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Prayer and Fasting

UNDERSTANDING THE WAYS OF PRAYING AND FASTING

Author, Dr. Yulonda T. Griffin
Contributing Author, Prophet Aaron Miller

Generally, speaking it is believed that one of the challenges most Christians have with prayer is ‘how to pray’. In my experience of Christendom, I found that there is a wide gap of understanding when it comes to prayer. As you study the many religions and spiritual beliefs, you will find that most of the denominations praying habits are different. In speaking from experience, the Catholics have specific types of prayers, and most of their petitions involve praying to the apostles known as saints or Mary, the mother of God (V, 2018). In addition, Catholics start the kids out young by teaching them to pray specific prayers so many times a day, for a certain period of time, and to a specific patriarch or matriarch of the bible. Moreover, Catholic believers are taught to pray to Mary, Peter, and many of the matriarchs, and patriarchs of the bible. For example, one might pray vocally the ‘Hail Mary’ prayer three times a day for lying or cursing, or something of the sort. One may ask ‘how does a Catholic believer know how many times and what prayers to pray’; they simply go to confession behind a booth that is designed to hide the believer (confessor) from the priest. Once a Catholic believer confess his/her sins, the priest determines how many times a convert prays a day, and what prayers are to be prayed. Of course, hailing Mary and any other bible heroes are an abomination to God. The bible tells us not to pray to any statue, or in the name of any other name than Jesus Christ (Exodus 20:4-5) (Whitaker House, n.d., p. 116 NT).

The Baptists’ does not teach to pray to statues or other bible heroes, but some might say they teach to pray with certain monotonous and requests. Some Baptist believers experience and discovered that praying directly to the triune God, is all one need to do, and to pray earnestly believing that he/she will receive their requests. On another note, some Baptists believe one should pray directly to God, and spend hours in prayer. As you continue to read the word of God and build a personal relationship with the Father, you will learn that there is no specific way to go to Adonai, except you go with a spirit of humility, a contrite heart and truth. You will learn that praying the word of God, that is the scriptures and believing what you pray, you shall receive, and this makes an effectual prayer. Jeremiah 29:11-12 (KJV), says that if one pray and call to God earnestly, He will hear them and answer them (Whitaker House, n.d., p. 1129 OT).

Furthermore, you must not forget that Jesus is a Jew and biblical teachings should first come from a Hebraic perspective. Generally, most of the Americans or western believers tend to only see things from a westernized view. For example, prayer as defined by Merriam-Webster is “an address (such as a petition) to God in word or thought, and an earnest request or wish” (“Prayer,” n.d.). I agree with Webster, prayer is making a petition or request to God, but the words pray, prayed, praying, and prayer are used interchangeably within the bible and as believers of Christ, we do not wish. So then, let us see what the bible says, about the subject matter of prayer.

The first time the word ‘pray’ is used in the bible, it is found in the book of Genesis 12:13 (KJV) (Whitaker House, n.d., p. 18 OT), and it is used as a participle in an incitement.

For example: 'I pray thee would grant me this request.' This phrase is alluding to one's hope in requesting a personal need and encouraging the listener to grant or agree to the request. You see, the word 'pray' in the bible is used many times as an incitement of agreement to a specific request not just to God the father, but also to others and as you can see, it is used as a word of petition.

The next time we see the word 'pray' in the bible it is used as prayer, by which king David is communicating to God with many requests, and he ends his request by stating "...to pray this prayer unto thee" (2 Samuel 7:27) (Whitaker House, n.d., p. 500 OT). Here David, is making a request unto God, but he does it with many connotations in the form of a statement leading into a request. In other words, David is holding a one-on-one conversation with God expressing his feelings and observations of his current life experience and needs. In studying king David, you will find that David knew how to go before the Lord in humility. When you study the prayers of David, he mixed his prayers with exhortations, and he reminded God of His promises to David's ancestors. David prayed seeking God for answers to his questions and petitions; he prayed with expectations in receiving answers to his requests'. David's prayer examples tell us that prayer is the outcome of praying, it is the byproduct of making petitions. When you pray, it is your direct line of communication with God. Praying is your opportunity to get intimate with God, and make petitions for yourself, as well as others, and the end-result becomes your prayer. Prayer is the past tense of praying. When you pray, you are communicating with God the Father directly.

There are different ways to communicate. We communicate through speech, through writing, by touch, and gestures. These means of communication allow people to interact, discuss, and respond to one another; such communication types are also used in prayer. When you write, sing, or just speak, all are acceptable to God, because communicating allows you to express your inner thoughts out loud, and God wants to hear your inner thoughts. Some people write poems or poetry to God and others may write songs to Jehovah, while others write prayers through letters; all the writings are ways to communicate with Yahweh. When you communicate with God, it increases your relationship with Him just like any other person-to-person relationship. The more you communicate with God, the closer you will become to Him. The more you talk to the Father, the more God's voice becomes familiar to you, just as a baby hearing and recognizing the voice of the mother. In addition, prayer can usher in worship whereby you begin to exhort God and praise Yahweh; do not get the two confused. Remember, prayer is all about you presenting your need before God making request, rather the petition is for your personal needs, or you intercede on behalf of someone. In other words, you may intercede on someone's behalf by praying asking the Father to heal them, or even correct a wrong that has been committed in government. The great thing about prayer, it is the opportunity to ask the Father anything knowing He will listen and respond to you. Also, you must ask believing you shall receive in the name of Jesus;

there is no other name by which anyone can pray to Jehovah other than the name of Yeshua (John 14:14) (Whitaker House, n.d., p. 179 NT).

There are many ways to pray, and in each way of praying, you will go using vocal prayer, meditation prayer, and affective prayer. Vocal prayer can sometimes become an enemy of the believer because the prayers may become habitual. For example, prayers like the model 'Our Father', which has been taught by our Lord and Savior Jesus Christ, (Luke 11:2-4) (Whitaker House, n.d., p. 118 NT). The 'Our Father' prayer, makes petition to the Father to provide for our daily needs and to continually keep us from evil, and for some believers this prayer has become a simple memory and not a heartfelt prayer to Yahweh. Be careful, not to fall into flesh and just recite prayers vocally, but always remember to pray with your mouth both in your native and heavenly languages. Another prayer that is common amongst believers is Psalm 23, which most Christians can recite by memory with their eyes close but have their hearts far from God (Whitaker House, n.d., p. 855 OT). However, you pray remember do it earnestly with your whole heart for God knows the difference.

You can pray both vocally or you can mediate and pray quietly with your mind, never opening the mouth; this is meditation prayer. You also, can pray interchangeably with both or all three your mouth, mind, and heavenly language. Whatever way you pray, do it earnestly from your heart seeking the Father with everything within you. Meditation prayer is when you learn to pray with your mind and heart attuning your ear to listen for and to the voice of God. When you block out the vocal praying, it helps to eliminate the noise and emotions. Mediation prayer will cause you to focus on your inner thoughts and direct them to God, penetrating through the flesh. Both vocal and mediation prayers provide you with the opportunity to make your petitions known unto God, rather the petitions are personal or intercession for someone or something else.

There are times when you don't want to ask the Father for anything, you just want to worship and praise Him for His goodness, this is when you will also pray affectively. When you pray affectively, you go before God with your inner affections making thanksgiving and giving praise unto the Father. There are times when you do not want to ask the Father anything, you just want to praise and worship Him for who He is in His power and glory. A good example of such a prayer, can be found in Psalm 103 (Whitaker House, n.d., p. 911 OT); there are many Psalms that can be found within the bible that will aid and guide you in effective prayer to the Father. Search the scriptures and you will find your favorite Psalm to help you praise and worship the Father. You do not need a particular scripture to praise and worship the Father, you just do it from your heart and as David said, "I shall keep thy testimonies" (Psalm 119:146) (Whitaker House, n.d., p. 929 OT). Keeping God's testimonies will help you to remember who God is, and what God has done for you personally.

When you pray, rather it be vocal, mediation or affective, you will pray one of or all three ways: *Purgative Way*, *Illuminative Way* and *Unitive Way*.

Purgative Way

According to the King James Dictionary, purgative is defined as “having the power to cleanse” (“Purgative”, n.d.), when you are praying asking God the Father to forgive you for your sins and to cleanse your heart and soul from evil. Purgative prayer could be used vocally when you pray in your native language or in your spiritual heavenly voice (Romans 8:26) (Whitaker House, n.d., p. 260 NT).

When praying in a purgative way, you must understand that your first stage is meditation, and it is the foundation to the further stages of your prayer (Purgative, n.d.). In your meditation, you center yourself to get into the presence of God, by blocking all other thoughts out. Remember, you are praying from your heart, mind, soul, and body with everything directed toward God. Praying in a purgative way, will require you to humble yourself, acknowledge your sin and repent.

A good example of purgative praying is found in Psalm 51 (Whitaker House, n.d., p. 875 OT), whereby king David is praying to the Father, repents and ask God to forgive him for his sin of fornication. In this Psalm, David cries out by acknowledging he has sinned, and his sin is against God. You may ask, how is David sin against God? David, you, or any believer that sin, does so against God because God is holy and pure; he sees and know everything therefore, Adonai witness your sin. Once you are saved and have been converted, you come into agreement to be just like God, as it is written in the book of I Peter 1:15-16 (Whitaker House, n.d., pp. 401-402 NT); you are to be holy like God. Therefore, you are to act, live and talk like Jesus; you enter into a covenant agreement, and when you sin you break the covenant therefore, you sin against God.

Another great example of Purgative Way prayer can be found in the book of John 17:18-21 (Whitaker House, n.d., p. 184 NT), whereby Jesus intercedes on behalf of believers. Purgative Way prayer afford you the opportunity to go before God with supplication, seeking God with a pure heart for yourself as well as others. There are so many examples of prayer by the matriarchs and patriarchs of the bible, who have set examples to show every believer how to go before the Father in prayer. All in all, Purgative Way of prayer leads you to seeking God to purge your heart and soul, or the hearts and souls of those you are interceding on behalf of and to forgive your sins and their sins. Another example of Purgative Way praying, is found in the book of Daniel in Chapter 9. Here Daniel repents of his sin and intercede on behalf of the nation of Israel sin. Purgative Way of praying must be an individual decision and it should always come from the heart; such praying may also lead into Illuminative Way prayer.

Illuminative Way

The Illuminative Way of prayer provide the initiator the ability to pray quietly in Prayer of Quiet, while listening for the Father and receiving pure enlightenment. In other words, as one pray quietly, using the mind and soul to expound on the inner utmost thoughts, as God gives revelation. Illuminative Way prayer is done through infused contemplation, which is a supernatural gift by which a person's mind and will become totally centered on God. Under this influence the intellect receives special insight into things of the spirit, and the affections are extraordinarily animated with divine love. A good example of Illuminative Way of prayer can be found in the book of Luke. In the book of Luke 22:39-46 (Whitaker House, n.d., p. 146 NT), Jesus goes into the garden of Gethsemane to pray and seek the Lord, and he ask God to not allow him to go through the pain and suffering that He was to experience. God gave Jesus an illumination or enlightenment of what He was going to experience. God gave Jesus understanding of what and why He was going to suffer on the Cross. Once Jesus received revelation of what the future held, He became responsible to respond to Yahweh. Jesus had a choice, to accept or deny the gift of being the Savior of the world; Yeshua could have stayed on earth and continue to just be a prophet. Like Jesus, we all have freedom of choice and God does not compel anyone to do anything he/she does not want to do.

When you go into Illuminative Way prayer, you are going to receive revelation from God which will enlighten your understanding of the very thing you are seeking of God. Sometimes when you are in prayer with the Father, that illumination may not come in during the prayer time but will come later figuratively. In other words, you can go into a trance or vision, and God will give you revelation through the spirit of your mind to show you answers to your prayers and dreams. For example, in the book of Revelation 1:10, John says, "I was in the Spirit..." (Whitaker House, n.d., p. 428 NT), here John was in Illuminative Way of prayer, because God showed him visions and provided revelation of the meaning of the visions John received.

Illuminative Way prayer may come through quiet study time, when you are reading your bible in mediation God will give you enlightenment to the scriptures and their meaning; God will give you clear, pure understanding. Simply put, Illuminative Way prayer provides concise meaning to spiritual things, that one cannot receive unless it is provided by the Spirit of God. Remember, God is spirit not flesh and therefore, for you to know and understand God, you must learn to seek God in the spirit. So then, Purgative Way of prayer will lead you into Illuminative Way of prayer, which will then lead you into Unitive Way of prayer.

Unitive Way

Unitive Way prayer are experienced three ways: Simple Union, Conforming Union, and Transforming Union. During the prayer of *simple union*, all internal faculties, including intellect and will are captivated and occupied by God. You release your every being unto the Father, allowing Him to take over your mind, soul, and body. You may say,

releasing everything to God is not simple, but when you begin to truly understand your purpose in God and the enlightenment of your heart yearns for Him, life in the natural and the spirit become simple for you. You become one with God, and therefore, you understand and know that God is in complete control leading, guiding, protecting, and comforting you through the Holy Spirit. You know longer desire the things of the world because you are joined by the hip with God in union, He in you and you in Him. When you are in union with God, the scripture says ...and the peace of God which surpasses all understanding... in Philippians 4:7 (Whitaker House, n.d., p. 334 NT), becomes a reality in your life and spiritual walk with God. You are at such peace, that your understanding has been enlightened to clearly see that because you are connected to God, you have no worries. Since you are connected to God and walk and talk to God through the Holy Spirit, you are absorbed in His presence through *Conforming Union*.

Conforming union is where both the internal and external senses are absorbed in the presence of God. Again, a good example to use in this essence of prayer is through the books of Daniel and Revelation. Both men, John and Daniel were caught up in the spirit, and their mind and bodies were in union with God receiving revelation and impartation directly from the heavenly. John describes his experience, as being caught up in the spirit, and so does Daniel. Both men of God were no longer in the flesh but, were in the Spirit and God revealed to them future events. They were transformed, which then pushed them into *Transforming Union* with God.

Transforming union is spiritual marriage. It is the highest grade of perfection in prayer. The soul is united with God, the two become one. You are no longer in control. The Unitive Way of prayer will allow you to experience a transformation of an out of the body experience. Paul said, "I don't know if I was in the body or out of the body" in 2 Corinthians 12:2-3 (Whitaker House, n.d., p. 308 NT); in this scripture Paul was so caught up in union with God, he could not tell if he was in his body or out of his body; the experience was surreal.

In conclusion, there are many religions and beliefs, that model prayer after worshipping other Gods via statues, beads, smoke, fire, and other man-made sources. For example, traditionally, in the Catholic religion, prayers fall into five types of prayer (2018b)

- a) Adoration - Praising God,
- b) Contrition - Asking for God's forgiveness,
- c) Petition - Asking God for a favor, and
- d) Thanksgiving - Showing God gratitude
- e) Love – Expressions for love of God

Though the Catholic believers may have different titles to their prayers, they align themselves with the three ways of prayer – Purgative, Illuminative, and Unitive. There are probably many more religions that use the three ways of praying, but with different

perspectives and titles. In addition, some of the other religions pray to statues, smoke and fire and other sorts of man-made illusions.

All in all, keep in mind that there is only one triune God – Father, Son and Holy Ghost, the three are one. The bible tells us so, and the bible is the only book that has been published that have prophecies that have been confirmed, that have come to pass and are still manifesting today. Learn to seek the word of God to learn and know how to pray to God. The matriarchs and patriarchs of the bible has writings in the bible to teach you how to pray; learn from them. The more you pray and communicate with God, the closer you will become with God.

The Bible says to “pray for each other” (Whitaker House, n.d., p. 398 NT). Jesus set an example for us on what to pray. He prayed for His disciples and for every generation to come that would follow Him. His prayer was that God would protect and strengthen them until He comes. Jesus also prayed for those who would come to believe in Him through the Gospel message found in John 17, (Whitaker House, n.d., p. 183 NT).

Pray with faith believing that God hear you and will answer you. The bible says, “it is impossible to please God without faith” in Hebrews 11:6 (Whitaker House, n.d., p. 386 NT). It is your faith that will take you from glory to glory in and through your prayer life. It is your faith that will allow you to experience all three ways of payer. And remember, anyone who wants to come to Him must believe that He is God and that He rewards those who diligently seek Him. Finally, pray with worship, reverence, and the word of God.

Praying the Word of God

Remember, praying is all about communicating with God and you can do that through song, writings, and talking through prayer. Praying the word of God is what really get Jehovah’s attention. For instance, look at some of the Psalms and how the orator shared their inner most thoughts and emotions with God. Let us break down a favorite Psalm that most Christ believers learn to pray vocally, habitually, meditatively, affectively, and then turn it into unitive and illuminative prayers.

In Psalm 23:1 of the bible, the author of the writing is King David (Whitaker House, n.d., p. 854 OT). Here in this Psalm, you will find David, expressing his inner thoughts and beliefs toward God. (Whitaker House, n.d., p. 854 OT). As the reader, you can see David sees himself as a sheep, and not only does he believe God will guide him, David says “I shall not want”; David sees the shepherd also as a provider for the sheep. Here you find David telling God he believes and see Jehovah as a compass or guide, and a provider. When you pray the word of God, you pray the exact same words as King David. You speak the words verbatim and see God as David visions Jehovah both as a guide and provider. Psalm 23 continues to share David’s inner thoughts and expressions towards God in how he sees Jehovah as many things, such as a protector and much more.

Now look at Psalm 1:1, there the psalmist speaks to the way a man walks and receive counsel in life (Whitaker House, n.d., p. 842 OT). To pray the word of God in this psalm, you will simply learn to replace your name with the name of subject. For example, the psalm says, “Blessed is the man that walketh not in the counsel of the ungodly, nor standeth in the way of sinners, nor sitteth in the seat of the scornful” (Whitaker House, n.d., p. 842 OT). When you pray this psalm, change the word “man” to your name, as such ‘blessed is ‘John Doe’. In doing so, when you replace the common noun with your name, you are speaking the action words on your life. When you pray ‘blessed is John Doe’, and you place your name instead of the actual subject of the psalm, you are speaking blessings over your life, and you are saying you will not sit in the counsel of the ungodly. When you learn to pray the scriptures in this form, you will begin to see the word of God actually move and produce in your life. You will experience the true manifestations of God when you pray the actual word of God. Finally, when you pray the word of God, you challenge God at his word, and you will cause Jehovah to respond to His promises. In addition, when you pray the word and put fasting with your request, you take your spiritual development to another level in God.

Fasting

Fasting is trending in today’s health society as many are looking to either reduce weight and/or receiving a cleansing from all the added chemicals digested from prepackaged foods. In addition, fasting has taken on so many different identifies, such as abstaining, self-denial, sobering, involuntary poverty and so many other names are being used to define fasting.

Fasting is not new to mankind, it has been around since before Christ (Britannica & Rogers, n.d.) and people fast for spiritual and health reasons. There are several different types of fasts and according to Britannica, there are medical, religious and form of protesting fasts’ (Britannica & Rogers, n.d.). For instance, the Greeks used fasting, as an aid to help heal certain illnesses, and Mahatma Gandhi fasted to oppose violence against British rule in India (Britannica & Rogers, n.d.). Then there is the religious fast, which can be done in several forms through many religions (Franklin, 2007). Here you will focus on the biblical fasting as recorded in the bible. In the bible fasting is alluded to in many forms of word usage such as people not eating or drinking; the verb ‘fast’ was first used in the sense of abstaining and can be found in the book of Judges 20:26 (Whitaker House, n.d., p. 422 OT). You will find throughout the bible that there were several fasts, and each abstaining process is pointed to a specific purpose.

Purpose of Fasting

There are many types of fasts’ spoken of in the bible in both the new and old testaments. In the Old Testament the bible defines two words as fasts’: tsuwm and tsown, both are Hebrew words. Tsuwn is defined as abstaining from food and does not speak to abstaining from drink (“H6684 - tsuwm - Strong’s Hebrew Lexicon (KJV),” n.d.).

Tsowm is defined as in the book of Judges 20:26 (KJV), the scripture uses the word “fasted” (Whitaker House, n.d., p. 422 OT), here the word ‘fasted’ is the Hebrew word “tsuwn”, which is defined as “abstaining from food”. The scripture does not describe in detail what foods or drinks were abstained, but the word used implies the fast consisted of not eating any food. In addition, the scripture in Judges 20:26 (KJV), informs the reader to understand the fast was unto a specific purpose. In Judges 20:26 (KV), the Israelites was losing a war against the tribe of Benjamin, and therefore, fasted as a company to mourn and seek God for refuge and direction. As you can see, fasting does not mean you must abstain alone, you can also fast with a group, a city, a nation, a family known also as corporate fasting. As you read the bible you will find when a nation of people experienced any hardship they would fast as a company of people on one accord. All in all, the fasting was unto a specific purpose seeking Jehovah for a certain answer to prayer request, not to lose weight as so many people do today (AoC Network, 2020).

There is also the fast known as “tsown”, which is the Greek word that defines abstaining from food, drink, and any other denial you might deem as a means of starving the human flesh. Note that tsowm spoken of in the above paragraph is different from the word tsown. Though the words seem similar, there is one letter in the words that makes them distinctively different.

Types of Fast

There are several types of fasts and many people fast for different reasons. Before one fast, you should plan and prepare your fast, especially if you are married. Married people should receive permission from his/her spouse before fasting; Paul explains in the book of Corinthians as to not allow themselves to be tempted (Whitaker House, n.d., p. 280 NT). In other words, if one spouse fast and the other is not in agreement then the spouse that is not fasting may be tempted to go outside the marriage for sexual relations, or through murmuring and complaining, cause the fasting spouse to sin and break the fast by eating or drinking something they have given up. See when you fast, it is not just about you giving up food or drink, but you are to also consecrate your body by denying the flesh anything that is good to the body during the fasting period. When fasting, you should be solely concentrating on your communications with God, and consecrating your mind, body, and spirit. Therefore, making the decision to fast must be well thought out. You should consider how long you will fast, three days, seven days, or longer and you need to decide what type of fasting you will and can endure with your mind and body. Remember, Jesus tells us to do it quietly and reverently, and not shouting it from the roof top (Matthew 6:16-18 KJV).

Here are several fast you may want to consider:

1. ***Absolute***. The absolute fast calls for you to abstain from water and food. Moses used an absolute fast to separate himself from humanity and the flesh. In an absolute fast, you do not eat, or drink and you separate yourself from humanity. Moses went up into the mountains and after he fast for forty days and night

- without food or drink, God showed up and gave him the ten commandments (Exodus 34:28 KJV). Moses fasted for direction from God. Paul fasted for revelation and healing (Acts 9:9 KJV).
2. **Water Only.** The water only fast, means to abstain from food but not water. Jesus fasted for forty days and ate no food. Many bible scholars refer to this fast as absolute, but in looking at the three reference scriptures, the bible never states rather Jesus did not drink they focused on the fact that He did eat. We are not making assumptions when reading the word of God. Therefore, Jesus did not use an absolute fast to seek the Father, the Lord Yeshua fasted from food only and separated himself by going into the wilderness (Matthew 4:1-11; Mark 1:12-13; Luke 4:1-13). Jesus fasted for strength, wisdom, and direction.
 3. **Daniel or Partial Fast.** Many scholars refer to this fast as a fruit and vegetable abstaining, but Daniel never said all he ate were fruit and vegetables. Daniel said, “I ate no pleasant bread, neither came flesh nor wine in my mouth, neither did I anoint myself at all, till three whole weeks were fulfilled” (Whitaker House, n.d., p. 1288 OT). Note the word pleasant in this scripture is Hebrew word ‘chemdah’, which is defined as “desired; precious” (Chaffey, n.d.). Daniel did not eat bread that he really, like, or desired to eat. For instance, you may love honey bread and eat it every day, but when you fast like Daniel you abstain from honey bread. Secondly in that same scripture, (Daniel 10:3 KJV), Daniel says, “neither came flesh nor wine in my mouth, nor did I anoint myself” (Whitaker House, n.d., p. 1288 OT). Here Daniel is saying he did not eat meat, drink wine, or put on good smelling anointing oil, which mean perfume or in a man’s stance, cologne. Nowhere in the bible does it say, Daniel only ate fruit and vegetables. Daniel was fasting for the nation of Israel to be delivered from bondage of slavery and sin. He specifically fasted from pleasant bread, meat, and wine, in addition, he did not put on good smelling oils (perfume or cologne).
 4. **Corporate Fast.** There are times, when your pastor or you may ask the church, your family, or a group of believers to fast together as a corporate fast. You can find corporate fast during certain feasts such as the Feast of Unleavened bread, whereby Jews and Christians stand together and do not eat any bread with yeast in it for seven days (Exodus 12:15-20; 39; 13:3-10; 23:15; 34:18; Leviticus 23:6-8; Numbers 28:17-25; Deuteronomy 16:3,4,8; Mark 14:1,12; Acts 12:3; 1 Corinthians 5:6-8 KJV). The Day of Atonement, whereby Jews and Christians fast from 6pm – 6pm as an absolute fast (Leviticus 16:1-34; 23:26-32; Numbers 29:7-11; Romans 3:24-26; Hebrews 9:7; 10:3, 30-31; 10:19-22; Acts 27:9; 2 Peter 3:7; Revelation 17:4 & 20:12 KJV). Many Christian believers don’t agree with the Feasts’ Fasts’, but in the book of Colossians 2:16 (KJV), Paul tells us the feasts or a shadow of things to come, meaning we should celebrate the feasts as Isaiah 66:23 tells us we will all go up and celebrate the feast with Yahweh and Yeshua. But of course, no one must do anything he/she does not want to do, because God is a free will God. It’s your choice.

Preparing to Fast

When you decide to fast, you must plan and prepare your mind, body, and spirit for the fast. Consider your employment time and if you can keep your fast because it is a commitment. The bible tells us to let our yea be yea and your nay by nay, nay meaning when you fast you make a commitment, and go into covenant with God therefore, you should keep it (Matthew 5:37; James 5:12 KJV). In addition, remember to consider your spouse and receive his/her permission to fast. Check your calendar to ensure there are no major public events you must attend and eat food. You don't want to go to a public place where you are expected to eat, especially a table sit down dinner and you cannot eat. When you attend public places and you are fasting and cannot eat, people begin to ask questions why or they may even get insulted. Plan and prepare your schedule, mind, body, and spirit to separate yourself and be apart from anything that may try and entrap you. Write down your expectations of what you are seeking God for and the response you expect God to provide. Be matured and spiritually ready for God's answer, as sometimes God does not agree and give us just what we request.

Starting and Ending a Fast

When you are fasting, your body goes into a first reaction and begin to reject the fast, especially if you are beginning an absolute fast. To immediately stop eating and drinking sends your brain and body into shock. You want to slowly and gradually began weaning yourself off food and drinks. You may want to consider backing off sugars, red meats and begin eating more vegetables, chicken, and fish; start weaning about one week or two before you go into your actual fast. The same principle should be applied when you end a fast. Do not go right into eating a complete meal. Begin eating small portions of bread, and fish, then maybe after a day or two you may try some chicken; wait about a week before ingesting red meat and desserts.

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