

# KNOWING IN PART

BY: BRAD CULLEN

Everything I write has its basis in experience(s) from my own life. I don't write it unless it has either happened to me, or I have personally witnessed it.

I often tell people that what I say might just be wrong. What I mean by that is that it might just be wrong for them. I have proven that it works for me. "Let every man be convinced in his own mind."

I started down the pathway that has become "my life" by jumping into an abyss some might call "faith." I stumbled onto a passage in the Bible almost fifty years ago:

**"Trust in the Lord with all your heart and lean not unto your own understanding, but in all your ways acknowledge Him and He shall direct your paths."**

It struck me as being the key to everything – and I remember thinking, "This is the passage upon which I will stand for the rest of my life" – and I have!

Years later I was doing a word study in the Hebrew and discovered that rather than "He shall direct your paths, the accurate translation into English would be more like, **"He will straighten out your well worn ruts."**

I realized that was so appropriate for me – I get into "ruts" of thinking unconsciously and hold onto them with everything I've got. Wait a minute! Father, you said that you would straighten the twists and turns of all my rutted thinking. Do it! I want Your will (period).

When I started to take what Jesus purportedly said by the writers of the Gospels – seriously – and apply them to my life I was continually startled by the results.

Case in point: Fasting and why to fast and some of the rather simple rules Jesus laid down for fasting. Jesus said that nothing was impossible to the person who has enough faith. This was in response to something that his disciples had been unable to do. They later came to him and asked, "How come we couldn't do it?" His response was quite simple. "You couldn't do it because you don't have enough faith. The only way you are going to be able to do it is through the preparation of much fasting and prayer. The more I read the Gospels the more bits and pieces "jumped out at me" that proved beyond a shadow of a doubt to me, that Jesus fasted much and often. If Jesus felt it necessary to fast, then wouldn't it make sense for me instead of making up various excuses why not to fast? The answer came quickly, YES!

I decided to fast for the specific purpose of gaining the kind of faith to do the kinds of things Jesus said we would do if we had enough faith. IT WORKED (for me).

It is an amazing thing to me that the very people that are powerless to do anything Jesus said we would be able to do if we believed, want to argue with me. If what I write is distasteful the solution is simple. Don't read it! Here is an emphatic statement. Those that write me who have decided to fast notice significant differences in their level of faith and AUTHORITY to do what Jesus said anyone that believed sufficiently could do, that is, have the ability to perform the long list of things that he did. Fasting was the breakthrough for them to the consciousness that is necessary – that is, understanding that it isn't "US" that does the works; it is the Father in us.

Those that write me arguing that fasting and praying in the manner that Jesus prayed and fasted is no longer necessary – cannot do the things Jesus said they would be able to do if they had sufficient faith. So the question is, "Isn't necessary" for what?

Do I know everything? No! I only share the limited amount of things I have learned by experience. Does that make me some kind of expert? No, it only allows me to speak knowledgably and authoritatively about what I know has happened to me.

Some people cite some physical discomforts they've had from trying to fast. I recently wrote a "curriculum" for a ministry in Southeast Asia that requested I do so based on some of the content of the book "Unlocking the Treasure Chest of God's Gifts."

That "curriculum" is available free to anyone by going to [www.ministryofspirit.com](http://www.ministryofspirit.com) and clicking on "Articles" and scrolling down to "The Retreat." The 63 page book "Treasure Chest" is also available free by simply clicking on "Reply" and typing the words "Treasure Chest" on the subject line and clicking on "Send."

Within the "curriculum" there is a single Study Sheet about fasting – within which are some suggestions I have found to be helpful to get the most out of a fast, from a spiritual perspective, and that help to avoid any physical discomfort during a fast. If you don't feel like wading through all of "The Retreat" on the website and would like the Study Sheet about fasting – click on "Reply," type the word "fasting" onto the subject line and click on "Send." It will come to you as an e-mail attachment.

I have been contemplating writing, "Knowing in Part" for several days now and I was asking for confirmation this morning as to whether I should write it – the e-mail copied below came from a brother that corresponds with me occasionally and I'd have to say it was confirmation that "Knowing in Part" should be written. In fact, I didn't know ANYTHING about what he wrote until this morning.

Fasting may be "wrong" for you, but consider what this brother says. I say, from my own experience, to accept the health benefits of fasting as a side benefit, but in order to get the most from a fast, spiritually, keep the focus on God. But and, again, I found what he says related to how a fast benefits us, health wise, worth passing along:

There is one more thing that I forgot to say about fasting ---

Herbal supplements that target certain organs of the body can help people detoxify themselves. For example, you can get a combination of herbal extracts that help the liver clean itself.

And you can get supplements that chelate. The word "chelate" is derived from "claw." In other words, you can take an herbal supplement that chelates nickel, which builds up in the prostate gland, for one place. The chelate "claws" or "grabs" onto nickel atoms and extracts them from the prostate gland and carries them off and excretes them.

But these processes are specific to single organs and not general for the whole body. Fasting is the only general process that allows ALL of the cells of the body to dump toxins out of their vacuoles, wherever the cells are located around the body, and not just specific spots like the liver or the prostate gland. Herbal extracts or chelates help organs turn loose of garbage matter clinging to them, but the extracts or chelates do not reach inside the individual cells and empty their vacuoles.

Some people don't seem to understand that difference.

So they never fast at all, claiming that fasting "doesn't work for them." (I heard that claim as long ago as 1970.) But I would be almost willing to bet that the individuals who have the hardest time fasting are also the ones who desperately need it the most. So they dodge fasting and take herbal-cleansing formulas instead, which target certain organs but do not allow ALL of the cells of the body to dump toxins the simple way that nature provided. It is hard for cells to absorb nutrients and dump their vacuoles simultaneously. The cells can go into dumping mode if they are allowed for a while to cease taking in nutrients.

I can't help wondering what rebuttals you have heard from your audience, because you get rebuffed a lot for the common sense things that you say.

One thing about realizing that what I only know in part is the benefit of being able to glean God's wisdom that comes through others – (and with this I close).

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