

How Fasting From Isolation Will Benefit You

They say that it takes 21 days to break a habit. That includes the habit of self-isolation. Work from home mandates removed us from our co-workers. Stay-at-home orders kept us from friends and loved ones. Restrictions on gathering in church buildings over the last year had a great effect on us. Aren't you tired of being alone?

What if a 21 day fast from isolation removed the residual psychological effects of the past year's trauma? Would you do it?

Isolation is a byproduct of the COVID-19 mandates. For many, the atmosphere became one of fear, loneliness and suspicion. As a result, many people became comfortable staying at home. Zoom meetings, social media and texting rose to the forefront. While valid ways to communicate, many have withdrawn from society. It is time to come out and connect with civilization!

How? Purpose to meet with someone in person every day for 21 days. Break free of intimidation and get to know your brothers and sisters in Christ. Go out for lunch, grab a cup of coffee, carry on a conversation.

During times of crisis, we need community the most. We are the body of Christ. Isolation keeps us disconnected from those with whom the Lord wants us to connect. People thrive in community.

Come out of hiding. Break the bondage of isolation today!

Check out *Occupying Force with Richard and Kimberly Wilson* on the Charisma Podcast Network. Learn how to fast from isolation and begin living again! {eoa}

Richard and Kimberly Wilson, executive directors of Watchmen Arise International, serve as corporate trainers of societal transforming Christians. Together they co-host the Occupying Force on Charisma Podcast Network, co-authored Preparing for Battle: Developing the Lifestyle of a Victorious Prayer Warrior (available in Spanish, too), Victorious Prayer Warrior Bootcamp Online Train the Trainer Intensive and Societal Transformers Bootcamp. They are popular speakers who activate regional teams and individuals alike in the areas of spiritual management, civil engagement and transformed communities. To find out more about the Wilsons and interactive online training opportunities visit .

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