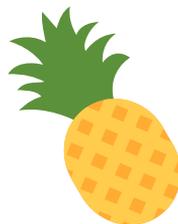


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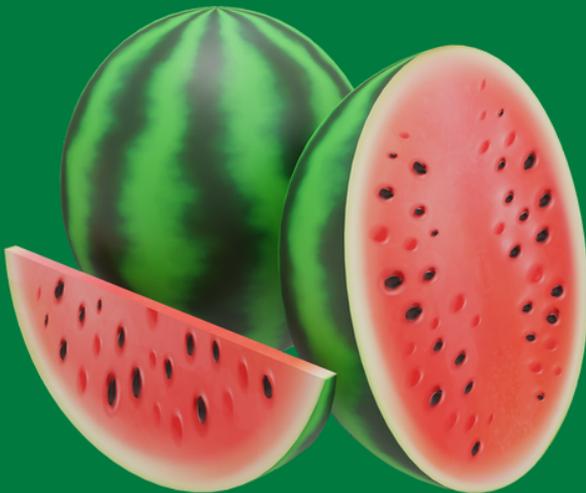
07
SOAP Bible Study Method

.....And Much More!



August

The Month Of Return



INTRODUCTION



This is a corporate fast that will be centered around Psalm 3.

It's a fruit fast designed for those who may be new to fasting and those who need a reset both spiritually and physically.

The purpose of this fast is to return to God. Return is the word God gave us for the month of August.

Did you know that the word August means consecrated and vulnerable?

God wants us all to be dependent and set apart in Him and we do this by returning to Him with all our hearts.



Fasting Dates: August 21-24th 2025

Returning To Eden Facebook Accountability Group: [Here](#)



FAQS

*Returning To Eden
2025*

1. What Is Fasting?

Fasting is a way to return to God. As believers, God has commanded that we fast (Matthew 6:16-18). Fasting is pushing away the plate in order to give God our full attention.

2. What Type Of Fast Is This?

This fast is a 3-day fruit fast. You can also do water and fresh juices. If God leads you to do something other than fruit, please follow Him.

3. Are You Supposed To Tell People When You Fast?

Fasting is usually a private thing between you and the Father, but when you are doing a corporate fast, it is okay to tell others if asked. Remember that it's about motive. Are you telling people to boast or to get validation or is it to really inform/invite them?

4. Are There Specific Times That We Can Eat?

Nope! You can eat as much fruit as your heart desires. This isn't really about the food; it's more about returning to God.

5. What If I Don't Make It The Full 3 Days?

Keep doing your prayer, devotion time, and Bible reading. This is about your relationship with God.



Joel 2:12 NLT-That is why the Lord says, "Turn to me now, while there is time. Give me your hearts. Come with fasting, weeping, and mourning.

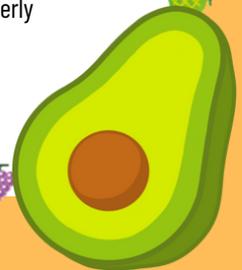


FASTING BENEFITS

Fasting has a ton of spiritual, physical, mental, and emotional benefits. Prayer is awesome, but coupled with fasting; it is POWERFUL.

Here Are A Few Benefits Of Fasting:

- Intimacy With God
- Renewed Faith
- Transformed Mind
- Emotional Healing
- Physical Healing
- Weight Loss
- Freedom From Addictions
- Clarity Of The Mind
- Cleaner Bloodstream
- Healthier Mind
- Discovery Of Purpose/Position
- Newfound Desire To Eat To Live Instead Of
Living To Eat
- Ability To Identify And Use Emotions Properly



THINGS TO DO INSTEAD OF EATING EMOTIONALLY



Connect with God:



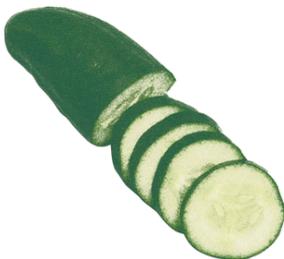
- Pray aloud or journal your prayers. Talk to God about what's going on.
- Read a verse of scripture even if it's just one.
- Breathe. Inhale deeply and exhale deeply.
- Reflect: Ask yourself: What do I really need right now?
 - Listen to worship songs.
 - Read a book.

Express Your Emotions Instead of Eating Them:



- Journal or audio journal your feelings.
- Sit with this feeling instead of suppressing it.
- Name the feeling and where you feel it in your body.
- Draw or paint to express what this feeling looks like.
 - Create something for someone else.
 - Play an instrument/create a song.

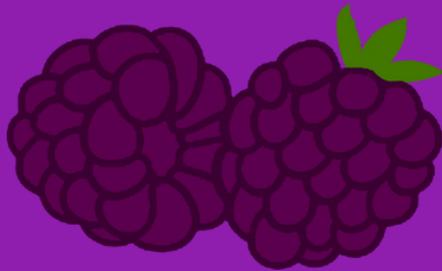
Ground Yourself Physically:



- Exercise for at least 5 minutes.
- Organize or clean.
- Turn on some music and dance it out.
 - Walk barefoot in the grass.
 - Take a hot or cold shower.
- Make a cup of tea or drink water.
- Wrap yourself in a blanket and watch something positive.
- Affirm yourself: I am safe, I am loved, and God is with me.



Matthew 19:26 NLT-Jesus looked at them intently and said, "Humanly speaking, it is impossible. But with God everything is possible."



Returning To Eden Fast 2025



Reading Psalm 3



Goal: Repent  **Psalm 3:1-3**

The first day is the BEST day. You're pumped and you are ready to accomplish your goal. It's easy to rely on your own strength though so remember that this is a partnership with God. You're turning back to grab the hand of your Father and Friend.



Goal: Restore  **Psalm 3:4-6**

The second day is the mid-point. Day one is completed and you've been able to rely on God. Now it's time to repeat that action. Grab His hand again and get ready to depend on Him as you go a little deeper. This day is all about restoring. Begin to pray to God about the things He wants to restore in your life.



Goal: Reflect  **Psalm 3:7-8**

Day three is here! Praise God! Take some time to reflect on what you've learned, how you feel, and what God is now telling you.

**Congratulations, you have completed a three
day fruit fast!**

JOURNALING PROMPTS:

Day One:

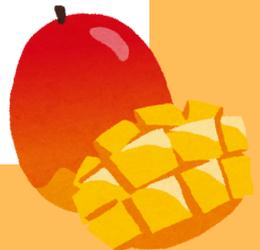
1. Where are you in your relationship with Christ?
2. What does it look like to return to God?

Day Two:

3. What is something that needs to be restored in your life?
4. Define restoration in your own words.

Day Three:

5. How has God shown up in your life?
6. What have you learned during this fast?



S.O.A.P is a popular bible study method that's super simple. Before you hop into it, invite the Holy Spirit in to help you read His word.



S

Scripture

Write out the scripture in your own words.



O

Observation

What stands out to you within the scripture? Why does it stand out to you?



A

Application

How can you apply this scripture to your life? What practical steps can you take to do so?



P

Prayer

Pray about this scripture. Pray the scriptures over someone else and then pray it over your own life.



S.O.A.P is a popular bible study method that's super simple. Before you hop into it, invite the Holy Spirit in to help you read His word.

S

O

A

P



Fruit List



Did you know that God had an original way for us to eat?
Check out this verse:



Genesis 1:29 NLT-Then God said, "Look! I have given you every seed-bearing plant throughout the earth and all the fruit trees for your food.

The Detoxers

Detoxifies and pulls acids from the cells.

Grapes Apples
Limes Pears
Peaches
Soursop
Mangoes Pineapples
Grape Fruit
Pomegranates

The Oxygenating Protectors

Oxygenates and protects the cells.

Cherries Blueberries
Strawberries
Blackberries Persimmons
Raspberries



Hidden Gems

Fruit disguised as veggies

Tomatoes Peppers
Pumpkin Squash
Eggplant Avocado

The Rebuilding Energizers

Rebuilds and energizes the cells

Cucumbers Cantaloupe
Honeydew Watermelon

Other Goodies

Oh nothing...just more fruit!



Banana Coconut
Plums Passion Fruit Fig Dates
Tamarind Rambutan





Welcome

Intro Video



**Links will be live on the
fasting day!**

[CLICK HERE FOR YOUTUBE
VIDEO](#)

...and [here](#) for website!



Day One

"Repent"



**Links will be live on the
fasting day!**

CLICK HERE FOR YOUTUBE
VIDEO

...and here for website!

Day Two



"Restore"



**Links will be live on the
fasting day!**

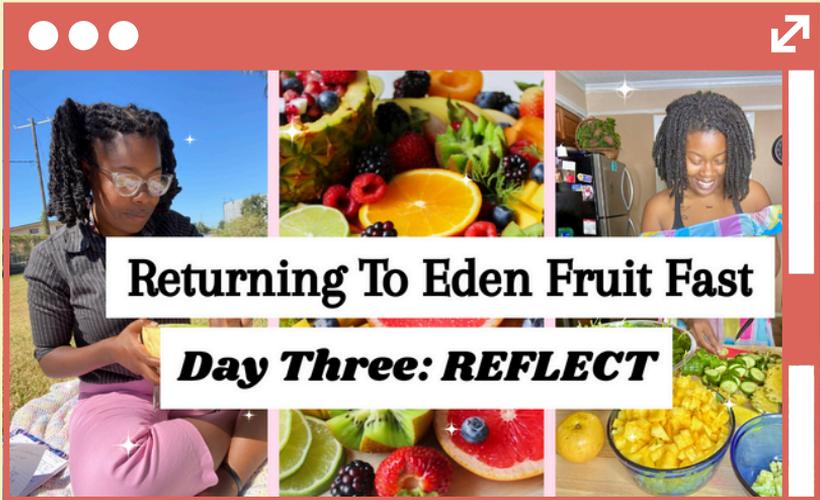
CLICK [HERE](#) FOR YOUTUBE
VIDEO

....and [here](#) for website!



Day Three

“Reflect”



**Links will be live on the
fasting day!**

CLICK HERE FOR YOUTUBE
VIDEO

....and here for website!

Thank You



for choosing to return to Eden!

I pray that this fast has planted a seed in you that will eventually turn into a tree that will bless many other people as God uses you.

Click Here



With Love,

Devyn Janae



Get Your Belongings
Free Resource Library

