

Fasting and Prayer

A Practical Guide

By Vagn Rasmussen

FASTING AND PRAYER is a practical guidebook.

- How to fast safely fourteen days, twenty-one days, forty days or longer.
- How to break the fast of long duration in a safe way.
- How to be set free from slavery of alcoholism, drug addiction, overeating and obesity.
- How to receive tremendous blessings to Body, Soul and Spirit.
- How to enjoy life in a new and life changing way, feeling juvenile.
- How to move into a higher level of faith.
- Testimonies of miraculous answers to fasting prayer.

CONTENT:

FOREWORD.

I. REASONS FOR FASTING.

- a) Because of your unbelief. Matthew 17:14-21
- b) To have right motives when fasting. Isaiah 58.
- c) To have visions, revelation and deep spiritual insight. Daniel 9:3, 20.
- d) More scriptures on fasting in the bible.
- e) To cure sickness
- f) To obtain health
- g) To have revival. Joel 1.14.
- h) To have prayer answered. Dan. 9:3-23.
- i) To cast out evil spirits. Mark 9:29.
- j) Forced fasting. (In famine)
- k) To have divine protection in danger. Ezra 8:23
- l) To avoid a disaster. Esther.4: 3, 16.
- m) Prayer and fasting as a ministry. Lk.2: 37.
- n) Receiving gifts of the Spirit. Dan. 6:23-24 and Dan.9: 22-23.
- o) Subduing the flesh – King over the flesh!
- p) Cleansing the bodily temple.

II. FASTING TESTIMONIES.

III. WHAT FASTING IS?

- a) The difference between: FAST DIET STARVE THIRST.
- b) What fasting is not.
- c) Hunger vs. habit hunger.

IV. FASTING IS CLEANSING THE BODILY TEMPLE.

- a) Fasting purifies the blood. Drives out anemia.
- b) Thin people often gain weight after fasting.
- c) Fasting difficulties - Some fasting Symptoms.
- d) Communion, The Lords supper.

V. HOW TO BREAK THE FAST. MENU FOR BREAKING THE FAST.

- a) When is it time for breaking the fast?
- b) The critical moment in the fasting period.
- c) Menu for breaking the fast.

VI. FAQ FREQUENTLY ASKED QUESTIONS.

- a) Can I work when fasting?
- b) Is it permitted to drink fruit juices, milk, coffee and tea when fasting?
- c) Should I take vitamins and minerals when fasting?
- d) Can I fast when on medicine?
- e) Should a pregnant woman fast?
- f) Should children fast.
- g) Am I too old to fast?
- h) How much Weight loss can I expect when fasting?
- i) Why do I have peculiar pains in my stomach?

VII. DANIEL'S DIET AND FASTS.

- 1) Daniel was a man of prayer. Dan. 6:10
- 2) Daniels partial fast. Dan. 1:12-17 Dan. 10:3
- 3) The king fasts for Daniel. Dan. 6:18
- 4) Daniel prays and God fulfils His word as in Jeremiah. Dan. 9: 2-3 and 9:25.
- 5) Daniel fasts for national repentance. Dan. 9: 3-23.
- 6) Daniels fast at the riverbank of Tigris. Dan. 10:2-4.
- 7) Daniels spiritual warfare in a 21 days fast. Dan. 10: 12-13 and 10: 20-21

VIII. THE TOBACCO, ALCOHOLIC, AND DOPE HABIT CURE.

1. The first requirement.
2. The four-day alcoholic cure.
3. Breaking the tobacco habit.
4. How to break the narcotic-dope addiction.
5. How to break addiction to coffee, Coca-Cola.
6. How to break addiction to excess food

IX. FASTING CURES MANY DESEASES.

X. MENU AFTER BREAKING THE FAST.

- a) "Live Food". The raw diet cure.
- b) Man's original food.
- c) Change of old habits into a new lifestyle.

XI. UNDERSTANDING THE FAST.

- a) The body easily switches to different types of energy sources.
- b) Where to fast.

XII. FASTING IN RELATION TO MARRIAGE.

- a) Fasting in relation to sex.
- b) Fasting as infertility cure for infertile married couples.

XIII. FASTING PURIFIES THE BLOOD.

- a) Fasting drives out anemia.
- b) Fasting is the best blood cleansing method ever known.
- c) Fasting cleanses the arteries from inside.
- d) Fasting cures leaky veins and heals the vein pump of dysfunction.
- e) Fast sharpens the senses, rejuvenates the whole body.
- f) Fasting many days can cure many diseases.
- g) Fasting prevents cancer

XIV. WHO SHOULD NOT FAST.**XV. TAKING A FORTY DAYS FAST.****XVI. THE FASTING PRAYER. FASTING PRODUCES FAITH.**

- a) Jesus fasted 40 days (then He said the Lord has anointed me.)
- b) Fasting prayer reaches faith. Fasting prayer and the Holy Spirit.
- c) Fasting and Gods Glory, Moses 40 days in the Glory cloud – fasting.
- d) The fasting prayer. The big battle.
- e) The fasting prayer and revival. (Book of Joel).
- f) The travailing prayer.
- g) The Spirit of prayer in relation to fasting.
- h) The life is in the blood – The soul is in the blood.
- i) Fasting increases faith.
- j) Rich kernels.

FOREWORD.

Biblical fasting is greatly misunderstood and underestimated even in Christian circles. The simple reason is lack of knowledge on the subject of fasting long time, 14 days, 21 days, or even 40 days or longer. The secret of the great gain of living a life of temperance is not exposed in many books, in fact only a very few good and exhaustive books are written on the subject of fasting. This book is meant to cover the practical aspect of fasting, but it also attempts to penetrate the spiritual aspect of the matter, because the biblical way of fasting certainly is a move from the carnal environment into the realm of the Holy Spirit. In this writing is mainly considered the biblical fast. This kind of fasting will increase spiritual power and anointing of your prayers tremendously, indeed, your prayer life will be completely changed. A true biblical fast is closely connected to prayer. It is consecration to God in a very deep and life changing way.

What is fasting, in relation to the Holy Spirit?

It is mourning, it is repentance, it is hunger for God, it is tuning in your Spirit to Gods Spirit, it is preparation of a tremendous new infilling of the Holy Ghost, it removes unbelief, it is chastising of your soul, it is humbling yourself before God, it is real prayer in the Spirit, it is fighting and winning the big battle against the dark forces, it is binding the strong man, and setting the captives free, it is far more power to cast out devils and heal the sick, it is power to perform miracles, it is to produce the fruits of the Spirit, it is moving into the holy life that will have

your prayers answered, it is increasing your faith in a tremendous powerful prayer life, it is touching the heart of our supreme God, it is a transformation of body, soul and Spirit, to health and cleansing, it is dominion and victory over the flesh and the battle won by the Spirit living within you, it is causing God to send revival, it is moving from the natural into the supernatural, it is receiving supernatural revelation. It is a pouring in more of God's love.

What is fasting in relation to the body?

It is cleansing of the whole body, it is healing of many deceases, and it is delaying the aging process mentally and physically, it is prolonging entire lifetime.

It is healing of diseases, it is improvement and recovery of all the five senses, it is feeling juvenile, it is restoring the immune defense, it is protection against sickness, it is defense to demon possession, it is deliverance from demons who live on carnality, it is breaking and changing old enslaving habits, it is to subdue the flesh, it is in the first hand a feeling of weakness and after the fasting a regain of even more strength than before the fast, it is laying a foundation of creating good habits for the future, it is removing of accumulated acid from muscles and bones and joints, thus removing tiredness and weariness from muscles and lack of minerals in bones and arthritis from joints, it is creating a clean and thinner bloodstream, it is cleansing of arteries and veins from inside, it is rejuvenating of the skin, giving a younger look, it is causing glands and organs to function well again, it is change of the MIND, which is seated in the brain, it is cleansing of your arteries in the brain, removing calcification in the brain, creating a better memory and a better brain function. It is very frequently healing of infertility with both man and woman, it is easier to obtain sexual satisfaction for both man and woman, and in short it is a major housecleaning. It is exercising more self-discipline.

What is fasting in relation to the soul?

It is chastisement of the soul, it is a transformation of the inner man, which is the soul, which is the real man, it is a change of the WILL, FEELINGS and INTELLECT of the soul, it is a defense and protection against demonic influence and attack on our will, feelings and intellect, it is healing of the mind, inner healing, healing of your emotions, it is making the soul a battlefield, a confrontation to dark forces, a battle you are the winner because of the blood of Jesus Christ. It is humbling of my soul, it is desire for more prayer, and it is repenting, confessing of sin, it is consecration and sanctification. It is seeking God more intensely.

I. REASONS FOR FASTING.

a) Because of your unbelief.

Matthew 17:14-21.. There came to him a man, kneeling down to him, and saying, v.15) Lord have mercy on my son: for he is lunatic, and sore vexed; for oftentimes he falleth into the fire, and oft into the water. v.16) And I brought to your disciples, and they could not cure him. V.17) Then Jesus

answered and said, O faithless and perverse generation, how long shall I be with you? How long shall I suffer you? Bring him hither to me. v.18) and Jesus rebuked the devil, and he departed out of him, and the child was cured from that very hour. v.19) Then came the disciples to Jesus apart, and said, why could we not cast him out? v.20) And Jesus said unto them, **BECAUSE OF YOUR UNBELIEF.... V.21) Howbeit this kind goeth not out but by PRAYER AND FASTING.**

The episode of a father coming to the disciples with a lunatic son possessed by an evil spirit plainly teach us that fasting and praying will remove unbelief. In other words, fasting will cause faith increasing tremendously in our hearts and we can have our prayers answered as never before.

b) To have right motives when fasting

In Isaiah 58 we are told to fast with right motives and how to fast in the right way. Read carefully Es. 58:3-12.

c) To have visions, revelation and deep spiritual insight.

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

Dan.9: 20 And whiles I was speaking, and praying, and confessing my sin and the sin of my people Israel, and presenting my supplication before the Lord my God for the holy mountain of my God, v.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 sacrifice v.22) and he informed me, and talked with me, and said: "O, Daniel I am now come forth to give you skill and understanding.... for you are greatly beloved..

It is notable that it is a lot easier to have visions, revelations and spiritual insight during seasons of fasting and prayer!

d) More scriptures on fasting. (Fasting in the Bible)

King David was fasting.

I humbled my soul with fasting. Ps.35: 13.

Wept, and chastened my soul with fasting. Ps.69: 10.

My knees are weak through fasting. Ps.109: 24

Moses was fasting. Exodus 34:28 And he was there with the Lord forty days and forty nights, he did neither eat bread nor drink water.

Elijah fasted. And went in the strength of that meat forty days and forty nights unto Horeb the mount of God. I. Kings 17: 9-12

Nehemiah 9.1 The Israelites were fasting and confessed their sins.

Ezra 8:23 fasted and prayed to have divine protection on a dangerous journey.

Esther 4: 3,16 Queen Esther and Jews fasted to save the Jewish people from annihilation.

Prophetess Anna served God in the temple with fasting and prayer. Lk. 2:36-37

Apostles fasted regularly. Luke 2: 36-37.

Jesus fasted 40 days. Luke 4: 1-2

e) **To cure sickness.**

There is a very long list of diseases that can be cured during a fast. Especially the long fast of more than twenty-one days, even forty days duration.

b) **To obtain health.**

After the fast the health condition will be much better for a long time, even longer if we change our eating habits to a more healthy lifestyle after the fast.

c) **To have revival. Joel 1:14. Joel 2:12,15,19,23.**

Joel called out for a fast and certainly revival came to the land. Read chapter 3: The outpouring of the Holy Spirit.

Yonghi Cho and his mother in law prayed and fasted. Revival came to Korea.

Arthur Miller, Argentina prayed and fasted many days. As a result revival came. Tommy Hicks conducted a mighty revival in the strong Catholic country full of idols.

In the history of revivals we constantly find records of men and women praying and fasting. As a result God sent mighty revivals again and again. When we humble ourselves before God, repent and seek the face of almighty God from all of our hearts, He certainly will pour out His Holy Ghost upon His people.

Read also 2. Chron. 7:14.

d) **To have prayer answered.**

When Ezra was about to begin his dangerous journey from Babylon to Jerusalem, taking all the gold and silver back to the temple in Jerusalem. They were only a few men to protect them and their enormous riches. Then they besought God in prayer and fasting and God in heaven heard them and they arrived safely to Jerusalem. Ezra 8:21-23.

i) **To cast out evil spirits. Mk. 9:29.**

When the disciples asked the Lord:” Why could we not cast him out”? v.29). this kind can come forth by nothing but by prayer and fasting.

j) **Forced fasting.**

In times of famine people will be forced into fasting. Surely, God will hear the cry of a whole nation who is forced into fasting, because food is scarce. God will answer the fasting prayer and bring blessings to the nation in trials, when people REPENT.

Sometimes an individual, who is sick to the body, is unable to receive food. Even under such circumstances the sick person will benefit from the fasting and eventually get healed and answer to prayer simply because fasting prayer is always answered sure and quickly from our loving heavenly Father.

Famines and times of economic recession, are always the result of sin, unbelief and disobedience to God." Mankind has never been able to enjoy full prosperity and complete spiritual favor and blessing, both at the same time, for a very long time.

The book of Deuteronomy brings out this truth. "When you have eaten and be full; Then, beware lest you forget the Lord, which brought you forth" (Deut. 6:11, 12).

Testimony.

Boy healed of mortal cancer disease through fasting and prayer.

The age of seven years old my son develop a cancer tumor in the stomach. In the beginning we were not aware what caused the terrible pain in his stomach. He could not eat any food whatsoever. In several weeks things went from bad to worse and the boy looked like skin and bone only. Now looking back I understand he was in a forced fasting in a rather long period of time. Every day and night he had seizures very painful to him. We as parents prayed and cried unto the Lord Jesus for deliverance. As father of the boy I watched beside his bed resting on the floor at nighttime. Finally we realized this is a matter of life or death, we understood there was no hope. My wife went around in the living room crying: "We loose our son, he is dying." I was speechless for sorrow for that little boy of ours. Then a certain scripture in the bible came to my mind. James 5:14. Call upon the elders for the sick to be prayed for and anointed with oil. I called our pastor in the local church. He arrived together with his wife and one more Brother to help in prayer. Our pastor anointed our deathly pale and very emaciated child with oil. The Pastor in his, I think prophetic prayer, he began to cast out the demon of death and the accompanying Brother left the room in a hurry scared because of a strange vision he had. Afterwards he related to me what he saw: "There appeared to me a supernatural light that enlightened the room. In the sick bed he could not see any child, instead he saw in the child's place a casket of a child. Meanwhile our pastor was praying, the small casket began moving away to the one side and finally disappeared out of the room out of sight. Then the Holy Spirit said to him: "This child has a cancer in his stomach."

In that same minute our boy exclaimed: "Dad, now I am healed". I noticed very clear the deathly pale color changed into a fine red and warm complexion. Next day he went to school as normal and he began immediately to eat the food he ate before the sickness.

Imagine my despair when after a short time of recovery, my son had zeisure again, showing the same symptoms as before. I cried unto the Lord Jesus in fervent prayer, finally the Holy Spirit came through to me with this strange sentence: "Did you notice what your boys are reading in their room"? I was pondering, trying to figure out the meaning of the peculiar words. I knew quite a few samples of a comic were spread all over the floor in the boys room. It was called "The Silver Arrow". It was stories about American Indians and was, at least what I thought, rather harmless. Finally the Holy Spirit spoke to me again:" Go and see for yourself". Entering the boy's room my eyes were fixed on a scene in one of the pages. An Indian medicine man practicing magic, dancing the rain dance and shouting: "Manitou, big spirit". In the next sample I picked up I glared on scenery of the witchdoctor, in the midst of a

circle of fire, calling upon spirits: “Winnitou, Winnitou spirit.” In other words, the Medicine man was practicing pure occultism in comics published for children. Holy Spirit again spoke to my Spirit: “This is the reason why the devil can attack your son”. I fell to my knees, repented of my sin and pleading for God’s forgiveness. I went to my son and explained to him what grave sins we both had committed. He said: “ Yes Dad, I know”.

We both agreed in destroying and burning every single copy. Since that day, every trace of sickness has left my son and it never ever came back.

In this extreme case we are taught many lessons. God always answers prayer and fasting, even forced fasting. Secondly, occultism and idolatry is deadly dangerous even to children. Thirdly, we as parents must be very determined and alert in keeping our homes totally cleansed of all literature and objects that displeases our heavenly Father.

The Author

k) To have divine protection in times of danger. Ezra 8:21-23.

So Ezra prayed and fasted for that reason to have divine protection instead of the king’s soldiers. 100 talents of gold, 650 talents of silver and much more, worth millions of (dollars) had to be transported the long way from Babylon to Jerusalem. God answered the fasting and praying and the whole company arrived safely to Jerusalem.

l) To avoid a disaster. Esther 4:3,16.

Esther called out for a 3 days fasting without food and water. The result was very dramatic. All of the Jewish population was rescued out of the hands of the evil Haman.

m) Prayer and fasting as a ministry. Anna the prophetess, Luke 2: 37.

Here we find an 80 years old Prophetess and a widow, SERVING God with fasting and prayer, night and day. No wonder that such consecrated life was greatly rewarded, as she knew of the Jesus child and the redemption of Israel.

It is evident that elderly people are well able to fast and pray without physical harm and thus obtaining better health and add several good quality years to their entire lifetime.

n) Receiving the gifts of the Spirit. Dan. 6:23-24 and Dan.9: 22-23.

As a direct result of fasting, very often one receives one or several of the nine gifts of the Spirit. During a fast and after a period of fasting the gifts of the Spirit will operate much easier. Think of Daniel. He was in fasting often. He experienced visions and dreams and mighty miracles took place in his Life.

o) Subduing the flesh. King over the flesh.

If we do not master the flesh the flesh will master us. Fasting is a “Blitzkrieg” set for the subjugation of the flesh. There is no more rapid, or effective way to win the war against the flesh.

Fasting will greatly aid in the “crucifying of the flesh” Romans 6:6 ...that our old man is crucified with Him.

While this great warfare goes on, there is a great turmoil within the soul because the soul is the battleground between the FLESH AND THE SPIRIT. Galatians 5:17 for the flesh lusteth against the Spirit and these are contrary to one to the other, so ye cannot do the things that ye would.

Galatians 5:19-25 Now THE WORKS OF THE FLESH are manifest, which are these: Adultery, fornication, uncleanness, lasciviousness, v.20 Idolatry, witchcraft, hatred, variance, emulations, wrath, strife, seditions, heresies, v.21 envyings, murders, drunkenness, revellings, and such like.... They that do such things shall not inherit the kingdom of God. V.22 but THE FRUITS OF THE SPIRIT is love, joy, peace, longsuffering, gentleness, goodness, faith, v.23 meekness, temperance... v.24 And they that are Christ's have CRUCIFIED THE FLESH with the affections and lusts. V.25 If we live in the Spirit, let us also walk in the Spirit.

The easiest way to conquer the flesh is by fasting! The fruits of the Spirit will come forth. Indeed, it's a glorious feeling during the fast and even after the fast, the wonderful feeling that you are the one in command over the flesh.

p) Cleansing of bodily temple.

1Co 3:16 Do you not know that you are a sanctuary of God, and the Spirit of God dwells in you?

God is well pleased with a clean bodily temple as a dwelling place of Holy Spirit.

Rom 12:1 Therefore, brothers, I call on you through the compassions of God to present your bodies a living sacrifice, holy, pleasing to God, *which is* your reasonable service.

q) Loss of weight.

An average person approximately loses daily one pound of weight when on a water fast.

r) Change of lifestyle and change of eating habits.

One of the hardest changes in life to undertake is to change ones eating habits maintained over many years. The very best timing for breaking and changing these old customs is just after the proper breaking of a major fast. It is a lot easier to begin a new lifestyle immediately after a fast.

s) Consecration fast.

The difference between a consecration fast and a mere health fast is as follow. The consecration fast is for born again believers for that reason to achieve a deeper spiritual life. It is a consecration to union and closer fellowship with the Lord Jesus Christ, the Holy Spirit and our heavenly Father. One can go on a consecration fast for several other reasons, but this kind of fasting is mainly for spiritual benefits.

The health fast is a matter of obtaining better health, healed of sicknesses, major housecleaning of the body, for better fertility, weight loss etc. The health fast can be undertaken by any person who are interested in fasting, both believers and non-believers.

II. FASTING TESTIMONIES.

Fasted two times 21 days with two years interval and was healed of serious female sickness.

It happened in our Church a 4 days fasting for the whole congregation was announced. We, my husband and I decided to take part in it. My husband had taken fasts earlier, but it was new to me. We started one Tuesday morning, all day went fine, but then the following night I woke up with stomach pain, felt real bad and queasy, I had to vomit in the middle of the night. In the morning second day of the fast I battled, I had to send my children to school. I had a heavy head each and felt very tired, fell asleep a couple of hours. Then I woke up and to my surprise all discomfort was gone, in fact I felt quite comfortable and I continued until the fourth day of the fast. Then I began to bleed. I was very worried and was asking myself: "Is it possible to fast when one is bleeding that much"? I was thinking: "God, you must help me". In this way I carried on, drank some water, ate nothing, absolutely nothing. Though frequently resting, I cooked the children's food. The children flavoured it, because I could not, otherwise I would break the fast. On the tenth day of the fast I was really worried, but I overcame this time also. The sixteenth day I was celebrating my birthday and some guests came to visit me. I had even baked a cake and everything went fine. The water I drank didn't taste very well. I am not good in water drinking, but I forced myself to drink at least a little every now and then. I added a few drops of citrus to eliminate the taste of water. Step by step I went through our 21 days fast. Some times I had a difficult time but it made me humble and caused me to pray more earnestly than I else would do. In fact I was bleeding during the entire fast and I was in a way talking with God if fasting was the right thing to do under such circumstances. Finally we decided to break the fast after 21 days of only water drinking. We began to adjust the stomach to normal diet very, very carefully. The first 2-3 days are the most critical time of breaking the fast and takes a great deal of will power not to rush into normal diet. We began our breaking the fast with orange juice half diluted with water and absolutely no solid food was eaten. Day two we drank the same juice somewhat less diluted in three meals throughout the day. One have to read some good literature how to break the fast without harm. But I was still bleeding, in fact I did that for 4 weeks, but I survived it. Afterwards when I began to eat my bleeding stopped. I was 45 years old and was thinking that I had reached the climacteric stadium in my life. Surely my womb needed healing, as I previously had a miscarriage.

After the fast I felt wonderful in my body. It was a great experience. We were both fasting 21 days my husband and I. We read the Bible together and prayed seated at the table with our Bibles in front of us. I could discuss the symptoms with my husband, as he was more experienced than I. During the time of fasting we were both out unemployed. I also suffered from sinusitis from my youth. Constantly I had mucus in my sinus, this caused me many problems also, and I could feel the mucus running down in my throat during the entire fast. Finally the fast also cured this problem. Some chronic diseases you do not get rid of in a

21 days fast, maybe more than one fast is necessary to cure some deep rooted chronic sicknesses. In fact we did that two years later. At this time we were fasting to have divine guidance, as we began pastoring a small church. We started again fasting on the 1. January with much prayer. To my big surprise I began bleeding again and this time it was real bad. I prayed to God: "God, you know what, if you don't intervene I will die of bleeding." It was that serious. I decided to write a diary. I found a notebook and wrote every day, how badly I was bleeding and so forth. Now I notice that over a span of 16 days the bleeding reduced gradually and on day 16 it stopped. Now I realized that I was totally healed in my abdomen and since twenty years after I never ever had any trouble whatsoever. No surgery was needed to have my womb removed. I am very grateful to the Lord that the secret of fasting came to my knowledge. Now I understand that what was not healed in the first fast was totally healed in the second 21 day fast. In addition to it all we experienced a real revival in our church as we were praying and fasting together, my husband and I. We had many more answers to prayer and our lives were completely changed. Later I fasted one week in my summer holidays on behalf of my family and job. It is not possible to have long fasts when one is occupied with much work. In fasting you are much closer to the Lord, you are thinking differently, you don't care for food, yes, indeed, your spiritual life is much strengthened. You don't have to worry concerning your body, if only you drink sufficient water, taking rest frequently you will feel fine. Because of the refining process is in advance also the brain function is excellent and your thinking is very clear. For many reasons it is very good to fast regularly.

Annelore Rasmussen

III. WHAT FASTING IS.

a) **The difference between: FAST DIET STARVE THIRST.**

b) **What fasting is not.**

a) **The difference between: FAST DIET STARVE THIRST.**

FAST is a period of time set aside for taking no solid or liquid food, only drinking pure water. Pure water contains no calories and can in no way break the fast.

DIETING is to eat limited amount of food or to eat special diets as for instance raw vegetables diet or vegetarian food, which is a diet of eating no meat.

STARVATION is in times of famine where food is not available and people are forced into abstinence of food. In rare cases when the stomach is not functioning at all, the body will be in a state of starvation. Cancer in the last state or some other medical reasons might lead into a state of starvation.

THIRST. Queen Esther was fasting from both food and water in three days. It is estimated that 3 days fast without water drinking is the maximum length of fasting the human body can do without harm.

b) What fasting is not.

Any intake of juice, lemon, tea, fruit tea, soup, bullion or Coca-cola would break the fast.

Sweets contain a lot of calories and will break the fast. No medicine or vitamins or mineral pills should be taken during a fast. Only water drinking. Plenty of waterdrinking helps cleansing the body.

IV. FASTING IS CLEANSING THE BODILY TEMPLE.

a) Fasting purifies the blood. Drives out anemia.

b) Thin people often gain weight after fasting.

c) Fasting difficulties - Some fasting Symptoms.

d) Communion, The Lords supper.

a) Fasting purifies the blood. Drives out anemia.

The cleansing of the bodily Temple.

As soon as food abstention begins, the blood and energies that have been occupied in digestion, assimilation, and elimination now direct their attentions to something else. The entire body turns into a refinery. A refinery to purify the temple of the Holy Spirit and to purify the blood. The blood will continue for days to be heavy, dull and dark in colour. The blood goes through the whole body in a process of refinement. The very weakness that is felt in fasting is a sign this refining process is going on and on, finally the blood becomes thinner, purer and highly refined, until it can go through all the blood vessels, even hair-like ones. This penetration of the pure blood stream through all the parts of the body actually takes away the weakness of the fast. Even at eight or ten days, in many cases, a person will begin to feel stronger, and will retain that strength throughout most of the fast.

Where the blood is more poisonous and the refining process takes more time; it may require two or three weeks of the fast for the blood to be entirely refined. Highly refined blood penetrates the farthest. This causes the blood to become so pure that it goes through all the blood vessels and penetrates places where even decease has been, thereby making the fasting person well if he should have been sick before the fast. Therefore, fasting promote healing. However, these are only secondary blessings.

The primary object in the consecration fast is to have our spiritual nature refined and the old carnality so brought into subjection that we would have our life with the Lord renewed. The consecration fast also causes new infilling of the Holy Spirit and consequently Faith will increase very much.

b) Thin people often gain weight after fasting.

Testimony:

Under-weight, gained fifteen pounds.

Thank God for opening up my eyes to the important subject of fasting. I never realized that it was so important before.

A few months ago I fasted fourteen days and Jesus was so very precious to me. Fasting is a painful ordeal to go through but I find it does honor Jesus, and it gives one more power and a special anointing to do greater service for Him.

I was quite weak during most of this fast. Before fasting I was underweight. I did not gain much of my weight back except for fourteen or fifteen pounds that I had lost through fasting. I believe the reason for this was the fact that I had rushed into eating too rapidly. A little later I fasted seven days and broke this fast very carefully and not only gained weight back that I had lost in fasting, but also gained an additional fifteen pounds of solid weight that I had not had for years.

In the fast I also received much help from the Lord, and prayers were answered.

c) Fasting difficulties – Some fasting symptoms

Dizziness.

Can occur especially in the morning when arising, one should wait for a moment sitting on the bedside and you will not experience fainting. Never rise from any position suddenly when fasting.

Headache

The first one or two days, especially if you are a heavy coffee drinker. If you have severe coffee headache, drink one half cup of black coffee and the headache will disappear and might not return, or drink plenty of water.

Weakness

Will occur in the first week or so, later strength will come to the body when the system is adjusted to take the energy from the fat stores in the body, instead of taking the energy from a full stomach. The liver has the ability to produce fat out of starch and sugar. The reverse process is going on when there is no food in the stomach and the stored fat is changed into energy supply for the combustion in the muscles. Surely after a weak period in the beginning of the fast, strength will return.

While the loss of muscular energy is weakness, generally a person just feels weak, and when the muscular energy is called upon, the strength is there. This artificial feeling of weakness is only LASSITUDE and must be distinguished from real weakness. Lassitude and weakness are not uncommon symptoms in the fast, though there is considerable variation as to the time they may appear and in their degree. These feelings are customarily felt during the first and second stages of the fast and give way to a feeling of increased strength and energy. Lassitude in particular is likely to disappear; a real weakness may not, but very often disappears also.

Weakness appears most frequently and in those cases in which drugs have been used in large quantities in the past, also in those who have used tobacco, coffee, and alcohol. In long standing cases of auto-intoxication (over eating) the condition will be present. Generally a person imagines his lassitude is a far worse condition than it is. The best procedure to use in controlling these feelings is to move around, gradually increasing your exercise, take walks, and breathe fresh air and pray harder. These things work like magic. If the condition is real weakness instead of lassitude, more sleep and rest will alleviate it. When a person is just tired, and confuses this condition with weakness, more relaxation and sleep will provide a remedy.

Nausea is a sign that the cleansing process is going on. It will stop after a while, and old chronic diseases taken up to the surface and healed.

Pain in the heart, palpitation etc.

This occurs very rarely and is usually caused by gas in the stomach pressing against the heart. Drinking two or three glasses of water will generally relieve this condition; also one should sit or lie down and relax. This condition is only transitory and the disturbance is a minor one.

One should never over exert while fasting. Sudden expenditures of energies may overwork the heart. A weak heart may be healed after a fast.

Fever

Quite frequently during a fast the fever will show itself up while the poison are in process of rapidly being oxidized from within the body. Headache, dizziness, weakness, and nausea are only natural results of a condition that heretofore has been suppressed through the regularity of eating and over-eating. By disengaging the energies and the blood from taking on food and the fresh poisons from eating, they are free to load up on toxins, and floating food particles. The blood becomes like a sewer with its load of putrefaction and the reaction shows up in some symptoms previously mentioned. This goes on for days, and finally the blood having cleansed the temple of the Holy Spirit from the "food rubbish" improves the circulation to such an extent that these conditions leave and the person usually feels better than he did while eating. There is also the spiritual cleansing along with the physical.

Abnormal slow or rapid pulse.

Occasionally nervous individuals are inclined to have a rapid pulse during the fast, at least more rapid than normal. A cool or cold bath is one of the best measures for controlling rapid pulse. One should continue in the bath until pulse is about normal.

For a slow pulse, exercise and hot baths should be taken. However, unless the pulse drops below fifty beats per minute or there is a decided drop in the circulation indicated by increased coldness of the extremities or a tendency to blueness of the lips, no attention need to be given here.

Difficulty in urinating.

This is an occurrence that is rare and is usually caused by the tremendous amount of wastes and poisons overloading the kidneys during the first part of the fast. Plenty of hot water drinking will usually remedy the condition. If this fails to help, a very hot bath with only the abdomen submerged, or a sit bath will usually bring relief.

It is very important to relax and get sufficient rest. It is always wise to have a nap or rest once or twice a day besides the regular sleep, whether or not any kind of trouble develops. This will be a preventive to any irregularity and will make it easier to concentrate more of your energy onto your spiritual life when you do pray.

Insomnia, the automatic blood transfusion

An over amount of blood has accumulated in the body by an automatic blood transfusion. An individual loses approximately a pound of weight a day; the first material used up of course the least useful, along with certain fats that are stored up in the body. Out of these fats the good and healthy blood is absorbed into other more vital parts of the body. Some of this blood gets into the head, warms it up and causes insomnia. The presence of this large amount of blood helps to explain also why a process of healing goes on through fasting. The life is in the blood, the bible tells. Genesis 9:4

Bile, vomiting

Vomiting sometimes occurs early in a fast. Sometimes it occurs late in the fast, but it is more likely to occur in the beginning of the fast and in stout persons rather than slender ones. The filth, poisons and accumulations of waste cause the stomach to attempt to eject the same. It could be caused by an unloading of bile from the gall bladder frequently caused by reverse peristalsis, which is a flowing backward of bile into the stomach, rather than down through the intestinal canal through which it should properly pass.

One should drink freely of hot or cold water and when this is expelled the stomach will be cleansed and at ease. The water makes vomiting easier because it gives the stomach more to contract upon. Also it will tend to start the peristalsis of the stomach and intestines in the normal direction. If nessecery, flavor the water with honey, lemon juice or orange juice, when vomiting persists.

Feeling cold

Often one feels cold when fasting, especially of the hands and feet, but aside from the extremities, this is usually a "false" feeling. The thermometer only indicates a normal temperature. Nevertheless, one should dress warmly.

Etherlike breathe.

Sometimes the faster will experience cramping pains. This is caused by the presence of acetone, which is present in all body secretions, particularly during a major fast. It is probably caused by a functional disorder with a breaking down of organic matter. It is particularly likely to develop in a corpulent individual. It is not an especially favorable symptom, and the protracted fast may prove unpleasant to the extremely stout. Sometimes it is desirable to break the fast when this symptom develops, although a small amount of fruit juice, vegetable broth, or thin oatmeal gruel may serve to end the condition. Some have experienced it throughout a 40-day fast without any harm.

Diarrhea

This is a very infrequent symptom in the fast; the tendency usually is the other way. It should be welcomed as a good compaignement to the cleansing process. The elimination should be encouraged, and a tepid, the chill taken of the water, may assist in eradicating some pollution, which is very much to be desired in the housecleaning of the body.

Body odors and foul breath.

The odors from the skin frequently are different from the normal and are greatly intensified during a fast. This is a good sign of the benefits of the fast. Frequent bathing and extreme cleanliness is encouraged throughout the fast. In time both skin and breath will become as clean and pure as that of a child. Jesus said, "Wash thy face." (Matt. 6:17).

Many excuses are given for not fasting because of the bad breath with which one has to contend when working at the altars and around the public. Menthol crystals will solve the problem. A tiny crystal placed on the tongue will be sufficient to sweeten the breath, and will last a long time. Purchased at the drug store it will last through many fasts. A little menthol or peppermint chewing gum may be useful in rare cases when you need to have a pleasant breath.

Cramps.

Sometimes the faster will experience cramping pains in the bowels. These usually are the result of some inner crisis or of a spasmodic contraction of the muscles by oversensitive nerves; possibly long retained fecal content has broken loose from its mooring along the colon; or the production of gas from such long held decomposing bowel content. Sometimes it is the result of drinking injudiciously of cold water. Plenty of drinking water, light kneading of the abdomen from right to left and long walks is helpful.

Nocturnal cramps. If a painful cramp in leg muscles occurs while resting in bed, stand to your feet; a little bit of walking in the house might help the cramp disappear. If convenient give massage to the muscle in cramp in direction towards the heart, helping the bloodstream returning to the heart.

Very often cramps occur temporary during the fast. In rare cases it might be a problem throughout the entire fast.

Some medical authorities say that cramps can be traced back to deficit of magnesium and calcium. Intake of minerals must take place either before or after the fast is completed. Minerals or vitamins should never be taken during the fast.

Hiccough

This is caused by a spasmodic contraction of the diaphragm and sometimes develops in a long fast. It is usually caused by bile in the stomach, and sometimes by intestinal obstruction. It also is not very important, but if it should continue too long it may cause loss of sleep and a weakened condition of the body. The sucking of ice cubes, the inducement to vomit, or a hard tapping of the middle region of the back will be helpful. The tightening of a belt around the waist, gradually increasing the pressure, will also assist in remedying the condition.

Kidneys

The kidneys are tremendously at work during a fast, especially in the beginning of a protracted fast. If unease feeling or slight pain in the kidneys, drink plenty of water. The urine might be very dark brown and very much polluted. After sufficient many days of fasting, normal conditions will return. Warmly dressed around the kidneys is helpful or rest a little more in bed, to stay warm, and be happy that the housecleaning in your body is progressing well. A huge amount of

long stored acid surplus will be removed and would else have caused severe arthritis and rheumatism.

Constipation:

Late information released by health authorities, tells us that a person's bowels may not move for days, even throughout the fast. This will not be harmful. God has-provided a lubricant that assists in preserving the poison from being reabsorbed into the system. In the initial breaking-in stages of the fast, there will be more of a clinkerous condition, therefore more of a tendency to constipation. This is another reason for the careful breaking of the fast on easily digested natural laxative food. Any laxative from the drugstore at this time is dangerous to take.

Bloating and swelling after the fast.

When an individual attempts breaking the fast too rapidly, or eats the wrong food he may experience a bloating, though it may develop days after a protracted fast. In nearly every case it is caused by rushing food too rapidly for the stomach and other vital organs to become adjusted. It is very important to begin eating slowly and in the right way after a fast. One cannot be too careful in this matter. One will not have too much craving if he can hold back only several days. It will then be easier to control.

When one has experienced this trouble there is one thing that can be done. Stop eating again, and do not drink any water or very little, if any. In many cases, hot bathing is very helpful. Rest and relax as much as possible. After the bloated condition subsides, break the fast and thirst again properly, making sure to allow plenty of time before taking heavy foods. Sometimes it is best to wait much longer before taking milk or food one may be allergic to. If the fast was more than ten days, break the fast on small quantities of food for each meal for many days. If plenty of patience is exercised with the breaking in process, one should experience no further trouble.

Humming in the head.

Quite often this is caused by anemia of the brain, and is usually temporary. The excretion of wax is another method used in eliminating waste from the body and may be one cause for the ringing noises in the head. One could massage the neck about the ears if the condition does not disappear in a few days. This condition is rare, and usually is not of long duration.

Light flashes. Sometimes light flashes and specks appear before the eyes. These also are rare in occurrence and may be caused by a toxic condition of the liver or insufficient elimination through the kidneys or bowels. These conditions are mentioned to show what may come up, but in the majority of cases one should just forget about them as they are of minor importance.

Backache, Lumbar pain.

Some people experience pain in the sciatic nerve several days, especially in the beginning of the fast. Light motion might help. Staying in the bed makes the pain feel worse. After some time the pain in the loin will disappear.

d) Communion, The Lords supper.

It is not necessary to take communion, partake in the Lords supper, while fasting. This will be more real after the fast.

V. MENU FOR BREAKING THE FAST.

a) When is the time for breaking the fast?

The cleansing of the tongue, the sweetening of the breath, the return of normal pulse, the sense of rejuvenation, buoyancy, the increased circulation of the blood in the surface of the body and a healthy looking complexion are results when the fast is finished and complete. When these indications are present, or at least some of them, one can think of breaking the fast. Whenever true hunger returns definitely then it is time to break the fast.

b) The most critical moments in the fasting period, is when breaking the fast.

**"Feed me with food convenient for me:
Lest I be full and deny thee." Proverbs 30: 8, 9**

It is very necessary that discretion and good common sense be used in the manner of breaking the fast. The CONVENIENT use of food at this time is more important than may be realized. Improper breaking of the fast can place in reverse the splendid physical benefits and even the spiritual benefits to some extent. Sometimes many uncomfortable after experiences, and even serious illness can result through the over-use of food for many days, and even weeks after a long fast. Tragedy can result where these facts are carelessly ignored, and it cannot be over-emphasized. No harm can come from fasting, but tremendous nervous energy and willpower is called upon to break the fast, and it takes patience and much effort to adjust the stomach slowly to food again.

In a complete fast where a person fasts until hunger returns, the stomach will become like new. It will be as healthy as a child's stomach. Our first menu is similar to a baby's menu.

All food should be chewed very finely into "liquid" before being swallowed. Take food only in small quantities at a time. Rest if possible after meals. Take as many days to get back into regular eating as the fast lasted. If for any reason difficulty should arise, it is likely because the fast is broken too rapidly. Go back to fasting or to the eating of fruit for a few days. Sometimes a bloating tendency may occur where the weight may come back too rapidly. This indicated the fast is being broken too rapidly or wrongly. This may be corrected by fasting without both food and water, bathing in hot water and by breaking the fast over again, always staying with fruits and vegetables for as many days as the fast. The less these are cooked the better they are for your health. Light quantities of lean meat (preferably fish) may be eaten after the fast is broken properly when agreeable. In some instances the non-meat diet may be preferred.

One can experience no difficulty if the fast is thus broken in the right manner.

c) Menu for breaking the fast, some suggestions for the proper breaking of fasts of different lengths:

MENU FOR BREAKING FAST

AFTER A FAST FROM THREE TO FIVE DAYS

First day: – Three meals of choice fresh fruit or tomatoes.

Second day: – Light vegetable meals, salads or fruit.

AFTER A SHORT FAST OF FIVE TO EIGHT DAYS

First two days: – Three or four meals of choice fresh fruit or tomatoes. A vegetable meal may be eaten in the evening of the second day. Moderate amounts of green salads, vegetables, soups, yogurt or milk can be eaten for the next few days. Two poached eggs with one piece of toast may be eaten at the evening of the second day. When stomach is prepared for heavier menu, going into a protein menu benefits one.

AFTER FASTING EIGHT DAYS TO TWO WEEKS

First day: – First two meals of fresh fruit juice in 150-170 gr servings (2-3dl). Third meal, choice of fresh fruit,

Second day: – A quarter of a liter of any type of milk at each serving, or light soups, or small finely chewed green salads.

Fourth day: – Raw vegetable meals, natural food, milk or soup, or poached eggs. Follow with a vegetable or fruit diet for as many days as you fasted, gradually increasing the quantity.

Protein foods such as nuts, cottage cheese, cheese products, eggs, lentils etc. should be eaten in proper quantities, when fast is broken properly.

AFTER A FAST FROM TWO TO THREE WEEKS

First day: – Three meals of fruit juice in 120–180gr. (2-3dl) servings diluted approximately with equal amounts of water.

Second day: Three or four meals of same, somewhat less diluted and in larger quantities.

Third day: – Three or four meals of choice fresh fruit.

Fourth day: – Fresh fruit, milk diet or yogurt only, soup, or light green salad, cottage cheese or yogurt.

Fifth day: – Light vegetable meals, fruit salad, soup, milk diet, or poached eggs, tuna or fish in light quantity.

Succeeding days: Same as above, but quantity may gradually be increased. Stay with a vegetable or natural food diet for as many days as you fasted, then slowly go into regular eating. Never eat wrongly, possibly as you did before fasting, but for God's glory.

(Learn more about protein fruits and vegetables from your Health Food Stores.)

AFTER A FAST OF THREE WEEKS TO FORTY OR MORE DAYS

Use same method as for breaking the three-week fast, except smaller quantities should be eaten and a much longer period allowed before taking up regular eating.

If unable to secure fresh fruit for breaking the fast, canned goods will be satisfactory. Raw fruits and vegetables are preferred.

All three meals should be spaced four and one-half hours or more apart. Tomatoes, ripe melons and berries may be classified the same as fruit, if agreeable. The longer you use vegetable meals right after the fast, the more benefits you will derive from the fast. – The spiritual success cannot always be measured while fasting, but many glorious experiences of victory are realized afterward. Jesus began miracles after His fast. Nuts, cheese and the whole seed foods (grain lentils etc.) are good body builders after the fast.

The diet God gave to Adam in his perfect state, before the fall is the best type of a diet for the born again believer. These were fruits and vegetables, (Gen. 1:29). "Herbs," here, are vegetables.

VI. FAQ FREQUENTLY ASKED QUESTIONS.

a) Can I work when fasting?

Housewives can cook the food for the family and perhaps light housework. Hard work should be avoided. The Fasting person may have necessary duties. Light work is possible but not recommended. When strength is called upon it will be there, but only efforts of short duration. Conclusion is, not to work at least as little as possible when fasting.

b) Is it permitted to drink fruit juices, milk, coffee and tea when fasting?

No. – Any kind of liquid food will break the fast. Only pure water is taken.

c) Should I take vitamins and minerals when fasting?

No. – The body is a storehouse of all essential vitamins, minerals etc. The store might be emptied when you come to an end of fasting. Then and only then the store must be refilled through healthy diet and maybe also added fish oil and vitamin/mineral pills, only after the fast is finished.

d) Can I fast when on medicine?

No. – either quit the medicine or don't go on a fast. You can fast just as many days as you can be without medicine. People on essential medicine cannot fast. In that case consider whether to go on a raw diet cure!

e) Should a pregnant woman fast?

No. – During pregnancy one should eat good and healthy food.

f) Should children fast?

No. - A child should not fast. Overweight children should fast from sweets, coca colas, fast food, ice-cream etc. and go on a more healthy diet with lots of vegetables.

g) Am I too old to fast?

No. - You are not too old to fast, nobody is. The older we are, the less we should eat and the more we should fast. Fasting keeps in good health state, prolongs your life. If you are not used to fasting, take short fasts to begin with. When you get more experienced you can take longer fasts. Whenever a fast is properly broken, see to it to eat good healthy diet. There is more weakness and difficulty in taking the longer fasts. Sometimes supervision is better for old people when fasting for safety reasons. Some old people fasting experience no fasting difficulties whatsoever.

h) How much Weight loss can I expect when fasting?

Approximately one pound weight loss a day during the entire fast.

i) Why do I have peculiar pains in the stomach?

The peristaltic action of the intestines tries to loosen old materials within. This is a natural process of fasting. The pain will subside after a while.

VII. DANIEL'S DIET AND FASTS.

The primary object in the consecration fast is to have our spiritual nature refined and the old carnality so brought into subjection that we will have a new infilling of the Holy Spirit and increase of the fruits of the Spirit and a higher level of faith.

1. Daniel was a man of prayer and worship.

Dan 6:10 And when he had learned that the document was signed, Daniel went to his house. And his windows were open in his roof room toward Jerusalem. He knelt on his knees three times in the day, and prayed and praised before his God, as he did before.

Daniel was praying 3 times a day. Prayer and fasting was his lifestyle. Worship is just another way of loving God our Father and Jesus our Saviour. No wonder that Daniel was addressed by the archangel Gabriel by the words; Oh man greatly beloved.

Daniel had a tremendous significance in Gods sight, because he was a humble servant with high duties under four Emperors and he lived nearly 100 years. Because Daniel worshipped God Yahweh and was willing to labour in prayer and fasting God used him in a mighty manner.

2. Daniels partial fast.

Dan 1:12 Please, test your servants ten days. And let vegetables be given to us that we may eat, and water that we may drink.

Dan 1:13 Then let our face be seen before you, our countenance and the appearance of the boys who eat of the king's food. And as you see, do so with your servants.

Dan 1:14 And he listened to them in this matter and tested them for ten days.

Dan 1:15 And at the end of ten days their faces looked better and fatter of flesh than all the boys who were eating the king's food.

Dan 10:3 I ate no food for delight, and no flesh or wine came into my mouth. I did not anoint myself at all until three weeks of days were fulfilled.

Daniel knew how to eat a healthy diet. He ate vegetables and drank water only. He had insight and wisdom.

Jesus said, Luke 21:34 But take heed to yourselves that your hearts not be loaded down with headaches (surfeiting), and drinking, and anxieties of life, and that day come suddenly upon you

Daniel knew the Garden of Eden diet. From the beginning God gave man the best food. This kind of food would fully cover all nutrimental needs for man, sufficient for at least 963 years of living. Even Methuselah lived on the Garden of Eden diet.

Gen 1:29 And God said, Behold, I have given you every plant seeding seed which *is* on the face of all the earth, and every tree in which *is* the fruit of a tree seeding seed; it shall be food for you.

Daniel had divine wisdom, not mere human wisdom. Wisdom of God lasts forever. Human wisdom is also called Philosophy which will vanish away when Jesus returns and He restores and establish the Kingdom of God.

Right living has very much to do with strong faith in God and His Word of truth.

3. The king fasts for Daniel. Dan. 6:18

Dan 6:18 Then the king went to his palace and spent the night fasting; and diversions were not brought before him; and his sleep fled from him.

Dan 6:19 Then the king rose up in the dawn, in the daylight, and hurried to the lions' den.

Dan 6:20 And when he came to the den, he cried with a grieved voice to Daniel. The king spoke and said to Daniel, O Daniel, servant of the living God, your God whom you always serve, is He able to deliver you from the lions?

The king was well acquainted with Daniels way of life and he resorted to the same method as Daniel used; the king fasted for Daniel. He also got his reward. God is always answering fasting and prayer.

4. Daniel prays and God fulfils His word as in Jeremiah. Dan. 9: 2-3 and 9:25.

Dan 9:2 in the first year of his reign, I, Daniel, understood the number of the years by books, which had been a Word of Yahweh to Jeremiah the prophet, that He would accomplish seventy years in the desolations of Jerusalem.

Dan 9:3 And I set my face toward the Lord God, to seek by prayer and holy desires, with fasting, and sackcloth, and ashes.

At this time, the Spirit of God moved upon Daniel in deep intercession with fasting, to pray that God would fulfil His promise for the restoration of the Jews to their homeland.

What can we learn from this outstanding teaching in the fasting prayer?

Pray for the people of Israel. God's promises for the Jews are still valid.

We also learn that fasting reinforces prayer greatly. The Spirit of intercession comes to us much easier and with much more power when fasting and praying.

Furthermore we learn to have faith and trust in the word of God. God is always confirming His word. God's word IS the TRUTH.

Daniel was humbling himself before God in fasting even in sackcloth. There is always a great reward when we humble ourselves before God. A humble approach to God strengthens the prayer, lead us into intimate fellowship with God and the God kind of love can flow freely between God and us. Communing with God Almighty in this way cannot be described in human words - it must be experienced.

5. Daniel fasts for national repentance. Dan. 9: 3-23.

Dan 9:3 And I set my face toward the Lord God, to seek by prayer and holy desires, with fasting, and sackcloth, and ashes.

Dan 9:4 And I prayed to Yahweh my God, and made my confession, saying, O Lord, the great and awesome God, keeping the covenant and mercy of those who love Him, and to those who keep His commandments,

Dan 9:5 we have sinned and have committed iniquity and have done evilly, and *we* have rebelled, even by departing from Your commandments and from Your judgments.

Dan 9:6 And we have not listened to Your servants the prophets, who spoke in Your name to our kings, our rulers, and our fathers, and to all the people of the land.

Dan 9:7 O Lord, righteousness *belongs* to You, but to us the shame of *our* faces, as *it is* this day to the men of Judah, and to those living in Jerusalem, and to all Israel, who are near and who are afar through all the lands where You have driven them for their unfaithfulness which they have done against You.

Dan 9:8 O Lord, shame of face *belongs* to us, to our kings, to our rulers and to our fathers, because we have sinned against You.

Dan 9:9 To the Lord our God *belong* mercies and pardons, for we have rebelled against Him.

Dan 9:10 We have not obeyed the voice of the Lord our God, to walk in His laws which he set before us by His servants the prophets.

Dan 9:11 Yea, all Israel has transgressed Your Law and turned aside that they might not obey Your voice. For this reason the curse has poured out on us, and the oath that is written in the Law of Moses the servant of God, because we have sinned against Him.

Dan 9:12 And He has confirmed His Words which He spoke against us, and against our judges who judge us, by bringing on us a great evil. For under the whole heavens *it* has not been done as *it* has been done to Jerusalem.

Dan 9:13 As *it is* written in the Law of Moses, all this evil has come on us. Yet we did not make our prayer before Yahweh our God that we might turn from our perversities and understand Your truth.

Dan 9:14 And Jawed has looked on the evil and has made it come on us. For Yahweh our God *is* righteous in all His works which He does. For we did not obey His voice.

Dan 9:15 And now, O Lord our God, who brought Your people out of the land of Egypt with a mighty hand and made for Yourself a name, as *it is* this day; we have sinned; we have done evilly.

Dan 9:16 O Lord, I pray to You, according to all Your righteousness, let Your anger and Your fury be turned away from Your city Jerusalem, Your holy mountain. For because of our sins and of our fathers' iniquities, Jerusalem and Your people *have become* a reproach to all those around us.

Dan 9:17 And now, hear, O our God, the prayer of Your servant and his holy desires, and cause Your face to shine on Your sanctuary that *is* desolate, for the sake of the Lord.

Dan 9:18 O my God, bow down Your ear and hear; open Your eyes and see our ruins and the city which is called by Your name. For we do not make our prayers fall before You on account of our righteousness, but because of Your great mercies.

Dan 9:19 O Lord, hear! O Lord, forgive! O Lord, attend *to us* and work! Do not delay, for Your own sake, O my God. For Your name is called on Your city and on Your people.

Daniel was identifying himself with the transgressions of the Jewish people. He confessed the people's and his own sins and transgressions. He stood in the gap before the Lord. While he was praying, the archangel Gabriel was dispatched from heaven to tell him what would happen to his people. Daniel received assurance that the word of God would be performed, that Jerusalem and its walls would be rebuilt. The angel also gave Daniel the wonderful prophecy of the coming of the Messiah.

Dan 9:25 Know, then, and understand *that* from the going out of a word to restore and to rebuild Jerusalem, to Messiah *the Prince*, *shall be* seven weeks and sixty two weeks. The street shall be built again, and the wall, even in times of affliction.

6) Daniels fast at the riverbank of Tigris. Dan. 10:2-4. Dan. 10: 12

This is the story of Daniels great 21-days intercession.

Dan 10:2 In those days, I, Daniel, was mourning three weeks of days.

Dan 10:3 I ate no food for delight, and no flesh or wine came into my mouth. I did not anoint myself at all until three weeks of days were fulfilled.

Dan 10:4 And in the twenty fourth day of the first month, as I was by the side of the great river, which *is* Tigris,

In this 21-days fast an angel from God appeared unto him: “O Daniel, a man greatly beloved...” As he was prostrate on the ground powerless, the angel strengthened him and told him not to fear. The angel explained to him that he was sent all the way from heaven directly to Daniel. The angel also revealed to Daniel, that immediately the first day he began praying, God heard him and the archangel was sent off, but it took 21 days to reach Daniel because of great resistance from the dark forces. Daniel was told that the very reason the archangel was sent unto him was because of his prayer.

Dan 10:10 And, behold, a hand touched me and set me shaking on my knees and the palms of my hands.

Dan 10:11 And he said to me, O Daniel, a man greatly beloved, understand the words that I speak to you and stand up. For I am now sent to you. And when he had spoken this word to me, I stood, trembling.

Dan 10:12 And he said to me, Do not fear, Daniel. For from the first day that you set your heart to understand and to humble yourself before your God, your words were heard. And I have come because of your words.

7) Daniels spiritual warfare in a 21 days fast. Dan. 10: 12-13 and 10: 20-21 + 11:1

Then the angel gave Daniel one of the most revealing studies in spiritual warfare, which is so much needed in these last days. The angel revealed how the Prince of Persia (Iran) had kept him from bringing the answer to prayer for twenty-one days.

Dan 10:20 And he said, Do you know why I have come to you? And now I will return to fight with the ruler of Persia. And when I have gone out, then, lo, the ruler of Greece shall come.

Dan 10:21 But I will tell you what is written in the Scripture of Truth. And no one makes himself strong with me in these things except Michael your ruler.

The prince of Persia was not a human being, he was a high-ranking demon spirit, a demon general under the orders of Satan. Furthermore we now have insight in the fact there are many territorial spirits, generals, captains, lieutenants and multiples of demon spirits who carry out evil. Paul speaks of four categories of evil spirits:

Eph 6:12 because wrestling against flesh and blood is not to us, but against the rulers, against the authorities, against the world's rulers, of the darkness of this age, against the spiritual *powers* of evil in the heavenlies.

Satan operates through a hierarchy of dark forces and demons. There are rulers, authorities, world's ruler and finally spiritual powers of evil in the air.

Spiritual powers influence governments, entertainment industry, monetary system, wars, school systems, communities, families and churches, etc. There is a demon behind every idol, every -ism in the world, every divorce, every immorality, etc. For these powers to be defeated and bound, spiritual warfare is required. Through prayer and fasting the Saints can bind demon forces. The Prince of Persia was able to hinder the messenger angel Gabriel from getting to Daniel. It is evident that demons have strength. Only when God sent help by the archangel Michael, were the powers of darkness forced to give up.

The devil, contrary to God, is not omnipresent; the devil is not everywhere all the time. God by His Holy Spirit is all over the world. Satan and his demons can only be on one place at a time. If many of the Saints are praying and fasting all over the world the enemy cannot prevent the answers to all our prayers. Demons are sometimes able to prevail because God's people do not understand the significance and power of prayer, intercession, and spiritual warfare altogether reinforced greatly through fasting. When Christians pray and fast, however Satan's power is broken and the demons are bound in their efforts to do evil. When Christians pray under the influence of the Spirit of prayer the answers to prayer is most certain. God loves His praying and fasting children dearly.

Zech 12:10 And I will pour on the house of David, and on those living in Jerusalem, the Spirit of grace and of prayers. And they shall look on Me whom they have pierced; and they shall mourn for Him, as one mourns for an only *son*, and *they* shall be bitter over Him, like the bitterness over the first-born.

The rewards to those who are soul winners and intercessors is beyond our imagination

Dan 12:3 And those who act wisely shall shine as the brightness of the firmament, and those turning many to righteousness as the stars forever and ever.

VIII. THE TOBACCO, ALCOHOLIC AND DOPE CURE.

1. The first requirement.
2. The four-day alcoholic cure.
3. Breaking the tobacco habit.
4. How to break the narcotic-dope addiction.
5. How to break the habit of overeating and "Gluttony"
6. How to break the habit of Coca Cola, Sweets, etc.

The tobacco, alcoholic, dope and drug addiction cure.

Most habits that causes cravings and addiction such as hunger for excess food, smoking, drinking, dope and the use of narcotics, have their roots in the

stomach. There are the smoking hunger the drinking hunger, the dope hunger and the stimulating food hunger and even sex hunger, controlled by the HUNGER APPETITE.

The key to control all these cravings or hungers is simply **FOOD ABSTENSION** or **FASTING**. Fasting from food goes right to the source of all these habits. Although they might have been of long standing and very acute, including morphine, marihuana, cocaine, and other deadly drugs. Also heavy coffee drinking and addiction to sweets can be cured. Even compulsive craving of excess food can be cured and cost no money. Fasting is the cheapest and only effective “Slimming Diet” These root causes can be released and eradicated by **FASTING**. Usually a ten-day fast will be sufficient, but in some cases it may require longer. As the fasting is in progress the craving hunger will disappear.

After the fast there will be no more desire for any of these habits unless a person himself re-instates the craving for them. Fasting is the surest and the quickest method for correction of any of these habits. After the fast it is good timing to plan a more healthy diet and change of your lifestyle.

1. The first requirement is: Do you really give up your harmful habit? If you only give it up half heartedly, then it might be better to forget it right now. One needs to have a sincere burden to carry out this effective plan. With the right purpose and attitude in mind YOU WILL SUCCEED. The roots of the habit can successfully be killed and removed forever and never return, unless you wishes to re-establish it.

2.The four-day alcoholic cure.

The craving for alcohol is seated in the stomach and in the bloodstream. We know well all bad habits can be cured supernaturally through the power of faith in Jesus Christ our Saviour, or through the natural cleansing fasting method. The cleansing comes along with the fasting for days, without taking any solid or liquid food, only water drinking. Through this fasting we give stomach and bloodstream an opportunity to unload all the poison accumulated and get rid of it. You get rid of the very root of the craving for alcohol after three days or so. Total food abstention will starve out the craving.

Make no mistake, no bad habit can survive a prayerful consecration fast. This gives you hope, self-respect and freedom from bondage.

The cure is so simple, so safe, and so inexpensive to all believers and unbelievers alike. Here is what to do:

The fasting way is the surest and the quickest.

Time required? In most cases 4 days are all that is required.

How is it done?

By fasting, this is total food abstention and doing without any solid or liquid food, only water drinking. Then you actually starve the bad habit away from your body.

Eating food only keeps the craving alive and feeds the habit desire for alcohol.

Preparation: Prepare yourself spiritually and mentally and make a firm decision to get out of the slavery. Pray a lot, Jesus loves you and He is longing to set you free and give you self-esteem.

Take a very hot bath, morning and evening to draw out additional alcohol residing within the skin. This will actually speed up the cure.

In two or three days of the fast the craving may stop, but do not stop the fast yet, continue to the end of a full four days fast.

How to break the fast. This is very important.

First day of breaking: First meal: Eat slowly a moderate amount of any fresh fruit or juices.

Second and third meals: The same as before or a green salad may be substituted. This may consist of green raw vegetables or fresh ripe fruit only.

Second day of breaking: Eat fruit, non-starchy vegetables and soup. Eat no more than three meals a day. Do not eat heavily at any meal, and eat nothing between these regular meals.

Third and fourth day: Gradually increase the food intake, being careful not to overeat.

Result: You are now free and the battle is won. You have overcome the desire for alcoholic drinks. Avoid all unnecessary temptations in the future. Since Jesus now has entered your life in a far more real way. Have fellowship with Jesus, He is the lover of your soul, and He WILL help you through. Now you don't need the former associations, seek only good relations, it is wise to leave old comrades.

Note: If the person seeking the alcoholic cure is the victim and enslaved by other habits such as nicotine, caffeine, or other stimulants or depressants, he may require an extra day or two of the fasting treatment, to get rid of this enslaving habits too.

3. Breaking the tobacco habit.

The tobacco is somewhat more deeply rooted than the alcoholic habit and is somewhat more difficult to break. However, it can easily and quickly be broken in the same manner as the alcoholic habit. In spite of all difficulties the fasting method is still far the easiest way to get rid of the CRAVING for nicotine.

Normally the desire for tobacco nicotine will disappear on the third day of fasting at the same time as hunger leaves. However, a man who was a heavy smoker showed that the tobacco poisoning, after a hot bath, oozed out from his body up to the tenth day of fasting. The bath water was brownish in colour and smelled with tobacco. All smoking desire had left him on the third day. After the tenth day of bathing and fasting the nicotine was soaked out from his system and he never had a further desire for smoking. His total fast lasted fourteen days.

After the tenth day of bathing, tobacco odour was undetected in the water. Any smoker can be cured if he will fast from four to seven at the most ten days.

The fast must be broken very carefully. See how exactly to break a fast of that length in: Chapter V. HOW TO BREAK THE FAST.

You probably will experience some dizziness about the time the nicotine is loosing its grip on you. The reason is that nicotine has the ability to contract the muscles in the walls of the blood vessels. When the effect of nicotine is removed the blood vessels is expanding to normal size and the blood pressure drops,

sometimes drastically. This you will experience as a temporary dizziness, but cheer up, this the evidence the cleaning process is rapidly going on and will soon take an end, the very roots of nicotine addiction is removed forever.

You may also experience a yellow, bad tasting layer on your tongue in the morning when you wake up from a nights sleep. When the fast is well in advance the lungs will eliminate the tobacco tar seated in the lungs and other depots. The yellow stuff can be removed while brushing teeth in the morning. It's just another good sign the cleansing process is far in advance.

During the time the cleaning process goes on, we do not eat any solid or liquid food. We drink only pure water. When we eat food the body cannot eliminate the tobacco poison. When the bloodstream carries a full load of food materials it cannot at the same time also reversely carry the pollution out of the body to the natural elimination doors, which is skin, lungs digestion canal and the urine. That's why we cannot even drink black coffee, to do so is to interrupt the process of cleaning the remnants of tobacco. Drink pure water only.

4. How to break the narcotic-dope addiction.

Although it may seem impossible to be set free from drug addict, there is hope. It is not too difficult if the method of fasting is used. The root of this desire is seated in the stomach, as are those of alcohol, tobacco, gluttony and all other addictions. The dope habit desire responds to the fast cure as easily as does the alcohol, tobacco habit. To be set free from the craving of narcotic drugs follow the same schedule as described in the above headings, the tobacco habit cure and the four-day alcoholic cure. Following these instructions carefully will remove the very craving narcotics. You will have no further desire for drugs and dopes. If you do not tempt yourself into re-establishing this, you will never crave or desire it thereafter, because it was eradicated and starved from the stomach's system. The secret is the God given power in fasting. God sets free in many ways. Fasting is one of them.

5. How to break the habit of Gluttony.

Man can get addicted to normal good food. An increasing number of people are caught up in pure gluttony. They are slaves to their own belly, the gluttony demon. This is not normal hunger – it is obsession, to a large degree. Many have given up the battle and give in to uninhibited and uncontrolled over-eating. Weight is increasing to life-threatening size. They have lost all hope, stumbling away to the cemetery much too early, living the rest of their life with such a poor life quality. O, if only they knew how easily and how totally they can be set free, only using the old biblical method FASTING and PRAYER. It is a scientific fact that hunger leaves after three days of fasting, then it is not too difficult to continue about three more days. The victory is won in just a five to six days of total food abstention only water drinking. The Gluttony demon is starved out. The very root of Gluttony is removed. Absolutely no liquid or solid food is allowed during the total length of the fast. Then break the fast very, very slowly following the plan for breaking the fast as described above. NOW is the time to change eating habits to normal healthy food and normal amounts. Now is the time to go on a slimming diet, lots of vegetables preferably raw diet, lean fish and meat, avoid starches, sugar and fat, most of all avoid trans fat. In few days your change of lifestyle will change your "taste" to the better. Learn to appreciate the

rich taste of the raw vegetable diet and discover a new world of fine tastes and aroma you never thought existed.

Mat 17:21 But this kind does not go out except by prayer and fasting. Jesus recommended fasting AND prayer to overcome this strong demon that had used the poor boy as habitation. This is the divine wisdom you only find in the Bible.

Some people enjoy the new victory and new knowledge revealed to such a degree they are tempted to go on a long major fast of forty days or longer, just to loose weight quickly. However this is not advisable. I recommend many water fasts of shorter duration, seven to fourteen days fasts and then go on a raw diet cure (described elsewhere) between the fasts and when the fasts are properly broken. This will keep you steady on the course without falling back to old habits.

6. How to break the habit of coffee, Coca Cola, sweets etc.

The procedure as the previous mentioned habits, 4 days fasting cure will remove the craving stimulants.

Testimony:

3-day fast starves out both, alcohol and cigarettes.

I am going on a fast again. I am not sure how long. I want to get some spiritual blessings. You see, I went on a 3 day fast and prayer because of alcohol and cigarettes. I completely overcame the desire. It was bad – a drink at morning, noon, and night plus two packages of cigarettes a day. In fact, I'm sure it cost me jobs and friends. These habits and desires left me completely after fasting just 3 days. It surprised me how simple and easily it took place.

I want to be cleansed and filled with the Holy Spirit and have all the blessings of Jesus Christ. Even now I have a new deep appetite for the things of the Lord. I feel fine physically now.

Sister in Christ

Here is the testimony of a Christian brother who had tried every mean to free himself from the cigarette habit, until he heard about the FASTING WAY:

I fasted two weeks without food and I praise Jesus for delivering me of the cigarette habit. After three days of fasting, hunger left me, and the desire for smoking left entirely. Toward the end of the fast when I bathed daily, the water was coated with the brownish color of nicotine. Fasting so freed me of the desire that the roots and even the old poisons came right out of my system, and I have had no further desire for it. The fast so cleaned me, that in fourteen days the Lord bathed me in the Holy Spirit I was twenty-nine pounds underweight before fasting. I gained not only the sixteen pounds back that I lost while fasting but I gained twenty-nine more pounds. Sixty days later I weighed exactly what I was supposed to weigh. All nervousness, fourteen days the Lord bathed me in the Holy Spirit. sleeplessness, and stomach trouble entirely disappeared. I feel better than I have felt in twenty years, thank my Savior.

IX. FASTING CURES MANY DECEASES.

Overeating and fatness – one of the major causes to disease.

As a result of eating excess food more and more people are overweight and fat. Many organs are overworked. Large quantities of polluting materials are assimilated in the body. The organism is slowly but surely poisoned. First we get sick, then we continue swallowing lot of pills and medicine. We get tired, unnatural tired. Tiredness and fatigue is almost universal. Quality of life is reduced drastically. We continue our bad eating habits all our lifetime until we are laid in the tomb much too early, suffering from too many diseases, after living a life of too much reduced life quality.

The fast heals sickness and prevents sickness. Fasting regularly prolongs life.

All acute diseases and most chronic diseases are cured in fasting.

Doctors cure the symptoms; Fasting cures and removes the very cause of sickness. Malnutrition and unbalanced food is also the cause of many deceases.

We become spiritually dull and apathetic. Luke 21: 34 and Deuteronomy 31:20.

Physiology of the fast:

The first two days of the fast there are sufficient nutriment in liver and muscles. From the third day of fasting and onwards the fat tissue is consumed.

The protein is supplied in recycling and combustion of sick, dead and old cells. Afterwards less significant tissue are consumed, as may have considerable regeneration ability.

The polluting materials, fat and cholesterol from inside the arteries are sources of energy during the fast. Vital tissue such as nerves and brain is not touched by fasting.

The metabolism:

The body will quickly readjust to lower energy consumption. In one - two days the body switches from sugar, starch consumption into fats now taken from the fat tissues. The liver is able to change sugar and starch into fat, but cannot undertake the reverse process. The liver also produces the essential cholesterol. The liver is a wisely designed chemical factory of many elements sustaining body functions. After fasting one week the energy consumption is dropped to approximately the half of normal combustion. This is possible because many of the functions of the body are reduced. No energy is necessary to digestive apparatus. Only water is taken during Water fast. There are no calories in water.

Digestive apparatus:

Is unemployed during the fast. The peristaltic movements of the bowels are reduced and frequently only at the normal time of eating. However, the stomach has some work to do in removing the remnants of the digestion.

The respiration organs.

During the fast the lungs are removing a lot of foul smelling odors. This is to be considered as positive, because it is the evidence of the cleansing process is in advance.

Heart, arteries and veins.

Heartbeat drops to 50-60 per minute. Blood pressure is decreasing. Fasting is a very good remedy of high blood pressure. Blood circulation is much relieved, the vein pump as well.

The capillary are normalized. New capillary are generated. This influences cell processes in far better removal of combustion remnants and better reception of oxygen.

Fat inside the arteries is removed, the longer the fast the better cleansing of the arteries also the vein pump is considerably improved.

The blood

Transports during fast nutriment and oxygen to organs and tissue and removes products from metabolism and takes them to the elimination organs: skin, mucous membrane, bowels, kidneys and lungs. Only difference is, that now the blood will take nutriment from the depots of the body and not from the bowels. This demands much less effort and a large amount of blood is now available for nutriment of other organs. Tissues and organs is now renewed, rejuvenated and cleansed. During fasting the blood is able to penetrate into every corner undertaking a thorough housecleaning. Every germ of disease and pollution is pulled out and taken to the elimination organs. The blood has a greater burden of labor during fast. New red and white blood corpuscles are created. Large amounts of old stored poison and garbage is eliminated during fast and causes very sour pH reaction in urine and also a dark red brown color of the same.

Skin and Mucous membrane

Are supplied more blood than normal. This means a better nutrition and all tissues are rejuvenated. Many garbage materials are eliminated through skin and mucous membranes. This may occasionally cause the skin smelling ether like, because acetone is present. Tongue and throat gets a bad tasting yellowy layer.

Skeleton:

Are not effected very much during the fast. On the other hand the bone marrow is changed considerably. Here new blood corpuscle are formed.

Joints and arthritis are healed during the fast. Deformed arthritis healing takes longer time of fasting. Arthritis may not be healed in a fast if the deforming arthritis was very old and long standing. Injuries from eating acid surplus over many decades cannot be removed in just one fast.

Fat, connective tissue and muscles:

Are depots of reserve nutriment. Also remnants of the metabolism process and other polluting elements are stored here including toxic poisons. Fasting removes and lives on the very poisons and pollution, which we want to abolish. There are no actual reduction of the muscle cells in a fast of normal duration. The shrinkage of muscle cells is due to the reduction of the size of the muscle cells

Nerve system:

Is not influenced by fasting. The nerve system is fully controlling all organ functions as normally during the fast.

Secretion:

All the glands producing digestion secretions are reduced to a minimum, (Saliva glands, glands in stomach and also pancreas and liver.)

Influenced to a less degree are glands with internal secretion, (pituitary gland, thyroid gland, adrenal gland, sex hormone glands.)

Shrinking of the glands will take place, especially the testicles are losing considerable weight. The shrinking does not touch the special reproduction tissue, except for renewing it.

Any disturbance in the hormone balance probably will be cured, especially in a longer fast. The same with female sexual disturbances and also abnormal menses frequently are cured.

The Liver:

Has many functions. It produces gall; it is a central of elimination of poisons and harmful elements. It is important in the down breaking and digestion of protein. It is a control center of metabolism. It is a depot of nutriment, especially carbon hydrates.

During fasting the depots of nutrimental materials will be emptied. However gall secretion will continue, but very much reduced. The liver is greatly relieved and restored during fasting. A considerable renewal of tissues and cells takes place. During a 10 days fast nearly one half of the liver tissue is renewed.

FASTING CURES MOST DISEASES.

Fasting is an effective tool for better health, cleaning the body and maintaining rejuvenation. Fasting is one of the most potent tools available for assisting the body in healing itself. Fasting cures both acute and chronic diseases. Old chronic diseases are attacked later in the fast and take a longer fast than does the acute to be completely healed. Sometimes old chronic diseases require more than one fast to achieve complete and lasting healing.

Fasting has been extensively used in the treatment of a variety of conditions including obesity, diabetes, epilepsy, atherosclerotic vascular disease, congestive heart failure, cancer, rheumatoid arthritis, psychiatric disorders including schizophrenia and in treatment of hypersensitivity and allergies. Fasting is used for rejuvenating of the body. It provides an opportunity for the organism to "housecleaning" physically and mentally; for accumulated debris to be eliminated.

All acute and most chronic diseases are attacked by the fast and most frequently healed.

Cases not to fast: Cancer in the last stadium and Diabetes. People who are dependent on their medicine should not fast, but rather undergo a raw diet cure.

Diseases curable by fasting:

1. All acute infection diseases.
2. Almost all chronic infection diseases, especially, sinusitis, gall bladder, appendicitis.
3. Heart diseases: Weak heart, heart cramp, infection in heart muscles and in heart membranes.
4. Blood vessel diseases: High blood pressure, arteriosclerosis, swelling because of stagnation in blood- and lymph system, hemorrhoids, vein infection.
5. Blood diseases: Anemia.
6. Diseases in respiration organs: Catarrh in throat, bronchitis, asthma, and pneumonia.
7. Diseases in digestive organs: Most diseases in mouth, stomach catarrh, enteritis, weakness in bowels (intestines) or intestinal sluggish, constipation.
8. Liver- gall diseases: Hepatitis, Jaundice, and Cirrhosis of the liver. Gallbladder infection, gallstone.
9. Kidney – bladder diseases: Kidney infection, Cirrhosis of the Kidney, Kidney stone, Bladder catarrh, weakness in bladder muscle.
10. Metabolism diseases: fatness, extreme thin, diabetes II, and arthritis.
11. Nerve diseases: Lack of concentration, insomnia, nerve pain, migraine, depressions, and sciatica.
12. Skin disorders: All skin diseases not caused of parasites, eczema, and psoriasis, loosing hair, Shingles.
13. Ear- nose- and throat diseases.
14. Eye diseases: Starling glaucoma? Eye infections.
15. Muscle- and joint diseases: Rheumatism, Fibrositis
16. Allergic diseases.
17. Female disease: climacteric disorder, womb catarrh, ovary infection, polyps,
18. Male diseases: Impotency, prostate gland illness.
19. Cure, Drug addiction cure: Medicine, alcohol, tobacco, drugs.

X. MENU AFTER BREAKING THE FAST

- a) “Live Food”. The raw diet cure.
- b) Man’s original food.
- c) Change of old habits to new lifestyle.

a) “Live Food” consists of whole grain cereals, dried and fresh fruit, green vegetables, nuts and milk. No meat should be eaten. Just as long time as you have fasted, keep meat out of your diet in a period of time of equal length after you have broken the fast properly. Avoid fatty food the first two – three weeks after any major fast of twenty-one to forty days duration.

Live food, also called the Raw Diet Cure, is the best and the quickest way to rebuild the human stores of essential nutriment because of the high quality and quantity of vitamins, minerals, enzymes, poly-unsaturated fat, antioxidants and numerous unknown and uninvestigated chemical compounds essential to a healthy body. All these components are easily destroyed or severely deteriorated by heating up the food.

b) Man's original food.

The diet God gave to Adam in his perfect state, before the fall is the best type of a diet for the born again believer. These were fruits and vegetables, (Gen. 1:29). "Herbs," here, are vegetables.

c) Change of old habits into a new lifestyle.

The most important period of the fast is the initial re-feeding, which is the time after the proper breaking of the fast. It is absolutely during the initial re-feeding time that good dietary habits and a healthy lifestyle are established. The "taste" should be changed to preferring the good food elements, that we cherish and value whole grain, green vegetables, fruits, etc. This also is the quickest and most beneficial way to rebuild the human body store nearly emptied during a long fast. There are a whole new world new tastes and spices to investigate when we eat this new type of food. Man's natural taste is entirely led a stray in this industrial produced human food. It is necessary spending a good long time in adjusting your tongue and stomach, preventing from falling back to obesity and polluting of the body. In other words, this is the time of breaking the bondage of **FOOD ADDICTION, GLUTTONY** and the bondage of **OBESEITY**, bondage so hard to break except through fasting.

Corpulent people should continue as long as possible with the "Live Food" diet and eat moderately not to gain weight too quickly. Rushing into old eating habits could easily destroy all the benefits from an otherwise successful fast. The raw diet cure is a slimming diet. One can maintain an easy weight control in choosing the right type of food just after the fast is completed.

Many, in the western culture especially, have become so addicted to "fast food" excess food, sweets, coca cola, alcoholic drinks, etc. even from childhood, that they simply live to eat and do not eat to live. Their belly has become their god. 1. Cor. 6: 1.

Nobody knows the wonderful feeling of well-being and buoyancy in the whole body except for those who have gone through a major fast. You never feel more alive. You have learned to master your flesh and appetites.

XI. UNDERSTANDING THE FAST.

a) The body easily switches to different types of energy sources.

The first 6-8 hours of the fast, the body will live on the last meal. In this phase the body uses glucose, amino acids, and fats, as they are absorbed from the intestinal tract. The next phase, lasting approximately two days, the body will use its glycogen (sugar) reserves that are stored in muscles and liver. In phase three the body begins to change from glycogen to fat metabolism. In this state the real, genuine fast begins. Now the body lives on reserves in the fat tissue. Now old fat is converted into fat acids. Protein consumption drops to a much lesser rate, in fact to a minimum. The body is both a store of essential nutrients and a chemistry factory as well. Furthermore enzymes, etc. are reproduced within the body. Old assimilated waste and unwanted materials are recycled into useful food elements. The body of an average person stores enough nutrients for two – four months of fasting without harm.

b) Where to fast.

It is a must that the faster can retreat to an environment, where it is possible to retreat for complete and frequent rests. This also creates a good opportunity for the prayer. The importance of being separated to a quiet, peaceful place when fasting should not be underestimated.

XII. FASTING IN RELATION TO MARRIAGE.

a) Fasting as cure of infertility for infertile married couples.

b) When a married couple fasts.

a) Any long fast will rejuvenate and heal sicknesses in the reproductive organs with both husband and wife. In many cases such infertile couples have conceived just after the fast. Even the very birth of the child becomes easier because of the effect of the fasting.

Also women with irregular menopause is healed when the fast goes on long enough.

b) When a married couple fasts.

Paul did not say it is sinful for married couple to come together while one or the other was in a long fast.

1Cor.7: 5-6 Defraud you not one another, except it be with consent for a time, that you may give yourselves to fasting and prayer, and come together again, that Satan tempt you not for your incontinency.

So Paul speaks this by permission and not as a commandment. Vers 6.

Perhaps when we also fast from sex, the fast will be even more beneficial.

XIII. FASTING PURIFIES THE BLOOD.

a) Fasting drives out anemia.

All the while the fasting is in advance the blood is no longer occupied with assimilation and digestion. Big amounts of blood are released to other tasks, the cleansing and renewing of organs. The number of so called "white blood corpuscles" are increasing drastically after intake of food, especially when it comes to white sugar and cooked food. When fasting the percentage of white blood corpuscles drops to normal, consequently the blood has a far better quality during a fast and afterwards as well.

b) Fasting is the best blood cleansing method ever known.

THE BLOOD AT WORK

The blood is driven by the heart, through the arteries, into the capillaries, where it nourishes and strengthens the body. It then returns, through the capillaries by another route, the veins, to the heart from whence it is drawn to the lungs. The blood starts on its arterial journey, bright red and rich, laden with life-giving properties. It returns by the venous route, poor, blue and dull, being laden down with waste matter of the system. It goes out like a fresh stream; it returns as a stream of sewer water. In a fast, the returning stream is far more polluted than when not fasting. This foul stream returns to the *right* auricle of the heart. When this auricle becomes filled, it contracts, and forces the stream of blood through an opening in the *right* ventricle of the heart, which in turn sends it on to the lungs, where it is distributed by millions of hair-like blood vessels to the air cells

of the lungs. The foul stream of blood is now distributed among the millions of tiny air cells in the lungs. Air is inhaled and oxygen comes into contact with the impure blood through the thin walls of these hair-like blood vessels of the lungs, with walls thick enough to hold the blood, but thin enough to admit oxygen. When the oxygen comes in contact with the blood, a form of combustion, or oxidation, takes place, and the blood takes up oxygen and releases carbonic acid gas, generated from the waste products and poisonous matter which have been gathered up by the blood from all parts of the system. The blood thus purified and oxygenated, is carried back to the heart again, rich, red and bright, and laden with life-giving properties and qualities. Upon reaching the *left* auricle of the heart, it is forced into the *left* ventricle, from whence it is again forced through the arteries on its mission of life to all parts of the system. It is estimated that in a single day of twenty-four hours, 15000 litres of blood traverse the capillaries of the lungs, the blood corpuscles passing in single file, and being exposed to the oxygen of the air on all sides. If the air cells of the lungs were spread out over an unbroken surface, they would cover an area of 1300m². When one considers the minute details of the process alluded to, he is lost in wonder and admiration of our blessed Father's care and omnipotence and omniscience.

First and foremost as a cause of disease, is the congestion of the blood with morbid waste material from the organs and tissues of the body. This thickened blood, surcharged with products of imperfect metabolism, finds itself unable to pass freely through certain parts of the body, which is so necessary for perfect health. The damming up of the blood in certain organs and tissues produces an engorgement, which interferes with the free and natural functioning of that particular part. There are few of the disorders from which mankind suffers in which this condition is not present; and it is no exaggeration to say that this is one of the principal causes of most diseases.

The condition is brought about in the blood stream by eating more food than the body actually requires. Excess food and insufficient exercise results in incomplete utilization of the food. It requires a lot of unnecessary energy to digest and eliminate and otherwise dispose of the surplus, unnecessary food.

Consequently a cure depends upon the elimination of this congestion, and a readjustment of the habits governing eating, exercising, etc. causes the body being freed from these heavy burdens. The best way to do this, is to stop assimilation for a time by fasting. This is most effective in producing quick results. Both physically and spiritually.

c) Fasting cleanses the arteries from inside.

When there is no more food left in the intestinal tract the blood will exert energy from the natural fat stores in the body. However the blood also will attack old poison and pollution stores all over the body. The process of pulling out the unwanted materials also takes place from inside the arteries. The artery fat is consumed. The cleansing process happens throughout the entire fast especially in longer fasts and increases when the natural fat stores are nearly emptied. Fasting regularly helps prevent or delay calcification and in this way prolongs life. Over the years the cholesterol, fat/calcium layers can increasingly hinder the bloodstream to flow. At the same time the artery walls are "hardened" with increasing stiffness and decreasing elasticity. Fasting prevents blood clotting

(Thrombosis) when the fast is of long enough duration. Of equal importance is to follow up with a change in lifestyle and eating habits.

Both arteriosclerosis (calcium deposits) and atherosclerosis (fat deposits) involve a buildup on the inside of the artery walls. In reality cholesterol is not a fat acid but an alcohol.

So far no medicine is found who can remove calcification and cholesterol porridge inside the arteries. Arteries can be expanded with medicine to a certain degree. Since atherosclerosis is a body wide process, the condition may occur in the arteries to the brain, intestines, kidneys, legs, etc.

Fasting has proved to be the only method of reversing or slow down the process of calcification of arteries.

d) Fasting cures leaking veins, insufficient functioning of veins and heal the vein pump of dysfunction.

Edemas and swelling are cured in fast of sufficient duration and helps the blood flowing from the capillaries back to the heart as the function of walls of the veins are improved as only the muscles in vein wall are pressing the blood forward. The heartbeat produces no blood pressure in the veins. The vein pump simply consists of muscles in the wall of the veins in cooperation with one-way valves inside the tube. Older and especially corpulent people frequently are healed of dysfunction of vein pump through fasting. God has wisely designed and created the human body, after His own image. Indeed He has provided remedy for malfunction of the human body caused of mans ignorance, and of unhealthy eating habits. This remedy is fasting. Fasting is logic.

e) Fast sharpens the senses, rejuvenates the whole body.

When the senses is nourished with a clean and rich bloodstream through clean blood vessels these organs are functioning much better more like in the younger days. Hearing, sight, smelling is improved. All organs richly supplied with healthy blood have the ability to renew damaged tissue.

f) Fasting many days can cure many diseases.

It is well documented and proved again and again that all kinds of deceases can be cured through fasting, even old, chronic, latent sickness. When the fast is undertaken long enough or frequent enough healing will take place.

g) Fasting prevents cancer.

Fasting so cleanses the body that it removes the very cause to cancer, especially when one is fasting many times. The longer one fasts the more the body will be cleansed. Cancer tumors frequently are the final state of a long time of intoxication and pollution of the body. The quickest way to remove old latent cancer-causing elements is fasting. It might be to late when the cancer is in outbreak. It is far better to prevent than to cure and to avoid very unpleasant chemotherapy and irradiation treatment or even surgery.

XIV. WHO SHOULD NOT FAST?

Pregnant women.

Children still growing.

Cancer patients in the last stadium.

Those on medicine, who cannot live without. (Diabetics, Epileptics, etc.)

CAUTION:

Unless one has a great deal of faith and persistence, there are several conditions that may be present in an individual for whom a long fast may not be recommended. Wasting diseases require extreme moderation in the use of the fast; however many cases of emaciation and general weakness have been cured, and the patients restored to normal weight, health and strength. In tuberculosis, where wasting occurs very quickly, it is hard to gain the lost weight, and only short fasts are recommended and can be repeated often. Even then, some people have been cured by the long fast.

Unless cancer is in its early stages a long fast is not advisable. However, in later stages of cancer this method offers more hope for reduction of the growth and prolongation of life, (and a more comfortable life too), than any method known.

Those suffering from pernicious anemia will find it better to go on short fasts.

Remember exercises, walking and such to get a quicker blood circulation, this also quickens the cleansing process in advance.

XV. TAKING A FORTY DAY FAST

Although Jesus was God, He also was man, and He fasted as a man in the same natural way that you and I can fast, The Scripture very plainly proves this. "And when He had **FASTED FORTY DAYS** and forty nights, **HE WAS AFTERWARD AN HUNGERED**" (Matt. 4:2). This is one of the greatest scientific declarations in the entire Bible and is worthy of very special notice. Here is a person who became hungry after doing without food for forty days. It is a scientific fact that hunger will return to any average person who will fast approximately that long. When fasting, hunger leaves in three or four days. Habit hunger comes around very frequently, but can easily be overcome by water drinking, and by praying. After eight or twelve days, more or less, the **WEAKNESS** usually leaves and the person feels stronger day by day while fasting. In about forty days, sometimes much longer, and sometimes before, depending upon the weight of the individual. **TRUE UNMISTAKABLE HUNGER RETURNS IN THE SAME MANNER THAT IT DID TO JESUS.**

PEOPLE ARE TOO MUCH INCLINED TO GO BY PEELING AND SIGHT THAN BY FAITH AND THE SPIRIT. FASTING WILL PRODUCE FAITH with the Word of God in our hearts quicker than any **MEANS**, This is why **FASTING** is so closely related to **FAITH**. It will also remove **UNBELIEF**.

When completed a 21 days fast it is not too difficult to go on to take a complete forty days fast. Considerably more benefits are achieved in fasting 40 days than fasts of shorter duration, especially if much time is spend in prayer. Much prayer while fasting is the secret key to tremendous blessings coming to you and answers to prayer also. Blessings and numerous answers to prayer will continue long time following after the fast is completed.

Avoid strenuous work in a fast of that duration. It is sometimes real hard to labor in prayer, intercession and travailing prayer. This kind of fasting will be most beneficial to your soul. Furthermore don't waste the new gained increase in faith by not using it!

XVI. THE FASTING PRAYER. FASTING PRODUCES FAITH.

- a) Jesus fasted 40 days (then He said the Lord has anointed me.)
- b) Fasting prayer reaches faith. Fasting prayer and the Holy Spirit.
- c) Fasting and Gods Glory, Moses 40 days in the Glory cloud – fasting.
- d) The fasting prayer. The big battle.
- e) The fasting prayer and revival. (Book of Joel).
- f) The travailing prayer.
- g) The Spirit of prayer in relation to fasting.
- h) The life is in the blood – The soul is in the blood.
- i) Fasting increases faith.
- j) Rich kernels.

- a) Jesus fasted 40 days.

Jesus began His earthly “Ministry” driven by the Spirit into the desert fasting forty days and nights, until natural hunger returned to Him.

Mat 4:1 Then Jesus was led up into the wilderness by the Spirit, to be tempted by the Devil.

Mat 4:2 And having fasted forty days and forty nights, afterwards He hungered.

It is a well-documented scientific fact, that when a person fasts and only drinks water, normal hunger will leave after three days. After approximately forty days true natural hunger will return, exactly like Jesus declared.

- b) Fasting prayer reaches faith. Fasting prayer and The Holy Spirit.

Fasting is a God given instrument to the Saints, to win victories on the spiritual battlefield. There is always a battle going on between the FLESH and the SPIRIT.

Gal 5:17 For the flesh lusts against the Spirit, and the Spirit against the flesh; and these are contrary to one another; lest whatever you may will, these things you do.

Fasting becomes a very strong spiritual weapon in the hands of the Believer. As the fast is in advance one moves more and more into the spiritual realm. You have nothing to lean on, only the Spirit of God to trust. In fasting there is no intake of stimulating food to whip up the flesh. The flesh is subdued, the Spirit of God springs up like a well from deep within you, and the Holy Spirit floods your soul. As the Fast is progressing you are more and more filled with the Spirit. The fruits of the Spirit blossom and come forth.

Gal 5:22 But the fruit of the Spirit is: love, joy, peace, long-suffering, kindness, goodness, faith,

Gal 5:23 meekness, self-control. Against such things there is not a law.

Gal 5:24 But the ones belonging to Christ crucified the flesh with *its* passions and lusts.

Gal 5:25 If we live in *the* Spirit, let us also walk in *the* Spirit.

The fruits of the Spirit are nine fold: Love, joy and peace increases during the fast. Long-suffering, kindness and goodness as well. The secret why FAITH increases during fast is that Faith is one of the fruits of the Spirit, as infilling of

the Spirit increases, the FAITH WILL ALSO INCREASE. That's why fasting removes UNBELIEF.

The more you are filled with the Spirit of God the more godly love you will have for God and fellowman. This is a spiritual law. The fruit of self-discipline (self-control) by which you conquer the flesh with this spiritual fruit.

David said in Psalm. 69: 10. I humbled my soul through fasting. Humility (Meekness) is also a beautiful fruit of the Spirit.

These are some of the many secrets that fasting reveals.

c) Fasting and Gods Glory, Moses 40 days in the Glory cloud – fasting

Exo 34:28 And he was there with Jehovah forty days and forty nights; he did not eat bread and he did not drink water. And He wrote on the tablets the words of the covenant, the Ten Commandments.

Exo 34:29 And it happened as Moses was going down from Mount Sinai, the two tablets of the testimony being in Moses' hand as he went down from the mountain, Moses did not know that the skin of his face had become luminous through His speaking with him.

d) The fasting prayer. The big battle.

Great spiritual battles may be fought in a long fast. To have the greater spiritual benefits or to achieve great spiritual victories, sometimes we have to enter the battlefield of spiritual warfare. To pray in this way may end up in a direct encounter with the dark forces. Then you can rest assured many, many angels will be present there fighting on your side on your behalf, furthermore the Holy Spirit, which is the strongest force in the universe, prays through you, because He lives within you. No devil can resist this kind of prayer if you persevere, regardless how many or how strong they are. Jesus has given us His name as an irresistible weapon. It takes many hours daily spent in travailing prayer, spiritual fighting, exercising great faith, binding and loosing, persevering in prayer and intercession. It is after such a major battle you come out with the absolute victory. It may be the greatest spiritual battle in your entire Christian life. This kind of prayer usually occurs towards the end of a long fast of 21-40 days duration. The effects of “praying through” unto victory will stay with you all of your life as long as you stay fully consecrated to Lord Jesus Christ. This causes you to receive answers to prayer you never ever could imagine before entering into such victories.

e) The fasting prayer and revival. (Book of Joel)

Joe 2:15 Blow a ram's horn in Zion, sanctify a fast, call a solemn assembly.

Here the people are called out for a fast and to gather the assembly of all people to cry unto the Lord. The amazing answer to the fasting and prayer we find a few verses later:

Joe 2:23 Then be glad, sons of Zion, and rejoice in Jahveh your God. For He has given to you the early rain according to righteousness, and He will cause the rain to come down for you, the early rain and the latter rain in the first *month*.

The “early rain” is referring to the outpouring of the Holy Spirit on the day of Pentecost and the establishing of the first Christian Church with 3000 converted. In other words the first Christian revival in History.

The words “latter rain” is referring to the end-time outpouring of Holy Spirit, resulting in revivals never seen before in History. This is the time for harvest of

souls. In the natural the latter rain is falling much richer than the early rain, the same when the spiritual rain is falling in these last days. Collective united prayer and fasting is very, very powerful. Esther and the Jews were fasting and were saved from annihilation. The inhabitants of Nineveh together with the king were fasting and the big city was saved from destruction.

f) The travailing prayer.

When the fast is well in advance and the Spirit of prayer is moving strongly upon you. This is the sacred moment to labour in intercession. Don't waste such an opportunity. This is the moment you can receive untold victories and have incredible answers to prayer. This is the battleground where many, many souls can be set free and saved from being eternal lost in hell. This is the moment to bind the strong man, tear down the strongholds of Satan and set captives free he has held captive for so long. This is more than atomic power with God. It is beyond our imagination what Jesus can do for us when we are faithful in fasting and prayer. Is it any wonder why we heretofore have seen very little revival? No – we have grossly neglected the God ordained way to obtain power from on high! The secret of fasting and prayer need to be re-established in churches to day, fasting and prayer in the Spirit, travailing for many days and weeks. Truly, God will answer this kind of prayer.

g) The Spirit of prayer in relation to fasting.

Zechariah 12: 10 I will pour upon the inhabitants of Jerusalem (Christians) the Spirit of grace and supplications and they shall look upon me whom they have pierced and they shall mourn for Him...

The old Testament prophet is pointing to the time **AFTER** the crucifixion of Jesus Christ, indicating the Spirit of grace and supplications is for us, the Christians of to day.

The Spirit of prayer is a special portion of the Holy Spirit upon individuals for the purpose of fervent intercession for the lost souls, spiritual warfare, and also praying for the Saints, worship of God in Spirit and truth.

Rom 8:26 and likewise the Spirit also joins in to help our weaknesses. For we do not know what we should pray as we ought, but the Spirit Himself intercedes on our behalf with groanings that cannot be uttered.

h) Life is in the blood – The soul is in the blood.

1.Cor. 3:16 Know you not you are a temple of the Holy Ghost.

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

Defile not your body temple. The first many days of the fast, the blood is dull and dark, heavy laden with pollution pulled out from many places accumulated long time ago. As the cleansing process goes on day-by-day, week-by-week, the bloodstream becomes more and more clean, thinner, and healthier than ever. The soul is in the blood. The human soul is defiled with sin. The soul cannot be cleansed through fasting in it self. **ONLY** the divine blood of Jesus Christ can cleanse us from sin. However, when we come to Jesus, mourning, fasting, repenting and confessing our sins, humble our souls before God, consecrating our lives to almighty God – certainly, He will forgive us all sin confessed, new

divine life will flow into our lives, sins forgiven, our souls more white than snow – this is life abundantly.

i) Fasting increases faith.

Fasting is like crucifying the flesh. It's a "blitzkrieg" against the flesh. It is the quickest way to master the fleshly desires. In fasting you are moving from the realm of the flesh into a spiritual environment. In fasting you have nothing to lean on except for the Holy Spirit, the Lord's Spirit. The Spirit of the Lord gushes up like a well under high pressure. When your previous prayers were weak and consequently very little results, the fasting prayer will stir up the Holy Spirit living permanently within you and bring forth the fruits of the Spirit, fruits like love, joy, peace, longsuffering, gentleness, goodness, FAITH, meekness and temperance. Galatians 5: 22-23 Fruits of the Holy Spirit increases tremendously during fasting. Faith is an integrated part of Holy Spirit. This is the miracle of increasing faith as result of fasting. You now have answers to prayer you never dreamt of. You get what you have faith for. The just shall live by faith. Habakuk. 2: 4

Also David said: I humbled my soul through fasting. The humble and fasting David was said to be a man after God's heart.

j) Rich kernels:

You get what you have faith for.

Only the sin confessed is forgiven.

Right motives are a strong locomotive.

Consecration fast is better than mere health fast.

Good motives are: Fasting for REVIVAL, SOULWINNING, to pray more IN THE SPIRIT, and of course for personal benefits.

One of the great men of God was asked: "How long do you pray" He answered: "I don't pray for hours, but it won't last one hour until I pray."

It is wise to pray often, even wiser to be promptly obedient when Holy Spirit calls for prayer.

The more frequently you pray during a time of fasting the more benefits you get both spiritual and physical.

XVII. FASTING SCRIPTURES

Is fasting scriptural? – Yes it certainly is. Below are listed references to fasting either full or partial fasts. The fasting references are found in the entire bible, both the Old- and New Testament. As you search through the Bible on the topic I believe you will be greatly encouraged to begin fasting for yourself. I personally encourage you to join the little company who have discovered the secret of living the fasted life. Astounding revelation is for you; furthermore it is an excellent way to invest in the eternity with great rewards following. See for yourself.

Gen.24: 33 Abraham's servant seeking a bride for Isaac.

Ex. 34:28 Period of time, Moses' 40 days on Sinai.

Lev. 16:29-31 On the Day of Atonement.

Lev. 23:14 Until the sheaf of the wave offering was offered.

Num. 6:3-4 The law of the Nazarite.

Deut. 9:9,18 Moses' second 40 days on Sinai.

Judg. 20:26 Israel after their defeat by Benjamin.

I Sam.1:7-8 Hannah's prayer for a child.
I Sam. 7:6 At Mizpah under Samuel.
I Sam. 20: 24 Jonathan's grief at Saul's hatred for David.
I Sam. 28:20 Saul before his death in battle.
I Sam. 30:11,12 Egyptian servant found in the field.
2 Sam. 3:35 David at Abner's death.
2 Sam. 11:11 Uriah's self-discipline in time of battle.
2 Sam. 12:16-23 David for the child of Bathsheba
I Kings 13:8-24 Prophet who cried against altar at Bethel.
I Kings 17 Elijah's restricted diet.
I Kings 19:8 Elijah on his journey to Horeb.
I Kings 21:4-5 Ahab after Naboth's refusal.
I Kings 21:9-12 Naboth set on high.
I Kings 21:27 Ahab in self-humiliation.
I Chron. 10:12 Those who buried Saul and his sons.
2 Chron. 20:3 Jehosaphat before battle.
Ezra 8:21-23 Ezra by the river Ahava.
Ezra 9:5 Ezra mourning for the faithlessness of Exiles.
Neh. 1:4 Nehemiah for the restoration of Jerusalem.
Neh.9:1 Israel confessing their sins.
Esther 4:3 Jews following Haman's decree.
Esther 4:16 Esther before audience with the king.
Esther 9:31 With the Feast of Purim.
Job 33:19-20 As a result of pain and sickness.
Psa.35: 13 On behalf of others.
Psa. 69:10 The cause of David's reproach.
Isa.58 The Chosen Fast.
Jer. 14:12 That which is unacceptable to God.
Jer. 36:6,9 Baruch reading Jeremiah's scroll.
Dane 1:12 -16 Daniel and companions refuse king's food.
Dan. 6:18 Darius when Daniel was in the lions' den.
Dan. 9:3 Daniel praying for Jerusalem.
Dan.10: 2-3 Daniel's 3 weeks of partial fast.
Joel 1:4 In view of the Day of the Lord.
Joe1 2:12 Returning to God with a whole heart.
Joel 2: 15 Proclaimed by blowing a trumpet in Zion.
Jonah 3:5-9 Proclaimed by the people and king of Nineveh.
Zech.7: 3-5 With mourning in the fifth and seventh months.
Zech 8:19 Fourth, fifth, and seventh months.
Matt. 4:2 Jesus fast 40days.
Matt. 6:16-18 Not to be practiced as the hypocrites do.
Matt. 9:14, 15 John's disciples and Pharisees.
Matt. 9:15 By the guest when the bridegroom has departed.
Matt. 11:18 Temperate character of John the Baptist.
Matt. 17:21 For deliverance power.
Mark 2:18 John's disciples and Pharisees.
Mark 2:19-20 Guests when Bridegroom has departed.
Mark 8:3 state of four thousand when Jesus fed them.
Mark 9:29 For deliverance power.
Luke 2:37 Anna worshipping in the Temple.

Luke 4:2 Jesus for 40 days.

Luke 5:33 John's disciples and Pharisees.

Luke 5:34,35 Guests when Bridegroom has departed.

Luke 7:33 Temperate character of John the Baptist.

Luke 18:12 Boastful Pharisees, twice a week.

Acts 9:9 Saul of Tarsus after encounter with Christ.

Acts 10:30 Cornelius when angel appeared to him.

Acts 13:2,3 Prophets and teachers in Antioch.

Acts 14:23 At the appointment of the Elders to the Church.

Acts 23:12-21 Jews under an oath to kill Paul.

Acts 27:9 Allusion to the annual Day of Atonement.

Acts 27:21,33 Those with Paul before the shipwreck.