

Trees of Olive

Fasting With Prayers, and Exercising Power, Authority, Dominion, Success and Victory -- Over One's Own Physical Body

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Fasting with Prayers, even long Fasting with Prayers, are to the Perfect Will of the Great Yehovah Elohim; therefore, I encourage men and women to be highly blessed by going on Fasts, starting even on Short Fasts - unto the Great Yehovah Elohim.

It is to the **Perfect Will** of the Great Yehovah Elohim for all of his holy saints to always have, exercise and maintain perfect love, obedience, and faith in him and in his Holy Laws and Holy Word, and to always have, exercise and maintain perfect power, authority, dominion, success and victory over one's spirit, soul, mind, physical body, and life (including concerning decisions of one's life), in every area of life, and in fullness thereof, and at all times throughout eternity, including in always having, exercising and maintaining perfect discipline, endurance, stamina, perseverance, vitality, success and victory over one's spirit, soul, mind, physical body, and life at all times throughout eternity.

Fasting with Prayers, and in spending time with the Great Yehovah Elohim help to always have all of these blessed, spiritual qualities in one's life, including over one's physical body. Throughout history, individuals, people and nations have known of the great benefits of Fasting, even of Long Fasting, and of the physical cleansing and healing of the physical body, and also of the great spiritual value of Fasting.

In Deuteronomy 8:1-3 it shows how that the Great Yehovah placed the entire Nation of Israel on a **forced Fast**, and at times he suffered them to experience hunger. Additionally, the 40 years of the Israelites being in the Wilderness were for them to obtain perfect discipline, endurance, stamina, perseverance, vitality, success and victory over one's spirit, soul, mind, physical body, and life at all times, and also for the renewing of their spirit, soul, mind, physical body and life unto God for their new life in their Canaan Land, including in that they would be able to stand before giants.

Read the Holy Scriptures and see how that the Great Yehovah Elohim calls for, and requires humbleness, repentance, and a returning to him, and also for Fasting with Prayers unto him at various times, especially during times of impending Judgment. For examples: 1) Moses was required to Fast for 40 Nights/Days at two separate times unto Yehovah. 2)

Elijah was placed on a Fast for 40 Nights/Days. 3) Jonah was placed on a “forced Fast” of three nights/days while he was in the whale’s belly. 4) The City of Nineveh Fasted and Prayed in a time of impending Judgment. 5) During the time of the Prophet Isaiah, the Great Yehovah desired of the people of Israel to come before him in Fasting, and Prayers, and humbleness because the people fell into great sins, and also because of the impending destruction. 6) Fasting with Prayers unto the Great Yehovah Elohim help a person to have humbleness before the Great Yehovah Elohim, and these things help to prevent pride, self-exaltation, and arrogance. 7) Fasting with Prayers, meekness, humbleness, and repentance unto the Great Yehovah Elohim, even for at least one full day, will be of great spiritual blessings, and of receiving of the Great Yehovah Elohim’s great mercy, compassion, blessings, and enlightenment. 8) Fasting with Prayers, especially Long Fasting with Prayers, mightily bless and help a person to have “will-power, endurance, and strength” in every area of their life, and of having perfect discipline and control over one’s own physical body. 9) Spiritual enlightenment, great spiritual blessings, and healing of the physical body, can be obtained in a Fast with Prayers unto the Great Yehovah Elohim. 10) Fasting with Prayers can also bring deliverance from evil situations, and can bring great blessings to an individual, and even to an entire nation. (Read the Book of Jonah) 11) Fasting for a special request and/or for something desired - Ezra and the people that were with him Fasted for a special request of the Great Yehovah Elohim, and their request was granted. (Read: Ezra 8:21-23) 12) The Prophet Daniel Fasted for a special request for wisdom and insights into things, and for mercy and help for his people, and the Angel Gabriel was sent to minister to him. (Read: Daniel 9:1-27)

Holy Scripture References, and Encouragement:

- 1) Exodus 24:12-18; 34:1-35 (Moses placed on two 40 Nights/Days of Fasting.)
- 2) Leviticus 26:40-42; Hosea 5:8-15 (Repentance, and acknowledgment of the wrong, and of humbleness and returning back to Great Yehovah Elohim, are required for healing and restoration.)
- 3) Deuteronomy 8:1-3 (The Israelites were placed on “forced Fasting” in order for humbleness, and for perfect discipline.)
- 4) II Chronicles 7:12-16 (The Great Yehovah Elohim calls for humbleness before him in a time of Judgment, and also to prevent his actual Judgment.)
- 5) II Chronicles 20:1-32 (King Jehoshaphat called the people of Israel to Fasting with Prayers in a time of impending Judgment and warfare.)
- 6) Ezra 8:21-23, 31-32 (Ezra Prayed and Fasted for protection.)
- 7) Nehemiah 1:1-10 (Fasting with Prayers and humbleness for help.)
- 8) I Kings 19:1-21 (Elijah was placed on a 40 Nights/Days of Fasting.)
- 9) Isaiah 22:1-14 (The Great Yehovah Elohim called for a time of Fasting and Prayers unto him in a time of impending Judgment, and also called for the destruction and turning away from all false gods (total destruction of all false religious beliefs.)
- 10) Isaiah 37:1-38 (Humbleness, sackcloth, and Prayers with Fasting unto the Great Yehovah Elohim in a time of Judgment and impending warfare.)
- 11) Isaiah 58:1-14 (Being blessed in Fasting with Prayers unto the Great Yehovah Elohim.)

- 12) **Jeremiah 4:1-8; 6:26** (The Great Yehovah Elohim called for time of Fasting and Prayers unto him in a time of Judgment and impending warfare.)
- 13) **Jeremiah 36:9** (Calling for cities to Fast before the Great Yehovah Elohim.)
- 14) **Daniel 9:1-4; 10:1-3** (Daniel Fasted in a time of Judgment, and for salvation and mercy of the Great Yehovah Elohim for the Nation and people of Israel.)
- 15) **Jonah, Chapters 1 to 3** (The City of Nineveh was placed on a Fast during time of impending Judgment by the Hands of the Great Yehovah Elohim.)
- 16) **Joel 1:1-20; 2:1-32** (Called for Fasting and Prayers in a time of Judgment.)
- 17) **Psalms 35:13; 109:24** (King David sought the Great Yehovah Elohim in Fasting with Prayer at various times.)
- 18) **Zechariah 8:18-19** (Joy and singing in Fasting and Prayers unto the Great Yehovah Elohim.)

Cleansing of the Physical Body “BEFORE” Fasting, and Preparing Oneself for Fasting With Prayers unto the Great Yehovah Elohim

There are certain things to do “before” going on any type of Fast; and these suggested items are:

1) **Drinking Water** - Drinking “water” will help to cleanse, heal, refresh, strengthen, and rejuvenate the entire physical body and spirit. I found that by drinking at least 24 to even 32 ounces of spring water **upon arising** in the morning, as well as drinking water throughout the day, is “**cleansing, healing, and strengthening, and also this helps in proper, daily bowel movements.**” The power of water in its ability to cleanse is astonishing. Water will help to dissolve all sorts of waste matters from the physical body. Water is also **refreshing**. In Judges 15:1-20, a person can read and see how that the strong, powerful Samson was “**revived**” by drinking water after a great exercising of his physical body.

2) **Certain Juices, Garlic Powder, and Water** - Certain green, vegetable juices, and also fruit juices, mixed with a small amount of garlic powder, and also with some water, are very helpful for cleansing, healing, rejuvenation, and strengthening of the entire physical body throughout the year, including during times of Fasting with Prayers. Only “**natural**” juices should be used.

Important: It must be noted that everyone should be aware that certain processed fruit juices (cartons, canned, jarred and frozen) may contain preservatives, high fructose corn syrup, cane sugar, and beet sugar, and/or other types of hidden sweeteners in them, even if these ingredients may “**NOT**” be listed on the label; therefore, get natural juices from reliable sources, or make your own various juices.

3) **Garlic Powder, Mixed with Pure Pineapple Juice** - I found that having a small amount of garlic powder, mixed with pure pineapple juice, and also **diluted** with some water, is very helpful in the cleansing of the physical body, including the arteries, blood and cells of a person, and is very helpful during times of Fasting with Prayers unto the Great Yehovah Elohim. Also I noticed that this formula helps to rid the body of mucus, plaques,

and other waste matters from the body. It is very important to not have mucus build-up in the body during times of Fasting with Prayers, nor at any time.

4) **Dilute Certain Juices** - Adding a certain amount of water to certain juices can be very helpful, especially in order to avoid any high or low sugar problems. Secondly, drinking too much fruit juices (too much sweets) may have negative results; therefore, try to limit your intake of fruit juices. It may be helpful to **dilute your fruit juices with water** - if you so desire. Also remember to drink the proper amount of **water** each day.

5) **Raw, Green, Extracted Vegetable Juices, and their Ability to Help Cleanse and Heal the Physical Body** - Raw, green, **extracted**, leafy vegetable juices help to cleanse, heal, strengthen, and rejuvenate the entire physical body. Notice how animals feed on all sorts of green vegetation, and in that they are beautiful and strong. The raw, green, **extracted**, leafy vegetable juices of “**spinach and kale,**” and also certain other green, edible vegetables, are very high in all sorts of nutrient value, and are very high in “**chlorophyll,**” and also are very good for cleansing, healing and strengthening of the physical body **before** going on any type of Fast. Spinach is much milder than kale, and is excellent for juicing.

6) **Very important:** It is **very important for everyone to know the “state” of their own physical body and health.** Do **use wise judgment** in every area, including concerning cleansing and healing of your physical body before and during Fasting with Prayers unto the Great Yehovah Elohim, and in using juices, and garlic powder, and concerning anything that you may do when Fasting, and also when not Fasting.

Actually Conducting Blessed Fasts

1) **Spiritual Strength, and Strong Desire to Go On, and to Complete a Fast unto the Great Yehovah Elohim** - Obtaining faith, strength, endurance, self-control, stamina, perseverance, success and victory - are to the Perfect Will of the Great Yehovah Elohim. During the time of Moses, the Israelites journey through the Wilderness was a **Test of Faith**, as well as a **Test of Endurance**, discipline, gaining perfect strength, self-control, stamina, perseverance, success and victory in the Great Yehovah Elohim, and of learning humbleness. In order to be highly successful in any good area of life a person must obtain discipline, even perfect discipline of their physical body.

The test/trial of going through the Wilderness with the true God were required in order to obtain these **great, spiritual qualities**, and for to prepare the Israelites for their new beginning in their Canaan Land, and in having a mentality of faith, success and victory; instead of having a mentality of viewing themselves as being no more than as grasshoppers before giants. The person’s **spirit, soul, mind, physical body, and outlook on life** are all connected together, and the person must obtain these great, spiritual qualities of the Great Yehovah Elohim in order to connect with, and to be able to hear, understand, obey, and have faith in the Great Yehovah Elohim and in his Holy Word, and also in order to go forward in life, including in doing the Great Yehovah Elohim’s perfect will for one’s life here on this Earth. Fasting is a test of endurance, and of will-power, and also of

exercising faith in the Great Yehovah Elohim; therefore, be highly blessed and successful in your Fast, whether it be a short Fast, or a long Fast.

2) **Humbleness and Quietness** - When men and women go on a Fast, and spend time in Prayers unto the Great Yehovah Elohim, and in meditating in the Holy Scriptures, they start to learn “**humbleness, quietness, and of having peace**” within one’s very soul, and before the Great Yehovah Elohim, and their entire outlook on life changes. Spend precious time in quietness and in peace with the Great Yehovah Elohim every night and day. Also try to avoid watching television (as much as possible), and by all means avoid confusion, strife, worry, etc. Have peace within.

3) **Things to Avoid During Fasting** - Do “**NOT**” use cane sugar, nor beet sugar, nor corn syrup, nor fructose, nor high fructose corn syrup, nor maple syrup, nor barley malt on your Fast - all of these items are “**bad ACIDS**” to the physical body. Many of the sweeteners, especially the artificial sweeteners, are “**bad ACIDS**” to the physical body. Additionally, do research on the types of honey that are being sold because many brands of honey have been mixed with other types of sweeteners, and are not pure honey. Make sure that the honey that you purchase is truly “**pure honey,**” and is all natural.

4) **Important Note: “Avoid grape juice”** - No wine, nor grapes, no raisins, nor grape juice, “**nor grapeseed extract**” (nor any type of products with grapeseed extract in it), nor alcoholic drinks, nor caffeine should be used during time of Fasting with Prayers unto the Great Yehovah Elohim. Also, do not use any fruit juice that contains grape juice, nor that contain anything made from grape or alcohol during Fasting.

5) **ENEMAS - The Important of Learning How to Take Enemas** - It will be of great blessings to everyone to learn how to properly take an enema, especially a high, warm enema in that at least “**one gallon of water**” is taken into the colon area when taking the enema. The enema will help to flush out waste matters, and even old fecal matters, from out of the body. When the physical body is clogged with all sorts of waste matters, impacted fecal matters, mucus, slime, and plaques, the person will experience difficulties, and even headaches, especially during a Fast, and even when not Fasting. Learn the great, health benefits of taking a successful enema. Secondly, there are individuals who made claims that their life was saved because of having taken an enema, and in that the enema helped to remove waste matters from the physical body. Whenever there is any type of sickness or disease the colon-intestinal area must be, and should be, cleansed in order to help in the cleansing and healing of the physical body, and the diet of the person must be a healthy diet, and the person should be drinking water daily on a regular basis. Do research on the Internet concerning the great and blessed benefits of taking an enema, and learn the great, healthful benefits of taking a successful enema. Also, learn how to properly take an enema. Taking an enema is very “**refreshing**” to the entire body, especially during times of Fasting. A person should take an enema during the first several days of their Fast, and thereafter, take an enema at least once a week on a Long Fast. Depending upon the type of, and the amount of fruit juices a person is consuming, a person may need to take an enema more often than once a week during times of Fasting.

6) **Short Fasts** - If a person never Fasted before, and if the person's physical body is clogged and polluted with all sorts of waste matters, in the beginning the person's physical body will go through a house cleansing when starting to Fast. I strongly recommend that a person **do Short Fasts**, starting with a 24 hours - one day Fast - from time to time, and increase to at least **three nights and three days**, and even for **seven nights and seven days** before deciding to go on any **Long Fast**, especially in order to get adjusted to Fasting, and also in order to start in the cleansing, healing and rejuvenation of one's physical body, as well as of one's spirit and mind. As the physical body becomes cleansed, healed, and rejuvenated, a person's strength, will-power, and endurance will greatly increased, especially if the person starts to eat nutritional foods, and to do things to have a healthy diet, and also do some light, slow, stretch exercising. Remember to enjoy drinking water, and enjoy some walking, and remember to take an enema in order to help remove waste from your body, and also remember that too much sweets can cause a person to feel weak and tired.

7) **Headaches, and Pressure in the Head During Fasting, and Even Migraine Headaches?** Everyone must come to the full realization that the lining of your stomach, and the intestines-colon areas have many blood vessels, and in that elements from food and liquids are absorbed by the blood vessels, and in that the blood is circulated all throughout the entire physical body. When the lining of the stomach and the intestines-colon areas are clogged with all sorts of waste matters, mucus, slime, and plaques, the blood vessels absorb the liquid from these impure matters directly into the blood stream, and in that the blood stream circulates the impure matters throughout the entire physical body. One of the main cause of lingering headaches, pressure in the head, and even migraine headaches, is that the lining of the stomach is clogged with slime and impure matters, and in that the lining of the intestines-colon areas are clogged with slime and impure matters, and also in that there could be **pounds** of impacted waste matters, old fecal matters, mucus, slime and plaques all clogged up in the intestines-colon areas. When men, women and children do not have daily proper bowel movements the waste matters can dry up, and can become clogged up in the intestines-colon areas, and in that dried-up waste matters, slime and plaque can continue to be in the intestines-colon areas - for years. One of the major causes of sicknesses and diseases is that the physical body is clogged up with all sorts of waste matters, slime and plaque, and even old, dried-up waste matters. When Fasting it is very important to take an **“enema of at least one gallon of warm water”** (preferably in the early morning) to help remove and flush out waste matters from the colon area. Even when no Fasting taking an enema will be of great blessings and of great relief from headaches, and pressure in the head, and especially from migraine headaches.

Important Note: There could be other causes why a person may be experiencing constant headaches, and pressure in the head, or even migraine headaches; therefore, seek guidance, and be very wise in whatever you do in every area of life.

8) **Hunger Ceased** - When a person starts to Fast within a day or so **“hunger ceases.”** A person can go for many day, and even 40 nights and 40 days, on **“water and fruit juices, and maybe a little broth,”** and **“NOT”** be hungry. When a person **STOPS eating** the physical body starts to focus itself on eliminating **“excess fluid”** from the body,

and starts to focus on “**getting rid of waste matters**” from the body, and also starts to focus on “**consuming all excess fat**” from the physical body. Additionally, if the person drinks water throughout their Fast this will help the physical body in the “**thorough cleansing, healing and rejuvenation**” of the entire physical body - both internally, as well as externally. It is very important to learn to know the difference between “**hunger**” and/or just wanting to eat. When Fasting hunger ceases in a very short period of time once you start to Fast. Therefore, it is very important to try to “**NOT**” end your Fast before your desired time length. Make sure that you are getting the proper rest and sleep, and learn to have quiet times of meditation, and also enjoy walking, and some light, slow, stretch exercising. Walking and some light, slow, stretch exercising help to stimulate the blood, which in turn will help to provide you with energy and strength. By not giving in to prematurely ending your Fast, and by continuing on, you can reach your desired length of time for your Fast. Once you have reached your goal you will be “**joyous**” in having done so. Do indeed seek the Great Yehovah Elohim for his wisdom and guidance in your Fast, and for the time length of your Fast, and be blessed and victorious in your Fasting with Prayers unto the Great Yehovah Elohim. Spending time in Prayers unto the Great Yehovah, and also spending time in the Holy Word of the Great Yehovah Elohim, as well as in meditation, these things do indeed strengthen and help a person, including during time of Fasting with Prayers unto the Great Yehovah Elohim.

9) **Get Involve in Doing Something Good and Constructive During Time of Fasting** - For a long Fast (or even a short Fast) if a person gets involve in doing something good and constructive this will help a person to keep busy and in that the person is not focusing on their Fast. Even do research projects on studying and researching the Holy Scriptures, including on various Bible topics, and do Bible Searches, and seek knowledge, and be involved in other types of good studying and learning of important things. By keeping busy, time goes by much faster.

10) **Walking During Fasting** - The Prophet Elijah walked over 200 miles from Beersheba to Mt. Horeb on his Fast of 40 Nights and 40 Days unto the Great Yehovah Elohim; he probably reached Mt. Horeb within a few days, and relaxed in the cave at Mt. Horeb on the remaining days. Walking helps to “**cleanse, heal, strengthen, and rejuvenate**” the entire physical body, as well as the spirit and mind.

11) **Stretch Exercising During Fasting** - Light, slow stretch exercising, and also drinking water during a Fast will also help to “**cleanse, heal, strengthen and rejuvenate**” the entire physical body, as well as the spirit and mind. Light, slow, stretch exercising is good for the muscles and the entire physical body, and will help to remove waste matters from the body. A person will gain and have tremendous amount of strength and energy throughout their entire Fast.

12) **Proper Rest, and a Restful, Night Sleep** - It is very important to get proper rest, and a restful, night sleep each and every night.

13) **Hot Water Bottle** - Place a hot water bottle over the stomach and over the colon-intestinal areas for about an hour will help to **stimulate the blood**, and also will help to loosen up waste matters, and in that the waste matters are removed from the body. Additionally, it must be known that it is by the **blood** that weight loss occurs.

Coldness? or Coldness at Night? If you experience coldness, especially coldness at night, a hot bottle will help you, or even wear a sweater.

14) **Proper Care of the Physical Body** - Take proper care of your entire physical body during Fasting with Prayers, and be highly blessed, victorious and successful in your Fasting with Prayers unto the Great Yehovah Elohim, and in every area of your life at all times from now and throughout eternity.

15) **SPEAK “WORDS” of FAITH** - Fasting with Prayers unto the Great Yehovah Elohim require discipline, strength, will-power, and endurance, especially in order to successfully complete a Fast of whatever length that you may desire to complete. Do indeed exercise discipline, strength, will-power, and endurance throughout the entire Fast, and do accomplish your goals with and in the Mighty Power of the Great Yehovah Elohim, and with his **perfect leading**. Remember that Fasting with Prayers is a **Test of Faith**, as well as a **Test of Endurance**; therefore, always Pray and seek the Great Yehovah Elohim for his strengthening and guiding you throughout the entire length of your Fast - whether a Short Fast, or a Long Fast. It is the Great Yehovah Elohim that gives to you the strength, as well as of his great blessings and leading to accomplish goals in every area of your life, including in Fasting. Do **“NOT”** ever depend upon your own strength in any area of life; instead always look to, and ask the Great Yehovah Elohim to give to you the perfect guidance, help and strength to accomplish goals in your life, including in the area of Fasting with Prayers. All throughout the Holy Scriptures it is shown how that it was always the Great Yehovah Elohim who gave to individuals, and even to the an entire nation, of his great goodness, blessings, prosperity, perfect leading, **strength and endurance** to be highly successful and victorious in every area and situation of life. This applies also to being highly blessed and successful in any Fast, and especially in a Long Fast; therefore, always Pray and ask the Great Yehovah Elohim for his great goodness, blessings, prosperity, leading, strength and help in every area of your life, including in going on and in completing Short or Long Fasts.

I fully encourage everyone to always **“SPEAK Words of Faith”** in the Holy Word of the Great Yehovah Elohim all throughout the Fast. I noticed that by speaking words of faith, and/or even having **thoughts** of words of faith, that strength, and strength of will increase mightily. Secondly, **“Speak Positive Words of Faith”** in the Great Yehovah Elohim, and in his Holy Covenant, Holy Laws, and Holy Word, and by his Holy Spirit and Mighty Power, and in his great goodness for you each and every night and day of your life, including during times of Fasting with Prayers unto the Great Yehovah Elohim. Thirdly, always **“exercise”** power, authority, dominion, success and victory in the Great Yehovah Elohim, and in his Holy Covenant, Holy Laws, and Holy Word, and by his Holy Spirit and Mighty Power each and every night and day of your life, including over your spirit, soul, mind, physical body, and life, and during times of Fasting with Prayers unto the Great Yehovah Elohim.

Fasting with Prayers unto the Great Yehovah Elohim is of great and mighty blessings, prosperity, goodness, cleansing, healing, and rejuvenation to the entire spirit, soul, mind (and brain cells), and to the entire physical body, as well as to one's entire life.

16) **Most Important - Take time to Read, Study and Meditate in the Holy Scriptures, and Spend Time in Prayers** - Do indeed take time to read, study and meditate in the Holy Scriptures (the Old Testament), and also spend quality and quantity time in Prayers and meditation unto the Great Yehovah Elohim, including during times of Fasting with Prayers unto the Great Yehovah Elohim. Try to get away from the crowds, etc., and spend precious time with the Great Yehovah Elohim in peace, and in allowing the Great Yehovah Elohim to minister unto you. Learning to have and maintain peace, quietness, and joy within you is a precious, spiritual blessing.

17) **Completion of Your Fast** - Once the desired length of your Fast has been obtained, you will have great joy, rejoicing and gladness in having gone through and successfully completed the Fast. Also, what great blessings and victories await you after having completed a Fast unto the Great Yehovah Elohim? Additionally, if you have completed a desired length of a “**Long Fast**” how much weight have you lost, and what joy and rejoicing of heart will there be to you in weighing yourself on the weight scale?

18) **Learn From Your Fast to Accomplish Your Goals in Life** - In experiencing and going on, and in completing a Long Fast, recognize and see how that it takes the Great Yehovah Elohim's perfect blessings and **leading** for you, and also in that it takes perfect faith, discipline, endurance, strength, stamina, will-power, and **perseverance** in order to reach forth to have and obtain perfect success, victory and perfect accomplishments in order to complete a Long Fast. **Learn** from this very important experience, and see that in order to be highly blessed, prosperous and successful in all of the good and righteous things of the Great Yehovah Elohim, and in all of the good and righteous things that you have and do ask of the Great Yehovah Elohim in all of your Prayers and Supplications unto him, you must have these same “**spiritual qualities**” in your life in order to be highly successful and victorious, and in order for you to accomplish all of the good and righteous goals that you may have and do desire in every area of your life, and at all times. These are some of the “**spiritual qualities**” that everyone must have in order to be successful and victorious in every area of their life, and at all times, with perfect accomplishments thereof.

Ending a Fast - Important Notes:

CAUTION: It is so very important to **END a FAST - CORRECTLY**, especially a Long Fast. There have been individuals who died after ending a “**Long Fast**” because of eating the wrong type of foods - “**after**” ending their Fast. **Please be very careful, as well as be very WISE**, and take time to properly end a Fast, and take time to adjust your physical body to eating certain foods, especially after a Long Fast.

- 1) Do “NOT” rush into eating regular foods after a Fast; rather eat mild foods.
- 2) Do “NOT” eat a lot of food after ending a Fast in order to avoid any type of complication. Eat mild type foods for a few days, and even a week or more (depending upon the length), until you get your physical body adjusted to eating foods.
- 3) Do “NOT” have any type of bean products, nor potatoes, nor dried seeds, nor dried nuts, nor an type of white flour product, immediately after ending a Fast.
- 4) Do “NOT” have any type of “fried food” immediately after ending a Fast. Avoid getting indigestion and gas, and avoid digestive disturbances.
- 5) Do “NOT” have any type of milk products, nor soymilk products immediately after ending a Fast. Avoid getting indigestion and gas.
- 6) Do “NOT” have any type of drinks that are not wise for ending a Fast, and always avoid junk food drinks, as well as always avoid all types of junk foods.
- 7) Do exercise “wise judgment” in every area concerning foods and drinks, and concerning your health and well-being, and do indeed take time to properly end a Fast, especially by “slowly” adjusting to certain foods.
- 8) Do “NOT” return to having any type of “junk foods or junk drinks;” and do “NOT” return to any type of “bad eating habits” - if you had any of these bad habits in the past. You are to take proper care of your physical body, health, and well-being, and you are to be a “good steward” over your own physical body, including in always trying to always avoid having anything that may not be good for your physical body, health and well-being.

When a person starts on the right path to eating nutritional foods, and in that they start to focus on being healthy and physically fit - at all times, they should always try to avoid things that are not helpful to the physical body, mind and spirit. By doing these things, the person will discover that they can eat good, nutritional, healthful foods, and in that they maintain their desired physical body weight with the great blessings, help, goodness, and great joy of the Great Yehovah Elohim at all times.

Ending a Fast - Eating After a Fast

I found some food items to be very good for the stomach and intestines-colon, and also for the entire physical body, including for after ending a Short or Long Fast; and these suggested items are:

- 1) Pineapple Juice - Pineapple juice, diluted with some water (if so desired), is very good for cleansing the physical body after Fasting.
- 2) Mild, Vegetable Soup

- 3) **Mild Vegetables** - Lightly steamed, mild vegetables are helpful in nourishing the physical body. Chopped, **cooked spinach** is also very good, and is high in nutrients.
- 4) **Plain, Whole Grain Toast** - Whole, grain toast is very strengthening and satisfying after a Short or Long Fast, especially with mild, carrot soup.
- 5) **Water, water, water** - Remember to drink “**WATER.**” Water is one of the best cleansers for the physical body. Try to always have at least “**24 oz. or 32 oz. of water**” every day - early in the morning. Remember that water is the best cleanser for the physical body.

As the days progress, can also enjoy:

- 6) **Apples** - Slowly chew apples after a Fast - good for the stomach and intestines.
- 7) **Raw Fruits** - Mild, raw, ripe fruits are good, especially, fresh, ripe peaches, and even oranges.
- 8) **Healthy Eating, and Healthy, Well-Balanced Meals** - Adjust to eating “**healthy**” foods, and have “**healthy, well-balanced meals,**” and grow in perfect health, strength, well-being, and continual rejuvenation of your entire physical body, as well as start to “**exercise**” your physical body, even in enjoying “**walking.**”

Do NOT Over-eat - Remember **NOT** to over-eat at any time. **STOP** eating when you are full, regardless what may be on your plate or before you. **Adjust to Eating** - Slowly, yes slowly, adjust your physical body to eating different, good, nutritional foods after a Fast. Over-eating, gluttony, and the lust for foods must be confronted, and overcome, and in that the person not ever return to these evil and bad habits, especially in order to always have and maintain perfect health, well-being, and their desired physical body weight. Learn to always have, exercise and maintain perfect discipline in every area of life, including in the areas of foods and drinks.

Enema After a Fast

It is “**very important**” to have **natural** bowel movements after ending a Fast. An enema may be needed and helpful after ending a Fast in order to help cleanse the colon-intestinal area of any remaining waste matters. Do eat foods that will help you to have **natural** bowel movements.

Dieting? or Fasting? - in Order to Lose Weight?

Having problems and difficulties in trying to lose weight? Having problems in keeping the weight off? Tried every weight loss program and diet plan? What is the best way to lose excess weight, and to keep it off? There could be many reasons why a person may be having problems in losing weight. Let us examine some of these reasons:

1) **Clogged Arteries** - When the arteries are clogged, the person may have problems losing weight, especially because weight loss is **by means of the blood**. Life is in the blood. (Read Leviticus 17:11, 14 of the Holy Scriptures.) Life is in the blood of everyone; therefore, the blood must always be pure, healthy, and free of waste matters. If the arteries are not healthy, and if the arteries are clogged with all sorts of fatty matters, calcium deposits, plaques, mucus, and all sorts of waste matters, the blood cannot properly flow throughout the body, and there will be a great hindrance in trying to lose weight.

2) **Clogged Intestinal-Colon Area** - Having clogged intestinal-colon area will cause a person to have great difficulties in losing weight. The clogging of the lining of the intestinal-colon area will hinder a person from losing weight. A person could have **many pounds** of waste matters packed in their intestinal-colon area. Eliminating the waste matters from this area will provide for better digestion of foods, as well as for proper, daily bowel movements, and will help in weight loss, especially during Fasting. Enemas will help in the cleansing of the intestines-colon area.

3) **Clogged Stomach's Muscular Walls** - The role of the stomach's muscular walls is to help breakdown foods, and in that the foods are properly digested. If the stomach's muscular walls, and also the colon-intestinal area, are clogged with all sorts of waste matter there will be great hindrances in the proper digestion of foods, and the person is not being properly nourished by whatever foods that he or she is consuming each day, and in that there will be great hindrances to the person in trying to lose weight. How much dried, fecal matters, plaques, mucus, slime, and all sorts of waste matters are attached to the lining the stomach, and in the intestinal-colon area of a person, and in that the person is not being properly nourished, and also in that these things are causing great hindrances to the person in trying to lose weight, and especially in that whatever foods that the person is consuming are not being properly digested? Starches, fats, proteins, and carbohydrates must be properly broken down in order for there to be proper digestion, and also for weight loss to occur when seeking to lose weight.

4) **CHEW - Chewing Your Foods** - In days past, in working in the fast paced corporate world, how many men and women have been so much on the go that they did not take time to properly chew and enjoy their food. **Take TIME and chew**, and chew, and chew your food, as well as **enjoy** each mouthful of the food that you eat. How many truly enjoy their food at each meal? Additionally, if foods are not properly chewed, then it will not be properly digested, and chunks of foods will just pass through the body, or even get lodged in the stomach, or in the intestinal-colon area.

5) **Food Addictions** - Fasting, especially good, blessed, Long Fasts (of at least seven days or longer), helps to overcome **“food addictions,”** and other types of addictions, and even chemical imbalances in the body. In dieting, if a person is addicted to certain types of foods (especially to junk foods and junk drinks), and/or if the person is addicted to certain preservatives, additives, and/or to certain ingredients and chemicals in certain foods and drinks, even if a person is dieting there will be the lingering desires for those addicted substances. How many junk foods and junk drinks have addictive substances in them? A Fast helps to cleanse the entire physical body of various addictions, addictive substances,

and chemical imbalances, and also helps to renew and rejuvenate the spirit, soul, mind, and life of a person.

6) **Great Weight Loss During Long Fasting** - There have been many individuals who have lost large amount of weight during Long Fasting. As mentioned previously, I read an article of an individual who claimed to have lost over 200 lbs. (over a period of time) by going on several Long Fasts at different times.

7) **Learning Discipline, and Gaining Control (Power) Over Food and Lust** - One of the great benefits of a Long Fast, and in completing a Long Fast, is learning to have discipline, and in gaining control (power and authority) over food and lust for foods, and also in learning to have control (power and authority) over one's physical body and mind.

Fasting with Prayers unto the Great Yehovah Elohim help to get to the root of all sorts of addictions, and to the chemical imbalances, and help to thoroughly cleanse the physical body of all sorts of waste matters, and help to renew the spirit, soul, mind, physical body and life of a person to a higher level with the Great Yehovah Elohim, and also in that **all excess weight disappear** from the physical body. Secondly, if a person starts to learn about eating healthy foods, and of eating the proper amount of foods (learning not to glut), and also starts to get the proper amount of exercising (including stretching and walking as much as possible), then the person does not have to regain the weight back. The health and well-being of the physical body have a great affect upon the soul, spirit, mind, and life of a person, and of one's outlook on life. Secondly, Fasting helps a person to gain and have **“perfect discipline and self-control,”** which things are needed in order to always have and maintain a healthy, strong body, and also perfect physical weight at all times - now and forevermore. Thirdly, it takes a firm commitment, as well as **“perfect discipline and self-control”** to stay away from junk foods and junk drinks, and from bad eating habits, and from over-eating and gluttony, and in that a person becomes focused to a life of striving for and in desiring to always have and maintain better health, strength, and overall well-being, and perfect physical body weight at all times, as well as in desiring to always have and maintain **“perfect discipline and self-control”** in order to accomplish great things in every area of one's life (including in studying, business, being successful, etc.) - now and forever, especially with the great blessings, help and leading of the Great Yehovah Elohim.

8) **Proper Nutrition** - Proper nutrition is very important. Mal-nutrition is one of the main causes of constant hunger, and in being over-weight, and of obesity in children and adults. When the physical body is starved of the proper nutrients the person will have a tendency to want to eat, and eat, and over-eat. As a result, the person gains excessive weight, and in that the person will have difficulties in losing weight, and in keeping it off. It is very important to choose foods that are high in nutrients, and in that the foods are properly prepared. Secondly, a person must learn to **recognize when they are full and STOP eating**, regardless what may be on their plate, or before them. Thirdly, everyone must recognize that there are all sorts of addictive substances in so many of the junk foods and junk drinks, and to avoid all junk foods and junk drinks. As mentioned previously, addictive substances and certain chemicals in junk foods and junk drinks can cause a

person to constantly desire for more, and more, and more foods and drinks, and as a result the person becomes over-weight, or even obese.

It is to the Perfect Will of the Great Yehovah Elohim for everyone to always be a “good steward” over their physical body, and to always properly take care of their physical body in every area, including in always choosing the right types of goods, for one’s health, strength, and well-being, and to not over-eat, nor to starve oneself. Also, it is very important to try to get the proper exercise for one’s physical body, and the proper sleep, rest, relaxation, sunshine and fresh-air, as well as to try to always have a peaceful environment with the great blessings, help and goodness of the Great Yehovah Elohim.

The Blood of the Physical Body - It is by the blood that the entire physical body is cleansed, healed and rejuvenated, and also it is by the blood that weight loss occurs. Do research on “blood,” and learn the functions of the blood, and how it circulates throughout the entire physical body, and how it helps to cleanse, heal, and rejuvenated the entire physical body. Fasting with Prayers help to purify the blood, as well as help to cleanse and heal the entire physical body.

Do Researches

I fully encourage everyone to do research on **green leafy vegetable juices, garlic powder, oranges and orange juices, pineapples and pineapple juice, and lemon and lime juices, and also on “chlorophyll” and its healing blessings.** All of these great items are some for the cleansing, healing, rejuvenating, and strengthening of the physical body, including of their great benefits in the cleansing and healing of the arteries and blood, and in helping to loosen and remove all sorts of impacted waste matters, plaques, slime, and mucus from the entire physical body, especially “before” going on any type of Fasting. Secondly, do research on the food composition of the “high nutrient value,” and also of the “high chlorophyll” value of both “spinach and kale,” and of having these **raw, “extracted,” green, leafy vegetable juices** for the cleansing, healing, rejuvenation and restoring of the entire physical body. Chlorophyll from the extracted, green, leafy vegetables of spinach and/or kale have great healing properties for the entire physical body. Thirdly, do research on the great health benefits of having **enemas** for the cleansing of the colon-intestinal area, especially during Fasting. Fourthly, do research on the great benefits of **Fasting** and healing of the physical body. Fifthly, and most important, do diligent research in the **Holy Scriptures** (the Old Testament) on “Fasting” unto the Great Yehovah Elohim, as well as on various topics of the Holy Scriptures.

Medical Conditions, and or Health Problems - If a person has a medical problem, and/or if a person is taking any type of medication, the person should seek the true and Great God for the cleansing and healing of their physical body first before going on any Long Fast. What foods and drinks should a person be eating? What foods and drinks should a person be eliminating from their diet? There are many individuals who had

excellent cleansing and healing of their physical body - by a total change of lifestyle. They had a total change of lifestyle by eliminating all junk foods and junk drinks from their diet, and also by changing to eating all sorts of good, healthy foods, and drinking water. In addition to these things they started to do some exercising, and also they started to go for a walk each day. By having lifestyle changes, and also by seeking to cleanse and heal their physical body, there are reports of many individuals being perfectly healed of whatever sickness or disease that they were afflicted with.

I do “**NOT**” recommend anyone to go any Long Fast with a clogged up, and/or diseased physical body. Instead, I advise that the person seek total lifestyle changes of the above listed items before going on any Long Fast. Most important concerning true healing, I advise that everyone read, study, and learn the **TRUTH** of the true God of the Universe in his Holy Word of the Old Testament, and of his system of Government-Kingdom and Holy Laws, and also of his Perfect Will for mortal beings here on this Earth, and in that they turn and convert to, and to perfectly love, serve, obey, and have perfect faith in the true God, and in his Government-Kingdom and Holy Laws, and in that they seek to do his Perfect Will here on this Earth. Why are these things important? It is because there are no true, long lasting healing, health, well-being, nor blessings, nor perfect peace without turning to and converting unto the true and Great God of the Universe. It is the true and Great God that “**heal a person.**” (Read: Psalm 103:3; Exodus 15:26; Hosea 6:1; Psalm 107:20)

Disclaimer and Medical Note: This article on the **health issues** concerning “**Fasting with Prayers**” is not written for any type of medical guideline; rather, this article is written to help men and women know the importance of, and the great blessings and benefits of Fasting with Prayers unto the true and Great God, and of the great blessings of knowing **how to** Fast with Prayers unto God, and also of taking care of one’s physical body at all times. Everyone must spend precious time in Prayers unto the true and Great God every night and day, and must spend time in reading, studying and meditating in the Holy Scriptures, and in that they must “**diligently seek**” the true God for his perfect guidance in every area of one’s life, including concerning one’s own physical body, and concerning the cleansing, healing, health, rejuvenation, and strengthening of one’s physical body, and also concerning Fasting with Prayers. Secondly, it is very important for everyone “**to always know**” the state of one’s own physical body and well-being, and concerning one’s own spiritual and mental health, and concerning every area and every issue of one’s life, and of important things here on this Earth. Finally, it is very important for everyone to always know and understand that **no other person** on this Earth **own one’s** physical body. Seek proper guidance in every area, including in the area of health and well-being.
