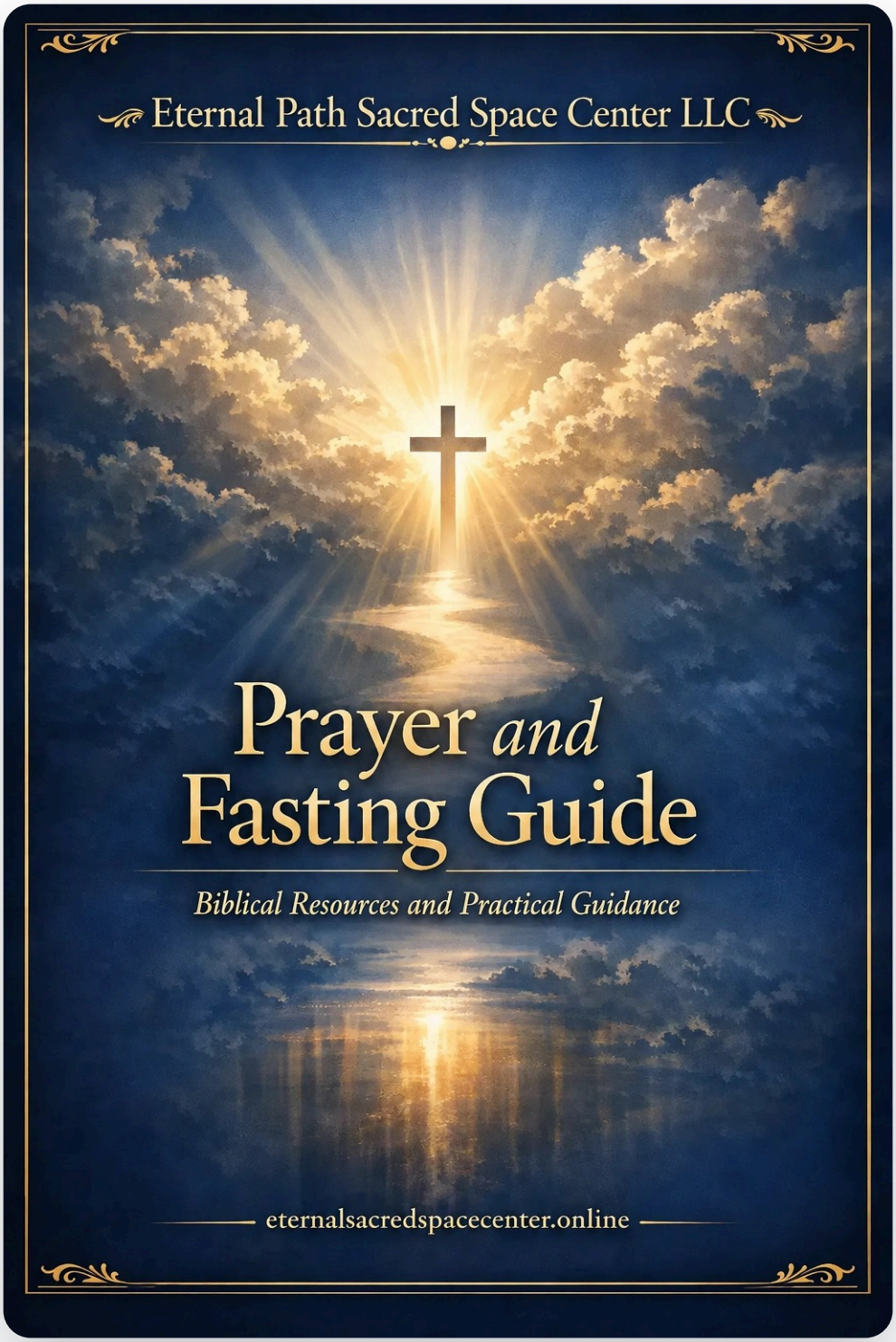


Eternal Path Sacred Space Center LLC

Biblical Resources and Practical Guidance

This guide accompanies the Center's weekly fasting time: every Monday, twelve noon to three in the afternoon, Pacific. It is offered freely — prayer is always free.

INTRODUCTION

A Personal Fast Between You and God

This guide provides spiritual guidance for the Center's Monday liquids-only fasting program.

> “I follow my path, but all must choose their sacred path with God, and He alone will be well pleased with that. Why? It's by choice.”

BIBLICAL FOUNDATION

> **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, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.”

> **Isaiah 58:6–7**
>
> “Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke? Is it not to share your food with the hungry and to provide the poor wanderer with shelter — when you see the naked, to clothe them, and not to turn away from your own flesh and blood?”

> **Joel 2:12**
>
> “Even now,” declares the LORD, “return to me with all your heart, with fasting and weeping and mourning.”

THE GUIDELINES

Liquids-Only Fasting

This fasting approach is designed to accommodate individuals taking medications and those with various health conditions.

Acceptable Liquids

- Water (still or sparkling)
- 100% fruit juices
- 100% vegetable juices
- Vegetable broth
- Bone broth
- Herbal teas (non-caffeinated)
- Other non-alcoholic beverages

Not Included

- Alcoholic beverages
- Caffeinated drinks (optional — use prayerful discretion)
- Solid foods
- Smoothies containing solid ingredients

THE RHYTHM

Daily Spiritual Structure

Monday, 12:00 PM (noon)	**Begin the Fast** Start with prayer and intention setting. Drink water or juice as you begin.
Monday afternoon	**Morning & Midday Devotion** Begin the day with gratitude and prayer; continue with liquids only.
Monday, 3:00 PM Pacific	**Break the Fast** Close with thanksgiving and a reflective prayer.

KNOW BEFORE YOU BEGIN

Important Clarifications

- This is **NOT** a solid 3-day water fast — liquids are allowed throughout.
- This is **NOT** a Daniel Fast — there are no specific food restrictions beyond liquids only.
- This is **NOT** a corporate fast — participation is individual, on your own schedule.
- This **IS** designed to accommodate those on medications.
- This **IS** a personal spiritual journey between you and God.

HEALTH FIRST

Medication Accommodations

If you take medications that require food, you may:

- Take medications with juice or broth.
- Consult your doctor about timing adjustments.
- Observe this as a modified fast that works within your health needs.

Remember: your health and safety always come first.

This guide is spiritual encouragement, not medical advice. Consult your physician before beginning any fast if you have a medical condition, a history of disordered eating, or any health concern.

DURING THE FAST

Spiritual Practices

Prayer

Set aside dedicated time for prayer throughout the day.

Scripture Reading

Read and meditate on God's Word.

Journaling

Record your thoughts, prayers, and spiritual insights.

Worship

Listen to worship music or sing praises.

Reflection

Take time to reflect on your relationship with God.

Prayer Is Always Free

Thursday Night Prayer gathers every week, 6:00 to 6:30 PM Pacific — join by audio at 1-800-673-0310, or listen on the 24-hour radio broadcast. Come as you are.

If you are in crisis, call or text **988** (Suicide & Crisis Lifeline), text **HOME** to **741741**, or call **911**. This guide is not a substitute for professional care.