

**General Topics :: Fasting****Fasting - posted by Lucash (), on: 2009/12/30 0:14**

Just tonight, the Lord has put fasting on my heart. I don't know what to say. I have a yearning to fast, but I myself know nothing of fasting. Can I drink water? Can I brush my teeth? Because I could swallow a little water doing so. When I fast, I want to make sure I do it right, that is why I'm being so questionable. During my fast, what do I do? Do I read the Bible like I regularly do and then go on with my daily life only skipping all eating times? That sounds vague but I promise when I do read the Bible it is a deep diving into God's word. If people relentlessly try to offer me food, and they give me that weird look when I tell them "I'm fasting." How do I back that up with scripture? I'd like some verses on fasting. Most of all, when I'm done fasting, what do I want to see myself get out of it. I listened to Tim Conway for the first time tonight and he explained it as a discipline to see how attached to food we really are. Sure, that sounds good, but I want to glorify God in the end. How do I know I did that when I end my fast?

**Re: Fasting, on: 2009/12/30 0:17**

## III. POVERTY OF HEART

2544 Jesus enjoins his disciples to prefer him to everything and everyone, and bids them "renounce all that " for his sake and that of the Gospel.<sup>334</sup> Shortly before his passion he gave them the example of the poor widow of Jerusalem who, out of her poverty, gave all that she had to live on.<sup>335</sup> The precept of detachment from riches is obligatory for entrance into the Kingdom of heaven.

2545 All Christ's faithful are to "direct their affections rightly, lest they be hindered in their pursuit of perfect charity by the use of worldly things and by an adherence to riches which is contrary to the spirit of evangelical poverty."<sup>336</sup>

2546 "Blessed are the poor in spirit."<sup>337</sup> The Beatitudes reveal an order of happiness and grace, of beauty and peace. Jesus celebrates the joy of the poor, to whom the Kingdom already belongs:<sup>338</sup>

The Word speaks of voluntary humility as "poverty in spirit"; the Apostle gives an example of God's poverty when he says: "For your sakes he became poor."<sup>339</sup>

2547 The Lord grieves over the rich, because they find their consolation in the abundance of goods.<sup>340</sup> "Let the proud seek and love earthly kingdoms, but blessed are the poor in spirit for theirs is the Kingdom of heaven."<sup>341</sup> Abandonment to the providence of the Father in heaven frees us from anxiety about tomorrow.<sup>342</sup> Trust in God is a preparation for the blessedness of the poor. They shall see God.

## IV. "I WANT TO SEE GOD"

2548 Desire for true happiness frees man from his immoderate attachment to the goods of this world so that he can find his fulfillment in the vision and beatitude of God. "The promise surpasses all beatitude. . . . In Scripture, to see is to possess. . . . Whoever sees God has obtained all the goods of which he can conceive."<sup>343</sup>

2549 It remains for the holy people to struggle, with grace from on high, to obtain the good things God promises. In order to possess and contemplate God, Christ's faithful mortify their cravings and, with the grace of God, prevail over the seductions of pleasure and power.

2550 On this way of perfection, the Spirit and the Bride call whoever hears them<sup>344</sup> to perfect communion with God:

There will true glory be, where no one will be praised by mistake or flattery; true honor will not be refused to the worthy, nor granted to the unworthy; likewise, no one unworthy will pretend to be worthy, where only those who are worthy will be admitted. There true peace will reign, where no one will experience opposition either from self or others. God himself will be virtue's reward; he gives virtue and has promised to give himself as the best and greatest reward that could exist. . . . "I shall be their God and they will be my people. . . ." This is also the meaning of the Apostle's words: "So that God may be all in all." God himself will be the goal of our desires; we shall contemplate him without end, love him without surfeit, praise him without weariness. This gift, this state, this act, like eternal life itself, will assuredly be common to all.<sup>345</sup>

IN BRIEF

2551 "Where your treasure is, there will your heart be also" (Mt 6:21).

2552 The tenth commandment forbids avarice arising from a passion for riches and their attendant power.

2553 Envy is sadness at the sight of another's goods and the immoderate desire to have them for oneself. It is a capital sin.

2554 The baptized person combats envy through good-will, humility, and abandonment to the providence of God.

2555 Christ's faithful "have crucified the flesh with its passions and desires" (Gal 5:24); they are led by the Spirit and follow his desires.

2556 Detachment from riches is necessary for entering the Kingdom of heaven. "Blessed are the poor in spirit."

2557 "I want to see God" expresses the true desire of man. Thirst for God is quenched by the water of eternal life (cf. Jn 4:14).

316 Ex 20:17; Deut 5:21.

317 Mt 6:21.

318 Cf. 1 Jn 2:16; Mic 2:2.

319 Cf. Wis 14:12.

320 Roman Catechism, III, 37; cf. Sir 5:8.

321 Roman Catechism, III, 37.

322 Cf. 2 Sam 12:14.

323 Cf. Gen 4:3-7; 1 Kings 21:1-29.

324 Wis 2:24.

325 St. John Chrysostom, Hom. in 2 Cor. 27, 3-4 PG 61, 588.

326 Cf. St. Augustine, De catechizandis rudibus 4, 8 PL 40, 315-316.

327 St. Gregory the Great Moralia in Job 31, 45: PL 76, 621.

328 St. John Chrysostom, Hom. in Rom. 71, 5: PG 60, 448.

329 Gen 3:6.

330 Cf. Rom 7:7.

331 Rom 7:23; cf. 7:10.

332 Rom 3:21-22.

333 Gal 5:24; cf. Rom 8:14, 27.

334 Lk 14:33; cf. Mk 8:35.

335 Cf. Lk 21:4.

336 LG 42 # 3.

337 Mt 5:3.

338 Cf. Lk 6:20.

339 St. Gregory of Nyssa, De beatitudinibus 1: PG 44, 1200D; cf. 2 Cor 8:9.

340 Lk 6:24.

341 St. Augustine, De serm. Dom. in monte 1, 1, 3: PL 34, 1232.

342 Cf. Mt 6:25-34.

343 St. Gregory of Nyssa, De beatitudinibus 6: PG 44, 1265A.

344 Cf. Rev 22:17.

345 St. Augustine, De civ. Dei, 22, 30: PL 41, 801-802; cf. Lev 26:12; cf. 1 Cor 15:28.

**Re: Fasting - posted by vasilef (), on: 2009/12/30 1:00**

Fasting for me means looking and waiting for God more than anything else, food, drink, TV etc. Depending on your condition you can give up food, drink or anything else takes your time and you like it. I mainly refrain from food.

Fasting without prayer is not fasting. Pray any time you can pray. You don't necessarily have to stop your activities. For anyone offering me some food I just say "thank you, I'm not eating (today)"

We glorify God when we are free from any bondage of sin and changed into the likeness of Jesus.

read Isaiah 58:1-8

**Re: Fasting - posted by Giggles (), on: 2009/12/30 4:53**

“But the days will come when the Bridegroom will be taken away from them, and then they will fast.” — Matthew 9:15

“Fasting begets prophets and strengthens strong men. Fasting makes lawgivers wise; it is the soul's safeguard, the body's trusted comrade, the armor of the champion, the training of the athlete.” — Basil, Bishop of Caesarea (AD 330–379)

“Fasting . . . opens the way for the outpouring of the Spirit and the restoration of God's house. Fasting in this age of the absent Bridegroom is in expectation of His return. Soon there will be the midnight cry, ‘Behold, the bridegroom! Come out to meet him.’ It will be too late then to fast and to pray. The time is now.” — God's Chosen Fast, Arthur Wallis

There has been a resurgence of fasting in recent decades, as God calls His people to regular fasting as part of a normal Christian lifestyle. We must prepare ourselves adequately so that the fast can honor God and fulfill its purpose. The following is a general overview of biblical precedent and guidelines for wise fasting to help and encourage you.

#### Fasting is Biblical

The practice of regular fasting as normal Christian behavior was taught by Jesus (Mt. 6:16–17, 9:15), exercised by the early church (Acts 13:2), and has been the regular discipline of believers throughout church history. The practice of fasting in Scripture usually includes, but is not limited to, abstinence from food (Dan. 10:3) and may be engaged in for varying durations—typically for no more than a few days at a time.

Abstaining from all food for extended periods of time is biblical, but was rare and unusual in Scripture (Ex. 34:28; 1 Kgs. 19:5-8; Lk. 4:2), and thus should never be undertaken without counsel and appropriate supervision. The same standard applies to an absolute fast (Esther fast—no food or water for three days) of any duration (Est. 4:16). The maximum length of an adult fast that is biblically supported is forty days without food, for a male adult in good health, and three days without water. The Bible does not speak of children engaging in fasting food.

#### Fasting is Always Voluntary

Though spiritual leaders may invite others to join in corporate fasting with a specific goal in mind and for a specific time, fasting can never be forced or made compulsory. The level at which a person engages in fasting (particularly food) should be determined according to age, and with regard to any physical limitations. Those with a known or suspected physical disability or illness, or those with any history of an eating disorder, should never fast, except in consultation with, and under the supervision of, a qualified doctor. Pregnant or nursing mothers should not fast food or drink as it could negatively affect the health and development of their baby and their own personal health.

#### Minors/Children

Minors are discouraged from fasting food and should never engage in fasting without express parental consent and oversight. Minors who desire to fast are encouraged to consider non-food abstinences, such as TV, movies, Internet surfing, video games and other entertainment. If older teenagers do fast food under their parents' supervision, we encourage them to use juice and protein drinks to sustain them, out of consideration for their health and metabolism.

## Fasting Regularly

Participation in regular fasting as a lifestyle necessitates a healthy lifestyle on days when food is not being fasted, and should include exercise and a proper diet. A “fasted lifestyle” is a disciplined lifestyle, in which we steward our bodies and time with wisdom and diligence. Fasting is not only abstention; it is an exchange where we abstain from certain things in order to “feast” on God’s Word and prayer, whereby the abundance of His grace is made more readily available to us. When undertaken with this type of commitment, a fasted lifestyle is sustainable on a long-term basis, just as it was for Daniel and his friends (Dan. 1).

## The Benefits of Fasting

While the physical impact of fasting is real, the spiritual benefits of fasting are undeniable. Any fast undertaken must be done with spiritual wholeheartedness and wisdom when dealing with our physical body; we must count the cost honestly and honor the temple of the Holy Spirit. Whether we are partaking or abstaining, everything should be for the glory of God.

### Physically Preparing for a Fast That Extends More Than Two Days

Prepare your body for the fast and prevent constipation during and after the fast by eating certain preventative foods at least two days beforehand (even longer before an extended fast), such as: fresh fruit and raw vegetables, fruit or vegetable juices, oatmeal, etc

Eat smaller meals a few days prior to the fast

Avoid high-fat and sugary foods before the fast

Make your commitment and determine the length. You can fast in many different ways. Pray and ask God what he will give you faith for in terms of the duration of the fast

A Daniel fast, with vegetables and water, is good for those carrying a heavy workload

A fruit or vegetable juice fast allows you to enter into fasting but still gives enough energy to function. Many people have done a 40-day juice fast. If you have sugar sensitivities or problems (e.g. diabetes), consult your doctor before attempting this (or any other) fast

A water-only fast has been undertaken by many people. We would not encourage this without strong medical supervision, particularly in the case of young people. Depending on your weight and metabolism, you can go forty days on water alone

A total fast is without food or water. Do not go beyond three days without water. Discuss your plans with your doctor, church leaders, and spouse or parents. We do not encourage this type of fast without specific confirmation from the Lord through your church leadership or parents

### Helpful Hints for Your Fast (Physical)

Drink plenty of non-tap water. (Drinking at least half of your body weight in ounces of water per day is a good rule of thumb whether you are fasting or not.) Distilled water is most beneficial, but filtered and purified water also work well

It is wise to abstain from strong stimulants such as caffeinated and sugary drinks during a fast, including the artificial sweeteners found in diet drinks. Also, avoid soy protein drinks, which have been known to cause health problems during a fast

If you are on a juice fast, drink raw fruit juices such as apple, grape and pineapple, which are excellent sources of necessary natural sugar to stabilize blood sugar and keep energy levels up. Orange and grapefruit juice are also good, but these are not recommended for arthritis or allergy sufferers. Monitor juice acidity carefully as it can cause canker sores (mouth ulcers). Raw vegetable juices such as carrot, celery, beet or green vegetable combinations are excellent as well. Fresh fruit and vegetable juices can be made in a juice extractor or purchased ready-made (be sure to buy juices without any added sugars). Some of the benefits of drinking raw juice versus bottled are that it does not stimulate digestion (hunger) and it maintains all of its enzymes and nutritional value

Expect some physical discomforts because of the detoxification process, especially on the second day. You may have fleeting hunger pains or dizziness. Withdrawal from caffeine and sugar may cause headaches, but it is a part of the detoxification process. Physical annoyances may also include weariness, tiredness, nausea and sleepiness

During a fast, four major areas of the body are going through a detoxification process. Take care to attend to each of these:

The bowels/colon/large intestines — During a fast of three days or more, taking an herbal laxative (inquire at your local health store) or an enema before bedtime will help eliminate solid waste products; these can cause headaches and sluggishness if left in the body during a fast. This should be done early during the fast and then intermittently throughout the rest of the fast. The body begins detoxifying during a fast, depositing the toxins into the intestines. If you do not take a la

xative or an enema, the toxins can hurt your intestines or reabsorb into your bloodstream, making you feel nauseous

The kidneys — Drinking fruit juices, vegetable juices, broth, or just plenty of water will remove many toxins via the kidneys

The lungs — If strength permits, walk half an hour during the day to help cleanse the lungs. Also do some deep breathing throughout the day by inhaling through the nose and exhaling through the mouth

The skin — Since one-third of the waste products eliminated during a fast are removed via the skin, adequate bathing is essential. Use a natural bristle body brush or loofah sponge on your skin prior to bathing, to help cleanse the skin

#### Helpful Hints for Your Fast (Spiritual)

Seek advice and permission before the fast. Seek medical advice before the fast, especially if you have any existing medical concerns or conditions. If you are under 18 years of age, discuss your desire to fast with your parents. Spiritual covering, submission, and unity are important factors when fasting. Discuss your plans with your church leaders. Remember, fasting is an attitude of the heart! Ask them if they would consider fasting with you

Fast and pray in order to humble yourself and purify your worship. In fasting we are not trying to get something from God, but seeking to realign our hearts' affections with His. In fasting we can more readily say, "We love you, Lord, more than anything in the world." Lust of any kind is perverted worship, but fasting enables us to cleanse the sanctuary of our hearts from every other rival

Don't boast about your fast. Let people know you won't be eating only if necessary (Mt. 6:16-18)

Do the fast with someone else. Two are better than one! We encourage parents and kids to consider fasting together. Several generations fasting together has a powerful impact

Have a clear target as your prayer focus. Without a vision (a clear, prophetic prayer goal), the people perish. Write down your vision, so you can run with it (Hab. 2:2)

Take time to pray and read the Word. This may seem obvious, but busyness and distractions can keep you from devotions. Reading books with testimonies of victories gained through fasting will encourage you, too. *Shaping History through Prayer and Fasting* by Derek Prince, *Fast Forward* by Lou Engle, and *God's Chosen Fast* by Arthur Wallis are just some of the books about fasting that are available

Expect to hear God's voice in the Word, dreams, visions and revelations. Daniel prepared himself to receive revelation through fasting (Dan. 10:1-2). There is a fasting reward (Mt. 6:18)

Prepare for opposition. On the day of your fast you can bet that donuts will be at the office or in class. Your spouse (or your mom) will suddenly be inspired to cook your favorite meals. Press through. Many times you may feel more tension build at home. Satan tempted Jesus on the fast, and we must expect the same. Discouragement may come in like a flood, but recognize the source and take your stand on the victory of Christ

If you fail, don't give in to condemnation. The "to fast or not to fast" dilemma can be a major tool of the enemy. Even though you may fail several times, God always extends grace. Just hit the "delete" button and continue on your fast

Feel free to rest a lot and continue to exercise with supervision

Breakthroughs often come after a fast, not during it. Do not listen to the lie that nothing is happening. It is our conviction that every fast done in faith will be rewarded

#### How to Successfully Break Your Fast

Break your fast gradually. At this point you will need to exercise watchful self-control. Break your fast on a meal that is light and easy to digest (i.e., a pound of grapes, a shredded apple, watermelon or steamed vegetables)

When breaking a fast of ten days or more, the break-in period should be extended one day for every four days of fasting. A fast of three days or more should never be broken by eating a normal meal (including animal proteins, bread, sugar, dairy and processed foods) because these heavy foods put a severe strain and shock on the digestive organs which have been resting throughout the fast. Eating too heavily after a fast can produce serious discomfort (stomach cramps, nausea and weakness) and can nullify the physical benefits of fasting; it can also cause serious irreversible complications

After breaking an extended fast, continue drinking fruit or vegetable juices because the stomach is continuing to detoxify

During any fast exceeding two days, your stomach will shrink. Do not over-expand it again by overeating. If you have been prone to eat too heavily, guard against going back to this habit. If you train yourself to eat more lightly, your stomach will adjust itself accordingly

While continuing to drink fruit or vegetable juices, add the following:

1st-3rd day after the fast (increase amount of days for extended fast) — Eat fruit and raw/steamed vegetables only.

Example meals for the first few days are a pound of fruit, a baked or boiled potato without butter, steamed vegetables, or a vegetable-only salad without oil-based dressing. Avoid bananas for the first few days; they have no juice in them and can easily cause constipation

Thereafter — you may return to heavier foods such as animal proteins, but maintaining a healthy diet after the fast will

promote lifelong health and allow you to fast correctly in the future

Take extra care in breaking a water fast. Begin with drinking fruit or vegetable juices and gradually ease into eating fruit and steamed vegetables

It is important after a fast to begin to discern between real hunger and cravings so you do not feed your cravings

#### Important Medical Information

Years of fasting incorrectly can cause permanent physical damage to your body. These negative effects are not typically felt at a young age, but they will accumulate after years of fasting. In their zeal, some people have begun fasting in an extreme way before understanding how fasting physically affects the body; increasing your understanding and taking care of your body while both fasting and eating will ensure your ability to live the fasted lifestyle for many years to come

Pregnant or nursing mothers should never fast all food and/or drink, as fasting could be very dangerous to their baby's development and health, and their own personal health. Pregnant or nursing mothers could engage in types of fasting such as giving up certain kinds of food. However, women who are pregnant or nursing must always maintain a balanced diet. Any kind of fasting which leads to detoxification could be dangerous to the baby as the toxins can affect the baby via the mother's milk or her bloodstream

People who have struggled with eating disorders in the past, should undertake any fasting with wisdom and caution. Fasting should not be used as a motive for weight-loss; it is important to enter back into "normal" healthy eating after a long fast (as described in the previous section)

If you have a diagnosed illness and/or are taking prescription medicine, fasting should only be done under the direct supervision of a doctor or healthcare professional

Some people have trouble fasting and become extremely hungry, dizzy and nauseous because they have undiagnosed low blood sugar, so they should drink fruit and vegetable juices to help keep the blood sugar stable during short fasts. If the juice contains too much sugar for your system, dilute it by 50 percent with water or drink a "green drink" (made by juicing carrots, celery, spinach and parsley). If these or any symptoms persist, you should stop fasting and seek immediate professional help from a doctor or healthcare professional

If you are having digestive trouble after breaking a fast (i.e., diarrhea), mix a cup of unsweetened applesauce with a cup of cooked brown rice. This should stop the diarrhea. Also, take digestive enzymes (inquire at your local health store) to aid your stomach's digestive transition

#### Further Resources worth checking out:

Shaping History through Prayer and Fasting, Derek Prince

God's Chosen Fast, Arthur Wallis

Hunger for God, John Piper

info taken from ihop.org

#### Re: Fasting, on: 2009/12/30 6:44

Lucash, nothing can be worse than not brushing your teeth while fasting. Otherwise your mouth stinks.

You dont have to tell everyone you're fasting unless you wish to imitate the Pharisees.

#### Re: , on: 2009/12/30 6:57

Dear sister Giggles,

Must you cut and paste so much stuff on fasting? I havent broken my fast this morning and I feel quite weak reading all that you pasted. Makes of feel youve never done any real fasting in your life.

It would have been more edifying had you given us your personal experiences of fasting. Imho, those who fast dont babble or boast about it.

#### Re: Fasting - posted by Lysa (), on: 2009/12/30 9:18

Lucash,

first off, pay no attention to SueMaria.

Secondly, fasting is NOT about doing it right. Our perfection is what gets us in trouble. It's not about getting a little bit of water into your mouth brushing your teeth and that question is ok b/c you should drink water with your fast. If you drink juice, you really should make it half juice and half water b/c the sugar in the juice will spike your blood sugar and that blood sugar drop is a doosey!

**General Topics :: Fasting**

Thirdly, fasting is NOT about explaining yourself to other people. **Tell no one you are fasting!** When they hand you food, tell them you ate before you got there (and in your mind you can say "food that you not of")!!! Truly it's not a lie!

People seem to accept "I've already eaten" without argument. If you himhall around, that brings attention to yourself and they will ask a bunch of questions that put the focus on you instead of Jesus.

I would encourage you to go about your regular duties (i.e. work, church, reading your Bible and add extra prayer if you can). I would stay away from any exertion (i.e. exercise, long up hill hikes (did that once while hiking, I learned not to do it again), tennis, etc.

PS: You can't learn unless you just do it! God is looking for obedience not necessarily following every jot and tiddle of what every person on here says (including me).

God bless you in your fast when ever you take part in it!

**Re: , on: 2009/12/30 9:52**

Lysa, let's be honest about it. Did you really go through all that cut & paste stuff of Giggles? Have you read something like that at 3 am in the morning and not got a headache.

I like the way you take my points and use them to advise Lucash. Perhaps you aint aware that fasting causes bad breath , and we MUST brush our teeth & rinse our mouth frequently while fasting.

**Re: SueMaria - posted by Lysa (), on: 2009/12/30 10:00**

A female troll... that's different!

**Re: - posted by Miccah (), on: 2009/12/30 10:13**

SueMaria,

First you say...

Quote:  
-----I havent broken my fast this morning and I feel quite weak reading all that you pasted.  
-----

Then you go on to say...

Quote:  
-----Imho, those who fast dont babble or boast about it.  
-----

Your hypocrisy and prideful attitude needs to be repented of. There is nothing humble (i.e. imho) about you or your postings on SI.

**Matthew 6:16-18**

“Moreover, when you fast, do not be like the hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be fasting. Assuredly, I say to you, they have their reward. But you, when you fast, anoint your

head and wash your face, so that you do not appear to men to be fasting, but to your Father who is in the secret place; and your Father who sees in secret will reward you openly."

**Re: , on: 2009/12/30 12:05**

Miccah, that's no way to address a woman! Stop being a religious bigot.

When I said,  
I haven't broken my fast this morning  
I was referring to 'breakfast'.  
Obviously, you're immune to humor,  
you morose clown!

**Re: - posted by Miccah (), on: 2009/12/30 12:09**

Quote:

-----Miccah, that's no way to address a woman! Stop being a religious bigot.  
-----

Your attitude is unbecoming of a women. Your words do not reflect of one who walks with the Lord.

Quote:

-----When I said,  
I haven't broken my fast this morning  
I was referring to 'breakfast'.  
Obviously, you're immune to humor,  
you morose clown!  
-----

Name calling? You have seriously stooped to name calling? Please explain to me how name calling (i.e. bigot and morose clown) is in the spirit of Christ?

Your arrogance and pride rivals those of the world.

**Re: , on: 2009/12/30 12:13**

Okay, I forgive you. It's clear that you're not familiar with the English language and its idiomatic expressions.

Now don't confuse 'idiom' with 'idiot'.

Be blessed, and stay calm.  
God's word acts as a soothing balm.

Prov 12.16

Re: - posted by Miccah (), on: 2009/12/30 12:24

Quote:

-----Okay, I forgive you. It's clear that you're not familiar with the English language and its idiomatic expressions.

Now don't confuse 'idiom' with 'idiot'.  
-----

Your continued condescending posts is unbecoming of someone who walks with Christ. Your true heart is on display for all to see.

Quote:

-----Prov 12.16  
-----

Thank you for the Proverb. Scriptural words that we all need to hear and live by. Are you familiar with this Proverb?

**Proverbs 6:12-19 (NKJV)**

A worthless person, a wicked man,  
Walks with a perverse mouth;  
He winks with his eyes,  
He shuffles his feet,  
He points with his fingers;  
Perversity is in his heart,  
He devises evil continually,  
He sows discord.  
Therefore his calamity shall come suddenly;  
Suddenly he shall be broken without remedy.  
These six things the LORD hates,  
Yes, seven are an abomination to Him:  
A proud look,  
A lying tongue,  
Hands that shed innocent blood,  
A heart that devises wicked plans,  
Feet that are swift in running to evil,  
A false witness who speaks lies,  
And one who sows discord among brethren.

Re: - posted by MaryJane, on: 2009/12/30 12:29

SueMaria

Your posts are neither edify or written in the love of Jesus.

Calling another member names is not what this site is all about. Please read the rules that are posted by Greg and consider what you are posting...

mj

**General Topics :: Fasting**

**Re: , on: 2009/12/30 12:32**

Mr Christian (?),

For one simple proverb of 2 lines warning you not to lose your temper, you throw 20 lines at me. Aren't you being vindictive?

You remind me of the religious bigots in Hawthorne's novel, The Scarlet Letter. It would do you well to read it...carefully & prayerfully.

**Re: Fasting - posted by MattSmith, on: 2009/12/30 12:35**

Lucash, don't let fear of getting it wrong keep you from trying. Fasting is simply removing, for a time, something of value to you. In most cases it is food. Don't make it so complicated. Pray and/or read the Word when you would normally eat. If you've never fasted before this will be enough. Listen to the promptings of the Spirit as He may well lead you deeper after you have begun a habit of fasting.

The reward for a fast is incredible. The most important thing in a fast is to keep your mind on Christ in the midst of an angry attack by an angry belly. It is the most important and most difficult aspect. Fasting is a blessing. Don't make it a curse by adding a bunch of rules.

**Re: , on: 2009/12/30 12:40**

Uhhh if 20 lines is vindictive then I'd hate to see how vindictive God is with, you know, more than 20 lines in His book. Not sure about 'morose clown' though. That is right there on the line of vindictiveness... it could go either way though. It could be considered vindictive but it could also be a loving tutorial to those who may or may not confuse idiom with idiot. One thing is for sure though, you do know the difference and should be commended for pointing out that some people could confuse those terms. Otherwise we may have an epidemic of misinterpretation on our hands.

**Re: - posted by Miccah (), on: 2009/12/30 12:50**

SueMarie wrote,

Quote:  
-----Mr Christian (?),

For one simple proverb of 2 lines warning you not to lose your temper, you throw 20 lines at me. Aren't you being vindictive?

You remind me of the religious bigots in Hawthorne's novel, The Scarlet Letter. It would do you well to read it...carefully & prayerfully.  
-----

**Proverbs 12:1 (NKJV)**

Whoever loves instruction loves knowledge,  
But he who hates correction is stupid.

**Re: Reply - posted by Lucash (), on: 2009/12/30 12:57**

Okay, I like the insight and advice you guys/girls have given me and I thank you for it. Upon reading all of it, I've recognized there's definitely some preparation that needs to happen before I just go off and fast. I plan on drinking more water, and eating more healthy these next couple of days. I realize it's not healthy to just say "I'm going to fast." out of nowhere and do it with no preparation. As for the "partner" idea of fasting, my wife is pregnant so I'm definitely not going to ask her to fast, but I do have a couple of brothers in mind, but I'm still stewing on it. I feel when someone offers me food I'll be more readily equipped to tell them "No thanks."

My body is a temple for the Lord and I'm not going to eat uncontrollably or become like a glutton. Because my body is a temple for the Lord, I will fast and show control over the things of this earth so I can more readily say "I love Him more than these."

- In Christ, Lucash

**Re: Reply #2 - posted by Lucash (), on: 2009/12/30 13:05**

In reply with the quarrel, I ask that all of you, those quarreling and not quarreling read the paragraph and little smidgeon of scripture that is in between the text box and the submit button when you hit the "Reply" button to reply to a post here on SI. I'm not sure if you ever notice it, but I sure do; when I'm on SI, I always see something like "There are currently, 4 5 guest(s) and 8 member(s) that are online." That doesn't mean on the WWW, that means here on SI. They can access the posts here even if they are not members. So I ask you, if you were looking for a Christ-like forum to be a member of to help your walk with God, and use the internet for His glory, would you want to see people quarreling over nothing at all in posts and slandering his/her brother/sister in Christ? That is all.

-In Christ, Lucash

**Re: Reply #2 - posted by Miccah (), on: 2009/12/30 13:09**

You are correct Lucash. I apologize for overtaking your thread. Please forgive me.

**Re: - posted by hmmhmm (), on: 2009/12/30 14:03**

I think what brother mike (chrsschk) say often is worth considering , play the ball and not the man" or woman. Personal remarks in a negative way, ironic or humorous can in some cases come of very wrong. And also we should remember the verses under the reply window as mentioned. Also another thing worthy of consideration, how do we speak to other according to scripture? *ALWAYS* with grace and salt, is my post edifying? will it be building up the readers, the original poster? also the one or ones i am answering older then me? are they a man or a woman? how should we speak to those ? how does a christian woman address a man? maybe an elder and godly man? do we just speak our mind? how does a young man address an older woman of God? just say the first thing that enters his mind? surely not.

So in a forum when perhaps when we have no idea of whom we are speaking with, the highest and most carefully selection of words would be adviceable to use, the most respectful way of saying something, even when we disagree.

And if the poster is older and speaking to a younger brother or sister it should be done with an example to them in how to communicate gracefully.

also one i use for myself, i see what i have written, i ask myself, would the Lord have spoken in this manner? (i have failed many many times)

if we try remember this every thread would be edifying and upbuilding for the saints. Every thread would offer something that could feed the souls of our sisters and brethren.

just a few thoughts for consideration.

**Re: Fasting - posted by Lucash (), on: 2010/1/5 15:57**

Tomorrow is the day I am going to fast. My wife is off work so she will be able to help me out throughout the day. I urge you all to pray for me if possible, I've never done anything like this before and I'm a little nervous. None the less, the glory will be given to God! I plan to use my time fasting wisely and spend it with the Lord. Thank you all for your insight! -Lucash

**Re: Fasting - posted by Jeremy221, on: 2010/1/5 22:36**

Hi Lucash,

I'm glad to hear that you are going to fast. The Lord has lead me to fast in the past and it has been a time where I have been able to gain focus on Christ Jesus and also see where food and other items were taking a position higher than they ought. I realize that there are many recommendations and "How To's" for just about any practice in the spiritual life or just about any other aspect of life these days. These things can be beneficial but the most important thing in our walk is following the prompting of the Holy Spirit. When God tells us to do something it is for our own benefit, waiting and

delaying out of fear will only hurt you. I know this from experience, things that the Spirit has prompted me that I "didn't feel like doing" due often to fear of implications or people or whatever have resulted in hardship for myself. When I have delayed it has resulted in my turning to other things that were either ungodly or doing things that appeared good but were worthless because I was not doing them out of love for Christ.

When I have delayed doing something the Holy Spirit is clearly prompting me to, I show that I do not trust God's goodness. However, when I obey I get to see a realization of what He has directed me in. Personally, there is peace and joy that results but it also shows that I trust Him more and He can then show me what is next.

There is one more area that the Holy Spirit has shown me regarding following His leading, that of timing. In the Gospels we see again and again that Jesus did not do something because it was not the right time. When we walk in the Spirit, we are given the direct opportunity to walk as Jesus walked - doing the Will of the Father as revealed by the Holy Spirit. As we follow, He will guide you to pray for, study or to see things from His viewpoint. God may also call you to fast or pray for something or someone you do not know about. I am in the process of gathering support to do development work with some Christian brothers overseas. A few weeks ago the Holy Spirit laid it on my heart to pray for the people who were going to support me. He kept prompting me on this throughout the week so I prayed as He lead. I thought this was for the unknown to me number of people that will compromise the prayer and financial support team. However, the following Sunday the burden lifted and before the main worship and message I was given an anonymous gift to cover my flight costs. Looking back it appears the Lord wanted me to help in whatever battle there was for those giving the gift - but in His direction to me, He only asked me to obey.

We must always remember that we are engaged in a heavenly battle. Our fasting, prayer, the word we speak to someone and giving a helping hand when lead by the Holy Spirit are all aspects of this battle. When you fast in obedience to what the Lord has lead you, you are engaging in the battle and demonstrating the Powers of the Air that you are more concerned about His will than your own. Be strong brother, the Lord is with you and He desires only your best.

EDIT: The Lord brought me to this piece by Zac Poonen about about fear, I think it will spell out some of the things I referred to more clearly.

Quote:

----- (<http://www.sermonindex.net/modules/articles/index.php?viewarticle&aid2042>) Freedom From Fear by Zac Poonen

One of the first things we read that happened to Adam as soon as he sinned, and when God came and spoke to him, was that he got afraid. It's the first time that fear is mentioned in the Bible. When God came to him and He asked where he was hiding among the trees. And he said, "I was afraid," and ever since that day sin and separation from God brought fear. And since that day, all of these six thousand years of man's history, man has been living with fear so often afraid even to acknowledge Him (God), even believers.

I don't know how many of you realize that Jesus was as much against fear as He was against sin. A lot of believers who are determined to root out sin from their life are not as equally determined to root out fear. That's because they think of sin as bad, but fear as a weakness or something we have to live with. There are lots of other believers who think that sin is something they've got to live with, and so they live with sin. And if you think fear is something you have to live with, you live with fear. The same Jesus who told people, "Do not sin again," also said so many times to people, "Fear not. Don't be afraid." The same God who said "don't kill" said "don't be afraid". Is that a suggestion, or is that a command?

Read remainder here: (<http://www.sermonindex.net/modules/articles/index.php?viewarticle&aid2042>) Freedom From Fear

**Re: - posted by live4jc, on: 2010/1/6 2:12**

Dear brother Lucash,

Back to the topic of fasting, I am glad that you brought this topic up. The Lord said, 'when' you fast, so this suggests that this practice might figure into a Christian's life occasionally, at times when we sense the Lord leading us into it. I like how the discussion has broadened the idea of fasting to go beyond just fasting food to other things as well, such as the internet...or whatever. I suppose in a sense, while fasting is meant as a special time dedicated to putting God before food etc, it is also an outgrowth of our life as a whole, which should be marked by putting God first and other things second. May

God grant that this will be the pattern of our lives.

Take care !

In Christ,  
John