

# How to break the fast - 9/10/2014

## 10 Daniel

Day 10 and tomorrow will be the fast breaking.

At the beginning of a journey the road seems long and difficult. As you round the final corner the journey doesn't seem to have taken as long as you thought it was going to be at the beginning.

This has been a purging of your temple (1Cor3:16). I've noticed a difference. Some people may require additional purging and cleaning. I know I tested my limits on meat/delicacies fasting and know that I could have gone further just doing the veggie juice.

Before going out to the local burger joint and stuffing yourself with a double decker fully loaded burger one needs to ask themselves: Does the bible show any examples on how to break a period of no eating?

Yes.

A storm raged in the sea when Paul was being taken to Rome by ship. The fierce storm made the 216 persons on the boat fast for 14 days. Paul stood up and encouraged them to eat meat for their health -Acts27:33-38.

KJV Acts 27:33-38

33 And while the day was coming on, **Paul besought them all to take meat**, saying, This day is the **fourteenth day** that ye have tarried and continued fasting, having taken nothing.

34 Wherefore I pray you to **take some meat: for this is for your health**: for there shall not an hair fall from the head of any of you.

35 And when he had thus spoken, he took bread, and gave thanks to God in presence of them all: and when he had broken it, **he began to eat**.

36 Then were they all of good cheer, and **they also took some meat**.

37 And we were in all in the ship two hundred threescore and sixteen souls.

38 And when they had eaten enough, they lightened the ship, and cast out the wheat into the sea.

In the passage Paul broke the fast by first giving thanks publicly then eating bread. He then ate some meat.

### What kind of meat?



I believe that the bible show 3 examples a kind of meat that was eaten after a period of no eating in the New Testament. A certain kind of meat that goes along with bread – Fish.

Fish and bread appears 3 times after a period of non-eating.

**Mt14:13-21** Jesus fed 5,000 men (women and children not included in count) with 5 loaves of bread and 2 fishes after the crowd had stayed with him for a day.

**Mt15:32-38** Jesus fed 4,000 men (women and children not included in count) with 7 loaves of bread and 2 fishes after they stayed with him 3 days without eating.

**Jn21:3-13** The Apostles spent all night fishing without catching anything. Jesus asked the apostles in a boat if they had any meat. The Apostles said no. Jesus then said to cast their net over on the right side. The Apostles caught a great number of fish. Jesus told the apostles to bring some of the fish that they caught to the fire. Jesus was already cooking some fish and bread on a bed of coals.

Fish is a light meat, not heavy. I would recommend maybe some full cultured yogurt (lots of good bacteria cultures) along with fish to prevent a sudden shock to the stomach with a side of fresh fruit & veggies.

One could still have the beef burger, but your body would enjoy the fish better.

Pray especially more fervently, more zeal and passion today so that any evil that the wicked are trying to bring forth tomorrow will fail and they will fall into their own traps designed for us.

*Jesus the wicked are go astray from birth (Ps58:3). They are the destroyers of the earth (Rev11:18). They can't sleep until they cause someone to stumble (Prov4:16). They are the ones wanting to steal, kill and destroy (Jn10:10). Your eyes cover the earth, you know the plans of the wicked towards us. Jesus we beseech you today to foil their plots, schemes and plans. Turn all the devices, persons, beasts, plagues and diseases that were intended for your people and your land towards the wicked and cause death and destruction on their seed, their property and their generation. Wicked seed! prepare your sons for slaughter (Is14:21).*

Regards,  
David

**#1**

KJV Matthew 14:13-21

13 When Jesus heard of it, he departed thence by ship into a desert place apart: and when the people had heard thereof, they followed him on foot out of the cities.

14 And Jesus went forth, and saw a great multitude, and was moved with compassion toward them, and he healed their sick.

15 And when it was evening, his disciples came to him, saying, This is a desert place, and the time is now past; send the multitude away, that they may go into the villages, and buy themselves victuals.

16 But Jesus said unto them, They need not depart; give ye them to eat.

17 And they say unto him, We have here but **five loaves, and two fishes.**

18 He said, Bring them hither to me.

19 And he commanded the multitude to sit down on the grass, and took the five loaves, and the two fishes, and looking up to heaven, he blessed, and brake, and gave the loaves to his disciples, and the disciples to the multitude.

20 And they did all eat, and were filled: and they took up of the fragments that remained twelve baskets full.

21 And they that had eaten were about **five thousand men, beside women and children.**

## #2

KJV Matthew 15:32-38

32 Then Jesus called his disciples unto him, and said, I have compassion on the multitude, because **they continue with me now three days, and have nothing to eat: and I will not send them away fasting,** lest they faint in the way.

33 And his disciples say unto him, Whence should we have so much bread in the wilderness, as to fill so great a multitude?

34 And Jesus saith unto them, How many loaves have ye? And they said, **Seven, and a few little fishes.**

35 And he commanded the multitude to sit down on the ground.

36 And he took the seven loaves and the fishes, and gave thanks, and brake them, and gave to his disciples, and the disciples to the multitude.

37 And they did all eat, and were filled: and they took up of the broken meat that was left seven baskets full.

38 And they that did eat were **four thousand men, beside women and children.**

## #3

KJV John 21:3-13

3 Simon Peter saith unto them, I go a fishing. They say unto him, We also go with thee. They went forth, and entered into a ship immediately; and **that night** they caught nothing.

4 But when the morning was now come, Jesus stood on the shore: but the disciples knew not that it was Jesus.

5 Then Jesus saith unto them, Children, **have ye any meat?** They answered him, No.

6 And he said unto them, **Cast the net on the right side of the ship, and ye shall find.** They cast therefore, and now they were not able to draw it for the **multitude of fishes.**

7

that disciple whom Jesus loved saith unto Peter, It is the Lord. Now when Simon Peter heard that it was the Lord, he girt his fisher's coat unto him, (for he was naked,) and did cast himself into the sea.

8 And the other disciples came in a little ship; (for they were not far from land, but as it were two hundred cubits,) dragging the net with fishes.

9 As soon then as they were come to land, they saw a **fire of coals there, and fish laid thereon, and bread.**

10 Jesus saith unto them, **Bring of the fish which ye have now caught.**

11 Simon Peter went up, and drew the net to land full of great fishes, an hundred and fifty and three: and for all there were so many, yet was not the net broken.

12 Jesus saith unto them, Come and dine. And none of the disciples durst ask him, Who art thou? knowing that it was the Lord.

13 Jesus then cometh, and **taketh bread, and giveth them, and fish likewise.**