

# THE ABUNDANCE OF FASTING

The misconception of today's generation even the old parents that to fast or to abstain from liquid or solid food is very harmful and dangerous

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In contrary, fasting is a helpful both for physical and spiritual aspects. Today, people are afraid of fasting that it will make them ill and having a bad experience, due to this, they feel that fasting is odd to God.

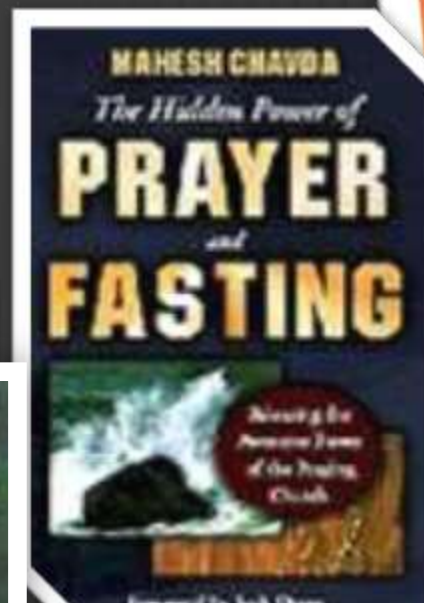
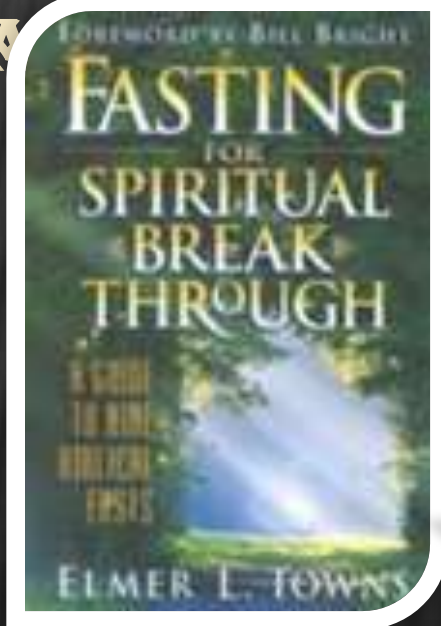


**THE ABUNDANCE OF FASTING**

ACCORDING TO DON WHITNEY (BIBLICAL EXPOSITOR) SAYS:

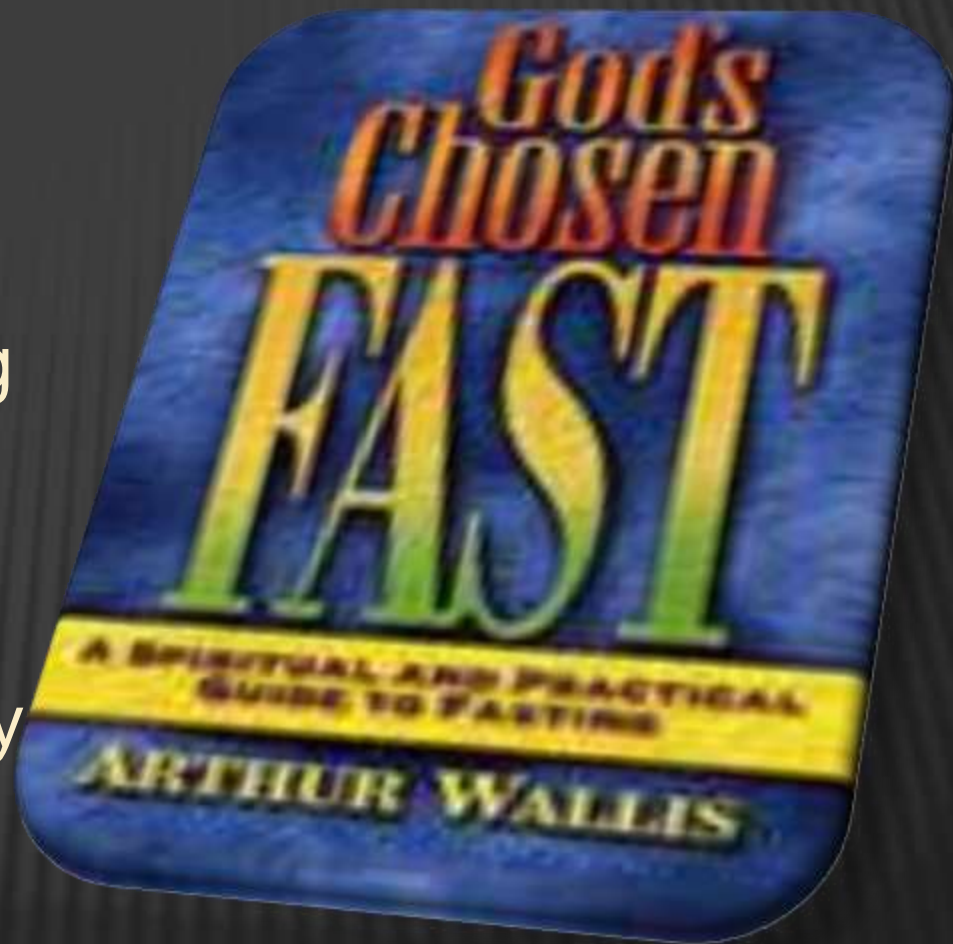
**“YOU’LL BE SURPRISED THAT FASTING IS GIVEN AS MUCH AS IN SCRIPTURE AND PRAYER.”**

Discipleship Journal ,  
January-February 1992  
Vol. 12 No. 1 p. 11)



# PRAYER AND FASTING AN ANCHOR TO GOD

We know that praying and fasting is the anchor of our soul to God, therefore praying and fasting is the composite ingredients of our relationship stability to the Almighty God our Sustainer.



# WHAT IS FASTING?

It is an annual training programmed to refresh us for carrying our duties towards the Creator and Sustainer.



# FASTING IS GOD'S ORDINANCE OF TOTAL ABSTINENCE OF : FOOD

- ✘ drinks and sex for one whole month from dawn to sunset for spiritual and physical purposes or purification



# FASTING IS GOD'S ORDINANCE OF TOTAL ABSTINANCE OF : DRINKS



# FASTING IS GOD'S ORDINANCE OF TOTAL ABSTINENCE OF : SEX





# FASTING IS GOD'S ORDINANCE OF TOTAL ABSTINENCE OF SMOKING



**BUTANE**  
Lighter Fluid

**ACETIC ACID**  
Vinegar

**CADMIUM**  
Batteries

**STERIC ACID**  
Candle Wax

**METHANE**  
Sewer Gas

**HEXAMINE**  
Barbeque lighter

**ARSENIC**  
Poison

**NICOTINE**  
Insecticide

**TOLUENE**  
Industrial Solvent

**CARBON MONOXIDE**  
Car Exhaust

**METHANOL**  
Rocket Fuel

**AMMONIA**  
Toilet Cleaner

**FUEL**

**GLUE**

**Paint**

**973.616.1744**

# WHAT IS FASTING ?

Fasting is one of the prerequisites for God's grace, Mercy and forgiveness.



# WHAT IS FASTING ?

- ✘ It has spiritual and social lessons to teach the believers in his relations to God, to man and himself.



# BIBLE: EZRA 10:6; ESTHER 4:6 ACTS 9:9

- ✘ Absolute fasting is the common practice of the Biblical Prophets, it is the total avoidance of all food and liquid



# PROPHETS AND MEN OF GOD

- ✘ The Biblical prophets like **David** (Psalms 35:13)



# JESUS (MATTHEW 4:2)



DANIEL (DANIEL 9:3),

**The** *Spiritual*  
**2008** *Fasting*  
**Daniel**  
**Fast**  
**For the Body,  
Soul, and Spirit**

Publications of Christian to  
Promote Fasting under the model  
of Prophet Daniel

# MOSES (DUET, 9:9)



THE  
LAW





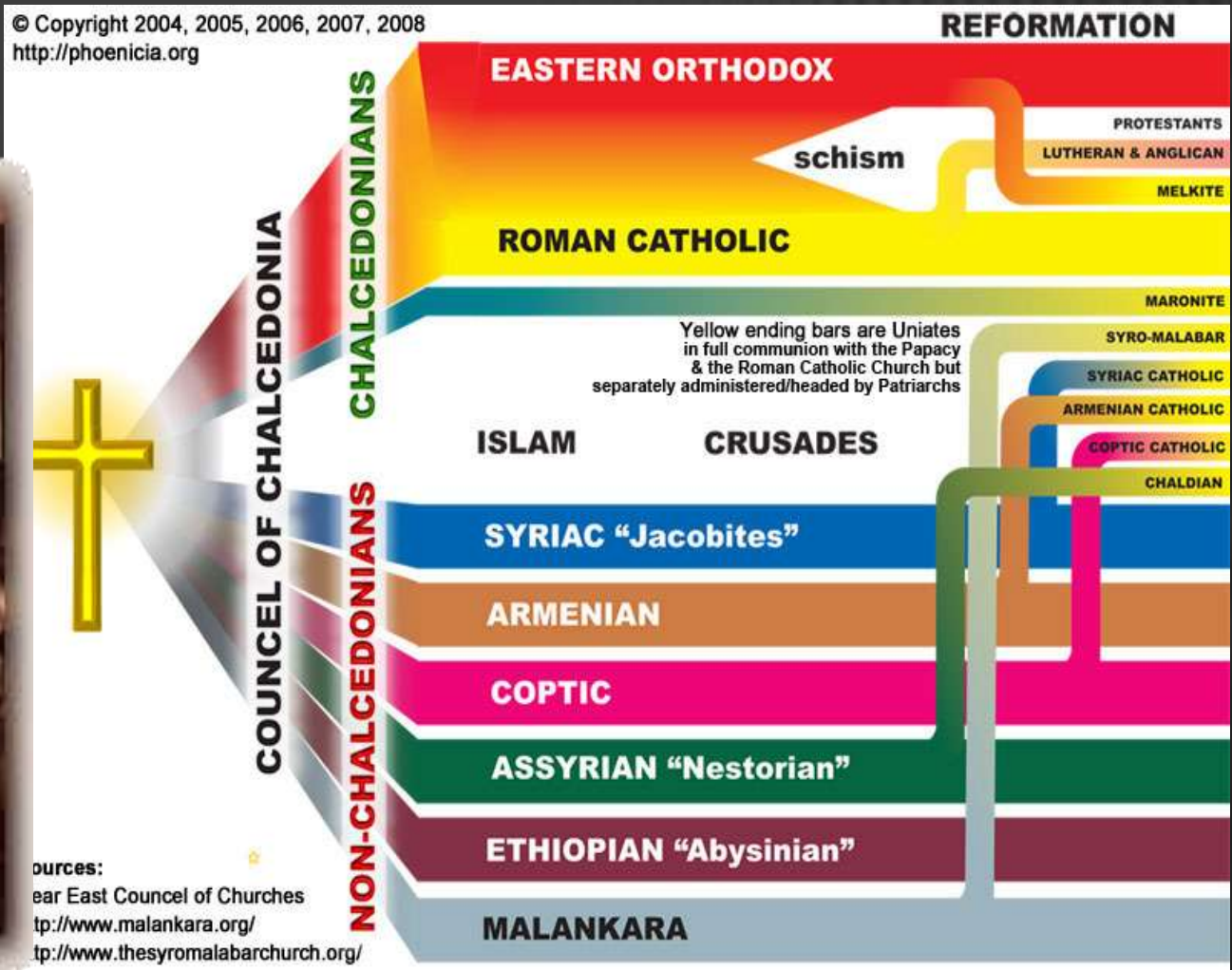
# ELIJAH (I KINGS 19:8)



# THE FIRST BELIEVERS OR FOLLOWERS OF JESUS CHRIST (ACTS 13: 2; 14:23)



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<http://phoenicia.org>



Sources:  
 Near East Council of Churches  
<http://www.malankara.org/>  
<http://www.thesyromalabarchurch.org/>

# SPIRITUAL BENEFITS OF FASTING

- ✘ The odor from the mouth of a fasting person is more pleasing to Allah than the fragrance of musk



# SPIRITUAL BENEFITS OF FASTING

- ✘ The angels ask Allah's forgiveness for those fasting until they break the fast.



# SPIRITUAL BENEFITS OF FASTING

- ✦ Allah beautifies His Paradise each day and says to it: “ My righteous servants are about to be spared suffering and harm, then they will be sent to you.”



# SPIRITUAL BENEFITS OF FASTING

- ✘ The devils are chained during this month



# SPIRITUAL BENEFITS OF FASTING

- ✘ The door of Paradise are opened while those of Hell are locked



# SPIRITUAL BENEFITS OF FASTING

- ✘ The Night Decree (*Laylat al-Qadar*), which is better than a thousand months, occurs during this month. Whoever of the good of this night has indeed been deprived of much goodness.





# SPIRITUAL BENEFITS OF FASTING

- ✘ Those fasting receive forgiveness of their sins on the last night of Ramadan

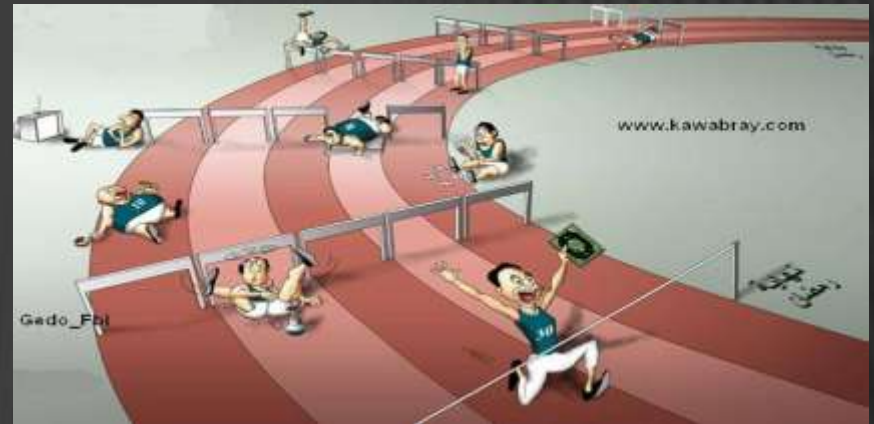


# SPIRITUAL BENEFITS OF FASTING

- ✘ Allah saves a number of people from hellfire during each night of Ramadan.



**FASTING IS THEREFORE A HIGHER FORM OF SPIRITUAL TRAINING WHICH MAKES THE PATH OF OBEDIENCE EASIER, BECAUSE, A BELIEVER IS EXPECTED TO REMAIN AWAY FROM ALL BAD ACTION AND THOUGHT DURING HIS FAST.**



**What  
do I  
do about**

**FASTING?**

IT TEACHES ONE TO BE KIND TO THE POOR AND NEEDY, AND TO EXPERIENCED AND SHARE WILLINGLY THE HARDSHIP AND SUFFERING OF THE POOR.

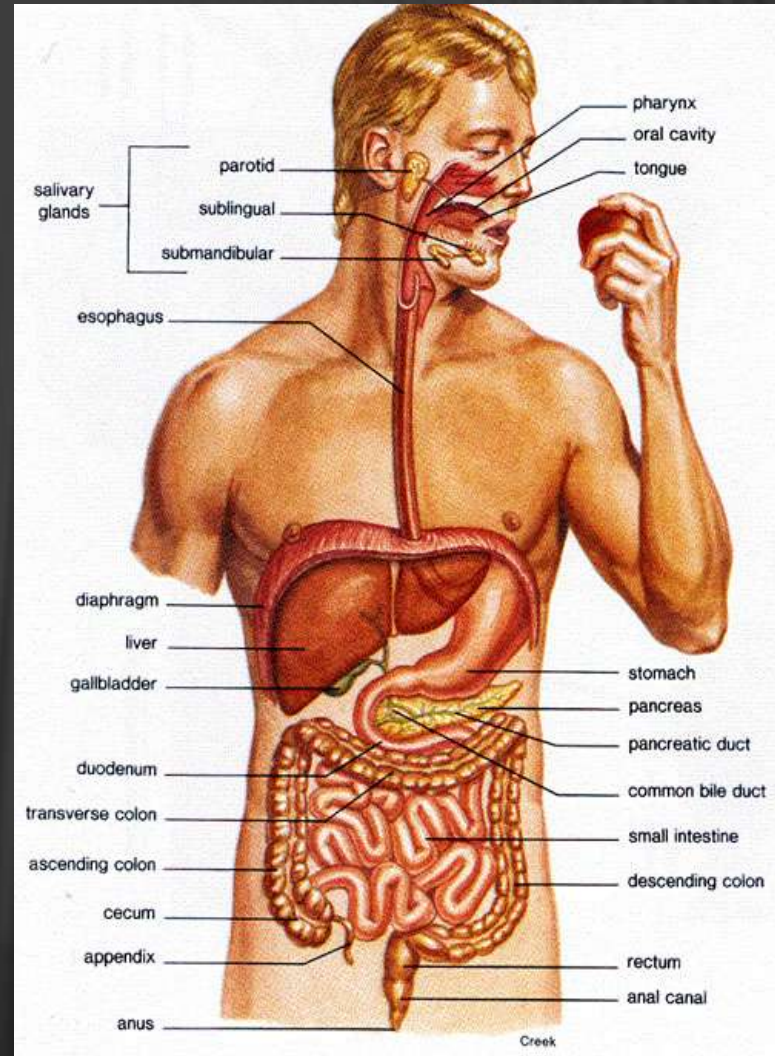


IT BRING ONE CLOSER TO GOD AND GIVES  
GREAT SPIRITUAL STRENGTH.

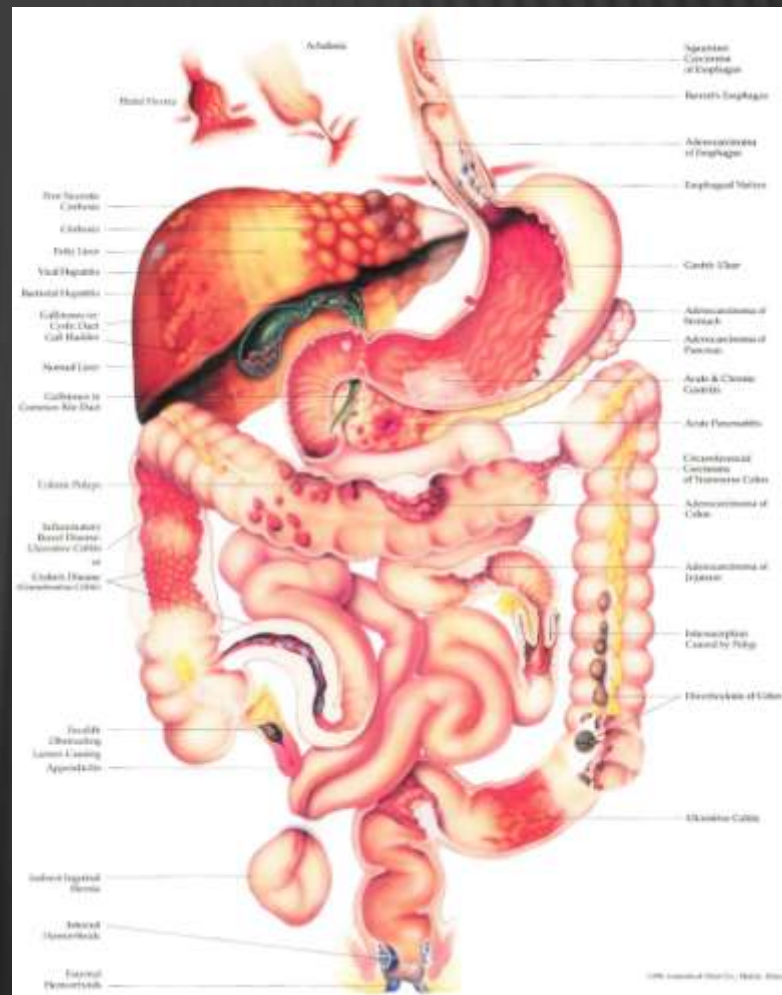
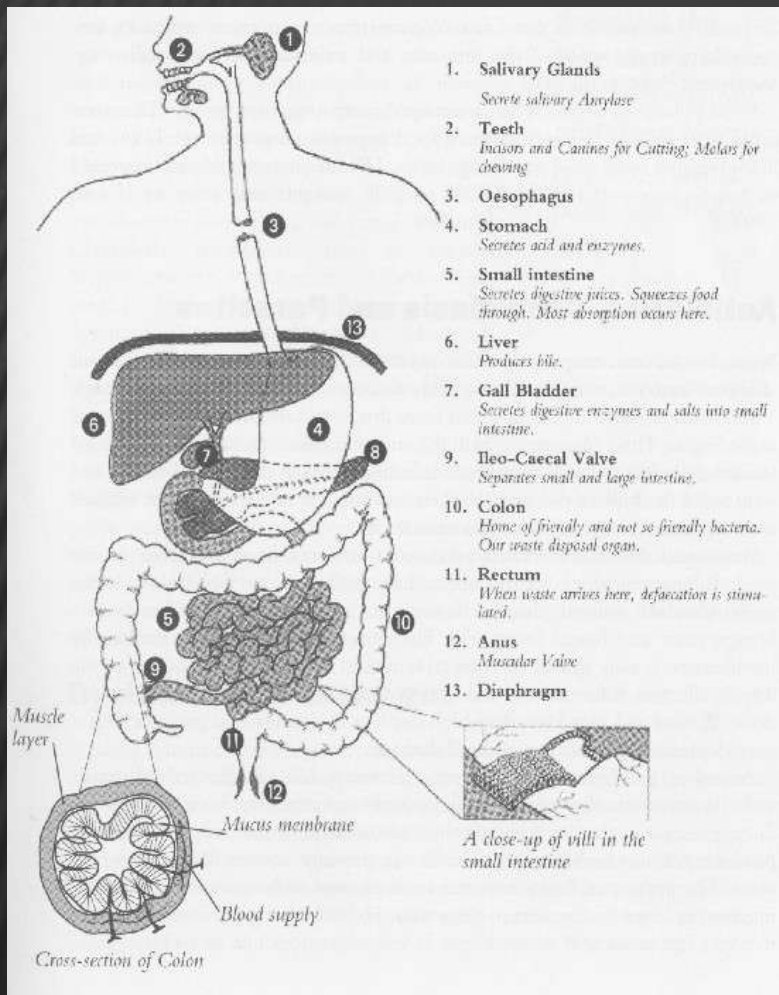


# SOCIAL OR PHYSICAL BENEFITS

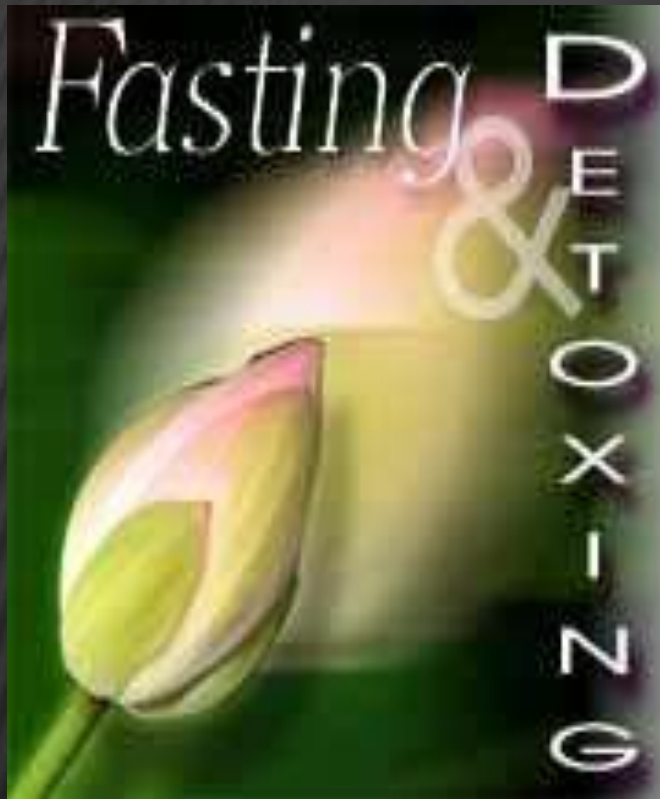
- ✘ Aside from the spiritual and social point of view, that induces people to show practical understanding to the deprived and the starving. Moreover, the benefits of fasting have been tested and documented especially in *biochemistry, physiology, clinical therapeutics, clinical nutrition* and et cetera, both health and hygiene its curative and preventive value cannot be denied.



IT CLEANSSES THE BODILY SYSTEM INTERNALLY AND SHAKES OFF THE UNCONSUMMATED FOOD MATERIAL, WHICH USUALLY TAKES THE FORM OF SURPLUS FAT AND OVERWEIGHT, AND BECOMES THE CAUSE OF MANY DISEASES AND DISCOMFORTS. FASTING IS A GOOD PRECAUTIONARY MEASURE AGAINST THE INCIDENCE OF NUMBER OF DISEASE.



FASTING IS A GOOD PRECAUTIONARY MEASURE AGAINST THE  
INCIDENCE OF NUMBER OF DISEASE.



*Fasting - a means of  
purification of the body  
and soul, and it is  
important for  
improving the healing  
power within the body.*



# MEDICAL BENEFITS OF FASTING

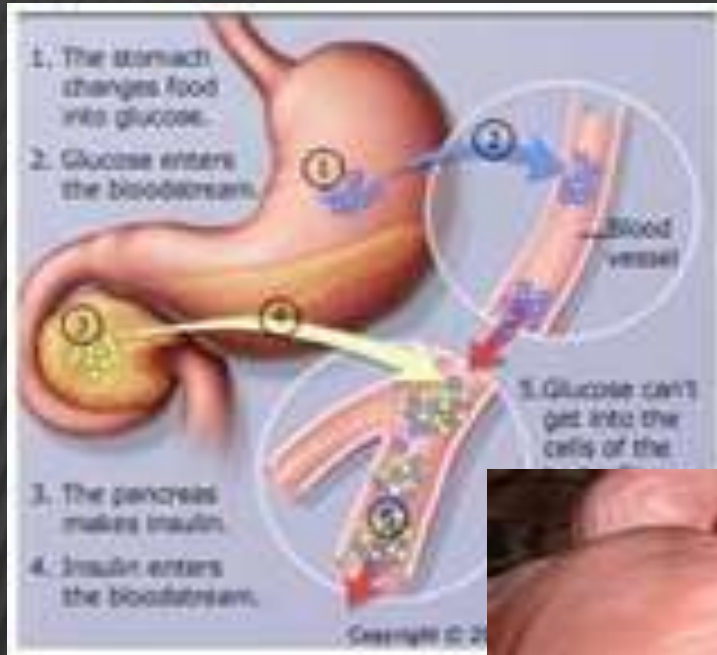
- ✘ It gives the digestive system the chance of rest. It also a remedy to chronic intestinal disturbances.



# THE TREATMENT FOR OBESITY WHICH PREDISPOSES TO SO MANY ILLNESS.



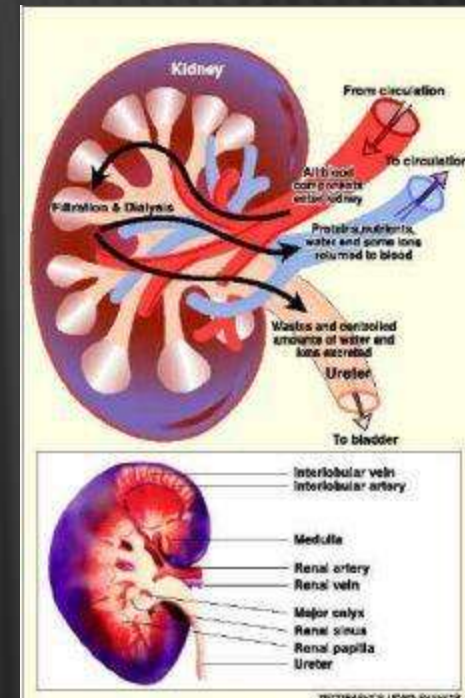
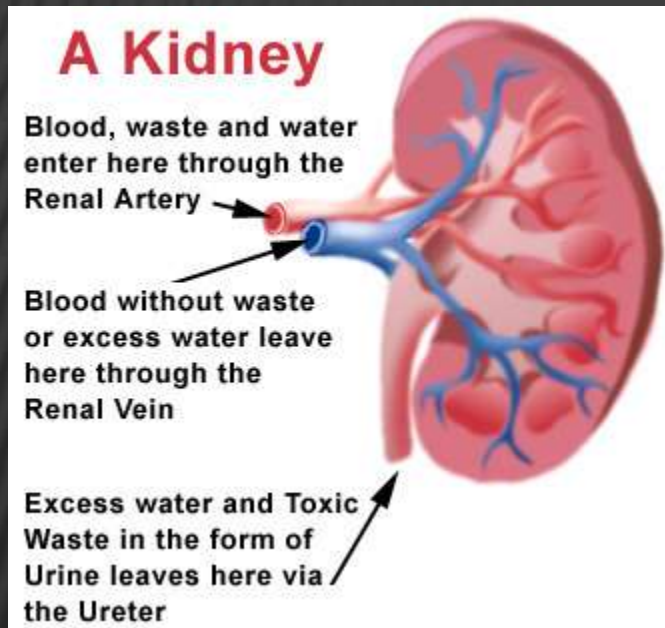
# IMPROVE DIABETES MELLITUS



# IMPROVE ARTHRITIS



# RENAL DISEASE WITH OEDEMA ( IMPROVEMENT)

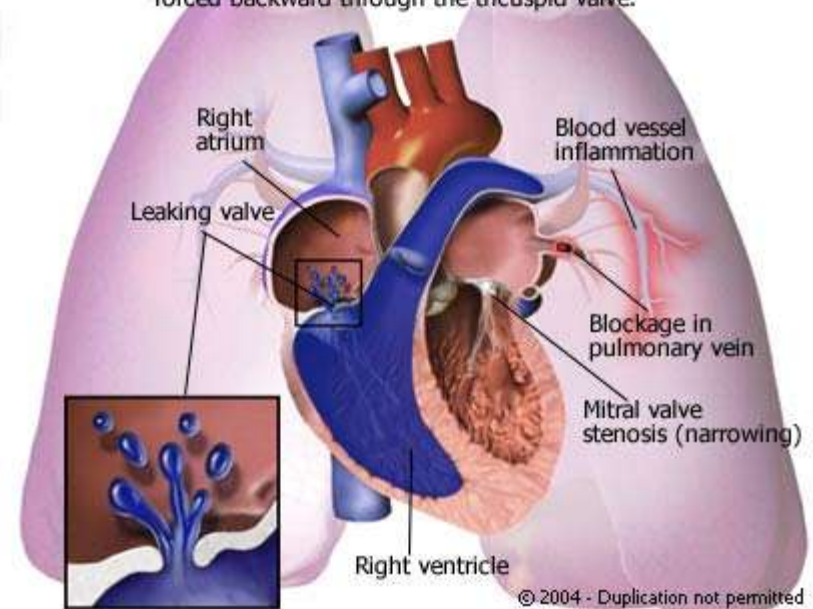


# HYPERTENSION REDUCTION

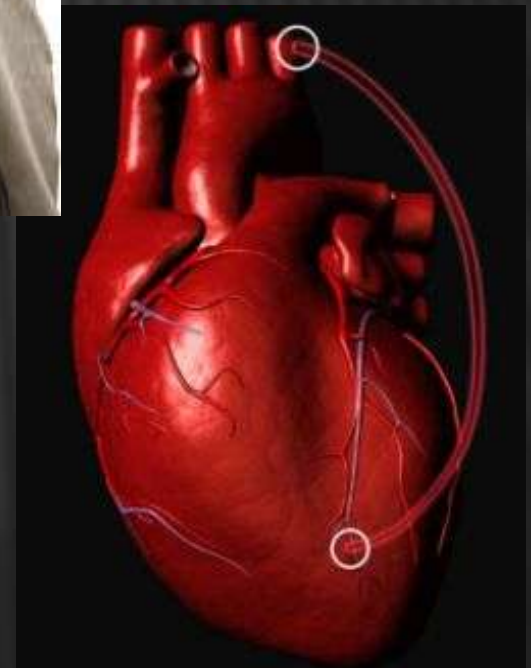
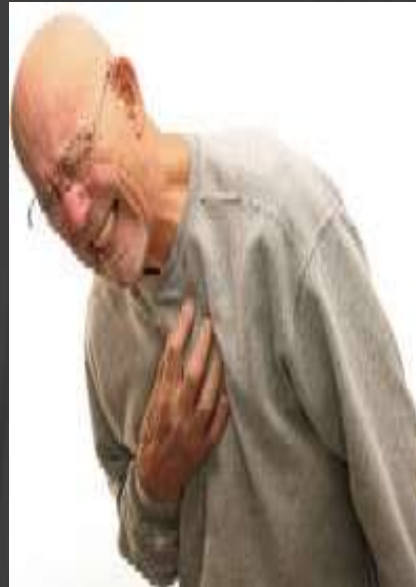
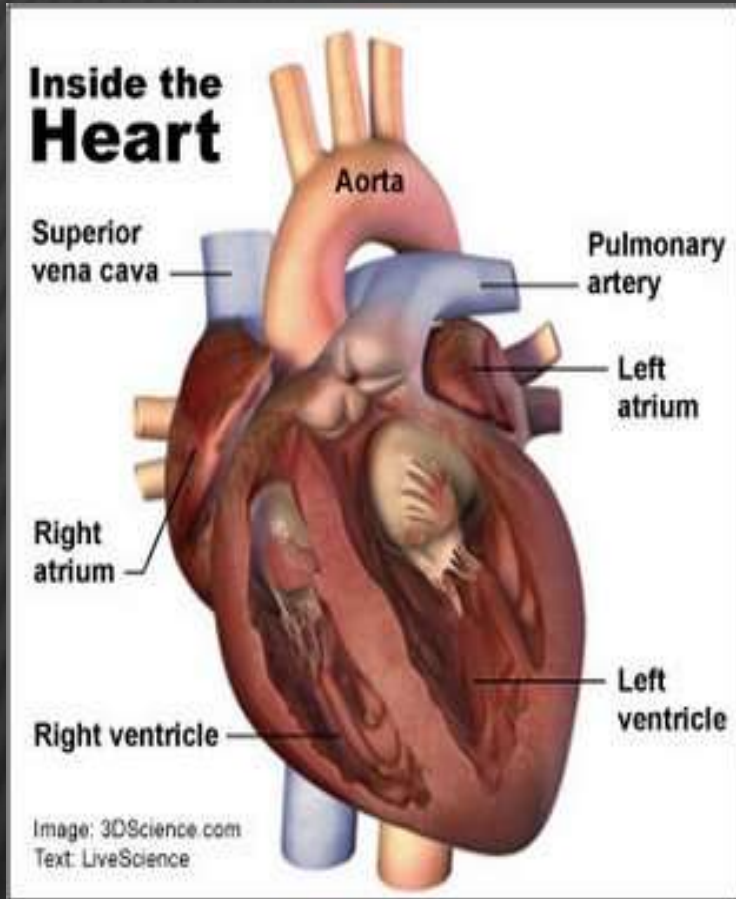


## Pulmonary Hypertension

Can be caused by a number of factors, all of which force the heart's right side to work harder to pump blood to the lungs. The right chambers may enlarge as they struggle to function, and blood is often forced backward through the tricuspid valve.

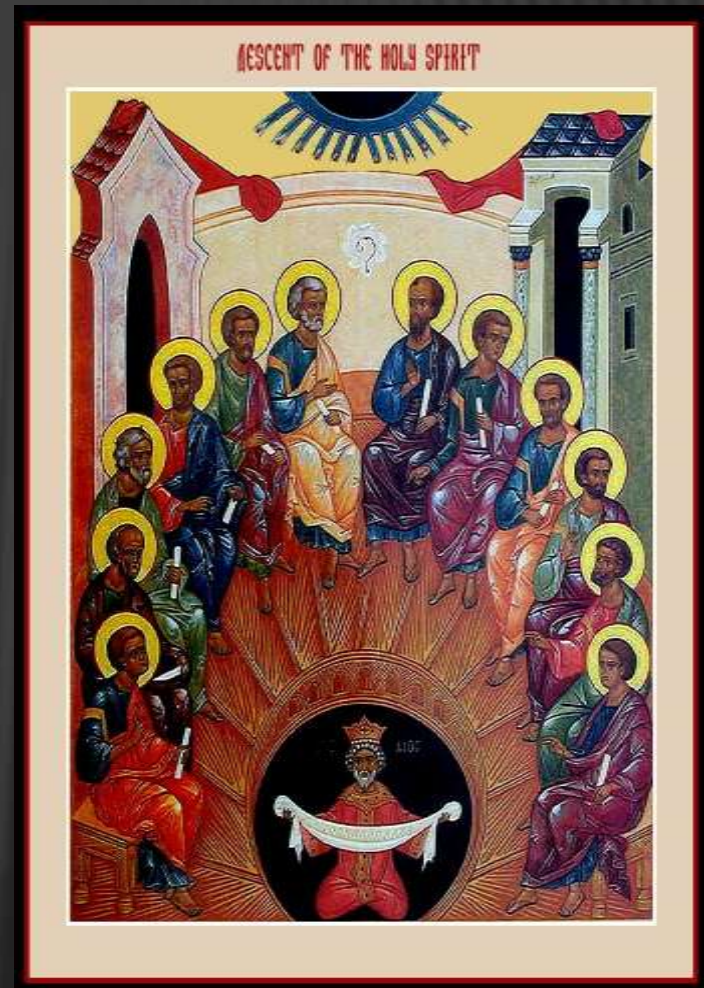


# HEART DISEASES WITH OEDEMA (IMPROVEMENT)



# THE ALMIGHTY GOD- ALLAH SAYS IN THE HOLY QUR'AN (ISLAM'S HOLY SCRIPTURE) 2:183: "

*" O ye who believe! Fasting is prescribed for you As it prescribed for those before you, That you may learn self restrained."*





# IN ADDITION, THE LAST PROPHET SAID:

*"Fast so as to heal your bodies from the*

