

"Then shalt thy light break forth as the morning, and thine health shall spring forth speedily; and righteousness shall go before thee; the glory of the Lord shall be thy rereward."

Isaiah 58:8

21-DAY FAST

"Fasting is a Biblical Commandment
That Gets Results!"

For the Refuge Temple Church Family
420 56th Street NE
Washington DC 20019
Chief Apostle Bishop William L. Bonner, Pastor
Bishop W. Michael Fields, Assistant Pastor

THE PURPOSE OF FASTING

"And Cornelius said, four days ago I was fasting until this hour; and at the ninth hour I prayed in my house, and, behold, a man stood before me in bright clothing." ~ Acts 10:30

Power. The power of God is working in your life! Matthew 1-5

"According as his divine power hath given unto us all things that pertain unto life and godliness, through the knowledge of him that hath called us to glory and virtue:" ~ 2 Peter 1:3

Fasting is a Biblical commandment that gets results. God expects you to fast to accomplish His purpose in YOUR life!

You may wonder why God would choose fasting to accomplish his purposes. Obviously, it is a wonderful way to get the flesh under control. But the purposes are many more than that one obvious reason. Take time to look up the scripture references and fully understand each purpose.

1. TO HUMBLE OURSELVES (OVERCOME THE FLESH).

"But as for me, when they were sick, my clothing was sackcloth: I humbled my soul with fasting; and my prayer returned unto mine own bosom." ~ Psalm 35:13

"When I wept, and chastened my soul with fasting, that was to my reproach." ~ Psalm 69:10

2. TO REPENT AND SEEK THE LORD.

"And it came to pass, while the ark abode in Kirjathjearim, that the time was long; for it was twenty years: and all the house of Israel lamented after the LORD."

"And Samuel spake unto all the house of Israel, saying, if we do return unto the LORD with all your hearts, then put away the strange gods and Ashtaroth from among you, and prepare your hearts unto the LORD and serve him only: and he will deliver you out of the hand of the Philistines."

"And Samuel said, Gather all Israel to Mizpah, and I will pray for you unto the Lord."

"And they gathered together to Mizpeh, and drew water, and poured it out before the LORD, **and fasted on that day**, and said there, we have sinned against the LORD. And Samuel judged the children of Israel in Mizpeh." ~1 Samuel 7:2-6

"And it came to pass, when Ahab heard those words, that he rent his clothes, and put sackcloth upon his flesh, and fasted, and lay in sackcloth, and went softly."

"And the word of the LORD came to Elijah the Tishbite, saying, seest thou how Ahab humbleth himself before me, I will not bring the evil in his days: but in his son's days will I bring the evil upon his house." ~1 Kings 21:27-29

3. FOR GOD'S PRESENCE

"Then came to him the disciples of John, saying, why do we and the Pharisees **fast** oft, but thy disciples fast not?" ~Matthew 9:14

"And the disciples of John and of the Pharisees use to **fast**: and they come and say unto him, why does the disciple of John and of the Pharisees fast, but thy disciples fast not?"

"And Jesus said unto them, can the children of the bride chamber fast, while the bridegroom is with them? As long as they have the bridegroom with them, they cannot fast."

"But the days will come, when the bridegroom shall be taken away from them, and then shall they fast in those days." ~Mark 2:18-20

"And they said unto him, why do the disciples of John fast often, and make prayers, and likewise the disciples of the Pharisees' but thine eat and drink?"

"And he said unto them, can ye make the children of the bride chamber fast, while the bridegroom is with them?"

"But the days will come, when the bridegroom shall be taken away from them, and then shall they fast in those days."
~Luke 5:33-35

4. TO RECEIVE SPIRITUAL DIRECTION

"Then all the children of Israel, and all the people, went up, and came unto the house of God, and wept, and sat there before the LORD, and fasted that day until even, and offered burnt offerings and peace offerings before the LORD.

And the children of Israel inquired of the LORD, (for the ark of the covenant of God was there in those days, and Phinehas, the son of Eleazar, the son of Aaron, stood before it in those days,) saying, shall I yet again go out to battle against the children of Benjamin my brother, or shall I cease? And the LORD said, Go up; for tomorrow I will deliver them into thine hand." ~Judges 20:26-28

"As they ministered to the LORD, and fasted, the Holy Ghost said separate me Barnabas and Saul for the work of the whereunto I have called them.

"And when they had fasted and prayed, and laid their hands on them, they sent them away." *~Acts 13:2-3*

"And when they had ordained them elders in every church, and had prayed with fasting, they commended them to the LORD, on whom they believed." *~Acts 14:23*

5. SPIRITUAL ENLIGHTENMENT

"And I set my face unto the LORD God, to seek by prayer and supplications, with fasting, and sackcloth, and ashes;"
~Daniel 9:3

"In those days I Daniel was mourning three full weeks. I ate no pleasant bread, neither came flesh nor wine in my mouth, neither did I anoint myself at all, till three whole weeks were fulfilled." *~Daniel 10:2-3*

"And Cornelius said, four days ago I was fasting until this hour; and at the ninth hour I prayed in my house, and, behold, a man stood before me in bright clothing, and said to Cornelius, thy prayer is heard, and thine alms are had at remembrance in the sight of God."

"Send therefore to Joppa, and call hither Simon, whose surname is Peter; he is lodged in the house of one Simon a tanner by the sea side: who, when he cometh, shall speak unto thee.

"Immediately therefore I sent to thee; and thou hast well done that thou art come. Now therefore are we all here present before God, to hear all things that are commanded thee of God." ~ Acts 10:30-33

"Now when much time was spent, and when sailing was now dangerous, because the fast was now already past, Paul admonished them... ~Acts 27:9

6. AS PART OF OUR CHRISTIAN MINISTRY

"BUT IN ALL THINGS APPROVING OURSELVES AS THE MINISTERS OF God, in much patience, in afflictions, in necessities, in distresses,

"In weariness and painfulness, in watchings often, in hunger and thirst, in fastings often, in cold and nakedness." ~ 2 Corinthians 11:27

7. FOR DELIVERANCE FROM DEMONS

"And when they were come to the multitude, there came to him a certain man, kneeling down to him, and saying, Lord, have mercy on my son: for he is a lunatic, and sore vexed: for oftentimes he falleth into the fire, and oft into the water. And I brought him to thy disciples and they could not cure him. Then Jesus answered and said, 'O faithless and perverse generation, how long shall I be with you? How long shall I suffer you? Bring him hither to me.' And Jesus rebuked the devil; and he departed out of him: and the child was cured from that very hour." ~ Matthew 17:14-18

"And when he was come into the house, his disciples asked him privately, why could not we cast him out? And he said unto them, this kind can come forth by nothing, but by prayer and fasting." ~ Mark 9:28-29

"Then the king went to his palace, and passed the night fasting; neither were instruments of music brought before him: and his sleep went from him." ~ Daniel 6:18

"And while the day was coming on, Paul besought them all to take meat, saying, this day is the fourteenth day that ye have tarried and continued fasting, having taken nothing."

"Wherefore I pray you to take some meat: for is for your health: for there shall not an hair fall from the head of any of you." ~Acts 27:33-34

8. FOR FINANCES

"Blow the trumpet in Zion, sanctify a fast, call a solemn assembly:"Then will the Lord be jealous for his land, and pit his people. "Yea, the Lord will answer and say unto his people, behold, I will send you corn, and wine, and oil, and ye shall be satisfied therewith: and I will no more make you a reproach among the heathen: "And the floors shall be full of wheat, and the vats shall over flow with wine and oil. "And I will restore to you the years that the locust hath eaten, the cankerworm, and the caterpillar, and the palmerworm, my great army which I sent among you." And ye shall eat in plenty, and be satisfied, and praise the name of the LORD your God, that hath dealt wondrously with you: and my people shall never be ashamed." ~Joel 2:15, 18-19,24-26

"And Jehoshaphat feared, and set himself to see the LORD, and proclaimed a fast throughout all Judah." ~ 2 Chronicles 20:3

"And they rose early in the morning, and went forth into the wilderness of Tekoa: and as they went forth, Jehoshaphat stood and said, Hear me, O Judah, and ye inhabitants of Jerusalem; Believe in the LORD you God, so shall ye prosper."

"And when Jehoshaphat and his people came to take away the spoil of them, they found among them in abundance both riches with the dead bodies, and precious jewels, which they stripped off for themselves, more than they could carry away: and they were three days in gathering of the spoil, it was so much." ~ 2 Chronicles 20:20,25

9. FOR REVIVAL

"Thus saith the Lord of Host; the fast of the fourth month, and the fast of the seventh, and the fast of the tenth, shall be to the house of Judah joy and gladness, and cheerful feast; therefore love and truth and peace." ~ Zechariah 8:19

10. FOR THE SALVATION OF YOUR FAMILY!

(To also break generational curses)

"And they that shall be of thee shall build the old waste places: thou shalt raise up the foundations of many generations; and thou shalt be called, the repairer of the breach, the restorer of paths to dwell in." ~ Isaiah 58:12

11. FOR MERCY AND GRACE

We read in the following scripture about God withholding judgment on Ahab, because he humbled himself and fasted.

"And it came to pass, when Ahab heard those words, that he rent his clothes, and put sackcloth upon his flesh, and fasted, and lay in sackcloth, and went softly.

"And the word of the LORD came to Elijah the Tishbite, saying,

"Seest thou how Ahab humbleth himself before me? Because he humbleth himself before me, I will not bring evil in his days: but in his son's days will I bring evil upon his house." ~ 1 Kings 21:27-29

OLD TESTAMENT

" And there was set meat before him to eat: but he said, I will not eat, until I have told mine errand. And he said, speak on." ~Genesis 24:33

"And he was there with the LORD forty days and forty nights; he did neither eat bread, nor drink water. And he wrote upon the tables the words of the covenant, the Ten Commandments." ~ Exodus 34:28

NEW TESTAMENT

"And when he had fasted forty days and forty nights, he was afterward an hungered." ~ Matthew 4:2

"Moreover when ye fast, be not, as the hypocrites, of a sad countenance: for they disfigure their faces, that they may appear unto men to fast. Verily I say unto you, they have their reward. But thou, when thou fastest, anoint thine head, and wash thy face; that thou appear not unto men to fast, but unto thy Father which is in secret: and thy Father, which seeth in secret, shall reward thee openly." ~ Matthew 6:16-18

FASTING TO BREAK STRONGHOLDS

Curses are Broken. All generational curses are broken! ~ John 5:8

"Christ hath redeemed us from the curse of the law, being made a curse for us: for it is written, cursed is every one that hangeth on a tree:" ~ Galatians 3:13

Fasting multiplies the effect of prayer at least several times. Fasting will touch things that prayer alone cannot break. When God's people humble themselves in prayer and fasting, he responds. His purposes will be accomplished in situations that look hopeless.

The people of Judah faced extermination when the Moabites and the Ammorites warred against them. Judah was paying the consequences of her sin against God. They had set up idols and looked to them instead of their creator. But, when King Jehoshaphat heard of the coming attack, he inquired of the LORD.

He proclaimed a fast. The people of Judah united together to seek deliverance from their enemy by looking to their God. They humbled themselves and said,

"O our God, wilt thou not judge them? For we have no might against this great company that cometh against us; neither know we what to do: but our eyes are upon thee." ~2 Chronicles 20:12

God answered their prayers in such a powerful way that fear came upon all of the surrounding nations. They turned away from their sins. They prayed and fasted. God heard them. He answered them, provided for them, and delivered them from their enemy. God empowered them with what was needed for victory in their circumstances.

We need to take inventory of our lives. What are the strongholds that keep us from receiving answers to our prayers? The Holy Ghost will convict us of sin in our lives. And when that happens, we need to listen. Once those areas are revealed, we need to turn away from them so that they are not threaded into the fabric of our being.

The same process needs to happen in the areas of our family, our relationships, our work, and our nation. We need to let go of our own way and take hold of God's way. Just like the people of Judah we can turn away from our sins and look to God with our whole heart.

Prayer should be coupled with fasting. Together, these disciplines help us deny our own way and look to God for His strength and direction.

We are in a spiritual battle between the forces of heaven and hell. Be willing to deny you physical desires to humbly and earnestly seek the face of God. Prayer coupled with time of fasting will bring new strength to you and tear down the strongholds in your life; strongholds which have been set up to keep you from the blessings of God.

As you fast, the spiritual world begins to be opened and unlocked unto you. God will show you the "strongman" that has a hold of situations in your life. Fasting makes you sensitive to spiritual things. Through fasting, you can take SPIRITUAL AUTHORITY! Speak to those things!!

God wants you to overcome the strongholds of life. He will win the battle for you as you humble yourself. Begin with prayer, coupled with times of fasting.

OLD TESTAMENT

"In those days I Daniel was mourning three full weeks. I ate no pleasant bread, neither came flesh nor wine in my mouth, neither did I anoint myself at all, till three whole weeks were fulfilled." ~ Daniel 10:2-3

"Sanctify ye a fast, call a solemn assembly, gather the elders and all the inhabitants of the land into the house of the LORD your God, and cry unto the LORD." ~ Joel 1:14

"Therefore also now, saith the LORD, turn ye even to me with all your heart, and with fasting, and with weeping, and with mourning:" ~ Joel 2:12

"Blow the trumpet in Zion, sanctify a fast, and call a solemn assembly." ~ Joel 2:15

FASTING MUST INCLUDE GOD'S WORD

THE LORD WILL ANSWER YOUR PRAYER!

BENEFITS OF FASTING

- (1) "The glory of the Lord will be thy reward." This word "reward" has been interpreted as "The- Backer-up." The *Glory of God* will follow us wherever we go. Your influence will go before you, and the glory of *God* will be your rear-guard.... When you have fasted, unspeakable glory will rest upon you.
- (2) "Then shalt thou call, and the Lord shall answer; thou shalt cry, and He shall say, 'Here I am.'" Here is a wonderful promise that, having fasted; your prayers will be answered speedily. The longer you fast, the greater the answers will be to your prayers. Fasting smashes any hesitancy on *God's* part to answer, for He sees that you now mean business!
- (3) "Then shall thy light rise in obscurity, and thy darkness as the noon day." No matter how dark the night, your light will go on shining for *God*. The darker the night, the brighter it will shine.
- (4) "And the Lord shall guide thee continually." After fasting comes guidance. No doubt one of the greatest problems of all Christians is to be able to discern the spirits, and to know whether it is *God* leading them, or whether some evil spirit is trying to sidetrack them. According to His promise, *God* has bound Himself, if we meet the condition of fasting, to guide us continually.

OLD TESTAMENT

"And at the evening sacrifice I arose up from my heaviness; and having rent my garment and my mantle, I fell upon my knees, and spread out my hands unto the Lord my God," ~Ezra 9:5

"Then Ezra rose up from before the house of God, and went into the chamber of Johanan the son of Eliashib: and when he came thither, he did eat no bread, nor drink water: for he mourned because of the transgression of them that had been carried away." ~Ezra 10:6

"And it came to pass, when I heard these words, that I sat down and wept, and mourned certain days, and fasted, and prayed before the God of heaven," ~ Nehemiah 1:4

"Now in the twenty and fourth day of this month the children of Israel were assembled with fasting, and with sackcloth's, and earth upon them." ~ Nehemiah 9:1

NEW TESTAMENT

"As they ministered to the Lord, and fasted, the Holy Ghost said, separate me Barnabas and Saul for the work whereunto I have called them." ~ Acts 13:2,3

10 THINGS YOU SHOULD KNOW BEFORE YOU FAST!

"But thou, when thou fastest, anoint thine head, and wash thy face;"
~ Matthew 6:17

1. Headaches, bad breath, and run down feelings are signs that the fast is working.

During a time of fasting the body purifies itself and feeds off of impurities and pollutants in your body. After approximately three days, the headaches will begin to cease. After approximately five days, hunger will also stop.

2. Fasting will not impair you health.

Throughout history fasting has been a prescribed method for healing. Animals cease to eat when they become ill.

Hippocrates was an outstanding physician in his time. He is the father of modern medicine. He set standards followed by doctors today called the "Hippocratic Oath". Hippocrates taught his students to rely on diet and exercise instead of drugs. He fasted often. He advised people to eat one meal a day.

3. Fasting increases a person's faith.

Romans 10:8 says, "But what saith it? The word is nigh thee, even in thy mouth, and in thy heart: that is, the word of faith, which we preach."

You talk and eat with the mouth. The mouth speaks faith and eats food. Some unbelief cannot be broken without fasting. Each day you fast your faith is increased; and your miracle will happen! The way to get great breakthroughs is through a fasting prayer. "And Jesus fasted 40 days."

4. Drink plenty of fluids.

Bottled water should be taken in large quantities before and during the fast. This will help flush poisons and impurities out of your system. Approximately one gallon a day should be used in the cleansing process.

5. Fasting is constant intercession before God.

When you fast you may not feel like praying. Intercessory prayer is not only a spiritual process, but also a physical process. During a fast you may become weak and not feel like praying. But the fasting process is a constant prayer unto God.

6. Fasting strengthens your inner will.

Fasting increases your will power. Actually fasting is much more mental than physical. It makes a person tougher and stronger on the inside. Set your faith and don't waiver in what you are asking of God.

"But let him ask in faith, nothing wavering. For he that wavereth is like a wave of the sea driven with the wind and tossed. For let not that man think that he shall receive anything of the Lord. A double minded man is unstable in all his ways."

~ James 1:6-8

7. Focus on the Word of God.

When Jesus fasted he was tempted by the devil. In every case he used the Word of God to overcome. When you become hungry, if you will read the Word of God, it will satisfy your physical hunger.

8. Your prayers need to be specific.

Write down your greatest needs. Pray specifically over each need during this time of fasting. As God impresses you with direction and guidance, jot down what God speaks. Keep a prayer journal to record your prayers and God's answers.

9. The victory often comes after the fast is over.

When Jesus was fasting he was tempted by the devil. The power of the Holy Spirit came upon Christ after the fast.

"And Jesus returned in the power of the Spirit into Galilee: and there went out a fame of him through all the region round about." ~ Luke 4:14

10. Wisdom should be used in breaking the fast.

There have been reported cases where people have fasted for long periods of time and have broken their fast with meat and other foods that are hard to digest. This lack of wisdom has cost some people their lives. This is serious. Do not break your fast by eating meat and other hard to digest foods. Eat foods that are easy to digest.

The sooner the first meal passes through the body the more effect it has as it carries out poisons collected in the intestines and stomach. The best laxative foods are fresh, sweet fruits, such as grapes, cherries or raw vegetables.

Set aside this time of fasting in dedication to the Lord. Our purpose is to draw close to Him and receive his guidance. He will help you as you commit each day unto Him and pray.

THE DEGREES OF FASTING

There is a solid basis in the scripture for definite degrees of fasting. There are at least four different types of fasting:

- A. **Abstinence** - This involves fasting for a short period of time, such as one or two meals. In *Genesis 24:33*, Abraham's servant arrived at the home of Laban, and announced that he would not eat until he had explained the reason for his errand. In *2 Samuel 1:12*, when David heard about the death of Saul and Jonathan he mourned and wept and fasted until evening.
- B. **Partial Fasting** - This is a fast in which you do not eat solids, but rather drink liquids. This is a fast that was used for longer periods of time. An example is found in *Daniel 1:8-20*. Daniel asked for a vegetable diet with water for ten days.
- C. **Normal water fast** - This is a fast of no solid food. Water is the only liquid allowed (*Luke 4:2, Matthew 4:2*).
- D. **Extreme Fast** - This is more positively scriptural than the water fast. In *Exodus 34:28*, Moses was on Mt. Sinai for forty days and forty nights; he did neither bread nor drink water. In *Ezra 10:6*, he did "eat no bread, nor drink water". In *Esther 4:16*, she said to Mordecai, "Fast for me, and neither eat nor drink three days, night or day." In *Acts 9:9*, Paul was "three days without sight and did neither eat nor drink."

The terminology of "extreme" is justifiable because none of the other long fasts of the great people of the Bible mentions no drinking. In Jesus' 40 day fast there is no mention of drinking although it is assumed that there was no water available on the mountain. However, there is no mention of Him being thirsty or drinking anything.

It is strongly recommended that an individual be directed by God before he/she goes on an extreme fast. This is especially true if the fast is to be extended, because it is necessary that God give him strength and substance.

- E. Fasting is recommended for every believer who is not sick or a child. In Leviticus 16:29-31, the words "a statute forever" are used in relation to fasting. In Matthew 4:1-4, we are told our Lord fasted 40 days. In Peter 2:21 we are told that Jesus is our example. In Matthew 17:21, Jesus said "this kind" not but by prayer and fasting." In Luke 5:33-35 Jesus stated that His disciples would "fast" after He was taken away. Paul said, "In fasting often," 2 Corinthians 11:27.

Note: I encourage those who feel that they cannot do 21 days to try fasting for 3, 7 or 14 days. Any opportunity for your body to cleanse and rejuvenate will benefit you greatly! If you cannot do it for 3 days, go from 6am to 6pm with fruit and vegetable juice, then after 6pm a fresh salad or soup and go as long as you can.

BREAKING THE FAST

I'm sure you have been thinking of eating. Many times as you come to the end of a long fast, you may not be hungry. But unless God has spoken to you to go on - end your fast.

You must be very, very careful in doing so. It is extremely dangerous to break your fast with a large meal. I suggest you do not eat anything a baby would not eat. Start with juices that are diluted. Straight juice has too much acid and will burn your mouth and stomach.

You can eat oatmeal, chicken broth, soft-boiled eggs and soups. This rule is, you take as much time to break your fast, especially in getting back to eating meat, based upon the length of the fast.

People do not die from fasting. They die from eating. Do not destroy your great spiritual victory by not being wise when you break your fast.

You must realize that during this time of fasting, your bowels have been dormant. To regain your regularity, soft foods with fiber should be eaten. Often, people just coming off a fast hurt themselves by eating harder foods. Harder foods can injure one's digestive tract. Extreme caution should be used as you begin to eat.

As you have won a great, spiritual victory in you fasting, do not think that satan will step back and let you keep the new ground you gained without a fight. He won't.

Satan will attack you. But always remember, it always looks worse than it really is. God will bring you to victory. Don't lose what God has given you through these 21 days of prayer and fasting. Don't lose victories that God has given you!

PRE-FASTING DIET (OPTIONAL)

"And the ravens brought him bread and flesh in the morning and bread and flesh in the evening; and he drank of the brook."

~ 1Kings 17:6

Fasting brings you closer to God. It is also a way to humble yourself. There are also physical benefits, such as weight loss. Fasting must not be confused with dieting.

Here is a pre-fasting diet that will help prepare your body for a long fast. It not only cleanses the body from poisonous toxins, but also stimulates the metabolism of your body. Some have lost as much as 17 pounds in one week depending on one's body weight.

BASIC FAT BURNING SOUP:

**6 Large green onions (scallions)
2 green peppers/ 1 or 2 cans of tomatoes
1 bunch of celery / 1 large head of cabbage
1 package of Lipton Onion Soup Mix**

Season with salt, pepper, curry, parsley, etc., if desired, or six bouillon cubes. You may keep it continually hot in a crock-pot.

Cut vegetables in small to medium pieces and cover with water. Boil for ten minutes. Reduce to simmer and continue cooking until vegetables are tender.

This can be eaten any time you are hungry. Eat as much as you want, whenever you want at any time of the day. This soup will not add calories. The more you eat, the more you lose. If eaten alone for an indefinite period, you would suffer malnutrition. Fill a thermos in the morning if you will be away during the day.

DAY ONE: all fruits except bananas. Your first day will consist of all the fruit you want, except bananas. Cantaloupes and watermelons are lower in calories than most fruits. Eat only your soup and fruits the first day. Drink unsweetened tea, cranberry juice or water.

DAY TWO: All vegetables. Eat until you are full with all the fresh, raw or cooked vegetables of your choice. Try to eat green, leafy vegetables and stay away from dry beans, peas and corns.

Eat all the vegetables you want along with your soup. At dinnertime on this day reward yourself with a big baked potato and butter. Eat all the soup you want, but don't eat the fruits.

DAY THREE: Mix day one with day two. Eat all the soup, fruit and vegetables you want. You cannot have a baked potato this day. On day three you should begin to lose weight. Eat as much soup as you can.

DAY FOUR: Bananas and skimmed milk. Eat as many as eight bananas and drink as many glasses of skimmed milk as you can on this day along with your soup. Bananas are high in calories, so is the milk. But, on this particular day your body will need the potassium and the carbohydrates, proteins and calcium to lesson your craving for sweets.

DAY FIVE: Beef and tomatoes (or salad). You may have 10-20 ounces. Try to drink as many as 6-8 glasses of water this day to wash away the uric acid in your body. Eat as much of the soup as you can.

DAY SIX: Beef and veggies. Eat beef and vegetables to your heart's content. You can even have two or three steaks if you wish with green leafy vegetables, BUT NO BAKED POTATOES. Be sure to eat plenty of soup.

DAY SEVEN: Brown rice, unsweetened fruit juices and vegetables. Again, stuff, stuff, stuff- yourself. Be sure to eat plenty of soup. If you have not cheated on your diet, you will find that you have lost 10-17 pounds. If you have lost more than 15 pounds, stay off the diet for two days before resuming.

This seven-day eating plan can be used as often as you like. As a matter of fact, if correctly followed, it will clean your system of impurities and give you a feeling of well being as never before. After only a few days of this process, you will begin to feel lighter by at least 10 and possibly 17 pounds. You'll have an abundance of energy. Continue this plan as long as you wish and feel the difference.

This diet is a fast, fat-burning diet. You will burn more calories than you take in. it will flush your system of impurities and give you a feeling of well-being.

After day three, you will have more energy than when you began, if you do not cheat. After being on the diet for several days, you will find your bowel movement has changed - eat a cup of bran and fiber. Although you can have black coffee with this diet, you may find that you do not need the caffeine after the third day.

Definite "no-no's": No bread. No alcoholic beverages. No carbonated beverages. Drink water, unsweetened tea, black coffee, unsweetened fruit juices, and cranberry juice.

Any prescribed medication will not hurt you on this diet. Continue this plan as long as you wish and feel the difference in both mental and physical disposition. If you prefer, you can substitute broiled fish for the beef on only one of the beef days. You need the high protein from the beef on at least one day.

(This diet is from Sacred Heart Memorial Hospital, New Jersey. It is used for overweight heart patients who need to lose weight rapidly, usually before surgery).

Elder W. Michael Fields