

# The Rewards of Fasting



*David Ford*

# The Rewards of Fasting

by David Ford

Sometime around the year 2002, I found myself praying: “God I don’t want to stand before You and You tell me that if I had done just one thing different – my whole life would have changed for the better! Please tell me now if there is something that I need to do!”

Immediately after that, He impressed me to do not one, but two things: Pray in the Spirit and fast! Indeed, these two go together, as fasting without praying is only partially effective. I found myself learning from people I had never known about. I just happened to turn on the television and Jentezen Franklin was talking about fasting; I had never heard of him before. I just happened to read an article by Dr. Joel Fuhrman – on fasting! I just happened to learn about Paul Bragg and his book on fasting! All of these encounters happened within a few weeks time without me even having to search out the subject. So, now let me tell you about all the amazing things that I have learned about fasting!

## **There are Five Major Benefits to the Believer that Fasts:**

1. Bondages and evil strongholds will be broken in your life
2. You will receive financial blessings along with a desire to bless others
3. Your health will spring forth
4. You will be able to receive a new anointing
5. You will hear God and understand His will

## **There are Three Main Duties toward God According to Jesus:**

**Giving** - Therefore when thou doest thine alms – Matthew 6:2.

**Praying** - And when thou prayest, – Matthew 6:5.

**Fasting** - Moreover when ye fast – Matthew 6:16.

## **Fasting is expected from all believers.**

Matthew 9:15 And Jesus said unto them, Can the children of the bridechamber mourn, as long as the bridegroom is with them? but the days will come, when the bridegroom shall be taken from them, **and then shall they fast.**

## **Husbands and wives are expected to fast together.**

1 Corinthians 7:5 Defraud ye not one the other, except it be with consent for a time, that ye may give yourselves to **fasting and prayer**; and come together again, that Satan tempt you not for your incontinency.

## **Some Breakthroughs Will Not Come Until You do all Three - Give, Pray and Fast!**

A threefold cord is not quickly broken – Ecclesiastes 4:12

This kind (demon) does not go out except by prayer and fasting – Matthew 17:21

## **Salvation and the Gift of the Holy Spirit were Revealed to the Gentiles Only After Cornelius Combined Fasting with his Giving and Praying!**

Acts 10:30 And Cornelius said, Four days ago I was **fasting** until this hour; and at the ninth hour I prayed in my house, and, behold, a man stood before me in bright clothing,  
31 And said, Cornelius, thy **prayer** is heard, and **thine alms** are had in remembrance in the sight of God.

## **When you fast, God takes special notice!**

Cornelius had a history of giving generously and praying all the time, but only when he added fasting did God take notice.

Acts 10:1 There was a certain man in Caesarea called Cornelius, a centurion of the band called the Italian band,

2 A devout man, and one that feared God with all his house, which gave **much alms** to the people, and prayed to God **always**.

. . . 30 And Cornelius said, Four days ago I was **fasting** until this hour; and at the ninth hour I prayed in my house, and, behold, a man stood before me in bright clothing,  
31 And said, Cornelius, **thy prayer** is heard, and **thine alms** are had in remembrance in the sight of God.

## Twice, Angels Told Daniel that His Prayers were Heard as Soon as He Started Fasting!

Daniel 9:3 And I set my face unto the Lord God, to seek by prayer and supplications, with fasting, and sackcloth, and ashes:

. . . 21 Yea, whiles I was speaking in prayer, even the man Gabriel, whom I had seen in the vision at the beginning, being caused to fly swiftly, touched me about the time of the evening oblation.

22 And he informed me, and talked with me, and said, O Daniel, I am now come forth to give thee skill and understanding.

23 **At the beginning of thy supplications the commandment came forth**, and I am come to shew thee; for thou art greatly beloved:

Daniel 10:2 In those days I Daniel was mourning three full weeks.

3 I ate no pleasant bread, neither came flesh nor wine in my mouth, neither did I anoint myself at all, till three whole weeks were fulfilled.

. . . 12 Then said he unto me, Fear not, Daniel: for from the first day that thou didst set thine heart to understand, and to chasten thyself before thy God, thy words were heard, and I am come for thy words.

## Fasting Opens You up to Supernatural Power, Whether Good or Evil.

American Indian tribes have shamen who pray and fast for three days without food and water, waiting for a spirit guide to come and empower them.

Witches fast for a day during which they dedicate themselves to their gods and goddesses.

Hindus regularly fast twice a month, plus once a week for the god of their choice. At the beginning of summer and winter they hold a nine-day fast with milk and fruits to worship the divine mother.

Buddhist monks don't eat any solid food after noon.

Fasting is one of the five main pillars (duties) of Islam. Muslims are obligated to fast for the entire month of Ramadan. They don't eat or drink anything, including water, while the sun shines. In 2001, Dr. Fuad Mukheimer, secretary-general of the Egyptian Sharia Association, published an article in which he encouraged bin Laden to launch an attack against the U.S. during the holy month. "During the month of Ramadan," Mukheimer wrote, "a great Muslim victory was won over the Crusaders under the leadership of Saladin. His advisers counseled him to rest from the jihad during the month of fasting, but Saladin insisted on continuing the jihad during Ramadan because he knew ... that fasting helps to [achieve] victory, because during Ramadan the Muslims

overcome themselves through fasting, and thus their victory over their enemies is certain."

The Jewish Pharisees fasted on Mondays and Thursdays while the early Church fasted twice a week too, on Wednesday and Friday in order to separate themselves from them. <sup>1</sup>

John Wesley urged early Methodists to fast and pray every Wednesday and Friday until 3:00 p.m. He did not believe a man should be ordained if he did not fast twice a week, reasoning that anyone who cannot discipline his own appetite cannot discipline the Church of God. <sup>2</sup>

## **The Purpose of the Fast has to be to Seek God.**

Zechariah 7:5 Speak unto all the people of the land, and to the priests, saying, When ye fasted and mourned in the fifth and seventh month, even those seventy years, did ye at all fast unto me, even to me?

## **When You Fast, God Will Reward You Openly.**

Giving, praying and fasting seem to move God unlike anything else. God so honors this type of humility that He will see to it that you are more than recompensed.

That thine alms may be in secret: and thy Father which seeth in secret himself shall reward thee openly – Matthew 6:4.

Pray to thy Father which is in secret; and thy Father which seeth in secret shall reward thee openly – Matthew 6:6.

That thou appear not unto men to **fast**, but unto thy Father which is in secret: and thy Father, which seeth in secret, shall reward thee openly – Matthew 6:18.

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<sup>1</sup>*The Didache* 8:1-2, "Let not your fastings be with the hypocrites, for they fast on the second and the fifth day of the week; but keep your fast on the fourth and on the preparation day (Friday)." <https://jesus.org.uk/sites/default/files/media/documents/books/others/didache.pdf>

<sup>2</sup>*The Wesley Fast*, <http://www.methodistprayer.org/wesleyfast/>. For a portion of John Wesley's ministry, he advocated fasting on both Wednesday and Friday each week as a regular spiritual discipline. But as time passed, Wesley fasted mostly on Fridays, which was the Anglican norm. Wesley usually began a Friday fast at sundown on Thursday. This was in continuity with Jewish and early Christian tradition, which both marked the beginning of the day at sundown, not midnight. Wesley typically ended his fast at 3:00 p.m. on Friday.

## Isaiah Sums Up the Fabulous Rewards of Fasting – All in Four Verses!

The first thing fasting accomplishes is to break any bonds of wickedness on your life. Then comes deliverance from every yoke. Next you will have a renewed desire to give, see financial increase, health, the glory of God and you will hear God's voice!

### Is this not the **fast** that I have chosen:

- Bondages Broken**
    - To loose the bonds of wickedness,
    - To undo the heavy burdens,
    - To let the oppressed go free,
    - And that you break every yoke?
  
  - Renewed desire to be a blessing**
    - Is it not to share your bread with the hungry,
    - And that you bring to your house the poor who are cast out;
    - When you see the naked, that you cover him,
    - And not hide yourself from your own flesh?
  
  - Finances**
    - Then your light shall break forth like the morning,
  
  - Health**
    - Your healing shall spring forth speedily,
  
  - Receive a New Anointing**
    - And your righteousness shall go before you;
    - The glory of the LORD shall be your rear guard.
  
  - You seek and find (hear) God**
    - Then you shall call, and the LORD will answer;
    - You shall cry, and He will say, 'Here I am.'
- *Isaiah 58:6-9*

# 1. Fasting Breaks Evil Strongholds

*To loose the bonds of wickedness,  
To undo the heavy burdens,  
To let the oppressed go free,  
And that you break every yoke? – Isaiah 58:7-8*

## **Daniel broke the rule of the wicked spirit ruling the entire nation of Persia through praying along with a twenty-one day partial fast.**

Daniel 10:2 In those days I Daniel was mourning three full weeks.  
3 I ate no pleasant bread, neither came flesh nor wine in my mouth, neither did I anoint myself at all, till three whole weeks were fulfilled.  
. . .12 Then said he unto me, Fear not, Daniel: for from the first day that thou didst set thine heart to understand, and to chasten thyself before thy God, thy words were heard, and I am come for thy words.  
13 But the prince of the kingdom of Persia withstood me one and twenty days: but, lo, Michael, one of the chief princes, came to help me; and I remained there with the kings of Persia.  
. . .20 Then said he, Knowest thou wherefore I come unto thee? and now will I return to fight with the prince of Persia: and when I am gone forth, lo, the prince of Grecia shall come.

## **Samuel led Israel to a military victory after they fasted for one day.**

1 Samuel 7:3 And Samuel spake unto all the house of Israel, saying, If ye do return unto the LORD with all your hearts, then put away the strange gods and Ashtaroth from among you, and prepare your hearts unto the LORD, and serve him only: and he will deliver you out of the hand of the Philistines.  
. . . 6 And they gathered together to Mizpeh, and drew water, and poured it out before the LORD, and **fasted** on that day, and said there, We have sinned against the LORD. And Samuel judged the children of Israel in Mizpeh.  
. . . 10 And as Samuel was offering up the burnt offering, the Philistines drew near to battle against Israel: but the LORD thundered with a great thunder on that day upon the Philistines, and discomfited them; and they were smitten before Israel.

## **Fasting breaks the power of the spirit behind sexual addictions.**

The Benjamites were controlled by a spirit of sexual perversion.

Judges 19:22 While they were enjoying themselves, some of the wicked men of the city surrounded the house. Pounding on the door, they shouted to the old man who owned the house, "Bring out the man who came to your house so we can have sex with him."

God told the rest of Israel to go to battle against them.

Judges 20:18 And the children of Israel arose, and went up to the house of God, and asked counsel of God, and said, Which of us shall go up first to the battle against the children of Benjamin? And the LORD said, Judah shall go up first.

On the first day of battle the Benjamites killed 22,000 men. Israel encouraged themselves and wept before the LORD until the evening asking what to do next.

Judges 20:23 And the children of Israel went up and wept before the LORD until even, and asked counsel of the LORD, saying, Shall I go up again to battle against the children of Benjamin my brother? And the LORD said, Go up against him.

The second day Israel lost again and 18,000 of their men were killed. This time Israel not only wept before the Lord but fasted too.

Judges 20:26 Then all the children of Israel, and all the people, went up, and came unto the house of God, and wept, and sat there before the LORD, and fasted that day until even, and offered burnt offerings and peace offerings before the LORD.

Now the Lord tells Israel to go a third time against Benjamin and this time He will deliver them into Israel's hand.

Judges 20:27 And the children of Israel enquired of the LORD, . . . saying, Shall I yet again go out to battle against the children of Benjamin my brother, or shall I cease? And the LORD said, Go up; for to morrow I will deliver them into thine hand.

. . . 35 And the LORD smote Benjamin before Israel: and the children of Israel destroyed of the Benjamites that day twenty and five thousand and an hundred men:



## **Fasting allowed Jesus to cast out a stubborn dumb and deaf spirit.**

Mark 9:29 And he said unto them, This kind can come forth by nothing, but by prayer and **fasting**.

## **Fasting helps you overcome the flesh and walk in the spirit.**

Paul fasted frequently to keep his body under subjection to his spirit.

I discipline my body and bring it into subjection, – 1 Corinthians 9:27

In weariness and painfulness, in watchings often, in hunger and thirst, **in fastings often**  
– 2 Corinthians 11:27

## **Fasting allows you to resist temptation.**

Jesus was led into the wilderness to be tempted of the devil, not to fast! (Matthew 4:1) He chose to fast in order to be prepared to resist temptation. Jesus was tempted all forty days in the wilderness!

Luke 4:1 And Jesus being full of the Holy Ghost returned from Jordan, and was led by the Spirit into the wilderness,  
2 Being forty days tempted of the devil. And in those days **he did eat nothing**; and when they were ended, he afterward hungered.  
. . .13 And when the devil had ended all the temptation, he departed from him for a season.  
14 And Jesus returned **in the power of the Spirit** into Galilee:

## **2. Fasting Creates a Desire to Bless Along with Abundant Finances**

*Is it not to share your bread with the hungry,  
And that you bring to your house the poor who are cast out;  
When you see the naked, that you cover him,  
And not hide yourself from your own flesh?  
Then your light shall break forth like the morning – Isaiah 58:7-8*

The Jewish people have been on a partial fast for 4000 years obeying the Levitical laws. Today they are established in some of the wealthiest positions in the world.

## **Jehoshaphat received a military victory and riches from a fast.**

2 Chronicles 20:2 Then there came some that told Jehoshaphat, saying, There cometh a great multitude against thee from beyond the sea on this side Syria;

3 And Jehoshaphat feared, and set himself to seek the LORD, and proclaimed a fast throughout all Judah.

. . .15 And he said, Harken ye, all Judah, and ye inhabitants of Jerusalem, and thou king Jehoshaphat, Thus saith the LORD unto you, Be not afraid nor dismayed by reason of this great multitude; for the battle is not yours, but God's.

. . .25 And when Jehoshaphat and his people came to take away the spoil of them, they found among them in abundance both riches with the dead bodies, and precious jewels, which they stripped off for themselves, more than they could carry away: and they were three days in gathering of the spoil, it was so much.

## **Nehemiah received the funds to rebuild the walls of Jerusalem.**

Nehemiah 1:3 And they said unto me, The remnant that are left of the captivity there in the province are in great affliction and reproach: the wall of Jerusalem also is broken down, and the gates thereof are burned with fire.

4 And it came to pass, when I heard these words, that I sat down and wept, and mourned certain days, and fasted, and prayed before the God of heaven,

2:4 Then the king said unto me, For what dost thou make request? So I prayed to the God of heaven.

5 And I said unto the king, If it please the king, and if thy servant have found favour in thy sight, that thou wouldest send me unto Judah, unto the city of my fathers' sepulchres, that I may build it.

## **Wealth came to the old Testament men who fasted.**

Daniel prospered even after being subject to two different conquering nations and three kings.

Daniel 2:46 Then the king **Nebuchadnezzar** fell upon his face, and worshipped Daniel, and commanded that they should offer an oblation and sweet odours unto him.

. . . 48 Then the king **made Daniel a great man, and gave him many great gifts, and made him ruler over the whole province of Babylon,** and chief of the governors over all the wise men of Babylon.

Daniel 5:29 Then commanded **Belshazzar (son of Nebuchadnezzar)**, and they clothed Daniel with scarlet, and put a chain of gold about his neck, and made a proclamation concerning him, **that he should be the third ruler in the kingdom.**

Daniel 6:1 It pleased **Darius** to set over the kingdom an hundred and twenty princes, which should be over the whole kingdom;

2 **And over these three presidents; of whom Daniel was first:** . . .

3 Then this **Daniel was preferred above the presidents and princes**, because an excellent spirit was in him; and **the king thought to set him over the whole realm.**

. . . 28 So this Daniel prospered in the reign of Darius, and in the reign of Cyrus the Persian.

### 3. Fasting Restores Your Health

*Your healing shall spring forth speedily – Isaiah 58:8*

Moses went on two back-to-back forty day fasts without food or water (Exodus 24:18; Exodus 34:28). He lived out the full length of a man's life as described in Genesis.

And the LORD said, My spirit shall not always strive with man, for that he also is flesh: yet his days shall be an hundred and twenty years – Genesis 6:3.

Moses was healthy, strong and full of energy when he died too!

Deuteronomy 34:7 And Moses was an hundred and twenty years old when he died: his eye was not dim, nor his natural force abated.

#### **A man left for dead regained his health after a three day fast.**

1 Samuel 30:11 And they found an Egyptian in the field, and brought him to David, and gave him bread, and he did eat; and they made him drink water;

12 And they gave him a piece of a cake of figs, and two clusters of raisins: and when he had eaten, his spirit came again to him: for he had eaten no bread, nor drunk any water, three days and three nights.

13 And David said unto him, To whom belongest thou? and whence art thou? And he said, I am a young man of Egypt, servant to an Amalekite; and my master left me, because three days ago I fell sick.

**Daniel and three other children looked healthier after a partial fast of only beans and water for ten days. After three years on this fast, all four children were ten times smarter than the grown magicians and astrologers!**

Daniel 1:5 And the king appointed them a daily provision of the king's meat, and of the wine which he drank: so nourishing them **three years**, that at the end thereof they might stand before the king.

. . . 11 Then said Daniel to Melzar, whom the prince of the eunuchs had set over Daniel, Hananiah, Mishael, and Azariah,

12 Prove thy servants, I beseech thee, ten days; and let them give us **pulse** to eat, and **water** to drink.

13 Then let our countenances be looked upon before thee, and the countenance of the children that eat of the portion of the king's meat: and as thou seest, deal with thy servants.

14 So he consented to them in this matter, and proved them ten days.

15 And at the end of ten days their countenances appeared **fairer** and **fatter in flesh** than all the children which did eat the portion of the king's meat.

16 Thus Melzar took away the portion of their meat, and the wine that they should drink; and gave them **pulse**.

17 As for these four children, God gave them knowledge and skill in all learning and wisdom: and Daniel had understanding in all visions and dreams.

18 Now at the end of the days (**end of the three years**) that the king had said he should bring them in, then the prince of the eunuchs brought them in before Nebuchadnezzar.

19 And the king communed with them; and among them all was found none like Daniel, Hananiah, Mishael, and Azariah: therefore stood they before the king.

20 And in all matters of wisdom and understanding, that the king enquired of them, he found them **ten times** better than all the magicians and astrologers that were in all his realm.

## **4. Fasting Prepares You to Receive a New Anointing**

*And your righteousness shall go before you;  
The glory of the LORD shall be your rear guard. – Isaiah 58:8*

**Jesus walked in the power of the Spirit after he had fasted.**

Luke 4:2 Being forty days tempted of the devil. And in those days he did eat nothing: and when they were ended, he afterward hungered.

. . . 14 And Jesus returned **in the power of the Spirit** into Galilee:

## **You have to fast first to prepare your body (wineskin) for the new wine (the anointing).**

Right after Jesus talked about fasting, He mentioned that you must put new wine in new skins.

Mark 2:20 (*New King James Version*) But the days will come when the bridegroom will be taken away from them, and then they will fast in those days.

21 No one sews a piece of unshrunk cloth on an old garment; or else the new piece pulls away from the old, and the tear is made worse.

22 And no one puts new wine into old wineskins; or else the new wine bursts the wineskins, the wine is spilled, and the wineskins are ruined. But new wine must be put into new wineskins.

## **After a fast God pours out His Spirit.**

Joel 2:15 Blow the trumpet in Zion, sanctify a **fast**, call a solemn assembly:

. . . 28 And it shall come to pass **afterward**, that I will pour out my spirit upon all flesh;

## **There are Only Two Things that Break the Yoke of Bondage - Fasting and the Anointing.**

### **And Fasting prepares you to receive the Anointing!**

Isaiah 58:6 Is not this the **fast** that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, **and that ye break every yoke?**

## **The Anointing**

Isaiah 10:27 And it shall come to pass in that day, that his burden shall be taken away from off thy shoulder, and his yoke from off thy neck, and **the yoke shall be destroyed because of the anointing.**

## 5. Fasting Allows You to Seek and Hear God

*Then you shall call, and the LORD will answer;  
You shall cry, and He will say, 'Here I am.' – Isaiah 58:9*

**Fasting is the first step towards seeking God. It prepares you to seek God.**

2 Chronicles 20:3 And Jehoshaphat feared, and **set himself to seek the LORD**, and proclaimed a **fast** throughout all Judah.

Daniel 9:3 And I **set my face unto the Lord God, to seek** by prayer and supplications, with **fasting**, and sackcloth, and ashes:

**You are not seeking God with all your heart if you don't fast!**

Joel 2:12 Therefore also now, saith the LORD, **turn ye even to me with all your heart**, and with **fasting**,

**You will only find God when you seek with all your heart - which means you fast!**

Jeremiah 29:13 And ye shall seek me, **and find me**, when ye shall search for me with **all your heart**.

**The Book of Daniel records three of his fasts. All three times he received specific understanding from God.**

**A three-year vegan fast**

Daniel 1:16 Thus Melzar took away the portion of their meat, and the wine that they should drink; and gave them pulse.

17 As for these four children, God gave them knowledge and skill in all learning and wisdom: and Daniel had understanding in all visions and dreams.

. . . 19 And the king communed with them; and among them all was found none like Daniel, Hananiah, Mishael, and Azariah: therefore stood they before the king.

20 **And in all matters of wisdom and understanding**, that the king enquired of them, he found them **ten times** better than all the magicians and astrologers that were in all his realm.

## **A regular fast**

Daniel 9:3 And I set my face unto the Lord God, to seek by prayer and supplications, with fasting, and sackcloth, and ashes:

. . . 21 Yea, whiles I was speaking in prayer, even the man Gabriel, whom I had seen in the vision at the beginning, being caused to fly swiftly, touched me about the time of the evening oblation.

22 And he informed me, and talked with me, and said, O Daniel, I am now come forth to give thee **skill** and **understanding**.

## **A three week vegan fast**

Daniel 10:2 In those days I Daniel was mourning three full weeks.

3 I ate no pleasant bread, neither came flesh nor wine in my mouth, neither did I anoint myself at all, till three whole weeks were fulfilled.

. . . 12 Then said he unto me, Fear not, Daniel: for from the first day that thou didst set thine heart to **understand**, and to chasten thyself before thy God, thy words were heard, and I am come for thy words.

## **You can find out what God's perfect will is through fasting.**

Romans 12:1 I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service.

2 And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may **prove** what is that good, and acceptable, and **perfect, will of God**.

## **You are able to hear God's voice when you fast.**

Acts 13:2 As they ministered to the Lord, and fasted, the Holy Ghost said, Separate me Barnabas and Saul for the work whereunto I have called them.

## **Ezra found out which route to take to travel safely.**

Ezra 8:21 Then I proclaimed a fast there at the river of Ahava, that we might humble ourselves before our God, to seek from Him the right way for us and our little ones and all our possessions.

. . . 31 Then we departed from the river of Ahava on the twelfth day of the first month, to go unto Jerusalem: and the hand of our God was upon us, and he delivered us from the hand of the enemy, and of such as lay in wait by the way.

**God gave Jehoshaphat the correct battle plan after he had fasted and prayed:  
“Neither know we what to do: but our eyes are upon thee” – 2 Chronicles 20:12.**

2 Chronicles 20:15 And he said, Hearken ye, all Judah, and ye inhabitants of Jerusalem, and thou king Jehoshaphat, Thus saith the LORD unto you, Be not afraid nor dismayed by reason of this great multitude; for the battle is not yours, but God's.

16 To morrow go ye down against them: behold, they come up by the cliff of Ziz; and ye shall find them at the end of the brook, before the wilderness of Jeruel.

17 Ye shall not need to fight in this battle: set yourselves, stand ye still, and see the salvation of the LORD with you, O Judah and Jerusalem: fear not, nor be dismayed; to morrow go out against them: for the LORD will be with you.

**Elijah was able to hear God’s voice and receive directions after fasting forty days.**

1 Kings 19:8 And he arose, and did eat and drink, and went in the strength of that meat forty days and forty nights unto Horeb the mount of God.

9 And he came thither unto a cave, and lodged there; and, behold, the word of the LORD came to him, and he said unto him, What doest thou here, Elijah?

. . . 15 And the LORD said unto him, Go, return on thy way to the wilderness of Damascus: and when thou comest, anoint Hazael to be king over Syria:

16 And Jehu the son of Nimshi shalt thou anoint to be king over Israel: and Elisha the son of Shaphat of Abelmeholah shalt thou anoint to be prophet in thy room.

**Joshua fasted all day until evening to hear from God as to why Israel had lost a battle.**

Joshua 7:6 And Joshua rent his clothes, and fell to the earth upon his face before the ark of the LORD until the eventide, he and the elders of Israel, and put dust upon their heads.

. . . 10 And the LORD said unto Joshua, Get thee up; wherefore liest thou thus upon thy face?

11 Israel hath sinned, and they have also transgressed my covenant which I commanded them: for they have even taken of the accursed thing,



**Fasting brought David into God's presence. David was fasting when he wrote Psalm 42.**

Psalm 42:1 (*New King James Version*) As the deer pants for the water brooks, So pants my soul for You, O God.

2 My soul thirsts for God, for the living God. When shall I come and appear before God?

3 **My tears have been my food day and night**, While they continually say to me, "Where is your God?"

**As fasting brought David into a deeper, more intimate relationship with God, he eventually said:**

**Deep calls unto deep** at the noise of Your waterfalls; All Your waves and billows have gone over me – Psalm 42:7.

## Fasting in a Crisis

**God's judgment may be averted or delayed by fasting, but it is not a sure thing.**

***“Who can tell whether GOD will be gracious to me?”*** Both the king of Nineveh and king David said this phrase while fasting during a crisis. God was gracious to Nineveh, but not to David.

**Nineveh was spared from destruction through a fast.**

Jonah 3:3 So Jonah arose, and went unto Nineveh, according to the word of the LORD. Now Nineveh was an exceeding great city of three days' journey.

4 And Jonah began to enter into the city a day's journey, and he cried, and said, Yet forty days, and Nineveh shall be overthrown.

5 So the people of Nineveh believed God, and proclaimed a fast, and put on sackcloth, from the greatest of them even to the least of them.

6 For word came unto the king of Nineveh, and he arose from his throne, and he laid his robe from him, and covered him with sackcloth, and sat in ashes.

7 And he caused it to be proclaimed and published through Nineveh by the decree of the king and his nobles, saying, Let neither man nor beast, herd nor flock, taste any thing: let them not feed, nor drink water:

8 But let man and beast be covered with sackcloth, and cry mightily unto God: yea, let them turn every one from his evil way, and from the violence that is in their hands.

9 ***Who can tell if God will turn and repent, and turn away from his fierce anger, that we perish not?***

10 And God saw their works, that they turned from their evil way; and **God repented of the evil, that he had said that he would do unto them; and he did it not.**

**David fasted for 7 days to try and save the life of his illegitimate child with Bathsheba.**

2 Samuel 12:16 David therefore besought God for the child; and David **fasted**, and went in, and lay all night upon the earth.

. . .18 And it came to pass on the seventh day, that the child died.

. . .21 Then said his servants unto him, What thing is this that thou hast done? thou didst fast and weep for the child, while it was alive; but when the child was dead, thou didst rise and eat bread.

22 And he said, While the child was yet alive, I fasted and wept: for I said, ***Who can tell whether GOD will be gracious to me, that the child may live?***

23 But now he is dead, wherefore should I fast?

**Joel prophesied that on the dreadful day of the LORD there still might be a reprieve for people who fast because “Who knows if He will turn and relent and leave a blessing behind Him?”**

Joel 2:11 And the LORD shall utter his voice before his army: for his camp is very great: for he is strong that executeth his word: for the day of the LORD is great and very terrible; and who can abide it?

12 Therefore also now, saith the LORD, turn ye even to me with all your heart, and with fasting, and with weeping, and with mourning:

13 And rend your heart, and not your garments, and turn unto the LORD your God: for he is gracious and merciful, slow to anger, and of great kindness, and repenteth him of the evil.

14 **Who knoweth if he will return and repent, and leave a blessing behind him;**

**Even the most wicked king in the history of Israel had a judgment delayed after fasting.**

God had just pronounced a judgment against king Ahab, his wife and his sons.

Behold, I will bring evil upon thee, and will take away thy posterity, . . . The dogs shall eat Jezebel by the wall of Jezreel. Him that dieth of Ahab in the city the dogs shall eat; and him that dieth in the field shall the fowls of the air eat – 1 Kings 21:21-24.

God was gracious, even to the most wicked man of all.

1 Kings 21:25 But there was none like unto Ahab, which did sell himself to work wickedness in the sight of the LORD, whom Jezebel his wife stirred up.

26 And he did very abominably in following idols, according to all things as did the Amorites, whom the LORD cast out before the children of Israel.

27 And it came to pass, when Ahab heard those words, that he rent his clothes, and put sackcloth upon his flesh, and fasted, and lay in sackcloth, and went softly.

28 And the word of the LORD came to Elijah the Tishbite, saying,

29 Seest thou how Ahab humbleth himself before me? because he humbleth himself before me, **I will not bring the evil in his days: but in his son's days will I bring the evil upon his house.**

## **The Fast that Never Fails - No Food or Water!**

In times of severe crisis or when you want to intensely seek the favor of God, you can fast to the extent where you don't even drink any water. Every time men and women in the Bible sought God with this fervor, He dramatically heard and answered them!

### **Esther and the Jews were delivered from the schemes of an evil prince by fasting for three days without food or water.**

Esther 4:16 Go, gather together all the Jews that are present in Shushan, and fast ye for me, and neither eat nor drink three days, night or day: I also and my maidens will fast likewise; and so will I go in unto the king, which is not according to the law: and if I perish, I perish.

Esther 7:10 So they hanged Haman on the gallows that he had prepared for Mordecai.

### **Nineveh was spared through a fast where neither man nor animal ate or drank water.**

Jonah 3:6 For word came unto the king of Nineveh, and he arose from his throne, and he laid his robe from him, and covered him with sackcloth, and sat in ashes.

7 And he caused it to be proclaimed and published through Nineveh by the decree of the king and his nobles, saying, Let neither man nor beast, herd nor flock, taste any thing: let them not feed, nor drink water:

. . . 10 And God saw their works, that they turned from their evil way; and God repented of the evil, that he had said that he would do unto them; and he did it not.

### **Saul (Paul) got his eyesight back and received an anointing after praying and fasting without food or water for three days.**

Acts 9:8 And Saul arose from the earth; and when his eyes were opened, he saw no man: but they led him by the hand, and brought him into Damascus.

9 And he was three days without sight, and neither did eat nor drink.

. . . 11 And the Lord said unto him, Arise, and go into the street which is called Straight, and enquire in the house of Judas for one called Saul, of Tarsus: for, behold, he prayeth,

. . . 17 And Ananias went his way, and entered into the house; and putting his hands on him said, Brother Saul, the Lord, even Jesus, that appeared unto thee in the way as thou camest, hath sent me, that thou mightest receive thy sight, and be filled with the Holy Ghost.

## **A man left for dead regained his health after a three-day fast without eating or drinking.**

1 Samuel 30:11 And they found an Egyptian in the field, and brought him to David, and gave him bread, and he did eat; and they made him drink water;

12 And they gave him a piece of a cake of figs, and two clusters of raisins: and when he had eaten, his spirit came again to him: for he had eaten no bread, nor drunk any water, three days and three nights.

13 And David said unto him, To whom belongest thou? and whence art thou? And he said, I am a young man of Egypt, servant to an Amalekite; and my master left me, because three days ago I fell sick.

## **Once a year Jews examine their relationship with God by fasting without food or water.**

*Yom Kippur* meaning “The Day” is the most sacred Jewish holiday (the Sabbath of Sabbaths) where no eating, drinking, bathing or marital relations are allowed. Ten days earlier on Rosh Hashanah, God is believed to have opened the Book of Life and recorded the destiny of all mankind for the following year. He has however, granted a ten day reprieve ending on Yom Kippur when the Book of Life will be closed and sealed for good. This is the day to ask forgiveness for promises broken to God. The day of Atonement (Yom Kippur) is the only fast day specifically decreed in the Bible.

Leviticus 16:30 For on that day shall the priest make an atonement for you, to cleanse you, that ye may be clean from all your sins before the LORD.

Leviticus 23:32 It shall be unto you a sabbath of rest, and ye shall afflict your souls: in the ninth day of the month at even, from even unto even,

Isaiah 58:5 Is it such a fast that I have chosen? a day for a man to afflict his soul?

The seriousness of this day is observed by “afflicting the soul” with a complete twenty-five hour fast without food or water.

In Israel, the country comes to a complete halt for 25 hours on this day; places of entertainment are closed, there are no television and radio broadcasts (not even the news), public transport is suspended, and even the roads are completely closed.

## **Fasting Until You Get Results**

Sometimes you may be required to extend a fast until you get results.

### **The devil tempted Jesus every day for forty days; Jesus fasted until the devil left.**

Luke 4:2 Being forty days tempted of the devil.

. . . 13 And when the devil had ended all the temptation, he departed from Him for a season.

### **Daniel fasted until he got an understanding of the future.**

He was on a partial fast “I ate no pleasant bread, neither came flesh nor wine in my mouth, neither did I anoint myself at all, till three whole weeks were fulfilled” – Daniel 10:3.

Daniel 10:12 Then said he unto me, Fear not, Daniel: for from the first day that thou didst set thine heart to understand, and to chasten thyself before thy God, thy words were heard, and I am come for thy words.

13 But the prince of the kingdom of Persia withstood me one and twenty days: but, lo, Michael, one of the chief princes, came to help me; and I remained there with the kings of Persia.

### **The crew on the ship carrying Paul to Rome fasted until they were *sure* that they were safe from the fourteen day storm.**

Acts 27:27 But when the fourteenth night was come, as we were driven up and down in Adria, about midnight the shipmen deemed that they drew near to some country;

. . .33 And while the day was coming on, Paul besought them all to take meat, saying, This day is the fourteenth day that ye have tarried and continued fasting, having taken nothing.

34 Wherefore I pray you to take some meat: for this is for your health: for there shall not an hair fall from the head of any of you.

35 And when he had thus spoken, he took bread, and gave thanks to God in presence of them all: and when he had broken it, he began to eat.

36 Then were they all of good cheer, and they also took some meat.

**David fasted for seven days for his illegitimate child by Bathsheba. He only stopped because the child died.**

2 Samuel 12:22 And he said, While the child was yet alive, I fasted and wept: for I said, Who can tell whether GOD will be gracious to me, that the child may live?

23 But now he is dead, wherefore should I fast? can I bring him back again?

## **Fasting to Dedicate Men to the Ministry**

Acts 13:2 As they ministered to the Lord, and fasted, the Holy Ghost said, Separate me Barnabas and Saul for the work whereunto I have called them.

3 And when they had fasted and prayed, and laid their hands on them, they sent them away.

Acts 14:23 And when they had ordained them elders in every church, and had prayed with fasting, they commended them to the Lord, on whom they believed.

## **Fasting to Mourn a Tragedy**

2 Samuel 1:12 And they mourned, and wept, and fasted until even, for Saul, and for Jonathan his son, and for the people of the LORD, and for the house of Israel; because they were fallen by the sword.

2 Samuel 3:33 And the king lamented over Abner, and said, Died Abner as a fool dieth? . . . 35 And when all the people came to cause David to eat meat while it was yet day, David sware, saying, So do God to me, and more also, if I taste bread, or ought else, till the sun be down.

# The Health Benefits of Fasting

Fasting will improve your health and enable you to avoid surgery or a lifetime of drug use. It allows the body to heal itself and recover completely from most chronic diseases. Digestion uses about 50 percent of the body's energy and can rise up to 70 percent right after a big meal. The body cannot take time to heal itself if it must continually digest food. Fasting lets the digestive tract take a much needed break and shifts that energy into healing and detoxifying.

*Fasting is the greatest remedy – the physician within!* – Paracelsus, 15<sup>th</sup> century physician

*To lengthen thy life, lessen thy meals.* – Ben Franklin

*Many dishes, many diseases.* – Ben Franklin

*Eat to live, not live to eat.* – Ben Franklin

*Instead of medicine, fast for a day.* – Plutarch, Greek philosopher

*The doctor of the future will give no medicine, but will interest his patients in the care of the human frame, in diet and in the cause and prevention of disease.* – Thomas A. Edison

*With fasting the head is clearer, the health is better, the heart is lighter, the purse is heavier and the soul is renewed.* – Scottish clergyman circa 1800

*I humbled my soul with fasting.* – Psalm 69:10

*On a fast day you shall read the words of the Lord.* – Jeremiah 36:6

*I set my face to seek the Lord with prayer and fasting.* – Daniel 9:3

*Jehoshaphat set himself to seek the LORD, and proclaimed a fast.* – 2 Chronicles 20:3



## **Fasting Rejuvenates the Body**

During a fast our bodies have an amazing ability to digest any diseased tissues, tumors and fatty deposits while conserving the essential tissues. This removes non-productive tissue that has been placing a drag on the body's resources resulting in an increased blood flow and oxygenation of the system. Nutrient delivery and absorption efficiency are also increased. Physiologically, the body becomes "younger."

*"Therapeutic fasting accelerates the healing process and allows the body to recover from serious disease in a dramatically short period of time. In my practice I have seen fasting eliminate lupus and arthritis, remove chronic skin conditions such as psoriasis and eczema, heal the digestive tract in patients with ulcerative colitis and Crohn's disease, and quickly eliminate cardiovascular diseases such as high blood pressure and angina. In these cases the recoveries were permanent" — Joel Fuhrman, M.D.*

In the animal kingdom fasting is quite common. Some animals fast by hibernation while others fast while nursing. Animals instinctively know to fast when they are injured or sick.

A laying hen's productive life can be substantially increased by fasting. Normally their bodies are pretty well spent after 18 months. After being fasted in a process called "forced molting," they are re-invigorated to go through another laying cycle. Sometimes a flock is fasted a second time, enabling them to go for a third cycle - extending their usefulness to 28 months. The longer fasts of up to 14 days give the best results (Davis, 1996, pp. 74-75).

## **Fasting is Not Starvation**

Fasting is very safe and it takes a long time before damage occurs to the body. An obese person is on record of having fasted for an amazing seven months before they died (Fuhrman 1995, p. 211).

When a person abstains from all food and drink except water, the body is forced to consume every nonessential tissue. This includes fatty tissues, muscle tissues, arterial deposits, plaque, tumors and abnormal cells. Starvation does not occur until the body starts consuming the vital organs. Even a thin individual has sufficient reserves to fast for about 40 days before starvation sets in.

Fasting is different from chronic malnutrition because deficiency diseases do not develop. Blood tests taken during fasts show that the vitamin and mineral levels change very little and deficiencies don't occur until after 45 days. Levels of electrolytes like potassium and sodium are also extremely stable during a fast.

## Conditions Aided by Fasting

Fasting benefits a wide variety of conditions because it is not disease specific. Beneficial changes that can take months or years with careful eating happen quickly with a fast. Dr. Joel Fuhrman, in his book *Fasting and Eating for Health*, documents many health conditions that he observed improving after fasting. We'll look at his observations below:

### The Liver is Rejuvenated

Dramatic improvements have been constantly reported in medical studies showing how the liver is helped by fasting. Injuries caused by alcoholism, fatty deposits and drugs all have been aided. The benefits to the liver continue to be seen after the fast has ended (Fuhrman 1995, p. 19).

The liver is your body's largest organ and first line of defense from pollutants. Everything that you digest goes directly into the bloodstream and immediately to the liver. In a scant few seconds as the blood is passing through (*2 quarts per minute*), incredibly complex chemical analyses are performed, locating and removing all toxins.

The problem is your liver is under a 24-hour siege from environmental pollution, prescription drugs, chemical food additives, water chlorination, household chemicals, pesticides, alcohol abuse and an over-use of animal protein.

Analyses of many young, supposedly healthy looking individuals, have revealed fairly normal looking internal organs until you get to the liver and gallbladder. Often the liver is shaped drastically different, filled with bloody fluids, pus, tumors, scar tissue and parasites (Schulze 2003, p. 32). By the time most people reach 40, the bile ducts of the liver are so clogged and swollen that just about one-fourth of what we need ever reaches the gallbladder, where it's stored and used to break down fat.

A clogged and malfunctioning liver is usually present long before most diseases manifest.

The #1 and #2 causes of death in America are directly linked to the liver. The number one cause of death in America is heart attacks and strokes, caused by cholesterol build-up blocking the coronary or cerebral arteries. One of the main duties of the liver is filtering cholesterol from the blood.

The number two cause of death in America is cancer. The liver filters out carcinogenic toxins from our blood.

## **Detoxification**

Fasting accelerates the discharge of poisonous wastes from the body. It quickly alleviates the withdrawal symptoms from drugs such as alcohol, cocaine, nicotine and caffeine. Most people are amazed at how easy it is to quit smoking while fasting (Fuhrman 1995, p. 192).

## **Psychological Disorders**

Fasting is especially effective in restoring brain function. It has been repeatedly observed to alleviate neurosis, anxiety, and depression. A Japanese clinic fasted 382 patients with psychosomatic disease and had a success rate of 87 percent (Fuhrman 1995, p. 19).

## **Non-Cancerous Tumors**

Benign tumors typically respond rapidly to a fast, especially if the person is not overweight. This includes fibroid tumors, nasal polyps and lipomas. Fasting can be used to aid in the diagnosis of a suspicious mass. If the mass responds and decreases, then it was probably non-cancerous. It seems that cancerous tumors do not usually respond to fasting. Cancers are mostly unregulated growths with their own independent agenda (Fuhrman 1995, pp. 176-177).

Demonic spirits are often thought to be behind cancers and this could explain the lack of any results. However, the very first benefit of fasting described by Isaiah is that it will “loose the bands of wickedness, undo heavy burdens, free the oppressed, and break every yoke” (Isaiah 58:6). This is directly addressing spiritual oppression! I think that the times when fasting produces no results are simply due to an absence of a spiritual purpose behind the fast to begin with.

## **Diabetes**

In the early 1900's, before insulin was known, fasting was used to prolong life in diabetic patients. Recent studies show that following a prolonged fast there is a substantial improvement in insulin function and restoration of pancreatic functions (Fuhrman 1995, p. 138).

## **Inflammatory Diseases (Autoimmune Diseases)**

Fasting is more effective than even the most powerful drugs at reducing inflammation. Instead of suppressing the inflammatory reaction of the body, which is only the symptom, fasting attacks the source of the problem by removing the noxious toxins that cause the inflammation. It is therefore effective in reversing autoimmune diseases like rheumatoid arthritis, psoriasis, lupus, ulcerative colitis and Crohn's disease (Fuhrman 1995, pp. 154,159).

## **The Immune System**

Fasting enhances the immune system. Researchers have evaluated patients on a 14-day fast and noted enhancement in serum immunoglobulin levels and natural killer T cell activity. Another study showed that healthy people who fasted repeatedly had a decreased incidence of infection. When the diet is without deficiencies, minimum caloric intake greatly increases the resistance to infectious diseases. It has been noted that when epidemics struck wartime prison camps, the underfed prisoners had a higher survival rate than their overfed captors (Fuhrman 1995, pp. 68,70).

## **Sinusitis, Allergies and Asthma**

Many diseases of the allergic nature represent an over sensitivity of the immune system. Routinely after fasting, allergies simply go away as the person's health improves.

Asthma responds very well to fasting, even in situations where medication can't control it. Asthma has inflammatory and possibly autoimmune components which are both benefitted by fasting. (Fuhrman 1995, p. 178).

## **Hypertension (High Blood Pressure)**

Fasting rapidly lowers blood pressure without medication. With a proper diet afterward, the lower pressure will be permanent (Fuhrman 1995, p. 115).

Fasting prevents blood clots by thinning the blood. Therefore a fast will quickly lower an individual's risk of a heart attack.

After 36 hours of fasting there is a significant increase in the ability of the blood to break down clots. This fibrinolytic activity continues for another 24 hours after the fast is terminated (Fuhrman 1995, p. 120).

## **Arteriosclerosis (Coronary Artery Disease)**

A complete fast using only pure water softens and removes the cholesterol plaque that lines the blood vessels. One man reduced his coronary blockage from 95 percent to 60 percent, avoiding bypass surgery, after a 20 day fast (Fuhrman 1995, p. 123).

## **Losing Weight**

First of all, fasting to lose weight without changing your diet is futile. If you return back to the habits that got you overweight then you will gain weight again. Furthermore, after a fast your body will have a lower metabolism for up to a month. You will gain back what you lost and more!

It is best to first lose most of your pounds with a mainly vegetarian diet and exercise. Then fast when you are down to those last 20 - 30 pounds that seem so difficult to lose.

### ***Get Your Calories from Carbohydrates – Not Fat***

When researchers have compared overweight and thin people, they have found that they both consumed about the same amount of calories! The problem was the source of the calories. Overweight people consume more calories from fat. The average American diet consists of 40 percent of its calories from fat. Most of your calories should come from unrefined carbohydrates. Look at how much more energy the body uses to store carbohydrates as fat, verses fats as fat.

Carbohydrates → Stored Fat (uses 23 percent of the calories)

Fats → Stored Fat (uses 3 percent of the calories)

Calories from fat are more likely to increase body fat than calories from carbohydrates. Making matters worse, fats slow down your metabolic rate and carbohydrates speed it up (Fuhrman 1995, p. 187).

### **The Body's First Choice for Fuel is Carbohydrates, Followed by Fats and then Protein – in that Order!**

- 1. Carbohydrates**
- 2. Fats**
- 3. Protein**

If you omit eating any carbohydrates and consume only proteins like many fad diets do, then the body will be forced to use it's second choice - Fats. This places your body in a state similar to fasting where it runs on an alternative fuel - ketones, which are derived from the breakdown of fats. The big difference here however, is that you are still consuming large amounts of protein which must be broken down and excreted. This places a dangerous load on the liver and kidneys as they try to eliminate the acidic protein by-products and ammonia. The kidneys become enlarged and overworked without any noticeable pain being felt by the individual until it is too late. Blood tests will not reveal any damage until the kidneys are more than 80 percent destroyed

(Fuhrman 1995, p. 190). Furthermore as the acids from protein metabolism lower the pH of the blood, calcium is leached from the bones to compensate - causing osteoporosis. The body keeps the blood within a very narrow alkaline pH range of 7.35 - 7.45 (Voeller 2000, p. 8). We cannot live outside this delicate balance, so our bodies have no problem with sacrificing our bones in order to keep us alive. Needless to say, a diet high in animal protein increases your risk of premature death from every leading cause - especially cancer.

Why not just let the body undergo the burning of fat the natural way while fasting, and get the added benefits of a rejuvenated and detoxified liver and kidneys!

### ***Cravings are a Sign that You are Toxic***

Fasting will be the hardest to do for the people who actually need it the most. If you get cravings only an hour or two after eating and can never miss a meal or snack, then you really need to fast. Eating incessantly causes the body to become addicted to a steady stream of toxins which provide an artificial stimulation that we mistake for energy. The “craving” that you experience is not from a lack of nutrition, but from a lack of stimulating toxins! Protein rich and fatty foods often take an entire day before they enter the bloodstream, yet you almost instantly feel the satiation from the stimulants. After switching to a mainly vegetarian diet you will notice that the “craving” experience almost completely disappears. Instead, you just slowly run out of energy, like a discharging battery, until you eat again. There is no ravenous compulsion to get your “meat protein” anymore.

Fasting will remove the accumulated poisons from your body, allowing it to discern true hunger from the cravings for addictive toxins.

# How to Fast

For a fast to be totally effective there needs to be two important parameters. If these are absent, God says He will not even see or notice!

## 1. It Needs to be Done to Seek God.

Zechariah 7:5 "Say to all the people of the land, and to the priests: 'When you fasted and mourned in the fifth and seventh months during those seventy years, did you really fast for Me -- for Me?

## 2. You Really Need to Quit Doing Business as Usual – Engrossed in Worldly Pursuits and Pleasures.

Isaiah 58:3 'Why have we fasted,' they say, 'and **You have not seen?** Why have we afflicted our souls, and **You take no notice?**' "In fact, in the day of your fast you find pleasure, And exploit all your laborers.

## Fast with Distilled Water

Fasting as described in the Bible always implies only the consumption of water, or occasionally abstinence from both food and water. There are only a couple of times in the Bible where food was eaten in what is considered as fasting. Both of these instances involve Daniel, and both times the term “fast” is not explicitly used. The first time a young Daniel with his three Hebrew friends are said to have had “their portion of meat and wine taken away” and in place they were fed pulse for three years. The second time an old Daniel says he was “mourning” for 21 days and again abstained from meat, wine and pleasant bread. Daniel does use the term “fasting” on a third occasion where there is no mention of any consumption of anything (Daniel 9:3).

Pure or distilled water is the best to use. You want water that is “empty” with plenty of room to dissolve wastes and toxins. Water saturated with solutes may even tend to deposit these minerals in your body rather than transport them away! Any dissolved minerals are useless to you anyway, since your body needs organic forms of minerals, not inorganic.

You cannot achieve the powerful benefits of fasting if you drink juices. Juice fasting is not true fasting because the body does not enter the biochemical protein sparing state called ketosis. In this state the body conserves its muscles and concentrates on consuming fats. Only with total abstinence from all calories are all toxins excreted and superfluous tissues consumed. A long-term juice fast will cause your body to remain in the glucose metabolizing state and cannibalize precious muscle tissue.

## **Juice Fasting**

A juice fast over a short period can still be beneficial. Considerable energy is freed up when the digestion process is bypassed, which the body will use to detoxify and heal. Juices enter the blood within an hour and largely don't need any digestion. If you haven't been eating a healthy diet, you will notice a big difference by juicing. Fresh juices profoundly increase the level of nutrition available to the cells.

Rather than "starving" the body through fasting, you actually are "feeding" your cells with a higher dosage of nutrition than under normal eating conditions!

Most of the nutrition in raw vegetables is lost in the digestion process, with only up to 35 percent of the nutrients ever reaching the cellular level, at best. However, with vegetable juices 92% of the nutrients reach the cells (Malkmus 1999, p. 6). Juicing is an excellent way to start out on a healthier diet or begin a recovery from disease. Most health food practitioners and preventative disease specialists recommend juicing as an everyday part of life. The key is to use fresh, raw, organic vegetables. Juice them yourself and drink them immediately. The three most nutritious juices are generally agreed to be carrot, beet and wheatgrass or barley. Usually carrot juice is the predominant component.

## **Fasting Without Water**

Four times the Bible explicitly mentions fasting without food or water. In each case there was a severe crisis to be dealt with. Esther and the Jews faced extermination, Nineveh was looking at complete annihilation, Paul had totally lost his eyesight and an Egyptian was left for dead. In every instance, except maybe Nineveh, they fasted for 3 days without water.

On the day of Atonement Jews fast for a complete day without any food or water even though the Lord doesn't directly command them to omit water. The seriousness of the day seems to imply that it should be a total fast.

If you are facing a severe situation and want to do everything you can to seek God, then I suggest going on a total fast. When you cut off both food and water, the voice of the flesh becomes very quiet. You can't help but be close to God. Do not attempt to go more than 3 days even though under the right conditions a person can last for well over a week without water. The purpose is not to kill the flesh, but only deny it. Besides, in every Biblical instance they received deliverance after three days. Anyway, a one-day total fast may be all you need to get right with God, as on Yom Kippur.

It's best not to work during this time but it is possible. I had to work for several hours out in the sun one time while I was doing a one-day total fast. At first I experienced a severe thirst which changed into a stressful uncomfortable feeling. In less than one day I felt worse than the time I went on a three-day total fast. Without water the body doesn't get to flush out toxins and the feeling is different from a normal fast. The extra stress is felt as a low-intensity pain throughout



the body. Even though there is no noticeable detoxification taking place, the body does get a healing benefit from a total fast as seen in the Biblical case of the man left for dead for three days (1 Samuel 30:11-13).

## **Medications**

Medications should be tapered and discontinued prior to fasting if possible because they may overload the kidneys. If a person cannot reduce their dependency on drugs through a vegetarian diet before beginning a fast, then they should not fast. At least you should be able to stop all medication within the first few days.

## What to Expect

On the average, you can expect to lose about 1 pound a day. Generally the first three days produce more water loss and you might lose 8 - 10 pounds. Each subsequent day after that will net about a ½ to 1 pound loss depending on how much activity you do. Don't expect to do any strenuous physical activity on fasts lasting a week or more. You can still go outside and ride a lawnmower or sit at a desk, but you will fatigue easily and want to lie down frequently. Once the glucose reserves in you muscles become used up you will not be able to sustain any intensity for more than a few seconds. You will want to spend most of your time sitting or in bed, allowing all the body's energy to be devoted to healing.

One time I worked very hard on the fourth day of a fast. I tore out the trim and doors from a house, using a hammer and crow bar all day long. By evening I had developed an uncontrollable hiccup response that lasted for a full 24 hours before it subsided. I was unable to work at all the next day and was forced to rest. Another time I put up a patio cover, working out in the sun for 5 hours on the fifth day of a fast. I was able to handle the work by going at a very slow steady pace and avoiding sustained bursts of energy.

I don't recommend fasting while working at a manual labor job unless it is the first day of your fast or you can take as many breaks as you need and go at your own speed.

However, if you are overweight you may not notice any energy lag. Some heavy individuals have fasted for 30 days and still had the same energy level as when they were eating (Fuhrman 1995, p. 224).

### The First Three Days

The first three days can be the most difficult. At least one of them will be unpleasant as your body adjusts and starts to detoxify. Normally, it is at the end of the first day when you first start to become uncomfortable. However, after a half-day or so you become more composed.

You will observe that the abdominal cramps, headaches and weakness that we often call "hunger pains" are really nothing more than withdrawal symptoms from our rich diet. True hunger pains are felt in the mouth and throat in the same areas where you feel thirst. I personally haven't ever experienced any hunger pains until after 10 days of fasting. Whenever this happens, it is best to end the fast and preserve your body. If it happens too early, then you should recuperate and then fast again after a couple of months.

Your urine will be dark and have an odor – indicating that toxins are indeed being removed. During the first three days muscle tissue is converted to glucose, mainly to power the brain which uses 80 percent of the resting body's fuel. This is when muscle loss is the most rapid and along with water loss can total about 10 pounds.

Fasting is really incomplete without the spiritual component. There should be some goal to the fast, like seeking God's presence or favor, as well as help in a crisis or difficult situation. I have found that many times after the third day, I get some breakthrough spiritually. Money will come in, a new job will suddenly be offered, an opportunity revealed, or a direction to take becomes clear. It has happened so often that I now expectantly look forward to what will happen after the third day! This anticipation will encourage you to stick around long enough to see the results.

## **After the Third Day**

Around the third day, the body shifts its energy source. After 72 hours for men and 48 hours for women, the body will shift over to using ketones as an alternate source of energy for the brain, muscles and heart. This metabolic state is called ketosis. This greatly reduces the need for glucose and decreases muscle wasting to less than .2 kg per day. A small quantity of muscle tissue is still needed to provide glucose and other nutrients. This conserves the muscles and maximizes the breakdown of fatty tissues and arterial deposits. Adapting to ketone nutrition improves the psychological health and well-being of the central nervous system. An enhanced calm, peaceful state is often experienced which remains even after the fast is over.

At this point, you will start to notice a white deposit forming on your tongue and the breath will smell. These are toxins being secreted out of the body. Your blood pressure will drop to where it is impossible to jump out of bed in the morning without first waiting for a minute to regain balance. The cravings for food are all gone with it now being almost possible to return to activities as normal. There just won't be the reserve strength for sustained intense activity. It is an excellent time to read, study or pray from now on.

On the fifth day of one of my fasts I noticed that when I lay down my legs began to ache. All the muscles in both legs seemed to contract simultaneously in a mild, controlled spasm. There was an uncomfortable pain in all the muscles as well as the knees and ankles. I had felt perfectly fine before I lay down. After thirty minutes or so the pain subsided and I was able to go to sleep. About 3 hours later I woke up and felt fine. My urine was dark tea-colored showing that I had been detoxing. It then occurred to me what my body had done. My body was removing the toxins that had been previously deposited in my feet! The body tries to store any toxins that it cannot remove as far away from the vital organs as possible. These toxins had been waiting there for who knows how many years until there was a chance to eliminate them. This is an amazing thing about our body. Somehow it has the innate knowledge of where the toxins were previously stored and is able to locate and remove them at the first available opportunity. My body even knew to wait until I lay down so gravity would not be a hindrance!

Around the sixth day the physical senses become enhanced. Eyesight becomes sharper and colors more vivid, images on the TV jump out at you. The sense of smell is more acute and odors that were unnoticed or tolerated before become offensive.

Train the body to fast, for up to 14 days, over a period of time before you even consider a long fast. If you are fasting for a medical condition you should go for 14 to 28 days in order to get a

significant benefit. It is after the first week that large health benefits begin to reveal themselves (Fuhrman 1995, p. 216).

## **Breaking the Fast**

For extended fasts longer than 7 days you need to be especially careful not to eat too much as you return to a normal eating pattern. The protective lining of the stomach will be very thin and won't be able to handle any intense digestion at first. Start out eating watery, acidic fruits like peaches and strawberries and steamed vegetables. If you have fasted only 1 week, then probably after snacking on these fruits for a half-day you will be able to eat normally. If, however, you have gone on an extended fast you will have to give your digestive system several days to fully regain strength. Don't be over anxious to eat a hard-to-digest food too soon or you will regret it. Your stomach will tell you in no uncertain terms that it can't handle the intense acid buildup with a severe pain that will last for hours. Chicken broth is good for helping you to regain tolerance for heavy food.

Once you can eat normally, be careful not to stuff yourself. Your metabolism will be slower and it will be easier to gain weight. It may take a month for your body's metabolism to return to normal.

I have noticed that the first two days after a fast of a week or two are euphoric. You feel terrific. However, sometimes on the third day I feel sick. I think this is just the body adapting to food again, but it might be from over-sensitivity to bacteria on the food. For this reason, I recommend consuming some garlic and Echinacea to make sure the immune system can handle everything.

## **Fasting has a Cumulative Effect on the Body**

There is a cumulative benefit that can be derived from several medium-length fasts. Two separate fasts of seven days each will equal a single fast of eleven days. It's the total number of days spent in ketosis that are critical.

7 days fasting = 3 days of glucose burning + 4 days of ketosis (men)

7 days fasting = 2 days of glucose burning + 5 days of ketosis (women)

If you can accumulate thirty-seven days of ketosis while maintaining a lean body weight in between fasts, physiologically you have approximately equaled the same effect as a forty-day fast. For men, this would be about nine separate week-long fasts.

1 week fasting (4 days in ketosis) x (9 separate occasions) = 36 days in ketosis (men)

40 days fasting - 3 days of glucose burning = 37 days of ketosis (men)

As far as detoxification is concerned, there is a cumulative benefit that can be accrued from many short fasts too. Of course, if you only fast this way, your body won't ever get to go into ketosis, and you will forfeit some benefits.

My normal routine has evolved into a short, simple fast of just 1¾ days every two weeks – drinking water only. I will usually add several tablespoons of Apple Cider Vinegar to one of the glasses of water in order to help clean the kidneys. I start the fast on Saturday at midnight and go until Monday evening around sundown. Blood becomes thinner after 1½ days of fasting, providing great coronary benefits. A fast of this length also gives sufficient time for the body to detox. As a result of the thinner blood along with the detoxification you will notice a peaceful, euphoric mood. You won't get to experience this with a fast of only 24 hours. Those extra 12 hours make a big difference! They also allow some quality time to pray, especially on the second day, when one usually feels better than on the first. If you will pray in the Spirit for at least a couple of hours, you will notice the tangible Presence of God within your spirit. Fasting supercharges your prayers! This fasting method totals up to just over 40 days a year.

I don't fast during Appointed Times like Passover, Pentecost and Tabernacles. These seasons are not meant for fasting. I only learned this after the Holy Spirit reprimanded me one time.

As you fast over a period of months or years, it becomes easier and easier and you become tougher and tougher. Each successive time your body has fewer total toxins to remove and more energy available. Mahatma Gandhi fasted so much that he had tremendous vitality. His body didn't need to exert very much energy toward purification. At the age of 77 he went on a 21-day water fast, walking all day long from village to village under a scorching sun and talking with the citizens of India. He never tired or faltered as did many who tried to travel with him (Bragg 2000, pp. 211-213).

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