

Truths Worth Reviewing

TRUTH THAT SETS FREE

Prayer is a precious honor and privilege to fellowship with our Father purchased for us by the blood of Jesus and received by faith.

Rom. 5:1-2

Therefore, having been justified by faith, we have peace with God through our Lord Jesus Christ, ² through whom also we have access by faith into this grace in which we stand, and rejoice in hope of the glory of God.

Heb.10:19-22

Therefore, brethren, having boldness to enter the Holiest by the blood of Jesus, ²⁰ by a new and living way which He consecrated for us, through the veil, that is, His flesh, ²¹ and having a High Priest over the house of God, ²² let us draw near with a true heart in full assurance of faith, having our hearts sprinkled from an evil conscience and our bodies washed with pure water.

Prayer is not a duty, requirement, chore, exercise, or discipline.

Jesus is our mediator.

1 Timothy 2:5-7

For there is one God and one Mediator between God and men, the Man Christ Jesus, ⁶ who gave Himself a ransom for all.

Prayer is not a means by which we have access to God. Jesus is our only access. Prayer is what we do because we already have access to God through the blood of Jesus.

Prayer is non-stop relationship with the God who lives in us and in whom we live.

Hebrews 13:15

Therefore by Him let us continually offer the sacrifice of praise to God, that is, the fruit of our lips, giving thanks to His name.

Ephesians 2:13

But now in Christ Jesus you who once were far off have been brought near by the blood of Christ.

Hebrews 7:19

for the law made nothing perfect; on the other hand, there is the bringing in of a better hope, through which we draw near to God.

James 4:8

Draw near to God and He will draw near to you.

Colossians 1:27

To them God willed to make known what are the riches of the glory of this mystery among the Gentiles: which is Christ in you, the hope of glory.

Prayer is not a means by which we draw closer to God. We cannot get closer to Him than we already are because HE LIVES IN US.

God hears all prayer and all prayer is treasured by Him.

Psalms 34:15

The eyes of the LORD are on the righteous, and His ears are open to their cry.

God does not despise the prayers of His children.

God's will is for us to pray without ceasing. We can set special times of prayer if we like or spend extended times of devoted prayer with Him if we choose, or we can simply pray continually as we go through our day.

Romans 12:10-13

*Be kindly affectionate to one another with brotherly love, in honor giving preference to one another; ¹¹ not lagging in diligence, fervent in spirit, serving the Lord; ¹² rejoicing in hope, patient in tribulation, **continuing steadfastly in prayer**; ¹³ distributing to the needs of the saints, given to hospitality.*

Ephesians 6:17-19

*And take the helmet of salvation, and the sword of the Spirit, which is the word of God; ¹⁸ **praying always** with all prayer and supplication in the Spirit, being watchful to this end with all perseverance and supplication for all the saints—*

1 Thessalonians 5:16-18

Rejoice always, ¹⁷ pray without ceasing, ¹⁸ in everything give thanks; for this is the will of God in Christ Jesus for you.

God does not expect us to spend a certain amount of time in prayer each day. He does not turn His attention away from us if we have not fulfilled a man-made requirement or our own goals in prayer.

We have immediate entrance into the throne of grace at any time only on the basis of Jesus blood.

Hebrews 4:16

Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need.

1 John 1:7

But if we walk in the light as He is in the light, we have fellowship with one another, and the blood of Jesus Christ His Son cleanses us from all sin.

We do not need to follow a formula in order to enter God's presence. You do not have to confess your sins in order to talk to God. Your sins are continually forgiven. We don't need to "enter" His presence because HIS PRESENCE HAS ENTERED US!!!

To pray means to ask. It is entirely appropriate to ask God for what you want and need in prayer.

John 16: 23-24

Most assuredly, I say to you, whatever you ask the Father in My name He will give you. ²⁴ Until now you have asked nothing in My name. Ask, and you will receive, that your joy may be full.

Matthew 7:7

Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you.

Matthew 18:19

"Again I say to you that if two of you agree on earth concerning anything that they ask, it will be done for them by My Father in heaven.

We do not need to feel that one type of prayer is superior to another. It is God's will for us to ask, so we don't have to feel ashamed asking or think asking is less valuable prayer than listening.

God has made us holy, righteous, blameless, and has already

Spending time in

sanctified us through the blood of Jesus Christ. We are complete in Him.

Colossians 1:21-2

And you, who once were alienated and enemies in your mind by wicked works, yet now He has reconciled ²² in the body of His flesh through death, to present you holy, and blameless, and above reproach in His sight— ²³ if indeed you continue in the faith¹, grounded and steadfast, and are not moved away from the hope of the gospel which you heard

Colossians 2:9-10

For in Him dwells all the fullness of the Godhead bodily; ¹⁰ and you are complete in Him, who is the head of all principality and power.

prayer does not make us holier, more righteous, or more sanctified. It especially doesn't make us superior to another believer nor make us inferior if we don't have a daily "quiet time".

God speaks to us by His Son. He reveals to us by His Spirit things that were previously unknown to man. He uses His word to speak to us.

Hebrews 1:1-2

God, who at various times and in various ways spoke in time past to the fathers by the prophets, ² has in these last days spoken to us by His Son

1 Corinthians 2:9-10

But as it is written:

*"Eye has not seen, nor ear heard,
Nor have entered into the heart of man
The things which God has prepared for those who love Him."*

¹⁰ *But God has revealed them to us through His Spirit. For the Spirit searches all things, yes, the deep things of God.*

2 Timothy 3:16-17

All Scripture is given by inspiration of God (is God-breathed), and is profitable for doctrine, for reproof, for correction, for instruction in righteousness, ¹⁷ that the man of God may be complete, thoroughly equipped for every good work.

We do not have to sit silently in order to hear from God. He is perfectly capable of talking to us in any circumstance. He often speaks to us while we are speaking to Him. He is not limited in communication as are human beings.

I Fellowship with Our Father

A Because of the blood of Jesus we have access to God 24/7/365.

We can fellowship with Him, worship and praise Him, bring our needs before Him, and just let Him love us all day long without formula or formality. He is our Father and we are His children.

1 Our fellowship with Him is NOT based on our personal goodness but on our righteous standing before Him by grace through faith.

II Asking/Believing and Receiving

We ask BECAUSE we believe. Asking IS believing (rather, it should be). Why ask if you don't believe?

Hebrews 11:6

But without faith it is impossible to please Him, for he who comes to God must believe that He is, and that He is a rewarder of those who diligently seek Him. (He rewards by answering our prayers.)

Hebrews 4:16

¹ This line, "if you continue" is often used to say that we can lose our salvation, but it says, "If you continue in the faith," as long as you put your faith in Jesus, and don't move away from the hope of the gospel, your salvation is assured.

Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need. (We come boldly **BECAUSE** we believe.)

John 14:12-14

“Most assuredly, I say to you, he who believes in Me, the works that I do he will do also; and greater works than these he will do, because I go to My Father. ¹³ And whatever you ask in My name, that I will do, that the Father may be glorified in the Son. ¹⁴ If you ask anything in My name, I will do it.

- A** We must have faith/belief in order to receive from God, but we don’t need enormous faith.

Luke 17:5-6

And the apostles said to the Lord, “Increase our faith.” ⁶ So the Lord said, “If you have faith as a mustard seed, you can say to this mulberry tree, ‘Be pulled up by the roots and be planted in the sea,’ and it would obey you.”

- B** Unbelief prevents God from doing what He wants to do.

James 1:6

But let him ask in faith, with no doubting, for he who doubts is like a wave of the sea driven and tossed by the wind.

Matthew 13:58

Now He did not do many mighty works there because of their unbelief.

Matthew 17:19-21

Then the disciples came to Jesus privately and said, “Why could we not cast it out?” ²⁰ So Jesus said to them, “Because of your unbelief; for assuredly, I say to you, if you have faith as a mustard seed, you will say to this mountain, ‘Move from here to there,’ and it will move; and nothing will be impossible for you.

- C** When we ask we receive. (Greek: The one asking is obtaining.)

Matthew 7:7-10

“Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. ⁸ For everyone who asks receives, and he who seeks finds, and to him who knocks it will be opened. ⁹ Or what man is there among you who, if his son asks for bread, will give him a stone? ¹⁰ Or if he asks for a fish, will he give him a serpent? ¹¹ If you then, being evil, know how to give good gifts to your children, how much more will your Father who is in heaven give good things to those who ask Him!”

- D** If we are asking something from God that is His will we **KNOW** and **HAVE TOTAL CONFIDENCE** that we will receive it if we ask.

1 John 5:14-15

Now this is the confidence that we have in Him, that if we ask anything according to His will, He hears us. ¹⁵ And if we know that He hears us, whatever we ask, we know that we have the petitions that we have asked of Him.

- 1** We are instructed to submit to God and resist the devil. This means we give ourselves over to God’s will and do not accept Satan’s. The enemy’s will is to steal, kill, and destroy. God’s will is that we have life to the fullest. We are told not to be unwise, but understand what God’s will is. This means that not everything is His will and we

are to discern what God's will is. God's will is EVERYTHING He accomplished through Jesus death and resurrection.

Ephesians 5:15-17

See then that you walk circumspectly, not as fools but as wise, ¹⁶ redeeming the time, because the days are evil. ¹⁷ Therefore do not be unwise, but understand what the will of the Lord is.

1 Peter 5:6-11

Therefore humble yourselves under the mighty hand of God, that He may exalt you in due time, ⁷ casting all your care upon Him, for He cares for you.

⁸ Be sober, be vigilant; because your adversary the devil walks about like a roaring lion, seeking whom he may devour. ⁹ Resist him, steadfast in the faith, knowing that the same sufferings are experienced by your brotherhood in the world. ¹⁰ But may the God of all grace, who called us to His eternal glory by Christ Jesus, after you have suffered a while, perfect, establish, strengthen, and settle you. ¹¹ To Him be the glory and the dominion forever and ever. Amen.

John 10:10

The thief does not come except to **steal**, and to **kill**, and to **destroy**. I have come that they may have **life**, and that they may have it more **abundantly**.

E Believing involves speaking what we believe.

Mark 11:20-24

Now in the morning, as they passed by, they saw the fig tree dried up from the roots. ²¹ And Peter, remembering, said to Him, "Rabbi, look! The fig tree which You cursed has withered away." ²² So Jesus answered and said to them, "Have faith in God. ²³ For assuredly, I say to you, whoever says to this mountain, 'Be removed and be cast into the sea,' and does not doubt in his heart, but believes that those things he says will be done, he will have whatever he says. ²⁴ Therefore I say to you, whatever things you ask when you pray, believe that you receive them, and you will have them.

James 5:16-17

Therefore, confess your sins to one another, and pray for one another so that you may be healed. The effective prayer of a righteous man can accomplish much. ¹⁷ Elijah was a man with a nature like ours, and he prayed earnestly that it would not rain, and it did not rain on the earth for three years and six months. ¹⁸ Then he prayed again, and the sky poured rain and the earth produced its fruit.

1 Kings 17:1

Now Elijah the Tishbite, who was of the settlers of Gilead, said to Ahab, "As the LORD, the God of Israel lives, before whom I stand, surely there shall be neither dew nor rain these years, except by my word."

a Elijah's earnest prayer was a simple "speaking to the mountain" prayer. It was not an endless pleading prayer. He simply declared what would come to pass.

F God wants us to have what we desire.**John 15:7-8**

If you abide in Me, and My words abide in you, you will² ask what you desire, and it shall be done for you. ⁸ By this My Father is glorified, that you bear much fruit; so you will be My disciples.

G There is power in agreement in prayer.**Matthew 18:18-20**

“Assuredly, I say to you, whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven. ¹⁹ “Again I say to you that if two of you agree on earth concerning anything that they ask, it will be done for them by My Father in heaven. ²⁰ For where two or three are gathered together in My name, I am there in the midst of them.”

Acts 12:5

Peter was therefore kept in prison, but constant prayer was offered to God for him by the church. (Peter was miraculously released from prison.

H Praying for others.**1 Timothy 2:1-4**

Therefore I exhort first of all that supplications, prayers, intercessions, and giving of thanks be made for all men, ² for kings and all who are in authority, that we may lead a quiet and peaceable life in all godliness and reverence. ³ For this is good and acceptable in the sight of God our Savior, ⁴ who desires all men to be saved and to come to the knowledge of the truth.

Colossians 1:9

For this reason also, since the day we heard of it, we have not ceased to pray for you and to ask that you may be filled with the knowledge of His will in all spiritual wisdom and understanding.

Ephesians 1:17-19

That the God of our Lord Jesus Christ, the Father of glory, may give to you a spirit of wisdom and of revelation in the knowledge of Him. ¹⁸I pray that the eyes of your heart may be enlightened, so that you will know what is the hope of His calling, what are the riches of the glory of His inheritance in the saints, ¹⁹and what is the surpassing greatness of His power toward us who believe.

Luke 24:44-45

Now He said to them, "These are My words which I spoke to you while I was still with you, that all things which are written about Me in the Law of Moses and the Prophets and the Psalms must be fulfilled."⁴⁵Then He opened their minds to understand the Scriptures.

Ephesians 3:14-19 ¹⁴For this reason I bow my knees before the Father, ¹⁵from whom every family in heaven and on earth derives its name, ¹⁶that He would grant you, according to the riches of His glory, to be strengthened with power through His Spirit in the inner man, ¹⁷so that Christ may dwell in your hearts through faith; and that you, being rooted and grounded in love, ¹⁸may be able to comprehend with all the saints what is the breadth and length and height and depth, ¹⁹and to know the love of Christ which surpasses knowledge, that you may be filled up to all the fullness of God.

² “You will” is not in the oldest manuscripts.

I Another perspective on believing and receiving is to see the will of God as something that Christ has already accomplished for us by His death and resurrection. We need only ask and receive what is already ours.

Ephesians 1:3

Blessed be the God and Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly places in Christ.

2 Peter 1:2-4

Grace and peace be multiplied to you in the knowledge of God and of Jesus our Lord, ³ as His divine power has given to us all things that pertain to life and godliness, through the knowledge of Him who called us by glory and virtue, ⁴ by which have been given to us exceedingly great and precious promises, that through these you may be partakers of the divine nature, having escaped the corruption that is in the world through lust.

J “In Jesus name” is not a set of magic words nor is the phrase a mandatory tag for every prayer. It is a reminder that we are not praying in our authority or goodness, but His.

K God WANTS TO GIVE US SO MUCH MORE THAN WE COULD EVER THINK OR ASK.

2 Corinthians 8:9

For you know the grace of our Lord Jesus Christ, that though He was rich, yet for your sakes He became poor, that you through His poverty might become rich.

Luke 12:32

“Do not fear, little flock, for it is your Father’s good pleasure to give you the kingdom.

Romans 8:32

He who did not spare His own Son, but delivered Him up for us all, how shall He not with Him also freely give us all things?

1 Corinthians 2:12

Now we have received, not the spirit of the world, but the Spirit who is from God, that we might know the things that have been freely given to us by God.

Ephesians 3:20

Now to Him who is able to do exceedingly abundantly above all that we ask or think, according to the power that works in us,

**“Until now
you have asked nothing in My name·**

**Ask, and you will receive,
that your joy may be full·”**

John 16:24

New Covenant Fasting

While it is clear that the early church fasted, there is no indication that they viewed fasting as a religious “discipline” or a mandated practice. There is also no instruction in the New Testament about fasting such as to how and why. To understand the topic, we must draw our conclusions based on the practices of the disciples. From these we can first deduce that just as New Covenant prayer is different than Old Covenant prayer, so New Testament fasting is different than Old Testament fasting.

One reason fasting in the Old Testament took place was because the people were afraid of an enemy and fasted together so that God would move on their behalf (**2 Chronicles 20:1-4**). Another reason they fasted was because they were horrified or disgusted with something that happened (**Nehemiah 1:1-4**). It was also common to fast in order to seek direction from the Lord (**Ezra 8:21**). Esther and her maids fasted so that God would give her mercy and favor with the king (**Esther 4:16**). In other instances, whole cities would fast because they knew they deserved judgment and they wanted to express to God their willingness to change and to ask for His mercy (**Joel, Jonah 3:4-6, Daniel 9**). Daniel fasted as a means of mourning (**Daniel 10**). In **Isaiah 58**, we see that the Children of Israel had adopted perverted reasons for fasting.

We know that Jesus fasted 40 days before he began His ministry. However, He did not instruct his disciples to do the same. In fact, nowhere did Jesus nor the apostles instruct believers to fast for any certain length of time, and although it is possible some of them fasted for 40 days, this is not recorded³.

While Jesus was with His disciples, they did not fast. This was quite upsetting to the Pharisees (**Mark 2:18**) because they fasted regularly. Yet, even though His disciples did not fast when He was with them, Jesus gave clear and corrective instruction about fasting in **Matthew 6:16-18**.

“Moreover, when you fast, do not be like the hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be fasting. Assuredly, I say to you, they have their reward. ¹⁷ But you, when you fast, anoint your head and wash your face, ¹⁸ so that you do not appear to men to be fasting, but to your Father who is in the secret place; and your Father who sees in secret will reward you openly”.

Obviously, the Pharisees, referred to here as the “hypocrites” made a public display of fasting. They walked around with a sad and disfigured expression (perhaps a hungry look) so that others would know they were fasting. It was likely to give the impression that they were righteous. Jesus told the people to wash their faces and anoint their heads. They were to appear as if they weren’t fasting. So, when we fast, we fast before the Lord, not to impress others.

This is not to say that we have to lie to someone to hide the fact that we are fasting. If someone invites you to dinner while you are fasting, it is ok to just tell them you are fasting. What Jesus is trying to correct is fasting for the *purpose* of impressing others with how spiritual you are.

³ *There is a school of thought among Christians that if you are really spiritual or if you are “serious” about seeing God “move”, you will go on a 40 day fast with water only. This was not set forth as a spiritual ideal in the New Testament. Do not allow others to impose this view upon you. Neither should you be impressed with someone who has gone on a 40 day fast (they have a way of letting you know about it), nor should you feel inferior in your Christian walk if you don’t.*

The disciples did fast after Jesus was resurrected, but if you look carefully at the practice, it was nothing like we are commonly taught today. There is a reason for this. When Jesus died and rose again two things happened which forever altered the purposes for fasting.

1. Because of our belief in Jesus, we do not live under fear of judgment. We are not in danger of the wrath of God (as is so often taught). If we sin, our sin is already forgiven. We do not need to do some external ritual to receive forgiveness or to cleanse ourselves. We do not need to cover ourselves in sackcloth and ashes in order for God's mercy to come upon us. It is already abounding toward us due to Christ's sacrifice.

John 5:24

Most assuredly, I say to you, he who hears My word and believes in Him who sent Me has everlasting life, and shall not come into judgment, but has passed from death into life.

1 Thessalonians 5:9-10

For God did not appoint us to wrath, but to obtain salvation through our Lord Jesus Christ, 10 who died for us, that whether we wake or sleep, we should live together with Him.

1 John 1:7

But if we walk in the light as He is in the light, we have fellowship with one another, and the blood of Jesus Christ His Son cleanses us from all sin.

2. Secondly, Jesus death and resurrection overcame the power of the enemy. There is the concept in the church today that by fasting we can fight the works of Satan. This is not provable in the New Testament. Fasting is not even mentioned as a weapon of our spiritual warfare, and there is no record of anyone fasting to defeat the enemy. There are no evil forces that can interfere when we pray because Jesus has defeated all enemies. Our prayers are heard and answered immediately (unlike as in the book of Daniel). This is very good news.

We do not need to fast to try and make things happen in prayer. It is not as if we keep fasting until we finally have fasted enough and prayed enough until our prayers are finally answered. The New Testament way of receiving from God is to ask believing, and receive. No amount of grunting and groaning on your part is going to accomplish more than Jesus did on the cross.

He has already done it all. We simply walk in the victory He has won by submitting ourselves to His Lordship, availing ourselves of the weapons He has given us, and resisting the devil. Praise God. Take a deep breath and thank God for His rest.

Colossians 2:15

Having disarmed principalities and powers, He made a public spectacle of them, triumphing over them in it.

Ephesians 6:11-13

Put on the whole armor of God, that you may be able to stand against the wiles of the devil. ¹² For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual hosts of wickedness in the heavenly places. ¹³ Therefore take up the whole

armor of God, that you may be able to withstand in the evil day, and having done all, to stand.

Romans 8:38-39

For I am persuaded that neither death nor life, nor angels nor principalities nor powers, nor things present nor things to come, ³⁹ nor height nor depth, nor any other created thing, shall be able to separate us from the love of God which is in Christ Jesus our Lord.

Philippians 2:9-11

Therefore God also has highly exalted Him and given Him the name which is above every name, ¹⁰ that at the name of Jesus every knee should bow, of those in heaven, and of those on earth, and of those under the earth, ¹¹ and that every tongue should confess that Jesus Christ is Lord, to the glory of God the Father.

James 4:7

Therefore submit to God. Resist the devil and he will flee from you.

SO WHY FAST?

Fasting is not a requirement of the Christian walk. Jesus did not give instructions to his disciples to fast. He only said that they would fast after he rose from the dead⁴. Neither did Paul or any of the other New Testament writers advocate that we fast. You could go your whole life without fasting, and God is not going to love you less or be disappointed in you.

That being said, it is clear that the disciples fasted. To understand the purposes for fasting in the New Testament, it is important to observe the few incidents recorded in which the disciples fasted. These are recorded in the book of Acts.

In the following records, we aren't given the purpose for fasting. In these records, it is as if we enter the story while they are fasting and praying. It is unclear whether fasting brought about the results or if these events simply happened *while* they were fasting.

However, we need to take note that in all of these incidences, a ministry decision was being made, specifically the sending out of certain persons for a ministry. On the other hand, there are other records of ministry decisions being made without fasting being involved (or without mentioning it). For this reason I believe that fasting is an option but not a requirement in the process of selecting leaders for ministries. What is more notable in these scriptures is that the leaders were in agreement about the decisions that were being made and that there was a belief that the Holy Spirit was directing them.

Acts 13:2

As they ministered to the Lord and fasted, the **Holy Spirit** said, "Now separate to Me Barnabas and Saul for the work to which I have called them." Then, having fasted and prayed, and laid hands on them, they sent them away.

Acts 14:23

So when they had appointed elders in every church, and prayed with fasting, they commended them to the Lord in whom they had believed.

Acts 6:2-5

Then the twelve summoned the multitude of the disciples and said, "It is not desirable that we should leave the word of God and serve tables. ³ Therefore, brethren, seek out from among you seven men of good reputation, full of the Holy Spirit and wisdom, whom we may appoint over this business; ⁴ but we will give ourselves continually to prayer and to the ministry of the word." ⁵ And the saying pleased the whole multitude. And they chose Stephen, a man full of faith and the Holy Spirit.

⁴ Some teach that Jesus only meant that they would be so sad after he died they would fast.
C.D. Hildebrand

Acts 15:27-28

*We have therefore sent Judas and Silas, who will also report the same things by word of mouth. 28 For it seemed good to the **Holy Spirit**, and to us, to lay upon you no greater burden than these necessary things.”*

We get another glimpse into the practice of fasting from a scripture in one of Paul’s letters. He instructed husbands and wives not to deprive each other physically. However, with the consent of one’s partner for a period of time agreed upon by both, one could give himself to fasting and prayer. From this one verse, we can see that believers did fast from time to time, but again, no purpose is given. However, this is not an instruction to fast, just an observation that it was common for people to fast⁵. What is more amazing is that married couples were to consider each other in the area of physical intimacy. One could not abstain from the act of marriage to fast without the permission of his partner, and this had to be for “a time”, with the express instruction to get back together afterwards.

1 Corinthians 7:5

Do not deprive one another except with consent for a time, that you may give yourselves to fasting and prayer; and come together again so that Satan does not tempt you because of your lack of self-control.

Paul mentions another type of fasting. Christian writers differ in their points of view on this topic, but it appears that often in the ministry of Paul, he fasted involuntarily as part of suffering for Christ (notice the context in which fasting is listed).

2 Corinthians 6:4-5

*But in all things we commend ourselves as ministers of God: in much patience, in tribulations, in needs, in distresses, ⁵ in stripes, in imprisonments, in tumults, in labors, in sleeplessness, in fastings. (See also **2 Corinthians 11:25-28**).*

Please, if you do want to fast, talk to you doctor. There are certain health conditions which do not mix well with fasting. Especially if you plan on going on an extended fast, you need to make sure you are in good enough condition to do so. Your doctor can also give you information on how to do a fast, and more importantly, how to come off of a fast. People have died from coming off a fast too quickly. Remember, too, when you fast, to drink plenty of water. Without water, one can live only a few days.

⁵ Most fasts consisted of water only. Water only fasts can leave one with little energy to engage in such activities.