- > During a time of fasting it is also good to shut the door on distractions outside of ourselves as well as within our hearts and minds. Simplify your schedules shutting down the appointments and activities that are not urgent.
- Fasting could be a complete fast [no food or water] water / liquids only or simplify your food to fresh easy to prepare and not rich food (Daniel or partial fast)
- Practice casting all your worries upon HIM as well as applying by faith the blood of Jesus to throw off any demonic oppression you may experience. Be still and speak less or even not at all as a discipline
- > Think on one scripture verse over and over focusing on HIM with simple prayer and praise.
- Pull life into the secret place