

# HOW TO LIVE A FASTED LIFE

MARCH 23, 2022

**The fasted, self-disciplined life, includes controlling  
what we think about,  
especially, if we want to experience the abundant life.**

**ST JOHN 10:10**

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Either you control your thoughts, or your thoughts will control you.

Our life experience is influenced  
by what we think about.

Our thoughts are controlled by what we see,  
hear, feel and believe.

Which determines how we experience life.

**“We are what we think about”**

**.... Dr. Caroline Leaf  
Christian Neuroscientist**

If we do not control our thoughts, then Satan will!

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Satan deceived Eve to eat of the forbidden fruit, by getting her to question what God had told her.

GENESIS 3: 1-5

**We all think good and evil thoughts at times.**

**It's the thoughts we dwell on, believe and act upon, that controls our life, whether for blessing or for curse.**

Our life reflects what we think about

Behavior is managed by the mind, what we tend to think deeply about and ultimately believe.

What we believe in our heart, is eventually spoken,  
forming our life experience.

MATTHEW 12:34

The words we speak in the affirmative (declare), determines our life experience and ultimate life outcomes.

Even our generational and eternal outcomes!

ROMANS 10:9-10

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Death and life are in the power of the tongue.  
It matters what you say.

PROVERBS 18:21

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“God framed the worlds by the word of God”

Your worlds....  
Marriage, family, career, etc. are all framed  
by the words you speak

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HEBREWS 11:3

2 CORINTHIANS 4:18

The **fasted life** is about assuming responsibility for controlling our thoughts, beliefs and ultimately our life experience and outcomes.

Once we choose our pathway of life, through the knowledge of God's word, we will receive all the help we need from God!

2 PETER 1:2-4

<sup>4</sup> (For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds;)  
<sup>5</sup> Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ;  
<sup>6</sup> And having in a readiness to revenge all disobedience, when your obedience is fulfilled

## 2 CORINTHIANS 10:4-6 KJV

<sup>19</sup> I call heaven and earth to record this day against you, that I have set before you life and death, blessing and cursing: therefore, choose life, that both thou and thy seed may live:

**DEUTERONOMY 30:19**

Life is ultimately about choices.  
Whether we like it or not.

Choose wisely.....!

*How to Live a Fasted Life* notes are available online  
at [zcf.org](https://zcf.org).

<https://zcf.org/announcement/biblestudy>