

The GOLDEN FAST

A. SCRIPTURES regarding WORDS

1. PROVERBS 10:19-20a

In the multitude of words there wanteth not sin:
but he that refraineth his lips *is* wise.

²⁰ The tongue of the just *is as* choice silver:

2. ECCLESIASTES 5:2, 3b, 6a, 7

² Be not rash with thy mouth, and let not thine heart be hasty to
utter *any* thing before God: for God *is* in heaven, and thou upon earth:
therefore let thy words be few.

a fool's voice *is known* by multitude of words.

⁶ Suffer not thy mouth to cause thy flesh to sin;

⁷ For in the multitude of dreams and many words *there*
are also divers vanities: but fear thou God.

3. PROVERBS 13:3

He that keepeth his mouth keepeth his life:
but he that openeth wide his lips shall have destruction.

4. PROVERBS 6:2

thou art snared with the words of thy mouth,
thou art taken with the words of thy mouth.

5. MARK 11:23

For verily I say unto you, That whosoever shall say unto this mountain, Be
thou removed, and be thou cast into the sea; and shall not doubt in his
heart, but shall believe that those things which he saith shall come to pass;
he shall have whatsoever he saith.

6. PROVERBS 17:27-28

He that hath knowledge spareth his words:
and a man of understanding is of an excellent spirit.
²⁸ Even a fool, when he holdeth his peace, is counted wise:
and he that shutteth his lips *is esteemed* a man of understanding.

7. PROVERBS 18:21

Death and life *are* in the power of the tongue:
and they that love it shall eat the fruit thereof.

8. JAMES 3:2, 5, 8, 10

² For in many things we offend all. If any man offend not in word, the same *is* a perfect man, *and* able also to bridle the whole body.
⁵ Even so the tongue is a little member, and boasteth great things. Behold, how great a matter a little fire kindleth!
⁸ but the tongue can no man tame; *it is* an unruly evil, full of deadly poison.
¹⁰ Out of the same mouth proceedeth blessing and cursing. My brethren, these things ought not so to be.

9. PROVERBS 16:23-24

The heart of the wise teacheth his mouth,
and addeth learning to his lips.
²⁴ Pleasant words *are as* an honeycomb,
sweet to the soul, and health to the bones.

10. PROVERBS 30:32

If thou hast done foolishly in lifting up thyself,
or if thou hast thought evil,
lay thine hand upon thy mouth.

11. PHILIPPIANS 4:13

I can do all things through Christ which strengtheneth me.

12. MATTHEW 19:26b

With men this is impossible; but with God all things are possible.

B. BENEFITS of a WORD FAST

1. Drawing us closer to God, deepening our spiritual life as we are focusing on God.
2. Receiving an answer to a specific prayer request.
3. Taming our tongues to speak blessings only and learning when not to speak.

C. HOW to IMPLEMENT a WORD FAST

1. Set a date and time frame.
2. Notify all who live in your household.
3. Have paper and pen available for necessary communications with them.
4. Do NOT be distracted by phone nor doorbell nor TV nor computer.
5. For longer Word Fasts, it is okay to spend some of the time praying affirmations and in tongues.
6. Start small and increase one step at a time.