

STUDY SHEET – FASTING SESSION 3 - RETREAT

BY: BRAD CULLEN

Some of the references in the Gospels related to Jesus' fasts such as his responses to remarks about him not eating are somewhat vague, just one example: "I have bread about which you know nothing." Also the references to his own fasting indicated he kept very quiet and didn't broadcast the fact that he was not eating.

On the other hand he gave some fairly clear rules to others about fasting. They basically boil down to the fact that if you talk about the fact that you are fasting, or make a show of fasting no matter how subdued, you reduce the power of the fast to change you.

For a fast to have maximum spiritual benefits: Be absolutely secretive about it. If you live with others ask them not to tell anyone you are fasting. One solution to social situations such as parties or dinners that cannot be gotten out of for any variety of reasons. Simply say, "I really don't feel like eating anything, may I just have a glass of water for now?" Usually that works quite well.

If you have doubts about fasting DON'T! "When we act apart from faith we sin."

If you are under the care of a physician ask him or her if it is okay to fast. If your physician is God, ask Him whether you should fast. Fasting accompanied by intense praying is the key.

Remember that fasting creates an automatic "cleansing" process in the body. In the absence of food the body reacts by ridding itself of toxins. The more a person eats unhealthy food the bigger the build up of stuff the body "throws off" during a fast. Depending on the extent of the build up, the process of purging these toxins may create body and breath odors and sometimes pains. Some people get headaches for the first 48 hours. Those are normally due to withdrawal from drinking an excessive amount of sodas, coffee, tea or other substances that have caffeine in them. Drinking a lot of water during a fast – more than you are thirsty for (force-feeding) – will reduce any side effects such as pain and nausea and greatly reduce hunger pangs. Some people have even reported that force-feeding themselves on water eliminated any feelings of light-headedness.

The best byword for the health benefits from fasting is don't fast for that reason if you want to get the maximum spiritual benefit. Accept the truth that there are definitive health benefits, but treat them merely as a side benefit. Your purpose is to have a breakthrough in consciousness that the one Jesus described as the god, or chief ruling angel over this world, has no control or authority over you. In fact Jesus said he gave all authority over the works of this "god" to anyone that learns this lesson. Remember that there are people who can literally go for months at a time (this writer knows a man personally that has gone for six full months, ingesting nothing but water) without any ill effects whatever. This particular individual is irritated by the fact that he cannot go without water for more than a few days. He believes that he should be able to get water naturally just by breathing. There are those that make the claim they can do exactly that.

This writer has had people report that all kinds of diseases previously controlled by prescription drugs were totally healed through fasting. These included asthma, diabetes, Crohn's disease, ulcers, colitis, hemorrhoids, hypoglycemia, severe allergies and so on.

Lastly remember that fasting is for the purpose of gaining faith. Jesus said that nothing would be impossible to them that had enough faith. He said that in the context that it took much fasting and prayer to gain enough faith to get rid of a demon that was causing epileptic like seizures. If somebody wants to argue with you about fasting – you may want to consider saying: "I didn't say these things, Jesus said them." Remember, if Jesus felt it necessary to fast, shouldn't we also?

A GIFT FROM: LIGHTHOUSE LIBRARY, INTERNATIONAL; P. O. BOX 571225,
DALLAS, TX 75357-1225; ROGER and SUNNY COFFMAN; [972] 270-4232;
E-MAIL: inquiries@lighthouselibrary.com; WEB PAGE: www.LighthouseLibrary.com
NEWEST WEB PAGE: www.LighthouseLibrary.org