

The Thanksgiving Fast

Shalom beloved 8K Nation, I bring you peace, love and enlightenment. I pray the grace and favor of the Mighty One be upon you always. This is such a beautiful time to be among the living now that we are gearing up for the Winter Solstice at the end of December and our new year which begins in March of 2023! - Oh my, how the time has flown by! The Mighty One has truly sped up time for His chosen children! Because of all of the incredible things that the Mighty One has brought us in 2022, along with the wave of destruction that has hit our enemies all around the world, we must go into a fast of thanksgiving unto Him. This fast will start on January 31st, 2023 and end on March 12th, 2023. It will be a total of 40 days in length.

Fasting Requirements:

Liquid Fast Only (water, juice, coffee, tea)

No Smoothies (no grinding or crushing of food into a liquid/paste form)

The Fast will begin Shemesh/Sun Up to Shemesh/Sun Down – Wherever you may be upon the earth; the time the Sun rises, you will start your fast and whenever the Sun goes down, you will complete your fast on that day.

*To anyone who may have health issues; We encourage you to do the Daniel Fast. The Daniel Fast is considered a fast of humbleness and a moderate fast, where you may make a specific covenant between you and the Mighty One or with the angels, the Loas, etc., for as long as you can endure. (For example: each day you may make a covenant to fast for 4 hours – from 8 AM to 12 PM, or whichever times you choose) and after those hours of fasting are completed, you can eat a small portion of food to either take your medicine, or to sustain yourself depending on your health needs. The portion of food must be small/your daily bread. It must be a simple meal – nothing extravagant or excessive. And then you may continue to fast until Shemesh down each day. This special covenant is solely between you and the Creator.

*For those of you who wish to do this fast with just water only, you may. We recommend you incorporate plenty of electrolytes, Vitamin B, Vitamin C and salt intake to your water regimen. Be wise and nourish thyself with the utmost care during this time.

Remember, the covenant you make with the Mighty One is a binding contract. Do NOT break this covenant and do not grieve the time you are fasting. Meditation is a great help during a fast and is recommended and encouraged.

Take care to sanctify the fast each day once Shemesh goes down and ask the Mighty One to have respect upon your fast.

Once this fast is completed on March 12th, the nation will go into a sabbatical for a period of time to rest, recoup and meditate upon our new year. This would be a wonderful opportunity to take some much-needed time for self-mastery.

May the Mighty One, ADONAI, give you much enlightenment and solace. I leave you with peace and love. I'm so very thankful to have this family! All praises and glory be to the Most High Almighty.

Shalom,

Sis Keilah