

## **Fasting**

### **Fasting is a calling to see God**

A young man asked me once: “Why do we need to fast? Didn’t God create man to enjoy delicious food? Does God want us to be hungry? Why do we fast?”

### **A Reunion after many years**

Two brothers were very close for many years. Then, one of them traveled away to Australia. For 20 years, they kept a weekly communication through the Internet and exchanged pictures and films. After 20 years of being away, the brother suddenly returned while the other was eating. Would he ignore him and continue eating? Or would he stop eating and spend hours, even the whole night, enjoying his brother’s company? We also leave everything to fast and enjoy God’s company while conversing with him.

### **Moses and Elijah Converse with God**

Two men in the Old Testament fasted for forty days and forty nights and did not suffer from hunger: Moses the prophet saw God after fasting on the Mount of Sinai, spoke with Him as a man speaks to his friend (Exo 33:11), and received the law written by God’s finger. The other man is Elijah who met God on the same mountain after fasting ... and God assured him that there existed 7000 which have not bowed unto Baal. (1Ki 19:18).

We don’t fast to hunger our bodies, but to focus our attention to seeing God and speaking with him, saying: “we have left all, and followed you” (Luk 18:28).

### **On the Mount of Transfiguration**

Who from the Old Testament enjoyed seeing Christ the Lord in his transfiguration on mount Tabor after His fasting? Only Moses and Elijah the prophets who shared the forty day fast with Him. Peter proclaimed on the mount “Lord, it is good for us to be here” (Mat 17:4). What do we eat or drink? Seeing the transfigured Christ

made him forget about food, drink, and all the needs of the body.

Poor is he who fasts but does not become occupied with seeing God and speaking with Him, for he deprives both the body and the soul.

### **Conversation of those who are fasting**

The two fasting prophets met with the fasting Christ and were talking with him (Mat 17:3) about the subject of his crucifixion, resurrection, and ascension to Heaven!. Likewise, when we fast we realize our communion with the Crucified, the Resurrected, and the Ascended to Heaven.

### **The Blessings of Fasting**

† **We partake with him in the Crucifixion (Eph 3:10):** We extend our arms with him on the cross and long with him to die in order that all shall live. We find pleasure in the pains of love for the salvation of all, including our enemies. We partake of the true

love for the whole world with the lover of mankind! He became a sacrifice slain for the whole world to live in a continuous celebration of Passover. He died for heaven and earth to rejoice unceasingly! This is the voluntary cross of fasting.

† **We enjoy the power of his resurrection:** We realize that sin, Satan, nor death has power over us! We have united with ?? بكرالراقدين who carries us to the bosom of His Heavenly Father.

† **He made us sit together in heavenly places (Eph 2:6):** As all our thoughts, feelings, and emotions are absorbed in our longing to see our Christ, His Holy Spirit carries us to Heaven while we are still in the flesh on Earth. We practice the language of Heaven and the partaking with the heavenly ones and rejoice with the Heavenly Father.

**Sanctify ye a fast, call a solemn assembly (Joe 1:14)**

What does that calling mean? Sanctifying a fast is a meeting with the

Holy God. Solemn assembly is the complete freeing of oneself to meet God and speak with Him, in order to partake with Him in the Godly nature (1pt?), and carry Christ's marks in him (??).

May all our lives become a sanctified fast in order to proclaim with Moses the prophet: show me your glory (Ex 33:18).