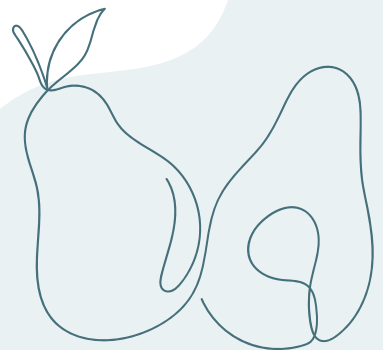
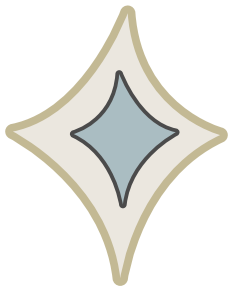
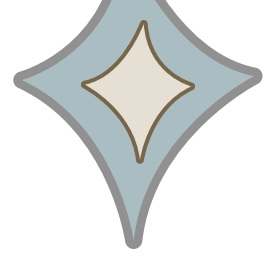


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*9 Weeks to Hear God  
for Good Eating*

*by Sophiculture Ministries*





## Welcome, friend!

You're taking a huge step toward reaching your health goals, and I'm excited to have you join us.

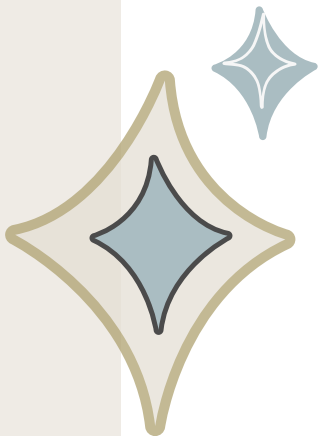
I'm Sara from Sophiculture Ministries, and I'll be your coach for The Wisdom Fast. Each week during this 9-week journey, I'll do a Facebook live for Q&A, and we'll also meet together in WhatsApp for group coaching. We'll spend this time reflecting on what we're learning about fasting and what God spoke to us during the past week. Then, we'll plan our next steps for the fast with Him. Hearing God for our food choices is the point of this fast.

At the end of the next 9 weeks, you'll have a tried-and-true plan for freedom from food addiction and emotional eating that you can use for the rest of your life. If you intend to lose weight during the next year, this will only last if it's built on sustainable habits. That means you'll first need to build a Holy-Spirit-flexible way of eating that fits both the food you bring into your home and the choices you make at restaurants and social events.

During the next 9 weeks of praying and experimenting, you'll discover what's healthy and unhealthy for your digestive system and emotional chemistry. You'll know how to pray whenever you're unsure how to handle food choices that may come up during the next year.

Ready? Let's dive in!

♡ Sara



# More Than Conquerors

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What shall we then say to these things? **If God be for us, who can be against us?** He that spared not his own Son, but delivered him up for us all, how shall he not with him also freely give us all things? **...Who shall separate us from the love of Christ?** shall tribulation, or distress, or persecution, or famine, or nakedness, or peril, or sword? **...Nay, in all these things we are more than conquerors** through him that loved us.

- Romans 8:31-32, 35, 37



## *The Benefits of Fasting*

Your body gets a beautiful reset during fasting. It feels what it's like to run on its own natural rhythms rather than the constant ups and downs of processed foods.

Your heart gets uncluttered. Fasting sharpens your desire to hear God's voice, exposes any false comforts as idols, and builds endurance for walking in the Spirit.

"If God is for us, who can be against us?" Food addiction, emotional eating, and food guilt may feel like unbeatable enemies, but they can't stand against God's love in you.

"Who shall separate us from the love of Christ?" Hunger, weakness, and even past failures are not proof of separation. They are places for His love to meet you.



# Prep & Goal Setting



1. What are the food or addiction struggles that you sense God might be wanting to address in your life right now?

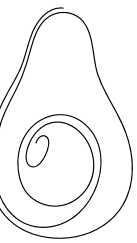
*List specific foods, eating patterns or emotional triggers...*

2. What are you asking him to accomplish in you during this 9-week fast?

*Describe what will be different in your daily life at the end of these 9 weeks...*

3. At what time every week are you available to meet with God for an hour of prayer and food planning?

*At what time each week will you post your weekly plan in the group?*



*Disclaimer: We are not medical professionals. Consider consulting with a healthcare provider before beginning any fast longer than 24 hours, especially if you have medical conditions, take medications, or are pregnant/nursing.*



# Water-Only Fasting

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A water fast means consuming only water.

- Start small. If you're new, begin with 24 hours the first week. Build gradually.
- Prepare. Break sugar/caffeine addictions beforehand to avoid withdrawal.
- Stay hydrated. Drink plenty of extra water. Adding a pinch of pink salt to your water can help with electrolytes.
- Refuel gently. After fasting, eat small portions of broth, steamed vegetables, soft proteins (eggs, fish) or fruit.



## What Will You Fast?

Not every fast is water-only. Spirit-led fasting often targets whatever has power over you: sugar, white carbs, highly processed foods or dopamine-spiking (crave) foods.

Highly processed foods are often purposely engineered in a lab to overpower natural hunger signals, which dulls your ability to enjoy the pure food God made to satisfy you.

These are usually combinations of refined starches/sugars, salt, and added fats/additives designed to overstimulate your reward center: soda, sweets, snack bars, chips, etc.

Fasting these dopamine-spiking foods tells your body, "I won't be ruled by my cravings, but by the Holy Spirit." Over time, your taste recalibrates to enjoy healthy foods.



4. What “trigger foods” or junk foods do I tend to eat when I’m anxious, bored, stressed or frustrated (in those times when I forget to pray)?

*List foods you’d like to abstain from while on this fast...*

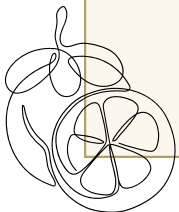


5. What highly nutritious foods do I only enjoy when I’m truly hungry, that I don’t usually crave otherwise?

*List foods with a similar taste or texture that you can use in your normal recipes instead...*

6. How can I substitute each one of the trigger foods in my weekly eating routine with one of my favorite highly nutritious foods?

*List the swaps, for example: instead of chips, I’ll eat nuts, instead of soda, sparkling water, etc.*



# Weekly Plan

## 1. What I'm Sensing

Here's what God is showing me about my eating (or other triggers) right now.



## 2. My Next Baby Step

Here's a realistic eating plan that will bring me closer to my goal of Holy-Spirit-led eating this week (*I can make a meal plan replacing white carbs with whole grains, do a water fast Saturday, etc.*).

## 3. My Accountability

Here are the steps I'll take when I want to change this plan at the last minute (*I'll text someone in the group, call an accountability partner, etc.*).



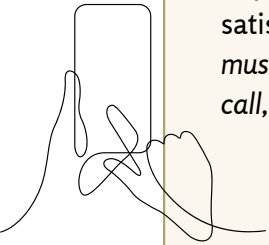
#### 4. Out and About

Here's my plan for the times when I'll be at restaurants or other people's houses this week (*I'll eat whatever's set before me, I'll bring my own food, I'll skip the refined carbs, etc.*).



#### 5. When I'm Tempted

Here's the routine I plan to follow when I notice myself reaching for quick dopamine instead of true satisfaction (*how I'll pray, music I'll listen to, who I'll call, etc.*).



#### 6. Meeting With God

Here are the things I want to go over in my next hour-long meeting with God this week (*what's going well, what's not, any changes to make, meal plans, etc.*).



*Warning Signs: If you experience severe stomach pain, nausea, digestive distress, an irregular heartbeat or chest pain during or after a fast, stop and refuel gently, and consult a healthcare provider if symptoms persist.*

# Notes from my meeting with God:

*Cravings or challenges I'm facing, how God is helping me, meal plans for this week, scripture that spoke to me, etc...*



*Thank You*

*I'd love to hear from you! Get in touch with me in the Facebook group, or email [sara@sophiculture.com](mailto:sara@sophiculture.com).*

*To continue cultivating your intimacy with God at the next level, come join us in our Illumination Prayer Coaching Community at:*

**[SOPHICULTURE.COM/ILLUMINATION](https://sophiculture.com/illumination)**

