

## **The Pain of Fasting**

Fasting is not easy. There are degrees of fasting, of course. The pain of fasting is twofold. The physical pain is due to the detoxification of our bodies. All the accumulated poison and garbage starts to come into our blood and we feel dreadful. This can be alleviated by fasting on juice. With juice fasting you have some control on the speed of your body's detoxification.

The soulish pain is due to the conflict in the spiritual realm between your flesh and the Spirit of God. This goes behind the natural desire to eat. There is soulish pain because:

1. Most times our bodies are demanding food 3 times a day and complain that food is needed when they are denied. A little training in fasting soon clears up this misconception.
2. You cannot use food as an emotional crutch to give pleasure, drowsiness, satisfaction and escape. Instead you must depend on God for comfort.
3. You are brought face to face with other painful issues in your life. God reveals the need for you to forgive others, to repent of your wicked ways, to stop running from Him and start trusting Him. There is thus also a spiritual and soulish detoxification which happens when we fast.
4. You will be attacked by demonic forces seeking to induce you to give up the fast. Jesus experienced this in the wilderness with Satan (Matthew 4:1-10). Great spiritual victories are won or lost on our willingness to endure spiritual hardship and temptation out of love and faithfulness to the Lord.

5. You will experience weakness at times, and we like to feel strong and in control. Fasting teaches us dependence upon God.



A number of people ask what you may or may not have during fasting. This depends of what God called you to do. It is normal to drink water during fasting. Never go without water more than three days. An easier fast which is more suitable for those who have other responsibilities which require energy is to drink only juice and water. Another way to fast is just to eat one meal per day for a number of days. All these fasts can have value. God will lead you.

You can get more information on the technical aspects of fasting on other websites . Suffice for now to say that you **SHOULD** drink water and plenty of it when you fast. If you are working and unable to fast fully on water, you can drink juice or even have one meal a day, and these partial fasts do also have some value in subduing the flesh and bringing you closer to God.