



# THE SUNRISE BLUEPRINT

Winning the Morning: The Power of Firstfruits  
Fasting

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## INTRODUCTION: THE RUDDER OF THE DAY

Your day is like a massive ship.

In the middle of the ocean, the ship seems immovable. But the direction of that ship is determined by a relatively small part: **The Rudder**. In the life of a spiritual warrior, the first two hours of the day are the Rudder. Whatever happens in those early hours will determine whether your ship reaches its destination or drifts into the rocks of distraction and stress.

The ancient world understood this. From the priests of Israel to the desert fathers, the “Morning Watch” was considered the most sacred and potent time for spiritual work. They didn’t just “wake up”; they **Met the Sun**.

Morning fasting is the act of giving God the “Firstfruits” of your energy, your focus, and your physical appetite. It is a declaration that man does not live by bread alone, but by every word that proceedeth from the mouth of God.

This manual is for those who are tired of being “reactive” to their emails, their kids, or their problems. It is for those who are ready to be **Proactive**.

**The Sun is rising. The Watchtower is set. It's time to command the dawn.**

# CHAPTER I: THE LAW OF FIRSTFRUITS

In the Old Testament, the “Firstfruits” were the best part of the harvest, and they belonged exclusively to God. When the people gave the first, the rest of the harvest was **Sanctified** (protected and blessed).



## SANCTIFYING THE WHOLE

Romans 11:16 says, “*For if the firstfruit be holy, the lump is also holy: and if the root be holy, so are the branches.*”

- When you give God your first hour and skip your first meal for Him, you are putting a “seal” on the rest of your 24 hours. You are inviting the “Holy Root” to inform your business meetings, your parenting, and your rest.

## COMMANDING THE MORNING

In Job 38:12, God asks: “*Hast thou commanded the morning since thy days; and caused the dayspring to know his place?*”

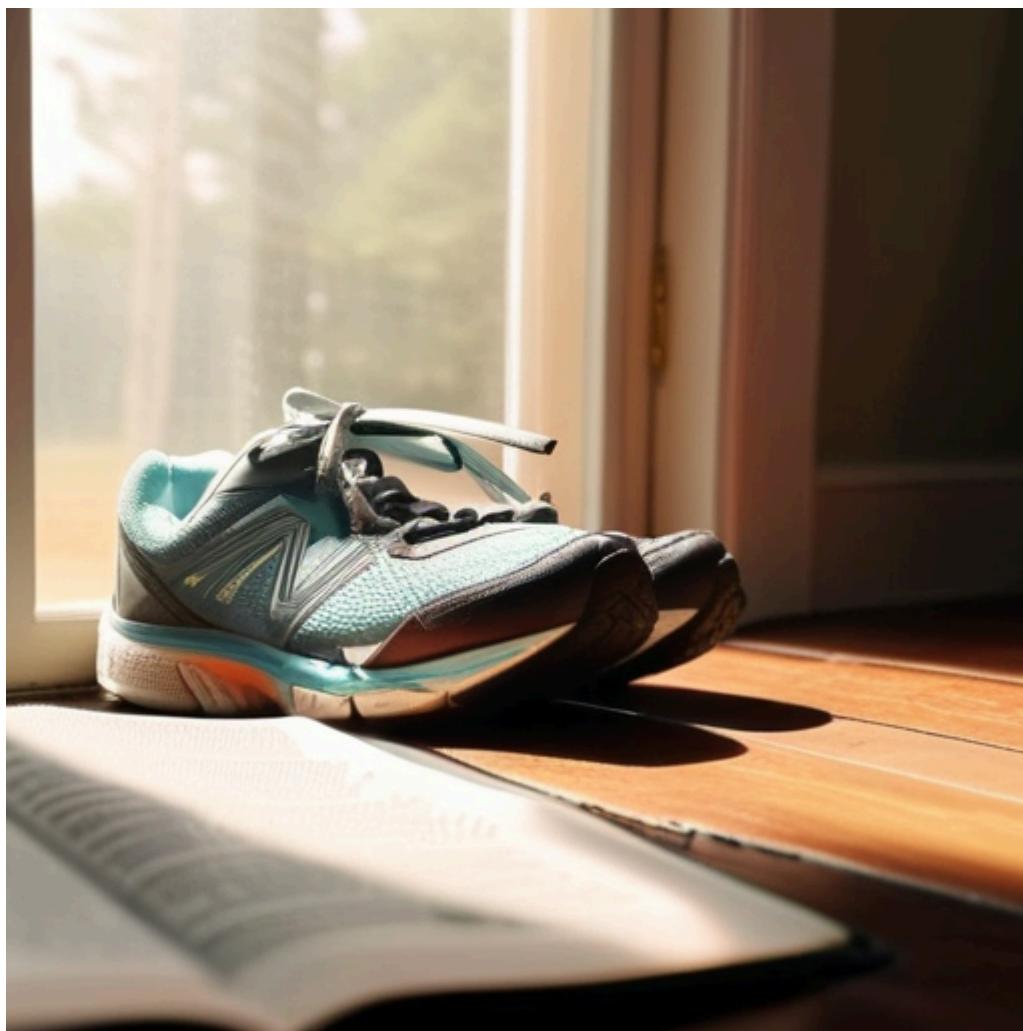
- **The Protocol:** You do not just “observe” the morning; you **command** it. You tell the day what it is going to be. You decree peace where there would be chaos. You decree provision where there would be lack.

**Morning Warfare Workshop: The Rudder Check** *Sit in silence for 5 minutes after waking. Before you touch your phone, identify the 'Small Rudder' thought that is trying to steer your day toward anxiety. Counter it with a specific 'Firstfruits' decree (e.g., 'This day is holy; I will not be ruled by stress').*

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## CHAPTER 2: THE SUNRISE PROTOCOL (06:00 AM – 12:00 PM)

The “Morning Fast” is a form of the **Partial Fast**. It involves skipping breakfast and potentially your mid-morning snack.



### 1. THE 6:00 AM AWAKENING (NO-SCROLL ZONE)

Your brain is in a state of high-theta/alpha waves upon waking. This is **Prime Time** for spiritual data.

- **The Rule:** No phone. No news. No email.
- **The Action:** Drink 500ml of water. Acknowledge the Presence.

### 2. THE 7:00 AM DIRECTING (SCRIPTURE MAPPING)

Instead of just “reading” the Bible, **Map it**.

- Take a verse (e.g., Psalm 91) and map it onto your schedule. *“Lord, as I go into this 10:00 AM meeting, I am under Your wings. No plague (no disaster) shall come near my tent.”*

### 3. THE 9:00 AM HUNGER WAVE

This is when the hormone **Ghrelin** usually spikes. Most people reach for a bagel.

- **The Warfare:** Use the hunger as an “Intercession Trigger.” Every time your stomach growls, name someone who needs a breakthrough. Your hunger becomes the “fuel” for their miracle.

**Morning Warfare Workshop: The Circadian Audit** *Track your energy levels between 8:00 AM and 10:00 AM for three days. Note the moment the ‘Hunger Wave’ hits. Instead of eating, use those 10 minutes for ‘Scripture Mapping’ onto your calendar for the afternoon. Record the shift in your ‘Willpower Reserve.’*

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# CHAPTER 3: THE NEUROBIOLOGY OF PRIME TIME

God designed your biological clocks to sync with His spiritual calls.

## CORTISOL & FOCUS

Your cortisol (wakefulness hormone) naturally peaks around 8:00 AM. In the world, this causes “morning anxiety.” In the Spirit, this is **Focus Energy**.

- Fasting during this peak allows you to channel that arousal into deep prayer rather than nervous scrolling.

## THE DOPAMINE RESET

By denying yourself the “reward” of food and the “novelty” of digital data in the morning, you are resetting your dopamine receptors.

- **The Result:** By noon, your mind is clearer, your willpower is stronger, and you are prepared for high-stakes decision-making. You have cleared the “Brain Fog” that usually follows a high-carb breakfast.



**Morning Warfare Workshop: The Dopamine Cleanse** Identify the first ‘Digital Hit’ you usually reach for (e.g., Instagram, News, or Email). Commit to a 4-hour ‘No-Hit Zone’ after waking for the next 7 days. Reflect on the ‘High Definition’ quality of your spiritual hearing when the digital

*noise is silenced.*

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# CHAPTER 4: APPENDIX 1 - COMMANDING THE DAWN SCRIPTS

Use these targeted decrees to set your atmosphere.

## 1. THE CORPORATE/PROFESSIONAL DECREE

*"I command this day to yield up its resources to the Kingdom. I decree that every meeting I have today will be governed by Wisdom. I am a conduit of favor. I silence the voice of accusation in my office. The Watchtower is set."*

## 2. THE HOUSEHOLD DECREE

*"I speak peace over my hallways. I command the morning for my children; they are taught of the Lord. Anger has no place here. Depression has no place here. Our house is a sanctuary of light."*

## 3. THE "WATCHMAN" PRAYER

*"Lord, show me the snares before I walk into them. Give me the 'word of knowledge' for the person I will meet today. Let me see what You see."*

# APPENDIX 2: THE SUNRISE BLUEPRINT WORKBOOK

## 1. THE 21-DAY RHYTHM TRACKER

Day Wake-Up Time Verse of the Day Hunger Reflection

1

2

3

## 2. THE “NO-SCROLL” AUDIT

Notice the difference in your anxiety levels on days you check your phone vs. days you keep the Sunrise Protocol.

- Day A (Phone first): Anxiety Level (1-10): \_\_\_\_\_
- Day B (Protocol first): Anxiety Level (1-10): \_\_\_\_\_

## 3. THE VISION FOR 2026

Use your morning fasting time to record the long-range visions God gives you. Do not let them escape.



## FINAL WORD: MEETING THE SUN

You are a child of the light.

When you win the morning, you have already won 80% of the battle. The enemy loves the dark, he loves the “late night,” and he loves the “groggy morning.” By getting up early and sacrificing your appetite, you are shining a flashlight into the dark places.

You are no longer drifting. You have your hand on the Rudder.

*ChristFast - Humbling the Flesh to Elevate the Spirit*

Visit [christfast.com](http://christfast.com) for more resources.