

The Chosen Fast

God's Answer to Bulimia, Anorexia, Toothpick Thin and Obesity

Before I get into the scripture let us take a glimpse at the image created and worshiped by most Americans at large. Toothpick thin seems to be in and if you look like a healthy normal American the media will point their camera at what they judge to be “too fat”. Then when anorexia brings the image near death the media have another story to write about and the image worshipping Americans fall for all the hysterical hoop-la-la hook, line and sinker. We are a society obsessed with worshipping an image and have become so phony nobody can relate to one another.

With God judging His people and forcing us to grow up and begin living in reality rather than living in an imaginary world made up of images, we are being forced to “fall into the hands of the living God”. In other words we have to lose control and let God control our life. The last thing we can hang onto is our eating for eating determines how fat or thin we are, and how we look to ourselves is our method of keeping our image and living in a pretend world.

When Paul was reduced to dung and went from Saul to Paul, his inner man was forced to let go and let God. I presume all of you know that the inner man is the only concern of Christ or God. For if it becomes whole, the carriage will follow.

Every knee will bow to the Lord Jesus Christ. I care not if you are the Pope, Queen Elizabeth, the Buddha or Kaddafi or even Bush. When you do bow your knee, He will humble you until you become nothing and He becomes your all in all.

You die to all your coy, proud, manipulative, head strong, self righteous, arrogant do gooder ways leaving behind a social structure you once belonged to, and become a member of a new social order called the body of Christ or the kingdom of God. The brute animal man that eats too much or too little has to give way to the

temperance of a new man. Do you get it or are you a dense American? As history is written will the word “American” stand for a type of people who are filled with stupid, pretending airheads or will that word again bring hope and comfort to a lost world?

Isaiah 58:6 – “Is this not the fast that I have chosen?”

“A day for a man to afflict his soul? To bow down his head like a bulrush? To become as sackcloth and ashes?”

This fast will be evidenced not by being toothpick thin or obese but by undoing the heavy burdens, letting those oppressed go free, breaking every yoke whether it be drugs, people, job or personalities that are a heavy yoke.

When you see the naked, you will clothe them, thinking more of their plight than your own. Then the scripture goes on to say you will judge yourself and not hide yourself from your own flesh. Then you will stop pointing your finger and speaking wickedness. If you go beyond yourself, extend your soul to the hungry and satisfy the afflicted soul — not just a do gooder but doing God’s will.

If we choose this fast then the Lord will guide you continually and satisfy your soul in drought and strengthen your bones and you shall be like a well watered garden. Then your light shall break forth like the morning, your healing shall spring forth speedily and your righteousness shall go before you. The glory of the Lord shall be your rear guard. Then you shall call and the Lord shall answer.

My dear Christian friend, there has to come a time in your life when you finally say, “Not my will but Thine be done,” and not have it be just a bunch of words spoken by hypocrites for two thousand years.

This is the only fast honored by God and bringing peace to the weary soul.

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