

Spiritual Detox

The True Fast

(Isaiah 58; Psalm 139:23-24; I John 1:9;
Psalm 32:1-5; 51:2-12)



At the end of forty days and forty nights fast, YAHSHUA was hungry. The devil then came to tempt Him by suggesting, “If You are the Son of God, command the stones to be made bread.” Satan found YAHSHUA physically weak (hungry) but His Spirit was and would never be weak. YAHSHUA replied, It has been written, man shall not live and be upheld and sustained by bread alone, but by every word that comes forth from the mouth of God (Matt. 4:2b -4). Here the Lord expressed that man is not only flesh and blood, but also spirit and soul. When the physical body is in need of cleansing through a fast, the spirit and soul are also benefited. Fasting should be done not only for physical purposes but also for the spiritual. Here is the kind of fast chosen by the Lord from Isaiah 58: *Is not this the fast that I have chosen; to loose the bonds of wickedness, to undo the bands of the yoke, to*

*let the oppressed go free, and that you **break** every yoke? Is it not to **divide** your bread with the hunger and **bring** the **homeless poor** into your house – when you see the naked, that you **cover** him and that you **hide not** yourself from your own flesh and blood? Then these promises: Then shall your **light break forth** like the morning, and your **healing** shall spring forth speedily; your **righteousness shall go before you**, and the glory of the Lord shall be your **rear guard**; then you **shall call**, and the **Lord will answer**; you shall **cry**, and **He will say, Here I am**. If you **take away** from your midst **yokes of oppression, the finger pointed in scorn, and every form of false, harsh, unjust and wicked speaking**, and if you **pour out** that with which you **sustain** your own life for the **hunger and satisfy the need of the afflicted**, then shall **your light rise** in darkness and your **obscurity and gloom become like the noonday**. And the **Lord shall guide you continually and satisfy you in drought and in dry places and make strong your bones**. And you shall be like a watered garden and like a spring of water whose waters fail not.*

When God created man, He breathed in him life. Life is the spirit of man. God gave him a soul, which is his personality and the body the visible part needed to be taken care of through nourishment and hygiene and exercise. So we are three in one person: spirit, soul and body. They cannot be separated, only in death, when the spirit leaves the body and the soul ceases too.

The moods we express are very much dependent on what we eat. Foods not only affect the physical, but also the soul. Being knowledgeable and aware of what we feed our body will be of great help for a healthy body. The word of God tells us that we believers are the temple of the Holy Spirit. Shouldn't it be a good enough reason to take care of our body? A healthy body is a happy soul. Our spiritual life needs to experience a daily detox through confession of sin and repentance.

When God created the earth, He filled it with beautiful colorful foods to feed and heal the body. It is known that specific colors affect or help specific organs. For example: **green** nourishes the liver; **red** nourishes the heart; **yellow** the spleen and stomach; white moistens the lungs and **black** nourishes the kidneys. If I eat that which God created for my body, I will be in harmony with His plans for my body. When I eat green beans, broccoli, spinach and all the green available, I am nourishing the liver, which serves my body in its detoxification of chemicals, among many other functions. When I eat red peppers, red beans, carrots, sweet potatoes, strawberries, etc., I am bringing nourishment and healing to my heart which pumps blood through the arteries and veins. When I eat yellow foods, as in

corn, squash, egg yolk, etc., the stomach and the spleen are being fed and healed. The stomach functions in breakdown and digest food to extract necessary nutrients; and the spleen has a critical role in the immune function, since it purifies the blood. When I eat white beans, pear and cauliflower and all other vegetables and fruit in that color, I am nourishing my lungs. The function of the lungs in the respiratory system is to take in oxygen and expel carbon dioxide when we breathe. The function of the lungs in the circulatory system the blood travels through the lungs to exchange carbon dioxide for new oxygen. When I eat black beans, walnut, and black rice, etc., I am nurturing my kidneys whose functions are to extract waste from the blood, to balance the body fluid, for urine, etc... A little knowledge of the functions of the body's organs is important to understand how to take better care of it.

A spiritual detox happens when man's heart is repentant. An example is in the life of the psalmist Asaph when he experienced envy of the prosperity of the wicked. He concluded that in vain had he cleansed his heart and washed his hands in innocence; but when he entered the sanctuary of God, there in the presence of God, he understood and had a spiritual detox that led him to repent. He said, My heart was grieved, embittered, and in a state of ferment, and I was pricked in my heart; so foolish, stupid, and brutish was I, and ignorant; I was like a beast before You (God); It is good for me to draw near to God; I have put my trust in the Lord God and made Him my refuge, that I may tell of all Your works (Psalm 73).

In confession and repentance, David cried to God saying, Against You, You only, have I sinned and done that which is evil in Your sight, so that You are justified in Your sentence and faultless in Your judgment; I am conscious of my transgressions, and I acknowledge them; my sin is ever before me. Wash me thoroughly from my iniquity and guilt cleanse me and make me wholly pure from my sin! Purify me with hyssop, and I shall be clean; wash me, and I shall be whiter than snow; make me to hear joy and gladness and be satisfied; let the bones which You have broken rejoice; create in me a clean heart, O God, and renew a right, persevering, and steadfast spirit within me; restore to me the joy of Your salvation and uphold me with a willing spirit (Psalm 51). John said, If we admit that we have sinned and confess our sins, He is faithful and just and will forgive our sins and cleanse us from all unrighteousness (I John 1:9).

The prodigal son, after having lived a worldly life, he returned to his father in brokenness of heart and in contrition of spirit. He arose from the worldly life and went to his father and said to him: Father, I have sinned against heaven and in your sight; I am no longer worthy to be called your son; make me like one of your hired servants. But the father said to his bond servants, Bring quickly the best robe and put it on him; and give him a ring for his hand and sandals for his feet (Luke 15:21-22). In repentance of his son, the father forgave and restored his identity. That was a true spiritual detox.

Believers will not experience God's forgiveness and cleansing as long as the filters of their soul- emotion, will and mind are blocked with unconfessed sin. Life as usual is not life complete in Christ. We are called to the renewal of the mind in order to prove what is the good and acceptable and perfect will of God (Rom. 12:2). The will of God for us is His sanctification, without it we will not see Him.

When Peter denied the Lord the third time, the eyes of YAHSHUA meeting his caused Peter to repent and a spiritual detox took place in his life. The Bible says that he went out and wept bitterly (Luke 22:61). Another disciple named Thomas, after three years with YAHSHUA, chose to disbelieve the truth of YAHSHUA'S resurrection. He said, Unless I see in His hands the marks made by the nails and put my finger into the nail prints, and put my hand into His side, I will never believe [it]. The Lord came to him and rebuked him saying, Reach out your finger here, and see My hands; and put out your hand and place [it] in My side. Do not be faithless and incredulous, but believe! Thomas, repenting said, My Lord and my God! (John 20:27-29). At that moment Thomas experienced his spiritual detox. And forgiveness entered his heart. The Lord our God waits patiently for our return to Him just like the prodigal son's father did. It is up to us to take the first step to a spiritual detox with a contrite heart and repentance of sin. And we His Bride will "constantly be transfigured into His very own image in ever increasing splendor and from one degree of glory to another" (II Cor. 3:18b).