

# Moving Towards The Finish Line - Ending The Fast

I'm definitely not a pilot, but I've done some flying in my lifetime traveling to various places. I normally pay attention to any and all announcements made by the pilot. The pilot usually lets passengers know the altitude reached and often mentions how the plane will be leveling off at that altitude for a period of time. As the flight gets closer to the destination the pilot tells the flight attendants to prepare for landing and at some point will let the passengers know we are making our descent and the fasten seatbelt sign is turned on. The descent is important and critical to a safe landing. The pilot does not abruptly bring the plane down from the highest altitude reached during the flight. The plane is gradually brought down slowly in order to ensure a safe and smooth landing.

Ending a fast properly is just as important as landing from a long flight, or any flight for that matter. How we "come down" is critical to our safe arrival, as we move back into our regular lifestyle of eating. Our bodies need a gentle transition back to normal eating. The longer the fast, the longer the reentry period should be. We should patiently introduce the food we've given up, for a period of time, back into our bodies. If we return to normal eating too quickly, we can cause short term unpleasant symptoms such as nausea and stomach aches.

It is best to break a fast by eating fruit, broth, or a light salad, gradually adding other foods day by day. Continue drinking plenty of water, which is always a great thing to do. Drinking grape juice and eating our favorite fish meal (grilled or smoked) is good too. A good salmon meal is also a great idea in breaking a fast.

The fast will end at 6pm, Sunday, February 5th. At our 11am service, February 5th, there will be a special anointing service as we start the process of ending the fast. We will pray for everyone that participated in the fast and anoint those who come out for our in-person. After the anointing service we will continue fasting until 6pm. Spend time in prayer, thanking God for this season (21 days) of prayer and fasting. Take time to reflect on how The Lord opened our eyes and revealed various things to us during this season. Whether it's spiritual insight in praying more effective and sincere prayers, getting understanding and wisdom from Scripture, or being creative in finding new meals and healthier foods to eat. As you're led by The Holy Spirit, reflect and meditate on the fast and changes we've made, and things we've learned to get us closer to The Lord. Let's not be in a hurry to get back to "the normal," "familiar" things we've been used to doing. The

Lord may have shown us a better way of doing things during this season of fasting. Let's use them!!

### *Prayer*

Heavenly Father, You are our Light and our Salvation; whom shall we fear? You are the Strength of our lives; of whom shall we be afraid? We thank You for blessing us to get to this point in our fasting. As we move toward ending this season of prayer and fasting, we are grateful that You have blessed us with wisdom, knowledge, and understanding of things we did not know before starting the fast. Continue to speak to us as we look to You for all things. We believe You're blessing us with the desires of heart. Our greatest desire, O Lord, is to have a closer, more intimate walk and relationship with You. So bless us Lord like only You can!

We have given the first part of this year to You as a first-fruit offering. We're believing You are going to bless the rest of our year in ways that we have not seen before. So we thank You, O Lord, for allowing us to honor You with this season of prayer and fasting. We pray that this season of sacrifice is acceptable unto Thee.

We rest in You, awaiting the manifestation of all that We required and inquired of You, Heavenly Father.

We thank You for giving us strength to face each day of our fasting with spiritual vitality and high expectations of Your presence. As we end this fast, continue directing us and blessing us, as we turn our hearts more and more towards You. We thank You for the spiritual and physical food You have blessed us with during this season of prayer and fasting, and we thank You in advance for what You have in store for us in the future. IN JESUS NAME!! AMEN!

<b>PRAYER BASED ON THE FOLLOWING SCRIPTURE REFERENCES:</b>	
Psalms 27:1	Psalms 37:4
Psalms 92:14	Psalms 34:4
I Timothy 4: 4-5	Jeremiah 29:11
1 Corinthians 2: 9-10	

**Scripture Readings for the Fast**  
*(Third Week)*

Sunday - Proverbs Chapters 15 and 30

Monday - Proverbs Chapters 31

Tuesday - Daniel Chapter 2

Wednesday - Daniel Chapter 6

Thursday - Daniel Chapter 9

Friday - Daniel Chapter 10

Saturday - Psalms 91

Thanks again for your patience. Continue praying for The Kingdom of God and His people, so that we can continue to grow in Him.

GOD BLESS!!

Pastor Robinson