

Week Two
No Fried Foods, Praise God!
(Continuation of No Sugar)



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Since neither one of us have ever incorporated fasting on a regular basis as part of our relationship with God, we are excited to see how God is going to move in our marriage as well as upon each of us; spiritually, emotionally, mentally and physically.

After doing a bit of research on our own, we have learned that fasting is one of the most powerful spiritual weapons a believer can use. It is said that there is a closeness to God that we will only experience during a time of fasting. We've also learned that the Lord wants us to fast. He tells us this in Matthew 6:16 "Moreover, when you fast"... He didn't say "if you fast" That tells us that this is something the Lord requires for us to do at some point in our spiritual journey.

So Brother Leonard & I are expecting to get a deeper revelation of God's Word during this fast. We know that as we "Disconnect" from the distractions of the world during this fast, we will gain a deeper connection into the power and presence of God. As we jointly pray & fast as a couple, we will embrace a supernatural freshness, and newness in our commitment both to Christ and for one another.
Bro. Leonard and Sis JoVonn.



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I want to give a word of encouragement to HCC for the elimination of fried foods. As we get deeper into the fast and start eliminating more items each week, we'll start craving these items more just because we can't have them. The Lord tells us in Psalms that he is an ever present help for us, and I believe that he is here for us during these times. As we eliminate the fried foods, I pray that everyone seek guidance on how to eat better to live a healthier life via their diet and nutrition. Aside from the food, I pray that this be a time of spiritual edification and that we draw nearer to the Holy Spirit. Personally, I feel that this is going to be a season of mental circumcision, and that the Holy Spirit is going to do greater work in all of us. Bro. Ryan