



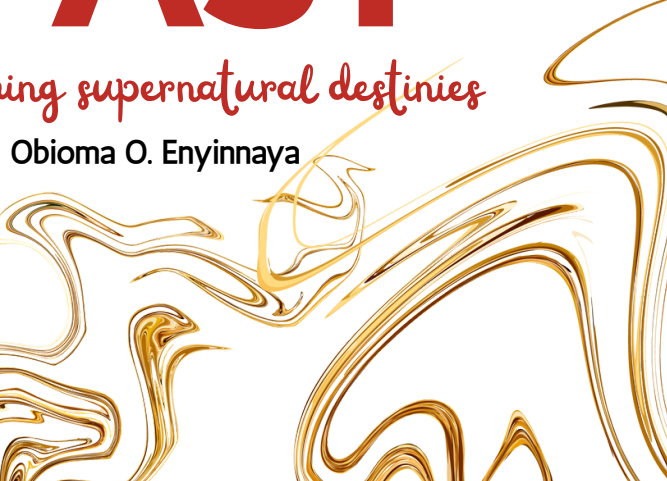
THE WOMB



FAST

Birthng supernatural destinies

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Welcome to the Womb Fast, a 3 day fast focused on spiritual and physical womb health. Modern science has just now decoded the importance of gut health. Womb health is equally as important.

Reproductive health in the natural(human body) has many functions some of which include:

1. Producing new life
2. Bone, Lipid (fat) and Skin health
3. Promoting energy

A healthy reproductive system produces healthy children. An ill functioning uterus, fallopian tube or ovary does not allow for the healthy incubation of new life. Estrogen, progesterone, and testosterone are three hormones specific to the reproductive organs (the ovaries in women, testes/adrenal glands in men). An enlarged prostate, low production of semen, or ill formed semen also leads to issues in conception. Progesterone in women is the hormone that signals bone formation, testosterone serves a similar function in men. Estrogen promotes spermiogenesis (the formation of new sperm cells) in men, and in women reduces inflammations, encourages blood proper flow among other benefits.



Reproductive health in the Spiritual is the foundation for:

1. Production of God-given ideas and initiatives
2. Legacy and generational blessing
3. Strength and vitality



Just as natural reproductive health is necessary to inseminate and incubate HEALTHY seed that produce healthy children, so is spiritual reproductive health necessary to inseminate and incubate HEALTHY spiritual seeds that produce healthy spiritual fruit.

Genesis 3:15

And I will put enmity between thee and the woman, and between thy seed and her seed; it shall bruise thy head, and thou shalt bruise his heel.

Genesis 3:15 is the premise to understand the power of the WOMB.

Wombs are necessary to host the seed that is required to CRUSH the head of the serpent. The enemy is after spiritual wombs, he knows the power in the spiritual womb and if he can cause illness in your womb—then you will not produce that which will have dominion over the serpent.

Deuteronomy 28:4

Blessed shall be the fruit of thy body, and the fruit of thy ground, and the fruit of thy herds, the increase of thy cattle, and the flocks of thy sheep.

Deuteronomy 28:4 affirms God's position on fruit and legacy. It is the fruit of the body that God blesses, and it's the fruit of the body that God uses to show his favor upon an individual. An ill womb will produce unhealthy fruit, and unhealthy fruit can not be blessed. Deuteronomy 28 admonishes the Israelites to not serve other gods because this is spiritual adultery. Spiritual adultery introduces the incorrect seed to the spiritual womb and removes the blessing of the Lord. Without God, the womb cannot be blessed, and legacy and generational blessing will not manifest.

Isaiah 66:9

Shall I bring to the birth, and not cause to bring forth? saith the LORD: shall I cause to bring forth, and shut the womb? saith thy God.

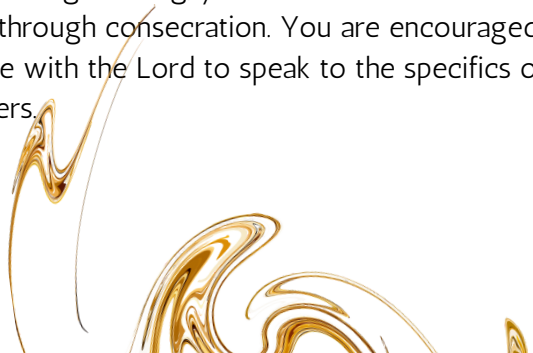
Lastly, **Isaiah 66:9** makes it clear that WOMBs are meant to BIRTH. Barrenness is a curse because it is the antithesis to God's mandate to be fruitful and multiply. This means God's perfect thought regarding the WOMB is reproduction. If you're spiritual or natural WOMB is not producing, it's OUT OF ORDER and must return to the original thought of God.

As you engage in this WOMB fast, war against the lies of the enemy regarding your spiritual and natural WOMB.

Your position of authority as a son (heir) of God, and a bride of Jesus is:

- Fruitfulness in any area of production
- Blessings upon what you produce
- Strength and vitality against anything that opposes the plans of God for your life

The juice drinks below are intended to cleanse your system, reduce inflammation (disease), promote blood flow, and lower blood sugar. During the three days of the Womb Fast, you abstain from all food from 6am to 6pm AND pray corporately at 12PM on YouTube and Instagram live. The raw fruit and vegetable diet upon breaking the fast encourages the production of healthy levels of Estrogen, Progesterone and Testosterone. As you heal your spiritual womb through fasting, your natural womb will also heal as your body is restored through consecration. You are encouraged to maintain a separate prayer time with the Lord to speak to the specifics of your situation. The Lord answers.



Mango Date

1/2 cup of Mango

2-3 Dates

1 cup of coconut water



(C) thatgirlcookshealthy

Watermelon Cooler

1 cup Watermelon juice

1/2 cup of Cucumber juice

1 tbs Lemon juice



Pomegranate Passion

- 1/2 cup of Pomegranate Juice
- Raspberries
- 1 tbs Lemon juice
- 2-3 Dates
- Water (to dilute)

