

Trees of Olive

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

Article written by
Sasson Devorah Yashfeh

Websites: www.TreesofOlive-Jerusalem.com
www.Yashfeh-BooksandArticles.com

Fasting with Prayers, even long Fasting with Prayers, are to the Perfect Will of 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 things 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 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 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 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 Yehovah, 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 ounces of spring water **upon arising** in the morning, as well as drinking water throughout the day, is “**cleansing, healing, and strengthening.**” 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 juices, garlic powder, along with drinking water, are very helpful for cleansing, healing, rejuvenation, and strengthening of the entire physical body. Only “**natural**” juices should be used. It must be noted that everyone should be aware that certain processed fruit juices (cartons, canned, jarred and frozen) may contain high fructose corn syrup, corn syrup, cane sugar, and beet sugar, 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) **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 juices may have negative results; therefore, try to limit your intake of juices, or always dilute your fruit juices. Also remember to drink the proper amount of **water** each day.

4) **Raw, Green Vegetable Juices, and their Ability to Help Cleanse and Heal the Physical Body** - Raw, green, leafy vegetable juices help to cleanse, heal, strengthen, and rejuvenate the entire physical body. Notice how animals feed on all sorts of green vegetation.

5) **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 the 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.

Conducting a Fast - Short and Long 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 for 40 years 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 40 Years in the Wilderness with 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.

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) **WATER, Water, and Water** - Drink at least 24 oz., or even 32 oz. of pure, spring water **upon arising** each morning, and also drink water during the day. Water is very cleansing and strengthening to the physical body, as well as refreshing. See section above on the great benefits of drinking water.

4) **Fruit Juices, and Even Herbal Teas** - Orange juice (pure, freshly squeezed orange juice), pure pineapple juice, and other fruit juices, as well as lime juice and/or lemon juice mixed with water and sweetened with a little pure honey, and even “**mild, herbal tea**” drinks sweetened with a little pure honey, are very good during a short Fast, and especially during a Long Fast. Even having a “**hot**” drink, consisting of lime and/or lemon juice, mixed with water, and sweetened with a little honey, is very good, especially in the evening. Fruit juices are cleansers, as well as strengtheners for the physical body. **It must be noted that certain juices are not good for a long Fast.** Secondly, **too much sweets** are not good, especially during the day. Too much sweets can cause a person to become tired and weak during a Fast; therefore limit the amount of honey you put into your drinks, and do not have too much fruit juices.

A person could go for 40 Nights and 40 Days of Fasting on water and fruit juices. There are many individuals who have successfully gone on this type of Long Fast. I have gone on different Fasts of 40 Nights and 40 Days. Also, there are YouTube videos of individuals who have gone on juice fasting for many days. One individual went on a juice fast for over 90 days, and another individual went on a juice fast for 113 days. Additionally, I read an article of a woman who claimed to have lost over 200 pounds by going on “several long fasts.”

5) **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.

6) **Important Note: “Avoid grape juice”** - No wine, nor grapes, no raisins, nor grape juice, 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.

Green Powder Formulas: If a person desires to use any type of Green Powder formula, or vitamin/mineral supplement during time of Fasting with Prayers, **please read the label** of the formulas and see if there is “**grapeseed extract**” listed on the label. Again, during time of Fasting with Prayers no grapes, nor raisins, nor grape juice, and also no “**grapeseed extract**” in any type of formula, nor way should be used during time of Fasting with Prayers unto the Great Yehovah Elohim.

Important Note: I do **NOT** recommend having any type of “**green vegetable juice**” on any type of Fast, and especially I do **NOT** recommend any type of “**green vegetable powder formulas**” on any type of Fast.

7) **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-half 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, slimes, 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 having 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 could take an enema during the first or second day of their Fast, and thereafter, take an enema at least once a week on a Long Fast.

8) **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.

9) **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. Stretch exercising is good for the muscles and the entire physical body, and will help to remove waste matters from the body. Instead of feeling weak, a person could gain and have tremendous amount of strength and energy throughout their entire Fast.

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

11) **Hot Water Bottle** - Place a hot water bottle over the stomach and over the colon - intestinal area for about an hour a day 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. Having an enema will help to remove waste matters 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.

12) **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.

13) **Weakness or Tiredness During Fasting?** - 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 very Short Fasts**, starting with a 24 hours - one day Fast - from time to time, and increase to at least three nights and three days - from time to time, 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, even on Short Fasts, 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 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.

14) **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 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.

Most important, 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 solely on 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 a Short or Long Fast.

I fully encourage everyone to always **"SPEAK Words of Faith"** in the Holy Word of the Great Yehovah Elohim all throughout the Fast, especially if at times a person is experiencing any type of weakness. I noticed that by speaking words of faith, and/or even having **thoughts** of words of faith, that the weakness leaves. 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 each and every night and day of your life, including during time 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 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.

15) **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 mediate 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.

16) **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. 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?

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. Please be very careful, as well as be vert 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.
- 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 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 disturbance.

- 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 avoid junk food drinks.
- 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”** of your own physical body, including in always trying to always avoid having any thing 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, including having plenty of **“good vegetables.”**

Ending a Fast - Eating After a Fast

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

- 1) **Green Peas** - Cooked, green peas are very good and easy to digest. Cook the green peas, and thereafter **“puree”** them. Add a little oil and some salt, and enjoy, even enjoy with whole wheat toast. Secondly, raw green peas with a little oil and salt, and also along with one or two apples, are good for ending a Fast.
- 2) **Oranges** - Fresh, ripe oranges are strengthening, and good for the physical body.
- 3) **Pineapple Juice** - Fresh, raw, pineapple juice, diluted with some water, is very good for cleansing the physical body during, and after Fasting.
- 4) **Carrot Juice** - Carrot Juice, diluted with some water, is very helpful, including for cleansing the liver, and other vital organs, and the entire body.
- 5) **Raw Fruits** - Eat mild, raw fruits are good, especially, fresh, ripe peaches.
- 6) **Apples** - Slowly chew apples after a Fast - good for the stomach and intestines.

- 7) **Mild, Carrot Soup consisting of:** carrots, green beans, green peas, celery, watercress, cut okra, olive oil, and sea salt. Carrot Soup is very helpful, cleansing and nourishing to the stomach and intestines, and the entire body.
Instructions for this Soup: Cook the chopped carrots, green beans, green peas, chopped celery, and watercress until nearly done. Afterward add the cut okra and olive oil, and simmer for about 15 more minutes. Add salt to taste. Enjoy! Even enjoy with some Whole Grain Toast.
- 8) **Whole Grain Toast** - Whole, grain toast is very strengthening and satisfying after a Short or Long Fast, especially with mild, carrot soup.
- 9) **Spinach** - Fresh, chopped, **cooked** spinach is good after a Fast.
- 10) **Green Vegetable Drink** - Puree raw, **broccoli florets** with some water, and enjoy. Or you can puree **raw spinach** with some water, and enjoy. These types of green vegetable drinks will help to cleanse the body of any lingering waste matter, and also these types of green vegetable drinks will help to strengthen the physical body.
- 11) **Water, water, water** - Remember to drink **“WATER.”** Water is one of the best cleansers for the physical body.
- 12) **Do NOT overeat** - Remember **NOT** to overeat. **Adjust to Eating** - Slowly, yes slowly, adjust your physical body to eating different, good, nutritional foods after a Fast.

Enema After a Fast

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

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, slimes, 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 having a great hindrances to the person in trying to lose weigh, and especially in that whatever foods that the person is consuming are not being proper 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 a good, blessed, Long Fast (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 addicted 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. There have been individuals who lost a large amount of weight on one Fast, and waited some days, and thereafter started on another Long Fast, and continue to lose until they reached their desired weight lost. As mentioned previously, I read an article of an individual who claimed to have lost over 200 lbs. (over a period of time) by Long Fasting at various lengths of time.

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) over food and lust for foods, and also in learning to have control (power) over one's physical body and mind.

Fasting with Prayers unto the Great Yehovah Elohim helps 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 helps 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 your life (including in studying, business, being successful, etc.) - now and forever, especially with the great blessings, help and leading 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 helps to purify the blood, as well as helps to cleanse and heal the entire physical body.

Do Research - I fully encourage everyone to do research on **garlic powder, oranges, pineapples, and lemon and lime juices**, and of their great health benefits for 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, slimes, and mucus from the entire physical body.

Secondly, do research on the great health benefits of **raw, "extracted," green vegetable juices**, and of these things being of great health benefits of cleansing, healing, rejuvenating, and strengthening of 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 of the Old Testament.

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. 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, even by raw, green smoothies, there are reports of many men, women and children 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 is 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. Secondly, it is very important for everyone “**to always know**” the state of one’s own physical body and well-being, and “**to always know**” things concerning one’s own spiritual and mental health, and also concerning every area and every issue of one’s life, and of important things here on this Earth. 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 also 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, as well as concerning Fasting with Prayers unto him. 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.
