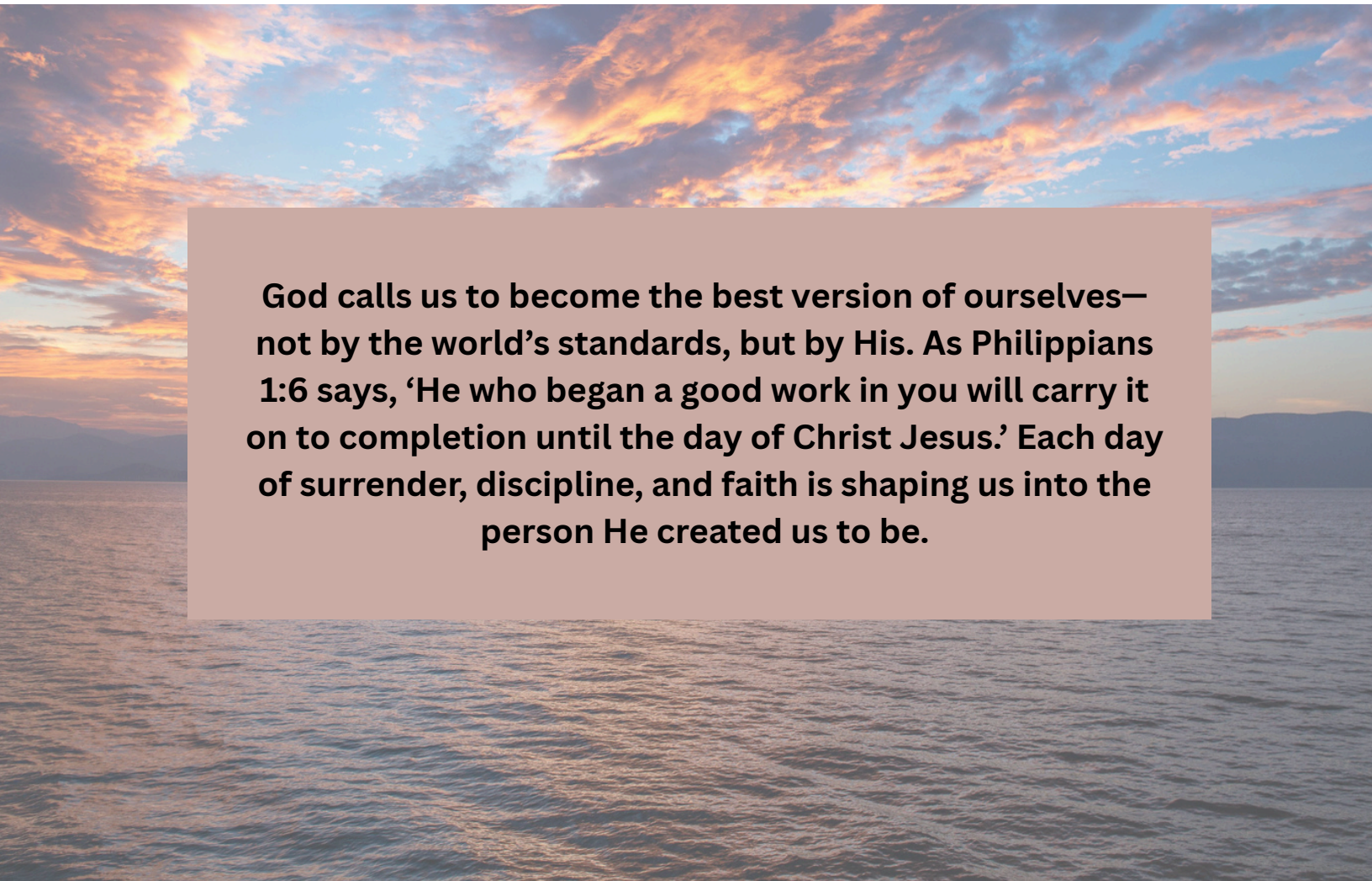
TRUE AGAPE

40 DAY FAST

AUGUST 18TH – SEPTEMBER 27TH, 2025

At True Agape, we are entering a 40-day fast with Bishop—not from all food, but from things that work against our health, especially sugar. From Monday, August 18th until September 27th, we will choose natural foods like fruit, expect better health and spiritual growth, and walk this journey together as a church family.

BY BISHOP CLIFFORD CRAFT



God calls us to become the best version of ourselves—not by the world's standards, but by His. As Philippians 1:6 says, 'He who began a good work in you will carry it on to completion until the day of Christ Jesus.' Each day of surrender, discipline, and faith is shaping us into the person He created us to be.

Welcome



At the end of this 40-day fast, our goal as True Agape is to see both physical and spiritual transformation. Physically, many will experience renewed strength, healthier habits, and even weight loss as we honor God with our bodies. Spiritually, we believe these 40 days will deepen our intimacy with Christ, teaching us discipline, faith, and trust in His healing covenant.

Just as Romans 12:1 reminds us to “present your bodies as a living sacrifice, holy and acceptable to God,” this fast is an offering of obedience. We stand on Isaiah 40:31, knowing that “they that wait upon the Lord shall renew their strength,” and on 2 Corinthians 5:17, declaring that through Christ we are new creations. By September 28th, we expect to walk in victory—stronger in body, clearer in mind, and refreshed in spirit, living out 1 Corinthians 10:31: “Whether you eat or drink, or whatever you do, do all to the glory of God.”

True Agape Christian Church
3701 Atlanta Hwy. Athens GA 30606 Suite 16

Service Times

- Sundays: 11:30 AM Morning Worship
- Wednesdays: 7:00 PM Bible Study

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40-DAY FAST OUTLINE WITH FOOD GUIDANCE

1. Focus of the Fast

- Not a total fast, but fasting from foods that damage the body, especially sugar.
- Replace harmful foods with God-given natural foods.
- Purpose: treat the body as the temple of the Holy Spirit, expect health + spiritual renewal.

2. Foods to Avoid

- ❌ Refined sugar (cakes, candy, sodas, cookies, ice cream, processed desserts).
- ❌ White bread, white flour products, and heavily processed carbs.
- ❌ Fried foods and greasy fast foods.
- ❌ Excessive red meat / processed meats (sausage, bacon, hot dogs).
- ❌ Artificial sweeteners and packaged snacks.
- ❌ Sugary drinks.

3. Foods to Eat Freely (encouraged by Bishop)

- ✅ Fruits: watermelon, peaches, apples, strawberries, blueberries, plums, oranges, bananas, grapes.
- ✅ Vegetables: spinach, kale, broccoli, green beans, cabbage, zucchini, carrots, sweet potatoes, etc.
- ✅ Whole Grains: brown rice, quinoa, oats, whole wheat bread/pasta (in moderation).
- ✅ Legumes: beans, lentils, chickpeas.
- ✅ Lean proteins: baked chicken, fish, turkey, or plant-based proteins.
- ✅ Healthy fats: nuts, seeds, avocado, olive oil.
- ✅ Natural sweeteners (if needed): honey, dates.

FOOD GUIDELINES FOR THOSE NOT FOCUSED ON WEIGHT LOSS

If your goal isn't weight loss, use the fast to maintain balance and energy while honoring God with healthy choices.

- Eat Full Meals: 3 balanced meals + 1–2 snacks daily.
- Balance Your Plate:
  - Protein (chicken, fish, beans, eggs)
  - Complex carbs (brown rice, quinoa, sweet potatoes)
  - Healthy fats (avocado, nuts, olive oil)
  - Vegetables & fruit (for vitamins & natural sugars)
- Stay Hydrated: Drink water or herbal teas.
- Snack Wisely: Fruit, nuts, hummus with veggies, or Greek yogurt.
- Avoid: Processed sugar, fried foods, sodas.

Example Day:

- Breakfast: Avocado toast + eggs + fruit
- Lunch: Grilled chicken + quinoa + veggies
- Snack: Apple with almond butter
- Dinner: Salmon + sweet potato + green beans

DAILY CONFESSION "WHO I AM IN CHRIST"

1. I am reigning in life by Jesus Christ. (Romans 5:17)
2. I am not looking at the things that are seen, but at the things which are not seen. (2 Corinthians 4:18)
3. I am walking by faith and not by sight. (2 Corinthians 5:7)
4. I am casting down imaginations and every high thing that exalts itself against the knowledge of God. (2 Corinthians 10:5)
5. I am the righteousness of God in Christ. (2 Corinthians 5:21)
6. I am rooted and grounded in love, because Christ dwells within me.(Ephesians 3:17)
7. I am the workmanship of God, created in Christ Jesus for good works.(Ephesians 2:10)
8. I am a partaker of God's divine nature. (2 Peter 1:4)
9. I am prosperous and in good health, because my soul prospers. (3 John 2)
10. I am being transformed by the renewing of my mind to prove the perfect will of God. (Romans 12:2)
11. I am healed by the stripes of Jesus Christ. (1 Peter 2:24)
12. I am more than a conqueror through Jesus Christ. (Romans 8:37)
13. I am the salt of the earth, and the light of the world. (Matthew 5:13a, 14a)
14. I am complete in Christ. (Colossians 2:10)
15. I am strong in the Lord and in the power of His might. (Ephesians 6:10)
16. I am taking the shield of faith and quenching all of the fiery darts of the enemy.(Ephesians 6:16)

DAILY CONFESSION "WHO I AM IN CHRIST"

17. I am praying my desires and receiving them. (Mark 11:24)
18. I am like a tree planted by the rivers of water and everything that I do prospers.(Psalm 1:3)
19. I am a temple of the Holy Ghost. (1 Corinthians 6:19)
20. I am given exceeding great and precious promises, and by them I partake of the divine nature, having escaped the corruption that is in the world through lust. (2 Peter 1:4)
21. I am led by the Spirit of God; therefore, I am a son of God. (Romans 8:14)
22. I am not walking after the flesh, but after the Spirit. (Romans 8:1)
23. I am receiving all of my needs met according to His riches in glory by Christ Jesus (Philippians 4:19)
24. I am casting all of my cares upon Him, because I know He cares for me.(1 Peter 5:7)
25. I am blessed with all spiritual blessings in Christ Jesus. (Ephesians 1:3)
26. I am blessed when I come in, and blessed when I go out. (Deuteronomy 28:6)
27. I am an heir of God and a joint-heir with Jesus Christ. (Romans 8:17)
28. I am increasing and abounding in love. (1 Thessalonians 3:12)
29. I am being made perfect in every good work to do God's will.(Hebrews 13:21)
30. I am showing forth the praise of God. (Psalms 51:15)
31. I acknowledge that I am a bearer and carrier of the divine life
32. I acknowledge that I am a carrier of God's divine presence
33. For promotion cometh neither from the east, nor from the west, nor from the south but from you Father Psalms (75:6)
34. I affirm that I am the light of God.

40-DAY PLAN (WEEK 1)

Week 1 (Days 1-7): Cleansing the Temple

- Focus: Removing sugar + processed foods.
- Daily Scriptures:
  - Morning: 1 Corinthians 6:19-20 - "Your body is a temple of the Holy Spirit."
  - Evening: Psalm 139:14 - "I am fearfully and wonderfully made."
- Meals Example:
  - Breakfast: Oatmeal topped with blueberries.
  - Lunch: Grilled chicken + broccoli + sweet potato.
  - Dinner: Salmon + brown rice + salad.
  - Snacks: Watermelon, almonds.

Workouts:

- Beginners:
  - Walk 15-20 mins daily.
  - 2x this week: Wall push-ups (2×10), bodyweight squats (2×10), light stretches.
- Regulars:
  - 3 cardio sessions (20-30 min jog, bike, or HIIT).
  - 2 strength sessions: Push-ups, squats, planks, dumbbell curls.
  - Daily core: 2×30s plank.
- Your own dialy workout (For More Advanced)

40-DAY PLAN (WEEK 2)

Week 2 (Days 8–14): Trusting Jehovah Rapha

- Focus: Believing God for healing and renewal.
- Daily Scriptures:
  - Morning: Exodus 15:26 – "I am the Lord who heals you."
  - Evening: Psalm 103:2–3 – "He forgives all your iniquities and heals all your diseases."
- Meals Example:
  - Breakfast: Smoothie (spinach, banana, strawberries, almond milk).
  - Lunch: Lentil soup with whole grain bread.
  - Dinner: Baked tilapia + quinoa + green beans.
  - Snacks: Apples, carrots with hummus.

Workouts:

- Beginners:
  - Walk 20 mins 5 days.
  - Add stair climbing or hill walking 1 day.
  - Strength: Glute bridges (2×12), seated leg lifts (2×12).
- Regulars:
  - 4 cardio sessions (intervals or steady state, 25–40 min).
  - 3 strength: chest press, lunges, bent-over rows, sit-ups.
  - Stretch/yoga 1 day for recovery.
- Your own dialy workout (For More Advanced)

40-DAY PLAN (WEEK 3)

Week 3 (Days 15–21): Looking to the Cross

- Focus: Fixing eyes on Jesus for spiritual and physical wholeness.
- Daily Scriptures:
  - Morning: John 3:14–15 – "As Moses lifted up the serpent… the Son of Man must be lifted up."
  - Evening: Hebrews 12:2 – "Looking unto Jesus, the author and finisher of our faith."
- Meals Example:
  - Breakfast: Scrambled eggs with spinach and tomatoes.
  - Lunch: Turkey lettuce wraps + side of fruit.
  - Dinner: Grilled chicken + roasted vegetables.
  - Snacks: Grapes, walnuts.

Workouts:

- Beginners:
  - Walk 25 mins (or split: 15 mins morning, 10 mins evening).
  - Chair squats (2×12), wall push-ups (2×12).
  - Stretch hamstrings, arms, and back daily.
- Regulars:
  - 2 cardio (30–40 min runs or cycles).
  - 3 strength: split into Upper (push-ups, rows, planks) & Lower (squats, lunges, calf raises).
  - Core focus: Leg raises (3×12).
- Your own dialy workout (For More Advanced)

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- Daily Scriptures:
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  - Walk 25 mins (or split: 15 mins morning, 10 mins evening).
  - Chair squats (2×12), wall push-ups (2×12).
  - Stretch hamstrings, arms, and back daily.
- Regulars:
  - 2 cardio (30–40 min runs or cycles).
  - 3 strength: split into Upper (push-ups, rows, planks) & Lower (squats, lunges, calf raises).
  - Core focus: Leg raises (3×12).
- Your own dialy workout (For More Advanced)

40-DAY PLAN (WEEK 4)

Week 4 (Days 22-28): Renewing Strength

- Focus: Energy, endurance, and resisting temptation.
- Daily Scriptures:
  - Morning: Isaiah 40:31 – "They that wait upon the Lord shall renew their strength."
  - Evening: Philippians 4:13 – "I can do all things through Christ who strengthens me."
- Meals Example:
  - Breakfast: Greek yogurt + peaches.
  - Lunch: Black bean + avocado salad.
  - Dinner: Grilled fish tacos (with lettuce wraps instead of tortillas).
  - Snacks: Strawberries, cashews.

Workouts:

- Beginners:
  - Walk 25–30 mins 5 days.
  - Try light resistance bands: seated rows, bicep curls (2×12).
  - Balance practice: standing on one foot 30s each leg.
- Regulars:
  - 3 cardio (include one interval sprint session).
  - 3 strength: compound lifts (squat, push-up, row, plank).
  - Add mobility drills (hip openers, shoulder rotations).
- Your own dialy workout (For More Advanced)

40-DAY PLAN (WEEK 5 & 6)

Week 5 & 6 (Days 29–40): Walking in Victory

- Focus: Living free, finishing strong.
- Daily Scriptures:
  - Morning: Romans 8:37 – "We are more than conquerors through Him who loved us."
  - Evening: 2 Corinthians 5:17 – "If anyone is in Christ, he is a new creation."
- Meals Example:
  - Breakfast: Smoothie bowl (banana, berries, chia seeds).
  - Lunch: Chicken stir fry (brown rice, vegetables, light soy/ginger).
  - Dinner: Grilled shrimp + asparagus + salad.
  - Snacks: Oranges, sunflower seeds.

Workouts:

- Beginners:
  - 30-min walk 6 days.
  - Strength circuit (2 rounds): wall push-ups, squats, glute bridges, arm circles.
  - End each session: stretch + prayer of thanksgiving.
- Regulars:
  - 4 cardio (mix jog, HIIT, bike, rowing).
  - 3 strength: Upper/Lower/Core rotation.
  - Test progress: time a plank, count push-ups, track distance walked/jogged.
  - Your own dialy workout (For More Advanced)

40 days fast completed



We have completed the 40-day fast together as True Agape, and we give God all the glory! What began as a sacrifice has turned into victory. We laid aside sugar and unhealthy habits, and in exchange, we gained strength, discipline, and renewal in both body and spirit. Philippians 1:6 reminds us that “He who began a good work in you will carry it on to completion,” and today we stand as evidence of His faithfulness.

This is not the end, but the beginning of a lifestyle of health, holiness, and obedience. As Romans 8:37 declares, “In all these things we are more than conquerors through Him who loved us.” We move forward stronger, wiser, and fully equipped to glorify God in every part of our lives.

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