

DAY 10: HOLINESS

Fasting is rapidly growing popular in the medical community. Who knew it was one of the healthiest hacks for the body? God did! Fasting is throughout the Bible. Whenever we obey God, all sorts of great things come from it. Fasting is great for weight loss, glucose reset (even reversing diabetes), detoxifying, and anti-aging. Fasting is being used to heal and reverse many diseases, including cancer. So, it's good for the body and the soul! Thank you for finishing this fasting journey with Crosspoint. In this year, intersperse fasting into your rhythms. Experiment with a day-long fast, two days or more!

Last journal entry for now.

PAUSE: Find a new posture and practice your favorite breath/centering prayer. 2 minutes.

REJOICE: Write down all the good things that have come about from this fasting journey.

ASK: Ask God to make Crosspoint a holy church. Purify us. Forgive us. Heal us. Ask God to make you a holy person. Heal you. Forgive you. Cleanse you.

YIELD: Write a prayer of submission. How is God calling you into deeper holiness in your life?

If time, 2 Corinthians 7:1, Hebrews 12:14-15, Ephesians 5:1-20.

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