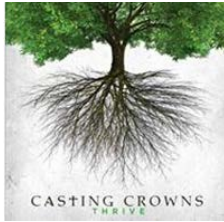


# Christian Soldiers Group Maneuvers: Repel and Attack

July 26, 2014



*Casting Crowns - Thrive*  
...Just to know You and  
To make You known  
We lift Your name on High  
Shine like the sun make darkness run and hide  
We know we were made for so much more  
Than ordinary lives  
**It's time for us to more than just survive**  
**We were made to thrive...**

A gardener's desire is to see his garden thrive with an overabundance of fruits and vegetables not merely surviving and bearing a non-sustaining, meager and sickly crop.

The Christian body can't thrive when an invasion of biblically defined weeds, thorns, insects, birds, reptiles and beasts are tearing the body apart. Our enemies are well organized, well-funded and wave after wave of these devourers continue to chew and gnaw on the dwindling Christian body.

A counter strike is needed to repel and then go on the offense against these destroyers. How? By deploying an organized & trained Christian soldiers teams that are always on call.

Jesus sent out the Apostles out in 2 man teams in Mark6:7. Jesus gave them knowledge on how to conquer all demonic spirits but the Apostles ignored that teaching and only had power the lower levels of unclean spirits.

KJV Mark 6:7 And he called unto him the **twelve**, and began to **send them forth by two and two**; and **gave them power over unclean spirits**;

Later in Mk9:14-29 the Apostles couldn't cast out a higher level demon even with all of the 12 Apostles gathered around praying. Why not? Because they lacked the fasting even though previous to this failure Jesus had instructed them to fast in Mt6:16 by saying "When you fast" not "**IF** you choose to fast" or "**IF** it fits your schedule

When the Apostles failed to cast out a demon they wanted answers of why they couldn't cast the demon out. Christians should be asking the same questions for unanswered prayers. In the book *The Kneeling Christian* it gives a Christian a direction to begin searching for the reason why their prayers didn't get answered.

**"Failure in prayer is due to fault in the heart"**  
**"If we ask and God does not give, then the fault is with us. Every unanswered prayer is a clarion call to search the heart to see what is wrong there,"**<sup>2</sup>



The bible never again reports any further incidents that the Apostles couldn't cast out a demon from people after Jesus' re-education of the need of fasting. The Apostles incorporated fasting and taught others to fast along with praying as mentioned in the book of Acts - Acts13:2-3, 14:23

KJV Acts 13:2 As they ministered to the Lord, **and fasted**, ...  
KJV Acts 13:3 And when they had **fasted and prayed**, ...  
KJV Acts 14:23 ...they had **ordained them elders** in every church, and had **prayed with fasting**...

In the book of Acts the Apostles went out in 2 to 3 man teams. Ecclesiastics4:9,10,12 mentions that a 3 person team is the best minimum amount for a team. One person on the team could always be fasting.

LVB Ecclesiastes 4:9,10,12

9 Two can accomplish more than twice as much as one, for the results can be much better.

10 If one falls, the other pulls him up; but if a man falls when he is alone, he's in trouble.

12 And **one standing alone can be attacked and defeated, but two can stand back-to-back and conquer; three is even better**, for a triple-braided cord is **not easily broken**.

Paul moderated his preaching to the Jews and Grecians in Acts 18:4. Paul flipped into zealous preaching once Silas and Timothy came from Macedonia. I believe either Silas or Timothy were fasting and the prayer power of 3 plus fasting stirred up the Spirit in Paul in Acts 18:5.

Fasting is an important tool to use or know who is currently fasting when a demonic attack is occurring. A high level demon won't leave the body if nobody has been fasting.

There's a need now in the Body of Christ to have overlapping teams of 2 to 3 Christian on a revolving fast.

## Questions:

Who can make up the fasting team?

- I. You want strong persons. The team is broken up by the weakest member. Satan went after Eve in the God-Adam-Eve team. Once Adam and Eve were split off from God then Satan pounced on their children. Able was killed and Cain was cursed & exiled. The Amalekites attacked the feeble & the stragglers of the Exodus migration -Dt25:17-18 and Satan will send his minions against the weakest member of the team to discourage divide and break up the team.
- II. One who has been properly biblically baptized and is snake aware due to being bitten or has learned from the fang marks of others would be the strongest members of the team.
- III. The bible states that a husband and wife in harmony counts as 1(Gen2:24) and both of them are stronger than each individually.

What kind of fast?

To answer that one needs to know what types of fast were done in the bible. Some of them are:

**(For Mourning)** Ezra fasted 1 night over sin of Israelites marrying foreign wives - Ezra 10:6

**(For Repentance)** Paul fasted 3 days - neither ate or drank - Acts9:9

**(For Blessing)** Israelites fasted 3 days before Mt Sinai - no sexual relations - Ex19:15

**(For Pray focus)** A short time - no sexual relations - 1Cor7:5

**(For Repentance)** David fasted 7 days - no food - 2Sam12:16-18

**(For Protection from the Enemy, Guidance)** Ezra fasted 7 days – Ezra7:9, 8:15,21,31

**(For Testing)** Daniel fasted 10 days - vegetables & water - Dan1:12

**(For Knowledge)** Daniel fasted 21 days - no delicacies, meat, wine, anoint - Dan10:2-3

**(For Strength)** Jesus fasted 40 days - ate nothing - Lk4:2

**(For Instruction)** Moses fasted twice for 40 days - no bread, water -Ex34:28 , Ex24:18

**(For Instruction)** Daniel fasted 3 years -Dan1:5,16

Which fast should be used?

A more practical/sustainable fast is a **Daniel fast of vegetables, no meat or delicacies**.



How long does one need to fast?

Fasting raises you to a level of spiritual authority. It gives you mastery of a certain level of spiritual forces. It appears that there are 6 levels of authority in the bible. Moses set up 5 levels of rulers in

Ex18:25-26. Rulers of 10s, 50s, 100s, 1000s and Moses. The 6<sup>th</sup> level is at the household level where the Man in the head of the family – Eph5:23.

RSV Exodus 18:25-26

25 Moses chose able men out of all Israel, and made them heads over the people, rulers of thousands, of hundreds, of fifties, and of tens.

26 And they judged the people at all times; hard cases they brought to Moses, but any small matter they decided themselves.

RSV Ephesians 5:23 For the husband is the head of the wife ...

**Examples of fasting lengths vs challenges being faced in ascending order of fasts/authority**

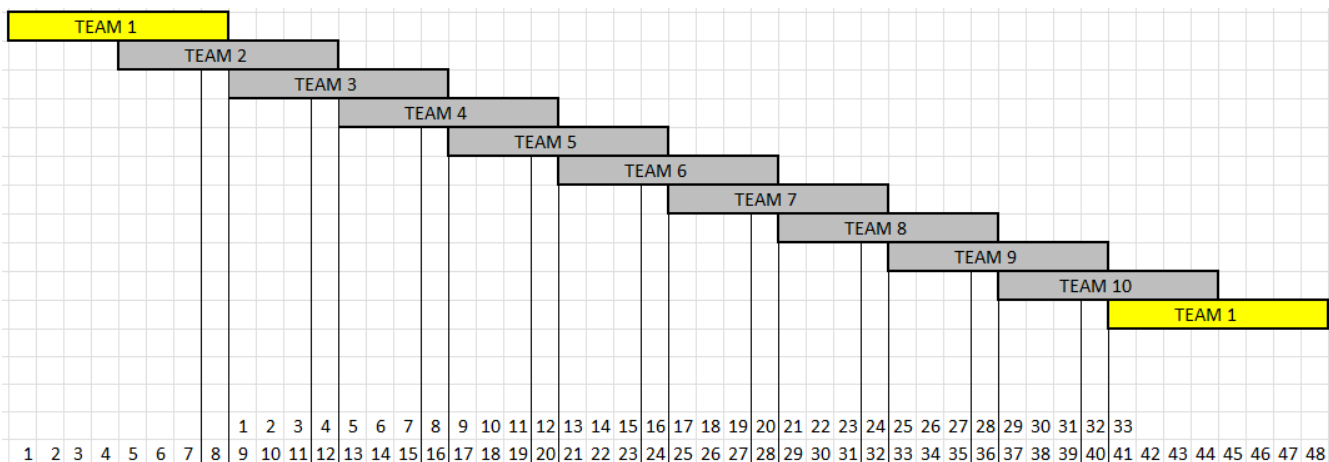
Authority	Passage	Fast length	Faster	Enemy
Moses	Mt 4:1-2 Ex 32:10-14	40 days	Jesus Moses	<b>Highest demonic level:</b> Satan <b>YHWH:</b> pleading against national annihilation
1000	Dan 10:3	21 days	Daniel	<b>Demonic general:</b> Prince of Persia (one of Satan's 4 evil arch angels) Dan10:13,20
100	Dan 1:12	10 days	Daniel	<b>Lower level Demon:</b> Babylonian handler Dan1:10
50	2 Sam 12:16-18 Ezra7:9, 8:15,21,31	7 days	David Ezra	<b>Health issues:</b> Illness, impending death <b>Physical enemies:</b> while on a journey
10	Acts 9:9	3 days	Paul	<b>Personal Sin:</b> Deception / Sins
Household	Ezra 10:6	1 meal	Ezra	<b>Mourning:</b> for nations lawlessness

If skipping a meal doesn't appear to have an effect then extend the fast for 3, 7, 10, 21 then 40 days.

**8**

The thought occurred to me of an **8 day vegetable/juice fast** with a new group beginning on the 5th day of the previous group start. Juicing gives more nutrients than just running the vegetables/fruit thru a blender. Daniel didn't have or need a blender/juicer 2,500 years ago because the soil health was greater than it is today. A greater amount of vegetables are required to make up for the lack of nutrients in the soil.

10 teams, each on a 8 day fast would allow each team 32 days before fasting again on the 33rd day (ideally more teams would allow greater separation between one team beginning the fast again). The teams overlap so that the next team begins on the 5 day of the previous team to ensure that there is always one team with 4 days of fasting (time period that Paul had fasted and then received an answer). Every 4th day you have one team with 7 full days of fasting and a second team of 3 full days of fasting. Directed and Focused prayer by both teams on this day should be extra potent.



If an urgent need arises then those fasting could agree to extend their prayer & fasting to 10 days to boost up the prayer request.

**Whoa!!** One may say “I don’t know 30 persons in my area that are willing to pray and fast”. You may not know 30 persons now – pray and fast the advice of Luke 10:2.

RSV Luke 10:2 And he said to them, "The harvest is plentiful, but the laborers are few; **pray therefore the Lord of the harvest to send out laborers into his harvest.**

These initial 10 teams comprise the brick wall surrounding the body and should be better prepared when prayer & fasting situations arises. Many cases may require additional resources as in Daniels case.

Daniel’s prayer location in Babylon delayed the answer to his prayer by 21 days – Dan10:13. Daniel was given an additional angel on his 21<sup>st</sup> day of prayer and fasting. This allowed the first angel to puncture the demonic canopy surrounding Daniel.

RSV Daniel 10:12-13

12 Then he said to me, "Fear not, Daniel, for **from the first day that you set your mind to understand and humbled yourself** before your God, your words have been heard, and **I have come** because of your words.

13 **The prince of the kingdom of Persia withstood me twenty-one days;** but Michael, one of the chief princes, came to help me, so I left him there with the prince of the kingdom of Persia

I would hope that if a Daniel situation is at hand, The brick wall fasting teams would slow the enemy progress enough for back up to arrive.

Who are the back up? Archers on the wall. Archers reach out and touch the enemy farther out than those holding a sword. Jeremiah prayed for archers against Babylon (Jer50:29) – the same enemy we are now facing.

RSV Jeremiah 50:29 "**Summon archers against Babylon,** all those who bend the bow. Encamp round about her; let no one escape. ...



Who are the prayer archers today? I believe the archers are Christians who have been fasting for 21 or 40 days.

If an additional amount of 21 and/or 40 day pray & fast teams were also on call then all 5/6 levels of authority over unclean spirits would be covered.

*Impossible! Ludacris! You are out of your mind! You will never be able to build that wall! That wall will be able to be pushed over.* That’s been the typical response from Nehemiah’s enemies when Israel set their mind to build a wall to protect Jerusalem. That will be the response of God’s enemies today and luke-warm Christians.

We are in the bowls of Babylon today and I can only conclude from seeing the fruit from the government that most if not all high level leadership positions are infested with high level demons. This is self-evident because they have not been able to be voted out of office.



When flames are engulfing your house it’s too late to wait for the water driller to come out and dig a well. Your house will be a smoldering heap of burnt wood if the well isn’t fully prepared to begin pumping water out once the smoke detectors begin blaring. The same applies when the flames of the adversary are around you and there’s no one who you can call that has been praying & fasting.

- Prayer and fasting was requested for the persecuted Christians in Iraq, Afghanistan, Libya, Egypt, Africa and Asia  
But I didn't pray and I didn't fast because  
Muslims aren't chopping hands & heads off here in America.

- Prayer & fasting was requested for the persecuted Christians in this country  
Trying to raise their children in a Godly way  
But I didn't pray and I didn't fast because  
The government's boot wasn't crushing down on my family.

- Prayer and fasting was requested for a coworker for an illness in their family  
But I didn't pray and I didn't fast because  
My family was in good health.

- Then a time came that I needed prayers and fasting from persecution and illnesses  
And nobody prayed and nobody fasted for me  
***Because I never prayed and I never fasted for anyone.***



The body of Christ is under attack.

Will you be a brick in the wall surrounding and protecting His Body?

Will you be an archer on the wall rebuking the demons before they get close to the wall?

Will someone else do **your Christian duty** and take your glory, honor and praise?



**Lead, follow or get out of my way. Jesus has a wall to be built.**

"To be little with God in prayer is to be little for God in service" <sup>1</sup>

Regards,

Just another brick in the wall

**Praise Jesus!**- Fully loaded Team 1 goes on active duty - September 1-10.

<sup>1</sup> *The Kneeling Christian, An Unknown Christian, Zondervan, ISBN 0-310-33491-8, P25*

<sup>2</sup> *The Kneeling Christian, An Unknown Christian, Zondervan, ISBN 0-310-33491-8, P38*

Appendix 1: Prayer team strategies

Appendix 2: Juice Fasting ideas

KJV Mark 9:17, 18, 25, 26, 28, 29

17 And one of the multitude answered and said, Master, I have brought unto thee my son, which hath a dumb spirit;

18 And whosoever he taketh him, he teareth him: and he foameth, and gnasheth with his teeth, and pineth away: and **I spake to thy disciples that they should cast him out; and they could not.**

25 When **Jesus** saw that the people came running together, he **rebuked the foul spirit, saying unto him, Thou dumb and deaf spirit, I charge thee, come out of him, and enter no more into him.**

26 And the spirit cried, and rent him sore, and came out of him: and he was as one dead; insomuch that many said, He is dead.

28 And when he was come into the house, his disciples asked him privately, **Why could not we cast him out?**

29 And he said unto them, **This kind can come forth by nothing, but by prayer and fasting.**

RSV Matthew 6:16 "And **when you fast,** ....

KJV Acts 18:4-5

4 And he **reasoned in the synagogue** every sabbath, and persuaded the Jews and the Greeks.

5 And when **Silas and Timotheus were come** from Macedonia, **Paul was pressed in the spirit**, and testified to the Jews that Jesus was Christ.

RSV Ezra 10:6 Then Ezra withdrew from before the house of God, and went to the chamber of Jehohanan the son of Eliashib, where he **spent the night, neither eating bread nor drinking water; for he was mourning over the faithlessness of the exiles.**

RSV Acts 9:9 And for **three days** he was without sight, and **neither ate nor drank.**

RSV Exodus 19:15 And he said to the people, "Be ready by the **third day; do not go near a woman.**"

RSV 1 Corinthians 7:5 Do not refuse one another **except perhaps by agreement for a season**, that you may devote yourselves to prayer; but then come together again, lest Satan tempt you through lack of self-control.

RSV 2 Samuel 12:16-18

16 David therefore besought God for the child; and **David fasted**, and went in and lay all night upon the ground.

17 And the elders of his house stood beside him, to raise him from the ground; but he would not, nor did he eat food with them.

18 **On the seventh day** the child died. And the servants of David feared to tell him that the child was dead; for they said, "Behold, while the child was yet alive, we spoke to him, and he did not listen to us; how then can we say to him the child is dead? He may do himself some harm."

RSV Daniel 1:12 "Test your servants for **ten days**; let us be given **vegetables to eat and water to drink.**

RSV Daniel 10:2-3

2 In those days I, Daniel, was mourning for **three weeks.**

3 I ate **no delicacies, no meat or wine entered my mouth, nor did I anoint myself** at all, for the **full** three weeks.

RSV Luke 4:2 for **forty days** in the wilderness, tempted by the devil. And he **ate nothing** in those days; and when they were ended, he was hungry.

RSV Exodus 34:28-29

28 And he was there with the Lord **forty days and forty nights; he neither ate bread nor drank water.** And he wrote upon the tables the words of the covenant, the ten commandments.

29 When Moses came down from Mount Sinai, with the two tables of the testimony in his hand as he came down from the mountain, Moses did not know that the skin of his face shone because he had been talking with God.

RSV Exodus 24:18 And Moses entered the cloud, and went up on the mountain. And Moses was on the **mountain forty days and forty nights.**

RSV Daniel 1:5 The king assigned them a daily portion of the rich food which the king ate, and of the wine which he drank.

They were to be educated for **three years**, and at the end of that time they were to stand before the king.

RSV Daniel 1:16 So the steward took away their rich food and the wine they were to drink, and **gave them vegetables.**

RSV Daniel 1:10 and the **chief of the eunuchs** said to Daniel, "I fear lest my lord the king, who appointed your food and your drink, should see that you were in poorer condition than the youths who are of your own age. So you would endanger my head with the king."

RSV Exodus 32:10-14

10 **now therefore let me alone, that my wrath may burn hot against them and I may consume them;** but of you I will make a great nation."

11 But Moses besought the Lord his God, and said, "O Lord, why does thy wrath burn hot against thy people, whom thou hast brought forth out of the land of Egypt with great power and with a mighty hand?"

14 And the **Lord repented of the evil which he thought to do to his people.**



## Appendix 1: Prayer team strategies

NIV Prov29:2 When the righteous thrive, the people rejoice;...

There have been many different books written about how to pray by persons with much more experienced with answered prayer. What is listed below should be a minimum set of prayer action that the teams should be doing. More can be added as gaps are found and adjustment made.

King David was a man after God's own heart, Acts13:22 and David prayed 3 times a day: morning, noon and evening -Ps55:17. An effort should be made to pray 3 times a day. What do you pray for?

First before asking for anything of yourself or others the proper conduct of Holiness should be laid. The book of Psalms is filled with examples of laying the foundation of Holiness before asking for anything. The Book of Nehemiah in chapter 9 and 10 has the prayer of Ezra which follows a 4 step approach:

**Step 1:** Neh 9:5-15 - Praise God of all His wonderful works

- Spend time praising all the creation of Jesus' hands.

**Step 2:** Neh 9:16-32 - Acknowledge of Israel's sins and God mercy and grace

- Spend time thanking Jesus of His mercy and grace towards you.

**Step 3:** Neh 9:33-38 - Acknowledge God's righteous judgment on national sins

- Spend time accepting all the penalties of your actions.

**Step 4:** Neh 10:1-39 - Repentance and covenant to do God's will

- Spend time repenting of your lawless conduct and committing to walk in the Way.

The above 4 steps should be done with a humble and contrite heart – Ps51:17 and with daily conduct that is acceptable to God – Is1:16-17.

RSV Psalms 51:17 The sacrifice acceptable to God is a broken spirit; a broken and contrite heart, O God, thou wilt not despise.

RSV Isaiah 1:16-17

16 Wash yourselves; make yourselves clean; remove the evil of your doings from before my eyes; cease to do evil,

17 learn to do good; seek justice, correct oppression; defend the fatherless, plead for the widow.

Now is the team to lift up requests to Jesus after laying the foundation of Holiness.

Pray for:

- Jesus to send more workers into the field and into the prayer and fasting teams.
- Lift up by their names those on the prayer and fasting teams (either all of them or the teams before and after your team) for their protection.
- Lift up by each person's name and affliction/request. The name & affliction/request is on a continuous roster that is added to but not removed. That roster is passed onto the next team so all the names on the roster (prayer request list) will be prayed for 3 times a day. Those names on the list for a long time might need prayers by the archers (21 to 40 day prayer and fast teams if available).
- Lift up all the Elected & non-elected government persons in federal, state, county, city & town governments offices so that they will be convicted to stand for Jesus, repent and to do God's will.
- Lift up all the Police & Military to not rob, falsely accuse and covet others stuff - Lk4:14.
- Pray for divine retribution for the parasites sucking the lifeblood of His creation.
- Ask for a Divine spirit of wisdom, understanding and knowledge – Ex31:3,5
- (personal) Lift up your extended family, relatives, co-workers, friends and anyone else you are Spirit led to pray for.

The above should be the minimum in spending time in prayer. Juice (vegetable/fruit) fasting ideas are below.

*Not all the dirt in the world is clay  
Not all the clay gets fired into a brick  
Not all the bricks are mortared into a wall  
Not all the walls are protected by archers  
Be a remnant and be that clay / brick / wall / archer*

## Appendix 2: Juice Fasting ideas

Juicer or Blender? That is one's own preference. I prefer the slow RPM juicers by Tribest that revolve at 47 RPM. I've heard the fast rotation juicer oxidizes the nutrients which then make them less effective.

Tribest Slowstar, SW-2000-B Vertical Slow Juicer & Mincer  
<http://www.tribestlife.com/productdisplay/tribest-slowstar-sw-2000-b-vertical-slow-juicer-mincer>



There are many different juice ideas on the web. Just do a search for 7 day or 21 day juice fasts. One of the sites had some suggestions, cautions and shopping plan in a condensed format that I pasted below.

### 7 Day Juice Fast Plan <http://www.justonjuice.com/7-day-juice-fast-plan/>

The 7 Day Juice Fast Plan is great if you're looking to get cleansed, detoxed, and lose weight. There are two breakfasts, two lunches, and two dinners for you to choose from but remember, this 7 Day Juice Fast Plan is just that, a plan. You don't have to follow it 100% word for word or meal for meal, but you should follow the core advice within it. A few things to keep in mind when following the 7 Day Juice Fast Plan.



1. If a certain recipe is unappealing to you, make substitutions that are similar. For example, if a recipe calls for Kale but you can't get any Kale or just don't like Kale, then replace it with Spinach or even Broccoli. It's okay to replace, substitute, or change up the recipes.
2. You should not eat any solids during this 7 Day Juice Fast Plan. It defeats the purpose of it. So stay away from any solids, you'll be Just On Juice for seven days.
3. If you get headaches, or strong cravings, it is normal for the first 2-4 days. Just stay focused and stay on the juice. Make an extra Juice to drink if you feel like you're about to cave in and eat something solid.
4. Drink at least 16 oz of water after each juice meal. Make sure you are drinking plenty of water throughout the day.
5. Start each day off by juicing 1/2 lemon (peeled) and mix it with 12-16 ounces of warm to hot water. I do this as soon as I wake up each morning, it's important to cleanse your digestive system and give you a good boost of energy.
6. It's recommended to have between 4-6 juices per day each consisting of 16-20 ounces. The below list is great to get you started with different juices. You can choose whichever juices you please while on your juice fast. The list takes into consideration you will try them all. So feel free to experiment while on your 7 day juice fast plan!



<b>Breakfasts</b>	<b>Lunches</b>	<b>Dinners</b>
<b>Morning Glory</b>	<b>Mean Green</b>	<b>Sunset Passion</b>
<ul style="list-style-type: none"> <li>• 2 Apples</li> <li>• 1 Cucumber</li> <li>• 1 cup Blueberries</li> <li>• 2 cups of Grapes</li> <li>• 2 Kale Leaves</li> <li>• 1" Ginger</li> </ul>	<ul style="list-style-type: none"> <li>• 1 Granny Smith Apple</li> <li>• 1 Cucumber</li> <li>• 4 Stalks of Celery</li> <li>• 4-6 Kale Leaves</li> <li>• 1/4 Lemon Peeled</li> <li>• 1" Ginger</li> </ul>	<ul style="list-style-type: none"> <li>• 1 Beet Sliced</li> <li>• 1 Cucumber</li> <li>• 1 Carrot</li> <li>• 1 Granny Smith Apple</li> <li>• 4 Kale Leaves</li> <li>• 1/4 Lemon Peeled</li> <li>• 1/4 Lime Peeled</li> </ul>
<b>Jolt Juice</b>	<b>Bruschetta Tang</b>	<b>Green Machine</b>
<ul style="list-style-type: none"> <li>• 2 Apples</li> <li>• 1 Orange</li> <li>• 1 Cucumber</li> <li>• 1/4 Lemon Peeled</li> <li>• 4 Kale Leaves</li> </ul>	<ul style="list-style-type: none"> <li>• 2 Tomatoes</li> <li>• 1-2 Garlic Cloves Peeled</li> <li>• 1 Bunch of Basil (20 Leaves)</li> <li>• 1/4 Lemon Peeled</li> </ul>	<ul style="list-style-type: none"> <li>• 4 Kale Leaves</li> <li>• 2 Apples</li> <li>• 2 Cups Spinach</li> <li>• 1/2 Cucumber</li> <li>• 2 Celery Stalks</li> <li>• 1 Med Carrot</li> <li>• 1" Ginger</li> </ul>
<b>Shopping List of 7 Day Juice Fast Plan</b>	<b>Things to Remember While on the 7 Day Juice Fast Plan</b>	
<ul style="list-style-type: none"> <li>• 12-15 Granny Smith Apples x 2</li> <li>• 16 – 20 Cucumbers</li> <li>• 1 Bag of Carrots</li> <li>• 1 Bag of Oranges</li> <li>• 6-12 Tomatoes</li> <li>• 7 Beets</li> <li>• 1 Garlic</li> <li>• 1 Bag of Basil Large</li> <li>• 4 Cups of Blueberries</li> <li>• A Bag of Grapes</li> <li>• 3 Bags of Celery</li> <li>• 5 Big Bags of Spinach or 8-12 Bundles of Kale</li> <li>• A Ginger Root</li> <li>• 7 Lemons</li> <li>• 2 Limes</li> </ul>	<ul style="list-style-type: none"> <li>• You may want to split up the 7 Day Juice Fast Plan into two separate trips to the grocery store. You can do this by getting 12 apples, 12 cucumbers, 1 bag of celery and 2-3 bags of spinach or kale half way through the 7 Day Juice Fast Plan.</li> <li>• After 3-4 days you will start to feel an abundance of energy, headaches will be gone, and you won't be as hungry. This means you have overcome the hard part and pushed out a majority of the toxins in your body. Keep going strong, it's definitely worth it. Why stop now?</li> <li>• Always wash and clean your produce before juicing it!</li> <li>• Clean out your juicer after each use.</li> <li>• It helps to take Ziploc gallon size bags and prepare your fruit and veggies ahead of time. I will put breakfast in one bag, and lunch in another bag, it cuts down juicing time in the morning.</li> <li>• REMEMBER, you don't have to follow this 7 Day Juice Fast Plan 100%. Feel free to experiment with your own veggies and fruits while juicing. You can come up with your own recipes so use the above recipes as guidelines.</li> <li>• Make sure you are coring your apples as you do not really want to juice the seeds.</li> <li>• You can pour any of these drinks over ice and enjoy them or drink them how they are.</li> <li>• Do not add salt, but feel free to add spices such as pepper, fresh mint, basil, oregano, chives, or thyme.</li> </ul>	