

FASTING for Health & Breakthrough

Excerpts from *Prescription for Nutritional Healing*, by Phyllis & James Balch
and *Fasting*, by Jentezen Franklin

Fasting is denying yourself food for a period of time. Fasting has both physical and spiritual benefits, and is recommended for many purposes. One doctor says, "*Fasting is a Royal Road to healing, recovery, and regeneration of the body, mind, and spirit.*" Physically, fasting is an effective and safe method of helping your body detoxify itself from pollutants and chemicals that we breath and consume from food and water. It especially helps the body recover from illnesses, colon disorders, allergies, and respiratory diseases. Fasting can heal and help rheumatism in the joints and muscles, diseases of the heart, circulation, blood vessels, stress-related exhaustion, skin problems and diseases, and menstrual cycles and hot flashes. By relieving the body of the work of digesting foods, fasting permits the system to rid itself of toxins while facilitating healing.

By fasting regularly, you give all of your organs a rest, and thus help reverse the aging process and live a longer and healthier life. During a fast, the following benefits happen:

- The natural process of toxin excretion continues, while the influx of new toxins is reduced. This results in a reduction of total body toxicity.
- The energy usually used for digestion is redirected to immune function, cell growth, and eliminatory processes.
- The immune systems workload is greatly reduced, and the digestive tract is spared any inflammation due to allergic reactions to food.
- Due to a lowering of serum fats that thins the blood, tissue oxygenation is increased and white blood cells are moved more efficiently.
- Fat-stored chemicals, such as pesticides and drugs, are released.
- Physical and spiritual awareness and sensitivity to God, diet, and surroundings are increased.

Due to these positive effects of fasting, a fast can:

- ✓ help you heal with greater speed
- ✓ cleanse your liver, kidneys, and colon
- ✓ purify your blood

- ✓ help you lose excess weight and water
- ✓ lower your blood pressure
- ✓ flush out toxins that cause illness, fatigue, disease, and other ailments
- ✓ clear your eyes and tongue
- ✓ cleanse your breath
- ✓ sharpen your mental process
- ✓ improve your sight, hearing, taste, touch, smell, and all sensory faculties
- ✓ break addiction to junk food, nicotine, alcohol, and drugs

Biblical fasting is refraining from food for spiritual purposes. It will make you more dependent upon God for strength and grace, especially the grace to complete a long fast. Spiritually, fasting opens the door to a deeper, more intimate and powerful relationship with God. Biblical fasting requires faith. Faith pleases God and moves mountains. (Hebrews 11:6; Matthew 17:20-21)

Why is it so hard to fast, when God expects everyone to fast? Fasting has always been a normal part of a relationship with God. Jesus began His earthly ministry with fasting. (Matthew 3:16-4:11) He ended His ministry with thirst. (John 19:28) In Matthew 6, Jesus said, "*When you give...*" and "*When you pray...*" and "*When you fast...*" These three are to be a normal part of Christian life. **Could we be missing our greatest breakthroughs because we fail to fast?** The Son of God fasted because He knew there were supernatural things that could only be released through fasting. Fasting, accompanied with faith and prayer, is a powerful weapon. (Matthew 17:20-21)

Part of the sacrifice of fasting, seeking God, and studying His Word is that you must leave the commotion of normal life, and let normal activity fade into the background. When you fast, your focus is on prayer and God's Word. (Matthew 6:31-32) Your hunger and thirst for God brings greater rewards than satisfying temporary hunger and cravings. Be sure you fast with right motives. (Isaiah 58) Fasting does not get easier with age. It does get easier with grace.

Fasting helps us get our priorities in order; brings us into alignment with God's will and purposes; and helps us *breakthrough* difficult circumstances and demonic strongholds. Any time you fast, it is a *hunger strike* against hell. You are

effectively saying, "Devil, you loose those who are bound by deception, lies, fears, addictions, unbelief, false religion, witchcraft, etc." There is no good time to fast, so just do it! Set yourself apart, fast, pray, and prevail against the gates of hell.

There are many benefits to the discipline of fasting. Spiritual benefits include:

- ✓ Fasting releases the anointing, the favor, and the blessings of God in the life of a believer in Christ.
- ✓ Fasting helps you establish dominion and authority over your flesh.
- ✓ Fasting brings hidden things to the surface so you can repent.
- ✓ Fasting prepares you for a new anointing and new wineskin.
- ✓ Fasting is the key that unlocks heaven's door and shuts the gates of hell.
- ✓ Fasting brings you into a deeper, more intimate relationship with the Lord.
- ✓ Fasting unclutters your spirit from the things of the world, and makes you more sensitive to the things of God.
- ✓ Fasting brings you to a place of being able to clearly hear God's will.
- ✓ Fasting can break the generational curses.
- ✓ Fasting is a weapon that can end demonic attacks on you and your family.
- ✓ Fasting releases supernatural things of God that cannot be accessed any other way.
- ✓ Fasting brings health and healing to your body.
- ✓ Fasting will break poverty from your life, and bring financial prosperity.
- ✓ Fasting will overcome sexual addictions and break demonic powers and strongholds.
- ✓ Fasting keeps you sensitive to the Holy Spirit, enables you to live a holy life, and provides a way to present your body as a living sacrifice.

When Holy Spirit calls you to a fast, He is preparing you for what lies ahead. The devil knows that fasting releases God's power in your life. The discipline of fasting is a personal and private matter. However, God rewards you openly. Victories are not won in public, but in private.

It is recommended that you fast regularly, for various lengths of time. The Bible mentions several different fasts. It was customary for the Jews to fast one day a week. A three-day fast once a month, has special benefits. A ten-day fast once a

year, is highly recommended; as well as a five-day fast every six months. Other fasts include: a seven-day fast, twenty-one day fast, and forty-day fast.

Depending on the length of the fast, it accomplishes different things in the body.

- A three-day fast helps the body rid itself of toxins and cleanses the blood.
- A five-day fast begins the process of healing and rebuilding the immune system.
- A ten-day fast takes care of many problems before they arise and helps to fight off illness, including the degenerative diseases that have become so prevalent in our day, caused by sins and a chemically polluted environment.

There are certain precautions to be taken during a fast, preceding a fast, and following a fast. When doing a twenty-four-hour fast from solid foods, distilled or purified water is recommended. However, water-only is not recommended for longer fasts. Water-only releases toxins quickly, which can cause headaches or other symptoms. A water and juice fast is recommended. This removes toxins and promotes healing by supplying the body with some nutrients. Such a fast is also more likely to lead to a continued healthy diet once the fast is over.

To prepare for the longer fast, try eating only raw vegetables and fruits for a couple of days. This will make the fast less of a shock to the body's system. While on the fast, try to consume sixty-four ounces of distilled water and juice per day. Water is the great flushing agent in fasting. Dilute all juices with water, to a ratio of 2 or 3 parts juice to 1 part water. Two cups of herbal tea a day is acceptable; but no black tea, coffee, or cola. Do not drink orange juice or tomato juice on a fast; and avoid all juices with additives and sweeteners.

The best juice to use during your fast is fresh squeezed lemon juice. Add the juice of one lemon to 8-16 ounces of lukewarm water. Also good and beneficial are apple juice, grape juice, beet juice, carrot juice, and celery juice. Broth is good also, especially bone broth, and gives a little extra strength. *Green drinks* are good and are excellent detoxifiers. As a general rule, do not combine fruit and vegetable juices. However, apple is the only fruit juice that *can* be added to vegetable juices.

When ending the fast and returning to solid food, it's best to eat small and frequent meals because the stomach has shrunk and the secreted digestive juices have

decreased during the fast. Follow the fast with a possible two-day diet of raw fruits and vegetables. Include avocados for good benefits. The effect and benefit of the fast can be ruined by eating refined, cooked foods immediately afterwards.

Here are a few recommendations for fasting:

- Garlic supplements may be taken on a daily basis before, during, and after a fast to promote overall health, aid in the healing process, and rid the colon of many types of parasites. (Kyolic garlic is a good brand.)
- Do not chew gum while on the fast. This causes the digestive process to start up and prompts the body to secrete enzymes. Trouble occurs.
- If you have hypoglycemia, do not fast without using a protein supplement. Try using some spirulina.
- If you are older and need your vitamin and mineral supplements, just reduce the dosage while on the fast.
- Be sure to get adequate rest while on the fast. Continue your regular activities, but do not do strenuous exercise.

During a fast, as toxins are released from your body, you may experience the following:

- ✓
 - fatigue
 - body odor
 - dry, scaly skin
 - skin eruptions
 - headaches
 - dizziness
 - irritability
 - anxiety
 - confusion
 - visual or hearing problems
 - nausea
 - coughing
 - diarrhea
 - dark urine
 - dark, foul-smelling stools
 - discharge

- body aches
- insomnia
- sinus and bronchial mucus

These symptoms are not serious and will pass quickly, usually in a day or two. Also during a fast, as toxins are released from your body, you may experience a coated tongue and an unpleasant taste in your mouth. To relieve this problem, try rinsing your mouth with a blend of fresh lemon juice and water.