

ABC Healing School  
Semester 1 Module 27  
A Lifestyle of Fasting  
Homework Assignments

1. Commit yourself to begin a lifestyle of fasting by choosing one day per week to fast. Begin by fasting something that day and then progress week by week to reach the ultimate goal of a water only fast 1 day per week.
2. Write out and bring with you to class on Sunday April 28 a list of curses/sins:
  - a. **Substance Abuse/Addiction:**
    - *Possible high-level categories:* Alcohol, illegal drugs, prescription drugs, sugar, video games, television, hard rock, sports etc.
    - *Details within each category:* Used to binge drink in college, always had the radio on to jazz music in the car, every night played Dungeons and Dragons on computer, always stayed up too late watching TV, smoked 3 packs a day, etc.
  - b. **Generational:**
    - *Possible high-level categories:* Illnesses common to family line, Sins common to family line (e.g., adultery, alcoholism, anger, unforgiveness) etc.
    - *Details within each category:* Breast cancer in the family, heart attacks in the family, fear of man, anger, greed, jealousy (your specific involvement with these sins) etc.