

# 5-Day Fast

HOLY WEEK | April 11 to 15, 2022

**BO SANCHEZ**  
LIGHT OF JESUS FAMILY

Prepared with Dr. Didoy Lubaton and Chichi Barba

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Consecrate yourselves,  
for tomorrow the Lord will  
do amazing things among  
you... **Joshua 3:5**



# Lord, I Commit To 5-Day Fast

*Now to Him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us... - Ephesians 3:20*

Be with me Lord as I start this journey of prayer with you.

**First**, I'm fasting because I want to grow closer with You. Let my hunger for food remind me of my deeper hunger for You.

**Second**, I'm fasting to be more open to your surprises. Specifically, I'm praying for these miracles:

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_
4. \_\_\_\_\_  
\_\_\_\_\_
5. \_\_\_\_\_  
\_\_\_\_\_

**Third**, I'm fasting for the Light of Jesus Family:

Day 1: Pray that we become disciple-makers that disciples with love and humility.

Day 2: Pray that we receive God's restoration for our marriages and families.

Day 3: Pray that we receive God's healing from all sickness and addictions that steal our destiny.

Day 4: Pray that we grow in financial abundance; that we become faithful tithers; that we grow in our commitment to love the poor.

Day 5: Pray for the special intention of your local Feast.

I claim victory. Thank you for anointing me. Thank you for blessing me. Amen.

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Printed Name & Signature

## Introduction

# Miracles Happen When People Fast

Friends, I'm inviting you to our 5-Day Fast.

During Holy Week, from April 11 to April 15, as an entire Light of Jesus Family, we want to empty ourselves from lesser things so that God can fill us with greater things.

I'm excited at the amazing things that God will do among us!

Because from my experience, miracles happen when people fast.

For some reason, fasting makes us more expectant, more open, more trusting, more focused, more determined, and more sensitive to the Spirit—that more miracles happen when we fast.

I've seen how people have received healing, guidance, financial blessing, and family blessing in their lives when they fast.

And entire communities get revived when they fast.

In the next few pages, I'll explain to you how we'll do the Fast together...

## Chapter 1

# 5 Big Blessings Of Prayer & Fasting

### **Blessing #1: Fasting Brings You Closer to God**

When you fast, you're telling God that He's more important than food. So instead of eating, you spend it in prayer, reading Scripture, writing your journal, before the Blessed Sacrament, reading Spiritual books...

It declares that you're dead serious about pursuing Him because you're crazy enough to say No to something so basic as food.

If you can say No to a very basic need, what else can you not do for the Lord? You also gain discipline—something crucial for any type of success in the world.

*By learning to say **No** to small things, you are able to say **Yes** to bigger things.*

Friends, there are many, many blessings when we fast. But at the end of the day, God Himself is the greatest blessing of your fast.

Remember: If after you fasted, you experienced miracles and healing, but you didn't grow closer to God—then your fasting would have been a failure.

### **Blessing #2: Fasting Unites You With The Poor**

Every time I fast, I remind myself that this is the *daily* experience of 12% of the world's population. Not because they're fasting. But because they're poor.

740 million people will sleep tonight hungry.

And out of those 740 million hungry people, 30,000 will die of starvation. Half of those 30,000 will be children.

Fasting shouldn't *just* make me more spiritual.

Fasting shouldn't *just* open me up for more blessings and miracles.

Fasting should also move me to love the poor in a more passionate way.

When I fast, I'm also committing my life to end their hunger and poverty.

After our 5-Day Prayer and Fasting, we should be more resolved as a people to love the poor of the Lord in whatever way we can.

### **Blessing #3: Fasting Opens You To God's Power**

Years ago, I met an elderly man who was suffering from emphysema.

I noticed the symptoms. Even if we walked for just a few meters, I saw him catching his breath.

“Because of smoking?” I asked him gently.

“I stopped twenty years ago,” he said, “so partly, yes. But also because of my lazy breathing.”

I raised my eyebrow. It was the first time I heard of such a thing.

He knew I didn't understand, so he went on, “My doctor isn't your normal doctor. He's an expert in alternative medicine. So he says that all these years, my breathing has been very shallow.”

After our conversation, I did some research. Obviously, it NEVER said that shallow breathing causes emphysema. But I learned one thing: It's very important to regularly take deep breaths. Through regular aerobic exercise. Through breathing exercises. Through meditation that uses breathing. And just by your usual morning stretches and inhaling a few times. Deep breathing removes the toxins from your lungs. It also releases tension, which affects your health.

Think about it. Just like you and me, this man had oxygen all around him 24 hours day. But he smoked, clogging his lungs so that it can't absorb 20% of what he was inhaling. And to top it off, he breathed in a lazy way, decreasing again his oxygen intake.

Friends, that's what happens with God's Power.

God's power is all over us, around us, above us, beneath us, and inside us. But we do exactly the same thing: We clog our spiritual lungs and we're lazy when we breathe in God's power in our lives.

*But Fasting is like “Deep Breathing”.* When you pray and fast, you're inhaling a greater amount of God's power into your life.

Fasting isn't a bribe. “Lord, I'm fasting, so you better give me what I'm asking for!” That's not how it works.

When you fast, God doesn't change. You do.

You become more expectant, more open, more sensitive, more attentive. So when you fast, you can pray for something specific in your life.

- wisdom for an important decision you need to make;
- freedom from a particular bondage;
- healing from any sickness;
- family restoration;
- financial blessing;
- any miracle that you need



## **Blessing #4: Fasting Cleanses Your Body**

God wants us to take care of our physical bodies. One way of caring for it is by fasting.

Fasting has amazing health benefits. If you can't fast food for a day, you could give up a food that you love, like chocolates, ice cream, pastries, coffee, milk tea and others.

Take a tummy rest. By relieving the body from the hard work of digestion, it focuses its energies on regenerating the lining of the stomach and intestines, and the liver, gall bladder, and pancreas takes a recovery period. By fasting, it also helps our digestive system to getting rid of the toxins we've piled up in our tummy from all the wrong food we've eaten. Fasting allows your tummy to process and get rid of the entire gunk, the chemicals, and the stuff that shouldn't be in our bodies in the first place. These toxins weaken our immune system and make us more susceptible to disease.

Fasting enhances your body's detoxification process.

When you fast, you'll do some "house cleaning" for your own body, removing the toxins and diseased cells naturally—while blessing your soul at the same time.

However, let me warn you: fasting isn't a weight reduction program.

If you want to lose weight *permanently*, you need to change from an unhealthy diet to a healthy diet *permanently*. A 5-day diet won't work. A lifetime change of diet, yes. Use this fasting time to transition to healthy eating after Holy Week.

## **Blessing #5: Fasting Empowers Our Ministry**

In the Bible, people fasted before they started their ministry, or before a big change in their ministry. Moses did it. Elijah did it. Daniel did it. Esther did it. And Jesus did it.

Fasting will release God's power in our ministry.

You can pray for the following:

1. Pray for the leaders of the community. That they may be guided by the Holy Spirit at all times, and remain faithful to their calling.
2. Pray for all community servants, that we serve with love and humility, and that all will be empowered with the spiritual gifts.
3. Pray for expansion of territories for our ministries, that we break barriers and breakthrough new ground in reaching the unchurched.

## Chapter 2

# Choose Your Fast

There are some people who can't fast from food.

To name a few: Underweight individuals; those suffering from anorexia or bulimia; persons with bleeding stomach ulcers, cancer, blood diseases, and heart disease; Pregnant and nursing mothers; Individuals with diabetes taking insulin. The elderly and the very young are also not required to do fasting. For the rest of you who are unsure, I encourage you to ask your doctor before you fast. If you can fast, this is how we'll do it as a spiritual family.

Here's a brief explanation of different kinds of fasts...

### **Option #1: Liquid Fast**

Jesus fasted for 40 days with a "water only" fast.

Once, I tried a "water only" fast for 5 days. It is great—but can be too exhausting for some people. In a "water only" fast, toxins are released too abruptly and may be too hard on the body. Saying all that, I know lots of people who do a "water only" fast and did so successfully. The key is to drink lots of water.

But I prefer a *Juice Fast*.

This, I believe, is the best kind of fast—from a physical health perspective. You only drink fresh vegetable juices and fresh fruit juices—to aid in flushing out all toxins and regenerate your body. Please get real vegetables and fruits that you mash and shred in "juicers" and "blenders"—not those you already get inside a can or box. As much as possible, get local fruits and vegetables—because they didn't have to travel far to get to you, plus it helps our local farmers. To give you an idea, you could do a coconut (*buko*) fast. The juice is rich in water and electrolytes and good sugar, plus the *buko meat* has good protein and oils. You could also mix and blend fruits together like banana, mango, watermelon, pineapple, avocado, papaya and others. You could also juice carrots, celery, tomato, and lettuce. You could add honey, or even turmeric to boost the drinks.

## **Option # 2: Other Kinds of Fasts**

I know many people who fast by taking bread and water only. (Uh, not donuts, I'm sure.) In the Bible, Daniel fasted this way. The Catholic Fast is a one-full meal a day. That may mean eating only once a day. Or eating a small breakfast, a full lunch, and a small dinner—with no snacks in between. Some people who can't do the liquid fast could do a no meat fast. Or a restaurant food fast. Any food habit you could give up for the Holy Week intentions.

## **Option #3: Fasting For Your Freedom**

If you can't do Option 1 or 2, that's okay.

Fast from all that is harmful to your life.

Fast from the news. You do not need to know everything.

Fast from your addictions. Take this time to stop smoking and veer away from alcoholism.

Fast from gossip, criticism, and negative talk.

Fast from social media, internet, gadgets, or movies. Take a tech break.

Pope Francis said we should fast from “indifference”. Let us pray for a more compassionate heart for the poorest of the poor.

Let this Lenten season be your season of freedom! Claim it!

Friend, the choice is yours.

Pray to God what kind of fast He wants you to take.

Remember: From a spiritual perspective, your inner attitude is more important than what kind of fast you choose.

## Chapter 3

# How To Fast

If you decide to take a liquid fast for 5 days, please read the following five steps to have a great fast. If you're not taking a Liquid Fast, then just read Step #3.

### Step #1

#### Physical Preparation

Preparation is the key. If you'll do a liquid fast, I strongly recommend that you prepare for it well. Start eating a softer diet on Sunday, one day before you start. Stop eating meat and focus more on fruits and vegetables. Reduce sugar intake—so you won't crave for it during the fast. Lessen the quantity of your meals and drink at 1-2 glasses of water every hour. Prepare your mind and focus on the benefits of fasting and the intentions of the fast.

### Step #2

#### Begin Your Fast

Get a good rhythm. The first two days of your fast will be the most difficult. You'll feel hungry. Some people have headaches (perhaps withdrawal effects of not having sugar and caffeine), feel dizzy, or have low energy. Your body is adjusting to toxins coming out. On Day Three or Day Four, you begin to feel better as your body finally shifts to cleansing mode—and stops complaining. You no longer feel hungry as before. From Day Four to Day Five, you'll feel stronger and more alert. I cannot emphasize this enough: Each day, drink 1-2 glasses of water every hour. Frequency is better than volume. This prevents you from dehydration.

Throughout your 5 days of fasting, many people can maintain their regular schedule of work and household chores. Others however need a lighter schedule. Listen to your body. You can take stretching and moderate walks as your exercise.

### Step #3

#### Grow Closer To God

This is the main reason why you fast.

So instead of eating meals and snacks, pray.

Read spiritual books. Write your journal. Adore before the Blessed Sacrament.

Go to Mass more often. Go to confession.

I recommend that you gather with other members of *Light of Jesus* (who are also fasting) during lunch and dinnertime—and pray together.

And pray also for the intentions of the *Light of Jesus Family*.

## **Step #4 Break Your Fast**

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f you fasted for 5 days, take 1 day to adjust to real food.

For example, break your fast by eating salads and fruits on Saturday. As much as possible, no oils, dairy products, and meats during the adjustment period. Gradually transition to your usual diet. Your stomach is much smaller now, so stop before you feel full.

I strongly recommend that you rethink your lifelong diet at this time. Use this fast as a great platform to start your healthy eating. And if you have been able to stop some bad habits through the fast, continue the rhythm of avoiding it.

Many have quit smoking when they fasted. Some people have been able to stop their social media cravings. Many have experienced deep spiritual changes because of the fast. That's my prayer for you.

## **Step #5 Adapt The Best To Your Lifestyle**

There are some things in the fast that I do as a lifestyle. They're too good to limit only during fasting days. So I do them every day.

Like spending each day with prayer, journaling, and spiritual reading.

Like reading my vision statement each morning.

Like drinking lots of water every day.

And drinking vegetable and fresh fruit juices, and eating more vegetable salads.

And avoiding eating meat while focusing on fish for my protein needs.

Bless your body and bless your soul.

Have a great 5-Day Fast, my dear family.

You will be blessed.

## Chapter 4

# Juice Recipes

*by Chichi Barba*

A glass of freshly-made fruit or vegetable juice is a gift to the body. With this, you are able to help keep your body strong against viruses. At the same time, you cleanse your body from toxins that burden and weaken your body.

While I was writing these words down, it struck me how timely and appropriate our Lenten fast this year is. As we get ready to "face the world" again after 2 years, a juice fast this Lent prepares us - spiritually, mentally, and physically. Let us get ready and face our fears - strengthened by God's grace, and blessed with a glass-full of nutrients.

As you read on you will find more than 10 juice recipes. If this is your first time to juice and drink fruit juice that is not store-bought, I suggest choosing the ones with only fruits as ingredients. The sweet taste of store-bought fruit juices is different from the sweetness of freshly-juiced fruits and vegetables.

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- *A few pointers and instructions:*
    1. *Clean fruits and vegetables thoroughly. Make a water-vinegar wash and/or a water-salt wash where you can soak your vegetables before preparing it.*
    2. *If you don't have a juicer, you can use a blender. After blending your ingredients, pour everything into a clean katsa or cheese cloth and squeeze out the juice and strain out the pulp. You can even use a fine wire-mesh strainer to strain out the pulp.*
    3. *You can add buko juice or water to the juices if the juice tastes too strong for you, and add a natural sweetener like honey, dates or agave.*
    4. *Mix in 1 ounce of finely ground chia seeds in your juice. Chia seeds are rich in iron, protein and antioxidants.*
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### **Grape-Apple Juice**

1 medium apple  
1 small bunch of grapes

Remove grapes from stem and slice apple. Combine and push all ingredients into your juicer or blender. Serve (strain first if using a blender).  
This will make approximately 1 glass.

### **Homey Grape Juice**

1/2 cup red grapes  
1/2 cup black grapes  
1/2 cup green grapes  
A squeeze of kalamansi or 1/4 lemon  
1/2 cup buko juice

Wash grapes (remove stems). Combine and push all ingredients into your juicer or blender. Serve (strain first if using a blender).  
This will make approximately 1 glass.

### **Watermelon and Honey Melon Juice**

2 to 3 inch wedge watermelon (medium-size)  
1/2 honey melon

Wash fruits and prepare. Combine fruits and push into juicer. Serve (strain if using a blender).  
This is good for 1 glass.

### **Pineapple-Papaya Juice**

1 cup buko juice  
1 cup pineapple chunks  
1/2 cup ripe papaya  
Juice of half a lemon or almost 1/4 cup kalamansi  
\*Add a natural sweetener if you want. If you are making a smoothie version, add 1/2 ripe banana to sweeten

Combine ingredients and push into juicer or blender. Serve (strain first if using a blender). This will make approximately 1 glass.

### **Aloha! Juice**

2 cups pineapple  
1/2 fresh ripe papaya

1/2 fresh ripe mango

Add 1/2 to 1 cup buko juice

\*Add a natural sweetener if you want. If you are making a smoothie version, add 1 ripe banana to sweeten

Combine ingredients and push into juicer. Serve (strain first if using a blender). This will make approximately 1 glass.

### **Purple Juice**

1 medium-sized apple

1 cup frozen blueberries

1/4 juice of lemon or kalamansi

1/2 cup buko juice

\*Add a natural sweetener if you want. If you are making a smoothie version, add 1 ripe banana to sweeten

Wash and slice apple. Combine ingredients into your juicer or blender. This will make approximately 1 glass.

### **Cooling Juice**

1 large cucumber

2 celery stalks (trimmed)

1cm ginger root

Wash and clean ingredients before pushing into your juicer or blender. This juice is very good for your skin. Good for 1-2 servings.

### **Brocc-ana smoothie**

1 cup broccoli florets

2 ripe bananas

1/2 cup blueberries

2 cups buko juice

Cut and wash broccoli. Prepare bananas and blueberries. Combine broccoli, fruits and juice in blender.

This will make approximately 1 large glass.

### **Apple-Ginger blend**

2 apples

1 lemon

1 to 2 inches ginger stem (adjust the amount according to your preference)

Wash and chop apples. If using a juicer, peel the lemon (leave as much white pith



as possible). Juice all ingredients together.

If using a blender, blend the apples and ginger together. Squeeze the lemon and mix it in. Strain, serve.

\*Makes 1 glass.

### **Carrot-Apple drink**

1 green apple

3 carrots

1/2 inch fresh ginger

Wash and chop carrots and apple first. Then push all the ingredients in the juicer or blender. Serve (strain first if using a blender).

\*Makes 1 glass.

### **Watermelon-Guava cleanse**

1/4 large watermelon

1 large guava (or 2 to 3 small native guavas)

1/2 to 1 inch ginger

1/3 cup mint leaves

Prepare (wash, slice) then push all ingredients in your juicer or blender. Serve (strain first if using a blender).

\*Makes 1 glass.

### **Guava-Spinach drink**

1 cup ripe guava

1 cup spinach leaves

1 cup buko juice

\*Add a natural sweetener if you want. If you are making a smoothie version, add

1/2 ripe banana to sweeten

Wash and chop guava. Juice or blend all the ingredients together. Serve (strain first if using a blender).

\*Makes 1 glass.

### **Green Cleanse Juice**

1 cucumber

2 celery stalks (trimmed)

3 lettuce leaves

Prepare the vegetables (wash thoroughly and slice/chop). Push the ingredients into your juicer or blender. This gives 1-2 glasses.

## Thank You So Much For Your Faith.

Thank you for joining the Light of Jesus Family in our 5-Day Fast. By adding your faith to the faith of our spiritual family, we made mountains move. We caused miracles to happen. We received an avalanche of blessings. We grew closer to God.

I repeat: Your faith was important. Our collective faith would not be what it is without your faith added to ours.

Till our next year's Fast!

May your dreams come true,

A handwritten signature in cursive script that reads "Bo Sanchez". The signature is written in black ink on a white background.

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For more information about Bo's work or the Light of Jesus Family, you can call (+632) 8725-9999 or log on to [www.feast.ph](http://www.feast.ph) and [www.bosanchez.ph](http://www.bosanchez.ph).