

# Meditation, Prayer, and Fasting

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It is crucial for one to have thoughts and ways in submission to true-Christianity, if not, one is on a slippery slope to spiritual and mental dangers. Those who claim to be Christian are not excluded at all. God in His mercy and wisdom has made it very difficult for human beings to have contact with the various spirits out there. Also, God has created barriers/gulfs to prevent evil spirits from freely having their will done on human beings, if not, the natural unconscious of natural sleep would have turned into the Deceiver's office/workshop. Those who continuously neglect the wisdom and restrictions of true-Christianity are susceptible to spiritual and mental dangers. I think of those who are falling down "slain in the spirit", these groups (usually Charismatics/Pentecostals) have much **false teaching** in their camp. They are playing with an evil thing. Something similar (fainting) occurs at musical concerts with those who **idolize** music stars.

**The following are contrary to the simplicity a true Christian knows when he/she deprives him/her self of sleep or nutrition to spend time with God via Scripture and prayer:** the use of mental techniques or human will, or mind altering substances (strong drinks, etc.) to go into the spirit realm via an altered state of mind to get things done. Injuring the physical body, overworking the senses/body and soul (through frenzies and sleep deprivation) to enter the spirit realm. Sensory deprivation (shutting down the senses): Yoga's relaxation techniques, relaxing the soul so it opens up to any spirit. **The costs outweigh the benefits. It's against God's will.** Those who use mental techniques (e.g., **imagination**) spiritually to get their will done, are on a slippery slope to mental dangers.

Those who truly belong to the Lord Jesus don't use human will or mind power to see a spirit, communicate with "God" or spiritually get something accomplished. They know from the Scriptures that God is the one who determines what He will do, how He will do it, and what time He will do it. Those who truly belong to the God of the Jewish Scripture (Old and New Testament) know that God is the one who determines whether He wants to appear, or open someone's mind to something in the spirit realm. **Trying to accomplish any of these by any mental technique is a way that seems right to people but surely leads to much sorrow and evil death.**

To "Christians": It is evil to imagine that you are hearing God say something to you when He is not. Turn away from deceit. Surely, God has spoken by saying: Turn away from deceit.

**The importance of being filled with the truths of Scripture, especially the New Testament, cannot be over-emphasized.** Without a good understanding of God's truths, someone who is contemplating/meditating, praying, and fasting, is susceptible to spiritual and mental dangers.

**What type of meditation are you involved in?** Is it the deceitful and dangerous type which focuses on you, your breathing, your body, feelings, etc.? True meditation or mindfulness focuses on the God of the Jewish Scripture (the only true Saviour), His character, His words and the things He has done (recorded in the Old and New Testament).

There are two types of meditation and prayer. The evil type involves any of the following: repetition of a name or phrase; a self-induced altered state of mind; imagination/visualization, an open or non-judgmental soul; frenzies (violent mental agitation or wild excitement); hypnosis or the power of suggestibility; etc. On the other hand, the right kind of meditation and prayer involves a conscious mind, thinking/contemplating on the truths of Scripture; no violent excitement; no mental imagery or focus on any physical object or picture. It rejects the use of candles, water, holy door, etc. It doesn't involve the repetition of a name or phrase.

Consider the following: Zechariah 4:6-7 “So he said to me: ‘This is the word of the LORD to Zerubbabel: **Not by might nor by power, but by My Spirit, says YAH of hosts.** Who are you, O great mountain? Before Zerubbabel you shall become a plain! And he shall bring forth the capstone with shouts of Grace, grace to it!”

Acts 12:5-16 shows that the believers were doubting that God would grant their request, yet their doubts didn't stop God from doing His own will in His own time; even Peter was not expecting that divine intervention: “... So Peter went out and followed the angel, and did not know that what was done by the angel was real, but thought he was seeing a vision. ... And when Peter had come to himself, he said, ‘Now I know for certain that the Lord has sent His angel, and has delivered me from the hand of Herod and from all the expectation of the Jewish people.’ ... When Rhoda recognized Peter's voice, because of her gladness she did not open the gate, but ran in and announced that Peter stood before the gate. But they [who were praying for Peter's release] said to her, ‘You are beside yourself!’ Yet she kept insisting that it was so. So they said, ‘It is his angel.’ Now Peter continued knocking, and when they opened the door and saw him, **they were astonished.**” Neither Peter nor any human being's prayer made that angel come. The divine intervention simply happened by God's will.

Acts 3:11-12 “Now as the lame man who was healed held on to Peter and John, all the people ran together to them in the porch which is called Solomon's, greatly amazed. So when Peter saw it, he responded to the people: ‘People of Israel, why do you marvel at this? Or why look so intently at us, **as though by our own power or godliness we had made this man walk?**” Lamentations 3:37 “Who is he who speaks and it happens, when the Lord has not commanded it?”

2Kings 6:15-18 “...there was an army surrounding the city with horses and chariots. And Elisha's servant said to him, ‘Oh, my master! What shall we do?’ So he answered,

‘Do not fear, for those who are with us are more than those who are with them.’ And Elisha prayed, and said, ‘LORD, i pray, open his eyes that he may see.’ Then YAH opened the eyes of the young man, and he saw. And behold, the mountain was full of horses and chariots of fire all around Elisha. So when the Syrians came down to him, Elisha prayed to the LORD, and said, ‘Strike this people, i pray, with blindness.’ And God struck them with blindness according to the word of Elisha.” **See the simplicity? No repetition of a name or phrase.**

Throw out of your mind any picture of “Jesus” or the face of anyone who acted as Jesus in a film. It is idolatry. That person isn’t Jesus (God, the only Saviour).

Luke 17:22-23 “Then Jesus said to the disciples, ‘The days will come when you will desire to see one of the days of the Son of Man, and you will **not** see it. And they will say to you, ‘Look here!’ or ‘Look there!’ Do not go after them or follow them.”

Those who have a mental picture of “Jesus” have no way of knowing whether that’s truly Jesus or not. It is deadly human imagination (subjective, faulty). Such people are beholding a lie (an idol, a false saviour) which must be renounced and disregarded. Some people see that picture in their dream, but that picture isn’t Jesus. A deceptive spirit can use that picture to appear to someone and lead the person astray **with a false message**. 2Corinthians 11:14-15 “And no wonder! For Satan himself transforms himself into an angel of light. Therefore it is no great thing if his ministers also transform themselves into ministers of righteousness, whose end will be according to their works.”

The only way you will be able to identify the true Jesus versus a deceiving spirit appearing as Jesus, is by a good understanding of the Scripture (Old and New Testament) by which you must **test every message**. Isaiah 8:20 “**To the law and to the testimony! If they do not speak according to this word, it is because there is no light in them.**”

Church-goers need to be careful. In Matthew 6:7, Jesus said: “And when you pray, do not use vain repetitions as the heathen do. For they think that they will be heard for their many words. Therefore do not be like them. For **your Father knows the things you have need of before you ask Him.**” Prayer and fasting need to be from child-like faith, not from human-will trying to move a mountain that God hasn’t decided to move. Paul wrote to one of his assistants (Timothy): “No longer drink only water, but use a little wine for your stomach’s sake **and your frequent infirmities**” (1Timothy 5:23). It is important to simply trust God when what we are asking for doesn’t happen immediately. The situations of one’s life might seem as if God doesn’t care, but we need to understand that God cares more than we care; He knows what He is doing, and He is wiser than us. This is one of the most important truths one needs to understand deep within before even thinking of praying or fasting. That kind of trust in God makes us surrender to Him.

In the Jewish Scripture (Old and New Testament), meditation/contemplation is: pondering/thinking on some truths of Scripture, hearing from God through the Scripture (God’s word).

Prayer is the awesome privilege of speaking to God; it is more than making requests. Prayer is the life of a Christian. It is fellowship/communion with the Father. The Good News of His love coupled with a good understanding of Scripture is prayer's foundation. Philippians 4:4-8 says: "Rejoice in the Lord always. Again i will say, rejoice! Let your gentleness be known to all. The Lord is near. Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God, and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus. ... **meditate on these things.**" 1Thessalonians 5:17-18 "pray without ceasing, in everything give thanks, for this is the will of God in Christ Jesus for you."

For those to whom God is Father, as they pray without ceasing, the following are the contents: Telling Him that His Name is Holy, praising/thanking Him for everything (especially His finished sacrifice that supplies forgiveness and new life), telling Him of their desire for His kingdom to come, telling Him of their surrender to His will, looking to Him for His provision (physical needs), trusting in His finished sacrifice that provides forgiveness and newness of life, asking Him to keep them from sin and the Enemy, because to the Lord God belongs the power, the kingdom and the glory forever. Amen. Those who belong to God realize that without painful honesty concerning our sinful condition, and a humble spirit that forgives those who offend us, we hinder God's mercy towards us (see Matthew 6:15).

Concerning prayer, consider the following: James (Yakob) 4:3 "You ask and do not receive, because you ask amiss, that you may spend it on your pleasures." 1John 5:14 "Now this is the confidence that we have in Him, that if we ask anything **according to His will**, He hears us." Lamentations 3:37-40 "Who is he who speaks and it happens, when the Lord has not commanded it? Is it not from the Most High that woe and well-being proceed? Why should a living person complain for the punishment of his sins? Let us search out and examine our ways and turn back to the LORD"

Jesus said: "Then if anyone says to you, 'Look, here is the Anointed one' or 'There!' **do not believe it.** For [false anointed-ones] false Christs and false prophets will rise and **show great signs and wonders to deceive, if possible, even the elect.** See, I have told you beforehand. Therefore if they say to you, 'Look, He is in the desert!' do not go out, or 'Look, He is in the inner rooms!' **do not believe it**" (Matthew 24:23-26). Deuteronomy 13:1-3 "If there arises among you a prophet or a dreamer of dreams, and he gives you a sign or a wonder, and the sign or the wonder happens, of which he spoke to you, saying, 'Let us go after other gods'--which you have not known --'and let us serve them,' you shall not listen to the words of that prophet or that dreamer of dreams, for the LORD your God is testing you to know whether you love YAH your God with all your heart and with all your soul."

Intercessory Prayer: Out of deep care for fellow Christians, a Christian makes requests that God would help them spiritually. Out of concern for those who don't know the

only Saviour, a Christian makes requests that God would allow His pure Word to reach them. Colossians 4:12 “Epaphras ... greets you, **always laboring fervently for you in prayers**, that you may stand perfect and complete in all the will of God.” Fervent prayer isn’t what causes our desires to be granted. God Himself strongly desires for everyone to be saved, yet the majority refuse surrendering to Heaven. According to Jesus who intercedes for every soul, the majority will end-up under God’s Punishment (Hell) forever, **against God’s Desire** (Matthew 7:13-14, 7:21-23).

Question: **So why pray fervently** for souls to be saved when fervent prayer doesn’t guarantee that our desire will be granted for souls or whatever else our desires are?

Answer: **Communion with God**; it sanctifies Christians. Our hearts are gradually changed as we commune with the Father. That’s what prayer is really all about. Through prayer, Christians are conformed more to the likeness of the Father.

Also, those who belong to God understand that **the Jews are God’s special treasure forever** (a sign for His own glory), and that Jerusalem is the city of the great King, therefore their spirit agrees with God’s will in Isaiah 62 where God says: “For Zion’s sake I will not hold My peace, and for Jerusalem’s sake I will not rest, until her righteousness goes forth as brightness, and her salvation as a lamp that burns. ... You shall no longer be termed Forsaken, nor shall your land any more be termed Desolate; but you shall be called Hephzibah, and your land Beulah, for the LORD delights in you [Zion], and your land shall be married. ... So shall your God rejoice over you. ... I have set watchmen on your walls, O Jerusalem, they shall never hold their peace day or night. You who make mention of the LORD, do not keep silent, and give Him no rest till He establishes and makes Jerusalem a praise in the earth. YAH has sworn by His right hand and by the arm of His strength: ... Indeed the LORD has proclaimed to the end of the world: ‘Say to the daughter of Zion, surely your salvation is coming ...’”

Fasting is the ignoring of the body’s need for immediate nourishment due to an extension of serious quiet time with God (i.e., an extended time of serious meditation and prayer). There are various types of fast. An example of a less intense fast is found in Daniel 10:2-3 “In those days i, Daniel, was mourning three full weeks. I ate no pleasant food, no meat or wine came into my mouth, nor did i anoint myself at all, till three whole weeks were fulfilled.” The duration of the fast is **not** what makes it less intense but the type of fast (taking water and simple foods). A short fast can be intense (Acts 9:9 -- no food, no water).

Mark 9:25-29 “... Jesus rebuked the unclean spirit, saying to it: ‘Deaf and dumb spirit, I command you, come out of him and enter him no more!’ Then the spirit cried out, convulsed him greatly and came out of him. And he became as one dead, so that many said, ‘He is dead.’ But Jesus took him by the hand and lifted him up, and he arose. And when Jesus had come into the house, His disciples asked Him privately, ‘Why could we not cast it out?’ So He said to them, ‘**This kind cannot depart except by prayer and fasting.**’” To cast out an unclean spirit, one can be led into specific prayer and fasting.

Abstaining from entertainment/amusement (shows, video games, movies, secular-music, etc.) is **Not a fast**. I have heard Pastor Chuck Smith of Calvary Chapel teach that LIE. However in Deuteronomy 6:6-9 God says: “And these words which I command you today shall be in your heart. You shall teach them diligently to your children, and shall talk of them when you sit in your house, when you walk by the way, when you lie down, and when you rise up. You shall bind them as a sign on your hand, and they shall be as frontlets between your eyes. You shall write them on the doorposts of your house and on your gates [and walls].” Ephesians 5:15-17 “Make sure that you conduct yourself circumspectly, not as fools but as wise, **redeeming the time**, because the days are evil. Therefore do not be unwise, but understand what the will of the Lord is.”

For a true Christian, abstaining from entertainment/amusement is already a normal part of his/her way of life; it’s not a fast. 1John 2:15-17 “Do not love the world or the things in the world. If anyone loves the world, the love of the Father is not in him. For all that is in the world--the desire of the flesh, the lust of the eyes, and the pride of life--is not of the Father but is of the world. And the world is passing away, and the lust of it, but he who does the will of God abides forever.” The word “muse” means to think. “**A-muse-ment**” means: **Not to think**. Psalm 1:1-2 “Blessed is the one whose ... delight is in the law of the LORD, and in His law he **meditates day and night.**”

When fasting, one should constantly concentrate on the truths of God, even when not fasting. Those who are physically fragile should take their health into consideration; they shouldn’t be careless about their health or medical situation.

Natural Fast (un-planned): In this case, one forgets to eat due to a troubling circumstance. One desires to be alone; the person only desires to think about the troubling circumstance and pour out his heart before God. Sometimes this can be prolonged. Nehemiah 1:2-4 “... Hanani one of my brethren came with men from Judah, and i [Nehemiah] asked them concerning the Jews who had escaped, who had survived the captivity, and concerning Jerusalem. And they said to me, ‘The survivors who are left from the captivity in the province are there in great distress and reproach. The wall of Jerusalem is also broken down and its gates are burned with fire.’ So it was, when i heard these words, **i sat down and wept, and mourned for many days, i was fasting and praying before the God of Heaven.**”

In Matthew 6:16-18, Jesus said: “Moreover, when you fast, do not be like the hypocrites, with a sad countenance. For they disfigure their faces **that they may appear to people to be fasting**. Assuredly, I say to you, they have their reward. But you, when you fast, anoint your head and wash your face, so that you do not appear to people to be fasting, but to your Father who is in the secret place, and your Father who sees in secret will reward you ...” In that portion of Scripture, i think Jesus was talking about planned fasts rather than natural fast (un-planned). This is because during a natural fast, one is **not** really concerned about making a show; one is overwhelmed, it’s almost impossible to hide the sorrow or worry. Nehemiah 2:1-5 “...

in the month of Nisan, in the twentieth year of King Artaxerxes ... i [Nehemiah] took the wine and gave it to the king. Now i had never been sad in his presence before. Therefore the king said to me, 'Why is your face sad, since you are not sick? This is nothing but sorrow of heart.' So i became dreadfully afraid and said to the king, 'May the king live forever! Why should my face not be sad, when the city, the place of my fathers' tombs, lies waste, and its gates are burned with fire?' Then the king said to me, 'What do you request?' So i prayed to the God of Heaven. And i said to the king ..."

Planned Fast: It usually involves effort on our part. There are times in which one is about to make an important decision but the person needs to think on God's truth for that particular situation, and pray and fast for God's guidance and strength in the decision because one's human nature is always at war against the Spirit and submission to God's will.

A fast can result from a repentant heart seeking peace with God: Psalm 51 "Have mercy upon me, O God, according to Your loving-kindness, according to the multitude of Your tender mercies, blot out my transgressions. Wash me thoroughly from my iniquity and cleanse me from my sin. For i acknowledge my transgressions ... Create in me a clean heart, O God, and renew a steadfast spirit within me. Do not cast me away from Your presence ... The sacrifices of God are a broken spirit, a broken and a contrite heart-- these, O God, You will not despise." James (Yakob) 4:6-10 "God resists the proud, but gives grace to the humble.' Therefore submit to God. Resist the devil and he will flee from you. Draw near to God and He will draw near to you. Cleanse your hands, you sinners, and purify your hearts, you double-minded. Lament, mourn and weep! Let your laughter be turned to mourning and your joy to gloom. Humble yourselves in the sight of the Lord, and He will lift you up."

To the married: 1Corinthians 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 wrote to one of his assistants (Timothy): "No longer drink only water, but use a little wine for your stomach's sake **and your frequent infirmities**" (1Timothy 5:23). Sometimes God chooses not to physically heal. In such cases, one needs to take medical advice serious (whether fasting or not). One should not test God **according to one's own will:** Matthew 4:5-7 "Then the devil took Jesus up into the holy city, set Him on the pinnacle of the temple, and said to Him, 'If You are the Son of God, throw Yourself down. For it is written: He shall give His angels charge over you, and in their hands they shall bear you up, lest you dash your foot against a stone.' Jesus said to him, 'It is also written, you shall not tempt the LORD your God.'"

In Isaiah 58:6-11, God said: "Is this not the fast that I have chosen: to loose the bonds of wickedness, to undo the heavy burdens, to let the oppressed go free, and that you break every yoke? Is it not to share your bread with the hungry, and that you bring to

your house the poor who are cast out; when you see the naked, that you cover him, and not hide yourself from your own flesh? ... Then you shall call, and the LORD will answer; you shall cry, and He will say, 'Here I am.' If you take away the yoke from your midst, the pointing of the finger, and speaking wickedness, if you extend your soul to the hungry and satisfy the afflicted soul, then your light shall dawn in the darkness, and your darkness shall be as the noonday. YAH will guide you continually, and satisfy your soul ...”

March 2010: Recently, i received this e.mail calling people to pray to somehow stop future natural disasters (which Jesus already said will be prevalent in these last days **Matthew 24:4-11**):

At the dawn of year 2010 the Lord asked us to pray against natural disasters that are gathering momentum, little did we all know that the disasters were around the corner, we were all caught unawares with the 12th of January earthquake in Haiti measuring 7.0 magnitudes ...

Immediately after this, different natural disasters started happening in various Countries, from excessive snow to heat waves to rains to landslides, etc. Most of these were happening outside the Africa countries. However few days ago it entered Africa through the excessive rain that caused landslide in Uganda and it was reported that villages were swept away.

Friends, God again is asking us to seriously pray against this natural disaster in Nigeria because he said, this disaster is heading for Nigeria, please understand that we are not thinking of evil for this country but rather we are taking a serious preventive measure. **GOD SAID WE MUST PRAY VERY HARD TO PREVENT THIS DISASTER FROM GETTING TO NIGERIA! AND THAT IF WE DO SO WE WILL ONLY TESTIFY.** The reasons for this Clarion call is to stand up in the place of prayer so as to prevent this evil from getting to Nigeria ...

But in Matthew 24:4-11 “Jesus answered them: **Take heed that no one deceives you.** For many will come in My name ... and will deceive many. And you will hear of wars and rumors of wars. See that you are not troubled, **for all these things must come to pass**, but the end is not yet. Nation will rise against nation, and kingdom against kingdom. **And there will be famines, pestilences, and earthquakes in various places. All these are the beginning of sorrows.** Then they will deliver you up to tribulation and kill you, and you will be hated by all nations for My name’s sake. And then many will be offended, will betray one another, and will hate one another. Then **many false prophets will rise up and deceive many.**”

Prayers of the masses won’t reverse the curse which independent Eve and selfish Adam have brought upon themselves and this earth. Those who know the true Christ know relief (**spiritually**) from the curse of sin. Later, Christ will take those who know



Him into complete Salvation (physically as well) and this universe will be healed, but not now.

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