

## Fasting Has GREAT Physical Benefits

We are moving toward Pentecost Sunday at the end of this month, on May 31st. Pray-Fast.org is a renewal resource created to encourage you in the biblical practice of prayer and fasting. As this resource has emerged, we believe the best format for delivery is weekly, on Wednesdays. While biblical fasting is MUCH more than health dieting, we are devoting today's thoughts to the great physical benefits of regular fasting.

Dr. Allan Cott, a secular writer, is one of the world's leading authorities on fasting from a medical standpoint. His book is entitled Fasting: The Ultimate Diet, published by Bantam Books. He contends this ancient practice has many physical benefits beyond the spiritual realm. Here are 10 benefits Dr. Cott and others in the medical community attribute to regular fasting:

- Fasting helps individuals feel better physically and mentally.
- Fasting helps individuals gain control of appetites that are out of control.
- Fasting breaks bad habits and leads to healthier eating. It especially aids individuals breaking sugar and sodium addictions.
- Fasting can lower blood pressure and cholesterol levels.
- Fasting reduces tension, improves sleep and can help individuals lose weight.
- Fasting can help end dependence on smoking, drinking and drugs.
- Fasting gives the whole "system" a rest. Water/juice fasting that goes for 10 days or more gives a person an almost "brand new" digestive system - in terms of stomach lining, gastric juices, motility and digestive capacities...leading to regenerative healing.
- Fasting helps shrink the stomach, which is normally the size of a clenched fist. Many stomachs have been greatly stretched through over indulgence.
- Fasting sharpens the senses, quickens mental processes and boosts self-esteem.
- Fasting intensifies concern for hungry, starving people throughout the world.

Do not believe the lie of the evil one (John 8:44) that fasting is only for "monks" and is bad for you. Strengthen your spiritual understanding of fasting and your resolve. Jesus said, "and your Father, who sees what is done in secret, will reward you" (Matthew 6:18). This is a universal principle and eternal truth: Prayer and fasting is the key to spiritual breakthrough.