

Introduction to Fasting

Message from Saint Moses the Black



One day, I was asleep in the church of Saint Moses the Black in the Monastery of Saint Antonios in the city of Yermo near California. I saw Saint Moses. He was tall and illuminated. He seemed tired; he sat down on the ground while holding a cluster of grapes in his hand, and he was sad. I approached him and asked, "Are you the Saint Moses the Black?" He was sighing and he did not answer my question. He said, "What a great loss!" I asked him "what is that loss?" He answered, "The grace that the whole world is missing that God has abundantly given to every man. Unfortunately, people did not inquire about it as I did; that is why they stayed in a matchless poverty. As a result, they did not inquire about the door, the way, or the life, not even about the purpose or the eternity." Then I requested, "Please tell me about what you did to reach such holiness and glory that you have right now." I requested because I saw the light flowing out of him. Then he started explaining to me for many hours, and it seemed like days. God gave me the grace to remember each word exactly as he said it. Then, he started explaining to me the origin of destruction that is the illness and bondage that

got into the world. He also told me about the cure and the way of deliverance. He started talking:

When God created Adam, He did not create him in the Garden of Eden right away. God created Adam in an outer land, and it was a desert, a dusty ground; it had no green plants or any other form of life. God did so to show Adam the gift he was getting in order for Adam to feel God's amazing inexpressible love. No one can limit God's massive love to humans, as it is written that God formed Adam of the dust of the ground and breathed into his nostrils the breath of life; and Adam became a living being since he was nil and nothing. After that, God planted a garden in Eden, and then there he put Adam whom he had formed.¹ This proves that when Adam was created he was outside the Garden; moreover, the garden itself did not exist, it was not yet created. God affirms this fact, one more time, when He said, "*The Lord God took the man and put him in the Garden of Eden to tend and keep it*" (Genesis 2:15). This is the most significant proof that Adam was outside the Garden, then the Lord let Adam see the gift which He was giving to him in order to show Adam HIS love, and let him

¹ Genesis 2:7-8

observe what the Lord was doing for him. A true Father is teaching His son the most important lesson of love by letting him watch while God was creating the Garden and planting the trees and its fruits for him; that Adam would be certain of God's love towards him as he watched the Lord creating the garden for him. God could have created the garden instantly before creating Adam, then Adam would come into existence in the garden, but that would not let Adam see God's love; it would not make God's love as practically apparent as letting Adam watch God while creating the garden for his sake. Like a king is willing to give his son a great palace out of his love to him. Instead of building the palace in a far place, then inviting his son to the place to receive his new gift, the king decided to build the palace while his son is watching; brick upon brick, one day after another. For the king would show his son his amazing love towards him; hence, asserting to his son the greatness of his love.

The first commandment of God to Adam was to tend the garden -dress it- and keep it. The garden symbolizes The Spirit of God, whom God wanted the man to preserve and develop. As the Lord Jesus

showed us how he was growing and becoming strong in spirit² and increasing in wisdom and stature³. The Lord asserted this fact by saying “*Every plant which My*

ly Father has not planted will be uprooted” (Mathew 13:15). He was referring to HIS Spirit who longs to dwell in the man. Like planting any tree, in order to be rooted in the ground, we have to pay attention to cultivating the garden or the tree. As God planted the garden for Adam, and He put him in it in order for Adam to be found in God, and God would dwell in him, be planted in him as a seed which by taking care of and tending it, it becomes a tree, a garden enclosed.

Although most people think that the first commandment of God to Adam was not to eat from the tree –referring to fasting, the truth is different. The Bible tells us that the first commandment was to tend the garden and to keep it, yet it was not in a form of command or threat, not even in an absolute direct way; the Bible does not state it the following way “Then God told Adam to tend and keep the land”. Nevertheless, it was

² Luke 2:40

³ Luke 2:52

obvious when God took care of the garden and started planting it while Adam was watching, Adam should have got that when God asks him to do something, God Himself shows Adam how to do the work assigned to him. That is why it is written, *“Then the Lord God took the man and put him in the Garden of Eden to tend and keep it.” (Genesis 2:15)*. Adam should have understood that this work is according to God’s will and His desire was for Adam to take care of and cultivate the garden. God could not leave Adam’s mind unopened to HIS will or God would be unjust and uncompassionate when He asks a man something without clarifying or enlightening the mind and explaining HIS will. If that happened, the will would not be a will; it would be crippling. Furthermore, God wanted this for Himself, as Adam’s self is actually part of God and a temple for Him. God wants to enter this temple and dwell within to have rest. How could God not pursue even strive to complete this will. In fact, God is seeking this torn part of HIS, to return and get connected to Him so He would find rest.

However, Adam refused to obey the will of God. He did not take care of the garden. The Bible does not mention that Adam started to cultivate the

garden, tend it, or take care of its trees. As the Bible is the Word of The Loving God. He would not ever hide any positive action done by a man, even if it is a small action. God may hide negative actions of a man He loves as love covers a multitude of sins⁴, how much more would the All Loving God be. The nature of God has to reveal any constructive positive action -done by the man- that would tell how much he loves God and is willing to obey Him.

When Adam started to think of himself, at this point, he started obeying his first god who is the self-worship. Furthermore, at the point when Adam started to live for himself, not for God, he refused to obey God when he did not do the will of God concerning cultivating the garden. Not only Adam did not pray to God, but he also did not obey God. The Bible does not even mention that Adam talked to God. This is because of the absolute free will, which God gave to the man. If Adam had started talking to God, God would have told us in the Bible, for God has always been proud of HIS children, as He was proud of David and Moses despite of their faults. Therefore, whenever someone talks badly about Moses, God would punish him. Moreover,

⁴ 1 Peter 4:8

with all what David did that made God very angry; he even despised God as what Nathan the prophet said, and after all what he did of killing and taking what doesn't belong to him; The Lord called Himself the Root and the Offspring of David⁵. He even was happy when the people called Him Son of David. He did not call Himself the Offspring of Adam or Elijah. That is a very wondrous thing.

More astonishing is the people of Israel; with all the ingratitude and rejection they had toward God for 40 years, and their continuous attempt to kill Moses, and their worship to the calf while God was leading them to freedom. After all that they did, God said about them, *"How lovely are your tents, O Jacob! Your dwellings, O Israel!"* (Numbers 24:5) This is the amazing nature of God. Therefore, for sure, if Adam had prayed to God even for one minute when God created him as he discovered this great gift of becoming a living being after being nothing; if Adam had prayed whether inside the Garden or after departing it, God would have told us that Adam did so. Although Adam witnessed God's superior love when He created and planted the trees and plants of the Garden one by one

⁵ Revelation 22:16

before him, still the Bible does not mention that Adam talked to God even one word, not even a word of thanks; we do not read in the Bible that Adam had even looked at God. That is very surprising. Although Adam witnessed God's compassion and love more than any other man; he touched this gift more than anyone. Adam was a mature person, not an infant who does not realize anything; even if Adam had been an infant, he would have realized who his true Father is.

God had to give every man a complete free will to worship Him. God could not have forced Adam to love Him; if God had done so, the man would not have had any credit for loving God. When Adam started to turn his eyes from God and looked at the Garden, he started worshiping himself [self-worship]. After that, God wanted to give Adam an early warning to avoid the deterioration and declination he was about to slide into. For Adam started to feel and see himself as a king, as did Saul. Saul felt that he is a king and has all the right to dominate and do the will of his "self-worship". That is why Saul, as soon as God made him a king, refused to obey Samuel's words. Therefore, the man rejected the reign of God over him. As God

told Samuel, *“they have rejected Me”* (1 Sam. 8:7) that is why God tells us in the Bible that Saul lost a donkey, which refers to the flesh whom he had lost control over. Saul was in Gilgal, which means, “Rolling”, where Saul means, “Lent”. The truth is that the self of Saul does not belong to him, nor his flesh, which actually is a temporary habitation like a tent, that is why it is lent. Even those who loved God and wanted to live for Him, in, and through Him, have started to destroy the temple whom they borrowed from God. As a result that the man bowed and became controlled by his “self”, he started rolling. That is why Saul’s father was called Kish, which means “bowing”, is a symbol of the man submission to many bondages and bowings under the control and domination of gods that originally are not gods.

Adam started rolling. Therefore, God sought to stop this massive deterioration, which is like the leaven that the Lord had warned us about, as it increases and multiplies massively fast. Therefore, God hastened to Adam by giving him the second commandment. This commandment, in exterior, appeared in a form of order, threat, and warning of the inevitable death. Deep in the core, it was a

commandment of care of a truly compassionate father for his son; a father whose love is beyond knowledge, for a son that has an unlimited value in his father's eyes. Therefore, the commandment from outside was not to eat from the tree, but its core was **to limit** the multiplication of bondages, and to stop bowing down, submitting, and being under their control. However, the man looked at the tree and started to assume that he will be a god. As God had created the human mind as an endless gap, so it would fit the Unlimited God. The man did not realize that as he obeys anything, he gets more enslaved to this thing and more hungry. As the Lord told us that, whoever drinks of this water will thirst again⁶ as God created the man in a way to be a member in God. He created the human as a body organ that needs a head to control and move him; an organ that needs a being to live through, a being that would be a source of life to him. Every man has a complete free will to choose a god to worship. A god that will be as a head to him; the head that will control him; that will happen as soon as he obeys this entity. As the Bible tells us, *"you are that one's slaves whom you obey"* (Romans 6:16). As God wanted the limited human

⁶ John 4:13

to be filled with Him the unlimited God, He made the mind and the heart as unlimited gaps, so if it does not get filled with the Unlimited God, it gets into an unlimited hunger. Therefore, when the Lost Son decided to leave his father, after what his father did by giving his son his all inheritance with a loving heart. The Lost Son got unlimitedly hungry, and he told himself that he is perishing with hunger. He tried to fill this hunger gap, but no one gave him anything, which means that he did not find anyone or anything that can fill the unlimited gap of his mind and his heart. That is why Solomon tried to fill his mind, heart, and body gaps with all what is available in the world, as he said, *“Whatever my eyes desired I did not keep from them.”* (Ecclesiastes 2:10) and he got married to one thousand women⁷, but at the end, he was not satisfied; he said, *“indeed all was vanity and grasping for the wind.”* (Ecclesiastes 2:11). Because it is impossible to satisfy the unlimited gaps of the heart by any limited thing. Because God fashioned the man to be satisfied by Him the Unlimited God. Therefore, if the man tries to satisfy his heart’s gap by another human, or tries to satisfy his body’s

⁷ 1 Kings 11:3

need by another body, it will be like running after an illusion, as if he is trying to grasp the wind.

When Adam refused to fill these unlimited gaps with God, he went into an unlimited hunger, he became in pain and misery. The proof is that he started to feel the need for a helper to help him in his pain. That is why it is written, *“But for Adam there was not found a helper comparable to him.” (Genesis 2:20)* which mean someone who looks like him, as the rest of the creatures have. If Adam had been filled with God, he would have become in a complete satisfaction and perfect comfort; he would not have felt the need for a helper from any of the creatures. As God intended for Adam to be filled with Him, that means, to have his heart, his mind, and his soul filled with God; this is what we call love. Therefore, when Adam refused to look at God and get connected to Him, he did not get filled with Him, so he became hungry; that hunger started to increase. Therefore, God hastened to stop the rolling of the man by commanding him not to eat from the tree. So that Adam may realize and wakeup to the fact that God is the true God whom he should worship; more importantly to realize that God is the true satisfaction, the Bread of Life,

because He is the true source of life. He is the God who created him for this purpose. If the man does not start to live by God, where will he be heading to, after the test period that he was given? Adam did not realize that he is in a period of testing and taking decisions. The proof is that in heaven, for eternity, there will be nothing but God; God created us for that purpose, this everlasting life. That is to be parts and member in Him, to have the complete enjoyment in Him forever. That will happened when we decide to let God be our source of life, not the flesh; to let God be as the tree to the branch, to completely be at home in God, so we would not need anything outside Him. For whoever is not seeking this purpose, what is the benefit of life, as he is losing the everlasting eternity, he will lose everything. Whoever does not strive to stop living by the temporary lent flesh, and start working hard to live by God, and get connected to Him by continually stopping to obey his flesh and his self-worship, day after day, until he gets filled with God and get satisfied by Him, whoever does not do so will also lose everything. Because God wants us to be filled with all the fullness of Him so we would become on His Image and Likeness. Therefore, God said, *"I am the bread of life. Your fathers ate the*

manna in the wilderness, and are dead... If anyone eats of this bread [start living by ME], he will live forever” (John 6:48-51) God meant that whoever becomes a member in God, he then walks in the Spirit, he then starts to live here in earth as in Heaven. Doing that, he succeeds in the test, which is the chance that God gave to every human.

Whether the man strives to reach the purpose, or continues to live by this flesh. However, every man needs to know the words of God, *“For if you live according to the flesh you will die” (Romans 8:13)*. Whoever does not start contending in the difficult way by fasting and praying, he lives for no purpose, he does not even understand this purpose, and therefore, there is no meaning to his life! Therefore, God wanted to warn Adam and wake him up to this fact and to the complete truth, by commanding him not to obey his flesh or the will of self-worship in a small thing. However, the ruler of the world realized this breach that is found in the man who is not filled with God. This is the gap of the everlasting hunger of the mind that made the man seeks and strives to be a king and assumes that he would become a great god, and the gap of the everlasting hunger of the body,

which led the man to see that the fruit is desirable for food and pleasant to the eyes. That is what the ruler of the world strived to, when he was fighting The Christ when He was at the human image, as he said to Him, if You are the Son of God show me Your might as God. The ruler of the world thought that The Christ is a man like every man that is under the bondage of the hunger of mind and body; that is how the ruler of the world used to fight every human.

However, the first man went too far in his foolishness and he did not even fear the death. In the days of Joseph, God allowed a severe famine; that was the state of Adam before sin, when he refused to be filled with God. God made Pharaoh see this matter in a dream, but Pharaoh did not understand it. The dream is the commandment of God, which is the Bible that many people see and read but do not understand its meaning. Although the Bible has the life in it, the life from the death we have, and every word in it proceeds from the mouth of God to revive the man and to teach him the way to come out of the prison of bondage, to deliver him from death. For, if the man stayed in prison for a long time, he will die, as it is written,

“For if you live according to the flesh you will die”. Pharaoh symbolizes Adam or the man who sees the words of God but does not understand it. However, when this man wanted to understand, he sent to bring Joseph, who symbolizes The Christ, the Word of God, who is the only one who is able to loose the scroll’s seals⁸. Joseph told Pharaoh that the pure nature of Adam was completely lost when he looked at the river, started to think of himself, and did not look at God. The same way, when Pharaoh looked at the river to find seven fine looking fat cows, followed by seven ugly gaunt cows that are ugly, weak, bad looking, and gaunt like no other seen cows in the land of Egypt. The seven fine looking cows symbolizes Adam before the sin when God created him. Although Adam was made of dust like the animals. While in this animalism body, Adam could have become on the image of God and he could have reached perfection by being filled with the fullness of God, which has been symbolized by the number seven. The seven ugly cows symbolizes the state that Adam reached when he became a slave by losing his purity, when he recognized the evil and knew Eve. As the seven ugly cows ate up the seven fine looking cows, the

⁸ Revelation 5:5

sin and bondage, which Adam got into, ate up the very pure image, on which God created Adam. Therefore, the man got into a complete hunger, which is the seven hunger years. This is the interpretation of the dream, and this is what is written in the Bible. However, The Lord is preaching us a gospel these days, as what Joseph did with Pharaoh; that the man can reach safety and would not die. The gospel is the way, which is knowing the way of deliverance from death, which is the way of life; that is when the people of Egypt would store up one fifth of the harvest for the seven years of famine, so they would survive the fatal hunger. The one fifth of the harvest symbolizes one sense of the five senses, which is sense of taste. Whoever refrains from enjoying it, shows a sincere will for stopping to obey the god he used to worship since being born as a man; by burying the seed, the living water will work on it, hence a deliverance from the fatal death will happen, as he accepts to start worshipping God by stopping to obey his flesh.

The man became a slave because of obeying his flesh and obeying the will of his self-worship. He was born under a bondage, hence he became under the curse. The gospel tells us that it is

possible for him to be set free of the curse of the sin, if he started to refrain from obeying his flesh and his self-worship. That will be like storing up one fifth of the harvest to guarantee life. So that the body of sin might be done away with, day after day, that the control of the law might be disabled. Therefore, the man will start to worship God as the Lord commanded us at the beginning of His pleasant gospel, *“do not worry about your life, what you will eat or what you will drink; nor about your body, what you will put on... Therefore do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ For after all these things the Gentiles seek... But seek first the kingdom of God and His righteousness, and all these things shall be added to you.”* (Matthew 6:25, 31, 32, 33).

As Adam, while he was not under the curse, was commanded by God to fast from a specific food or he would die, how much more do we now need, as we were born under bondage?! Therefore, you now are in need for a true fasting.

Then I asked Saint Moses, “What is the true fasting?” He replied, “Fasting is crucifying the flesh,

which means to stop obeying it, which means **to stop worshipping it”**

Therefore, that would be **the start of a true worship to God by the Spirit.** Then that would be **the door,** which is the **door to the beginning,** by which the man can start communicating with God the Holy Spirit, to start living by God. As the seed that gets buried and die, for it, that is **the start of life.** Because, by its death, it starts to get connected to its source of life, which is the water, therefore, **life starts in it.** That is what the Lord told us, and that is what He did himself, to show us the way of the true life. That happens by crucifying the flesh, which means to stop worshipping it. As the man became a slave to and under control of and in bondage of the flesh, or anything else he obeys. In the same way, **by stopping to obey the flesh or anything else, the bondage of this thing gets broken.** That is what we call fasting.

Therefore, Fasting is to stop obeying the flesh, which means:

To stop worshipping the god to whom we were born as slaves.

It is written, “*you are that one’s slaves whom you obey*” (Romans 6:16) For whoever wants to truly worship God, he must worship Him alone, “*No one can serve two masters*” (Matthew 6:24). **Therefore, fasting is the way to reach God.** The first commandment from God to Adam was not to obey the flesh, self-worship, or anything else; that was **the guarantee** that **the man would not worship anything but God**; that is the only way to **guarantee** that **the man would not go far from God**, and would **not be enslaved to anything else**. Reaching that is the zero state, where the man stays free, which guarantees that he would not be enslaved to anything so his temple would remain pure. That applies to Adam. God’s commandment to Adam was to guarantee that he would remain free. When Adam does not obey his flesh or his will, by not eating from the tree, he would remain free and would not be enslaved to his self-worship nor his flesh. God’s wisdom behind that commandment was to wake Adam up to the fact that God is the only god whom Adam should obey. **Therefore, God would be the Head of Adam, as long as Adam obeys HIS commands and does HIS will. Consequently, Adam would be a member in God.**

However, when Adam refused to worship God, which means that he refused to live the purpose for which God created him, at this moment, Adam obeyed the will of self-worship. For what do we think, why did not Adam obey God?! Because, when Adam refused to obey God, he consequently refused to worship Him. That happened because Adam obeyed the will of self-worship. Out of his free will, Adam refused to obey God. That happened because Adam wanted to do the will of something else but the will of God, such act is obeying his own will, and that is a start of self-worship. Why did not Adam live for and obey God? Because he refused to worship God as a result of starting to obey and worship another god **who ordered Adam not to obey God.** Refusing to obey God was a result of using his mind, which God gave him, and out of the given free will. Therefore, he did not want to obey and worship God. Not wanting to worship God means that Adam had another will that is against God's will. That happened because **Adam obeyed the will of himself, and that is the self-worshipping.** Because the man becomes a slave to whatever he obeys, as the thing he obeys becomes the head that gives him the orders. Therefore, the first destruction that

happened to the man was obeying and worshipping another god. **The purpose of God's commandment of not eating from the tree was for Adam not to worship the self or the flesh** or any other god, **at least, not to start thinking in obeying the self, in order to avoid worshipping it.** It is as if God had created the human mind in two parts: **the first part** to decide which entity to obey, and **the second part** [that is **the main part**] is the endless gap which should have been filled with God, when the man chooses God by his own complete free will. God made the mind as an endless gap so that the man would be able to love God with all his mind, as well as to be able to contain the Unlimited God in his limited mind. God created the mind that way so when the man, who is born in self-bondage where his mind gap is filled by his self-worship, wants to come back to God to be led by Him not by the will of self-worship, and be willing to fill his gap by God alone, and to deny himself; God created the first part to exist in the mind and to be **not enslaved** so that the man would be able to use it to ask God to help him by setting him free of his self-bondage. This part remains functioning all the time while the man is contending to reach the phase where the body of sin is done away with and the self-worship

is done away with. Therefore, when Adam obeyed his self-worship by doing the will of it, his endless gap had been filled with self-worship; that is why the man got into an endless illusion that he had become a god. Because God gave the man a complete freedom of choice. Because of obeying self-worship, based on his personal decision, Adam refused to worship God. Adam started self-worship at the point he obeyed it. Therefore, the first commandment from God was for Adam to fast from the tree; the purpose of the commandment was to guarantee that Adam would not be enslaved to the self-worship or his flesh. God created the man to be a member in him. God also made the nature of the man to be enslaved to anything the man obeys, not only be enslaved to it, but also to be at home in it, to live by it, and hence, to get into an aggressive bondage. The All-Wise God had to open Adam's mind to all these facts, otherwise God would have been unjust.

Therefore, Adam became a slave to self-worship, and as a result, he requested to have a helper comparable to him, the same as the animals had. Therefore, God created Eve for Adam, **because God gave Adam the complete free will to**

choose everything, to choose whatever entity he wants to obey and worship, which would be the head from which he receives orders, the entity that fills his heart and mind gaps. **What credit would the man have so God would make him a member in HIMSELF? Unless the man chooses God by his complete free will, after giving up a precious thing in order to be at home in God.** Therefore, God, in His All Wisdom, gave the man the complete freedom, so when the man chooses to worship God and obey His Will, he by doing so would have the credit for that. When the man chooses to fill his entire heart gap with God, he would deserve to enjoy God to the fullest forever. When the man chooses to live by God and decides to be at home in God, not to live by the flesh that God put his soul in, he then deserves to become a member in God, and lives and moves in Him, and becomes a partaker in the divine nature of God.

Therefore, God's commandment, of fasting from a specific food, is the **way** for Adam to reach God. At its core, the commandment was that Adam would not obey his self-worship or his flesh, in order to guarantee that the man would not be

enslaved to any other god. The commandment's purpose was, at least, to **keep Adam free**.

However, when the man obeyed the will of his self-worship, **he became enslaved to self-worship**, hence self-worship became his god whom he worship. Then, when Eve was created [as a result of Adam's obedience to self-worship], Adam filled his mind and heart with Eve, so he worshipped her completely, and he obeyed her blindly. Adam had **become a slave to Eve** too. She had become his second god, and he did not even mind his death. This is a result of self-worship, which means that, his self-worship led him to worship whatever else he chooses to worship. The same as the love of the man to himself which is a result of self-worship, that leads him strive to be rich, thus he would seek money, because money is one of the most fulfilling things to both self-worship and his flesh. As a result, the man becomes a **worshiper of money as well**. Money becomes another god to him as a result of self-worship. For the money is the most desirable thing to the self. **As the man obeys a thing, he becomes a slave to it**. Therefore, Eve became a god to Adam, so he worshipped her and he did not even mind his death. Since the god is the

head that controls the man, the man becomes brainless, thus **he does not know what he does**. As the Bible tells us through the state that Paul had. Therefore, God's commandment to Adam was to avoid eating from the tree, which means to refrain from a specific thing, which we call **fasting**. This, at the core, is avoid obeying or worshipping the self or the flesh, to avoid being a slave to this thing, which would consequently lead to stopping to worship God, because no one can serve two masters at the same time. For God created the man in an image of a member that needs an entity to belong to, so that entity would be the source of life for the member, and the head that controls him, hence, the entity would be the god whom he worship. Therefore, the entity, whom the man will obey, will become the god in whom he will live and move, as that god will have full control over him. Whether the man be at home in his flesh to live in flesh and take orders from it, or be at home in God and obey and take orders from Him and live in Him, as a result, the man would become a member in God. Then God would be the True God whom he worship, and in Him the man would live, move, and have his being. Because God is the source of life and He is the True God. The man should have realized that God is the

true source of life, because He actually is the One who created the man, it was not the flesh, trees, or self who created the man so the man would worship or live in any of them. As the Bible tells us, *“you served those which by nature are not gods.”* (Galatians 4:8) That is what all our fathers the saints have discovered.

When Adam obeyed and worshiped the self, he obeyed Eve and became a slave to her; he also obeyed his flesh and became a slave to it. Therefore, the man became at home in the flesh, thus he became living by it, and the food became the source of life for the flesh. All his deeds were ordered by his self-worship, as the self became his main god, and it became his head through which he takes orders. As a result, the man did not live the purpose for which God created him. All that happened because the man obeyed the will of his self-worship in the first place, and as a result to being enslaved to self-worship, he obeyed Eve, then obeyed his flesh. He became a slave to many gods, though all of them are things made from nothing. That was the result of the complete freedom, which God gave him.

God's commandment [that is not to eat from the tree which means not to obey the flesh or the self] primarily was the complete **guarantee** that the man would not be enslaved to his flesh or self-worship, as God intended for the man to be a member in Him. God created the man as a member to belong to an entity and to be at home in that entity as soon as he obeys the entity, and that entity would be his mind because he obeyed it as he obeyed the will of self-worship. The entity would be the source of life for him, as the tree to the branch, and as the body to an organ within. That happens when the member obeys the entity. Adam obeyed his flesh and gave it what it desires, **in accordance with the will of Adam's second god, who is Eve whom he worshiped as ordered by his first god who is self-worship.**

For God created the man to become a slave to the entity he obeys, even in the least thing.

Thus, this god takes full control over the man until the man becomes unaware of what he is doing; he even do not do what he wants, but he does what he hates, which means that, he does not have a personal opinion or will, but he submits to

whatever the hungry flesh orders him to do. He seeks to satisfy the flesh because he and his flesh became unified; as a result, when the flesh is hungry the man also gets hungry. However, God came to show us the way of freedom from this severe bondage, which is by stopping to worship and to obey the flesh and the self in anything, whether in delicious food, or body luscious of anything such as another body, or the indulgent of the world such as leisure or luxurious life. By all these thing, when the man gives his flesh whatever it desires or fancies, he remains a slave to his flesh, and the flesh takes more control over him. Because every time the man gives the flesh something it desires, he worships it, he even gets more enslaved to it, and that god becomes more in control over him. This is the fact that was missed by many people through many ages. However, the story of Adam affirms that by obeying his flesh in one small bite, **he was changed completely**, which mean, **his nature changed** because he completely became at home in his flesh; he became like an organ in a body in which the organ lives, moves, and has his being. The severe disaster is that the man became a slave to his flesh and self-worship in an aggressive bondage.

Now, that every man is born of the flesh, he becomes a worshipper to the flesh in a severe bondage to the flesh and to the self. Therefore, all his deeds are ordered by self-worship, therefore, the deeds are sinful. Because he take orders from a god other than God. He lives and acts against the will of God, because he does not live in God, nor does he live according to the will of God. This life is not the life that God planned for the man to live. As a result, the man is living against the will of God, because he is not living for God. For God created the man for one purpose, which is **to live in God and to move according to HIS will**. However, now, the man is born as a slave to another god, which is self-worship, and he lives in the flesh.

Now, whoever wants to come back to God and to be at home in Him, to live in the spirit, The Spirit of God, and to move according to the will of God, to **be a member in God**, he has to cross over the first phase, which is **to be delivered from the bondage** in which he was born. That only happens when he stops worshipping and obeying the flesh and the self; **this is the fasting**, which is crucifying the flesh with its passions and desires. As the Bible tells us, *“those who are Christ’s have crucified the*

flesh with its passions and desires.” (Galatians 5:24). Whoever wants to become a slave of God, he should start in the way that leads and brings him back to God. The way is the contending to stop worshipping the flesh and the self by not obeying the flesh in anything it desires, that is the fasting. For as the man becomes a slave to whatever he obeys, in the same way, by stopping to obey this thing [the desire of the flesh and the will of the self], then the man gets delivered from the bondage. **For anything the flesh or the self desires, is a sin.** For God created us for one purpose only; whoever does not want or seek to reach this purpose, becomes an enemy of God. As the Bible tells us, *“the carnal mind is enmity against God” (Romans 8:7), “friendship with the world is enmity with God” (James 4:4).* Even if the man [hypothetically] did not make any sin, he still is unprofitable servant⁹, as long as he does not seek to achieve the purpose for which God created the man. However, by refusing to worship any god to whom he was born as a slave, the man affirms to God that he is truly willing to worship Him. That happens through stopping to worship any other god by stopping to obey it. **This is the fasting. For**

⁹ Luke 17:10

the fasting is the only way to be delivered from the bondage, in which we were born. This is the way back to God. This is **the way** to be at home in God, to live and move in Him, and to live the purpose for which God created us; which is to be members in Him, and accordingly, to become on His Image and Likeness. By doing so, we **guarantee to enjoy God to the fullest forever.** This is what God, Himself, came to show us. He made Himself of no reputation, He made Himself nothing in a way that is indescribable by humans, so He, God, would be like every man, to show us **the way of contending to be delivered from the bondage.**

Whoever realizes the purpose of the fasting that God did during his entire life on earth, as He was *“being put to death in the flesh” (1 Peter 3:18)* *“leaving us an example, that we should follow His steps” (1 Peter 2:21)*, to teach us that in this way we can be delivered from both the bondage of the flesh and the will of the self, through continually not obeying both of them; and Whoever dies in the likeness of God’s death, which means to contend as the Lord taught us through Himself, and dies in the likeness of His death, and to walk just as the Lord walked, by continuing to be put to death in flesh,

he will crucify his old man so that the body of sin might be done away with, that he should no longer be slave of sin¹⁰. Whoever realizes the meaning and the importance of fasting, which is **to break the bondage in which we were born** that is the way to true riches and true life, he would never stop fasting and disciplining his body. Because by not fasting, the man keeps on worshipping his flesh, and keeps on doing deeds according to the will of self-worship, then all his deeds would be against the will of God, thus he would remain in sin, as he remains in flesh. The Bible tells us, *“For when we were in the flesh, the sinful passions which were aroused by the law were at work in our members to bear fruit to death.”* (Romans 7:5), but *“if we have been united together in the likeness of His death”* (Romans 6:5), which means, if the man continues to be put to death in flesh, by continually fasting, which means to continue in refraining from obeying the flesh, and to continue disciplining his body and bringing it into subjection, and to crucify it, and to be absent from it¹¹, and have his outward man perish together with all its flesh’s desires, through continuing to not obey it, by continuing to fast, he

¹⁰ Romans 6:6

¹¹ 2 Corinthians 5:8

would be truly willing to come back to God, as he is willing to be delivered from the bondage; the same as all our fathers the saints, who realized the meaning and the importance of the continuous fasting, which is the only way of deliverance from the bondage, and the only way to be absent from the body, which they were born in, and through this they would be able to be at home in God, and to live in Him, and to be members in Him, so they would guarantee enjoying God to the fullest. Therefore, whoever realized that fasting is the true riches and the way to the true life, and that not fasting is remaining in poverty and death, he would never say, 'it is forbidden to fast on certain days', or say, 'it is forbidden to fast during the Pentecost, because these are days of joy'. Because, it is written, *"all things are lawful for me, but not all things edify."* (1 Corinthians 10:23), For what edification is there in worshiping the flesh by giving it what it desires from delicious meats, justifying that it is the days of feast in which we should rejoice! Is the rejoice by eating meats?! Did we reach a stage where we believe that rejoicing is to give our bodies whatever it desires?! Rejoice is in the Lord, and that happens if the man is satisfied by God. That happens when the man is filled with God

and is in a continuous connection with Him. For the seed to be in a continuous connection to its source of life, which is water, it should continuously remain and stay buried and dead under the ground, as the Lord taught us through His life, when he was being put to death in the flesh all His life on earth. We did not know about any saint who became a saint, unless he spent a long time in contending, yet his whole life was a continuous contending to crucify and put the flesh to death. We did not even know about any saint who stopped fasting in the days of feast to return to worshipping his flesh, because stopping to fast is returning to worshipping the flesh, as Adam did by obeying his flesh. It is like pulling out a seed from the ground after burring it; **this would be the fatal death for it**, the same with the man who returns to obey his flesh, it means that he did not realize the meaning, importance, or purpose of the fasting. **It means that he did not enjoy or even taste God at all, that is why he is still hungry, which makes him return to satisfy his flesh and he awaits the day of feast to delight his body with whatever it desires, so he would obey his flesh in whatever it desires.** He certainly had felt during the fasting that he was deprived; this is the proof that his fasting was not a

true fasting, which means that he did not realize the purpose of fasting, **for God was not his purpose or pursuit**, or else he would have crucified his flesh during the fasting, that way he would have had a real connection to God, hence he would have been filled with the Spirit of God, and would have tasted the satisfaction of God.

If a man returned to delighting his body with delicious meats, after a long period of fasting, this means that he did not get satisfied by God, or else he would not have sought to fill his body with food to delight his flesh. This is the most obvious proof that his fasting was a period of **compulsion**; it was nothing more than a period of switching between sorts of food, because he did not understand the core of the matter; that is why he returned to worshipping his flesh. For whoever understands the importance of fasting, and as a result his spirit goes higher, he would start to acknowledge God, and to see Him, and he would get into a true connection through true prayer to God; he then would be filled and delight in God, and he would get enriched in God. For how could a man who have realized that fasting is enjoying and delighting in God, and have experienced this very life, then he would return to

obey his flesh and satisfy it to delight in it?! If he did so, this proves that he did not actually taste God, he even did not truly worship God, or else he would not have worshipped his flesh, but he worshiped his flesh and exaggerated in worshipping it by giving it whatever it desires. If only we would remember all the saints who lived in a continuous fasting, and in a continuous disciplining, crucifying, and total dying of their flesh; we should ask ourselves, why did they do so?! That is because those saints have indeed reached the complete satisfaction and complete enjoyment in the Lord, because they have realized that they were born with a fatal disease, and the only cure for it, is to continually crucify and bring the flesh to death, that is why they did not seek any satisfaction from the flesh anymore, they did not seek anything from the world, as they already got enriched by God, they reached complete satisfaction. Nonetheless, whoever awaits the day of feast, after a period of fasting, to indulge his body with whatever it desires, this says that he did not get satisfied by God at all, as if he was deprived, and forced to do something he does not want to do, or else he would not seek any other satisfaction, not even a loaf of dry bread. As the Lord showed us, while he

had our very human nature, when he fasted for 40 days, then he refused to get satisfied, not by delicious meat, but even by a loaf of bread! He refused to get satisfied even by the least, even a 'tasteless loaf of bread'. Not only He refused the delicious food, but he also refused to be satisfied by any food. As a man, He was showing us that whoever has been filled with the Spirit of God by connecting to Him, he would find the true delight and the true satisfaction so he would not need to be satisfied not even by a loaf of dry bread. Even though the Lord [God incarnated] is God Himself Who did not need to pray, to be filled with the Spirit, or to fast to break the bondage of flesh, but he did all to teach us the way through Himself; the saints lived in the same way. However, whoever awaits the day of feast to get filled with meat and indulge his body with delicious food, this proves that he did not delight in God, he did not even get satisfied by God at any level. The Lord lived as being put to death in the flesh and suffered for us in the flesh, so we would arm ourselves also with the same mind¹², and we would follow His steps as He left us an example, He told us, *"For I have given you an example, that you should do as I have done"*

¹² 1 Peter 4:1

(John 13:15). **Therefore, whoever does not walk as the Lord walked, is not Christian**, and he does not worship God, because he did not obey His commandments, and did not follow or imitate Him at all.

God's commandment to Adam of not obeying the flesh or the will of self-worship, was at the time when Adam was not yet enslaved, he was yet free, he was a pure vessel. The first training from God for the man was **fasting**, and God's purpose of this fasting was **to guarantee that Adam would not be enslaved to his flesh or self-worship**. However, for us, who were born as slaves, fasting, which is crucifying the flesh with its passions and desires, is **the only mean to be delivered from bondage, and the only way for the man to come back to God**. That is what God, Himself, came to teach us. Whoever walk just as the Lord walked will be delivered from the bondage, will break the bondage of his flesh and self-worship. Surely whoever realized the fact that fasting is putting the old nature to death, and is the only mean to be delivered from the bondage in order to be satisfied by God and to delight and be rich in Him, he would never say that a time should come when the man

would stop fasting, or would say that fasting is forbidden during the feast or during a certain period of time. If he said so, this proves that he did not understand the meaning of fasting, he did not even understand the difficult way, which the man should walk all the time until he raise up from death, **and yet he would continue crucifying his flesh afterwards.** For the natural result of being delivered from bondage is that the man becomes a member in God; so why would he yet seek to satisfy his flesh?! For any branch that abides in the vine and lives through it, cannot need to be satisfied by any other source of life. How much more whoever becomes a member in God, **he would never need or seek to satisfy self-worship by even a loaf of dry bread.** That is how all our fathers the saints lived, for we did not know any saint who got hungry for a delicious food or desired it, not even got hungry for a loaf of dry bread, because God promised us that He will feed us as He feeds the birds of the air. All the saints believed God and believed His words, so they got into a complete satisfaction by God after a long period of contending on complete continuous crucifixion of the flesh. It did not happened, at all, that any of the saints said, 'I will stop fasting and eat, I will return

to worship my flesh and give it whatever it desires because today is a day of feast, a day of joy of the Lord'. For the flesh lusts against the Spirit, so anything the flesh desires is against the Spirit and is enmity against God. Surely the natural state of someone, who got satisfied and delighted in God after a period of fasting and complete crucifixion of the flesh, will not feel any hunger of any sort. As the Lord promised us, "**I am the bread of life**. He who comes to Me shall never hunger, and he who believes in Me shall never thirst... Your fathers ate the manna in the wilderness, and are dead... I am the living bread which came down from heaven. If anyone eats of this bread, he will live forever and not die."¹³ The Lord meant that whoever walked in the Spirit and was at home in God by becoming a member in Him, he would become in complete satisfaction as all the people in heaven are. Did we go that far that our eyes are unable to see and our minds are unable to understand?!

For it is written, "**he who is weak eats only vegetables**"¹⁴. So let us search ourselves, did we become strong, not slaves anymore? Or we are still under bondage, still committing sins; for whoever

¹³ John 6:35, 49, 50, 51

¹⁴ Romans 14:2

still commits sins, is under the bondage of self-worship and flesh, then he is weak; if he wishes to belong to the Christ, it is written, “those who are Christ’s have crucified the flesh with its passions and desires.” “he who is weak eats only vegetables”. Therefore, fasting is stopping to obey and worship the flesh. Whoever says that we should stop fasting on certain times, he so says that we should go back to worshipping our flesh once again.

God planned that certain times would be for fasting and other times for eating, this is of the wisdom of God for the beginners; He planned that this would be the start of the way for the man when he accepts the Lord and wants to reach Him. The Church cannot tell the beginner that he should continually crucify the flesh since the first day he accepts the Lord. For the bondage of the flesh is severe, that is why God’s wisdom leads to encouraging every beginner to learn and be trained on self-discipline for certain days so he would not return to worshipping the flesh. The Church tells him that he will crucify his flesh in certain periods, not all the time, so he would not refuse flesh crucifixion at all. He should fast on certain days

then return to eating. However, the Bible tells us, “The Child **grew and became strong in spirit**”¹⁵ it means that there should be continuous growth, and whoever does not grow in being filled with and in drawing near to God, he is not walking the way. When God planned that the flesh crucifixion should be in certain periods, we should know that this arrangement is for the beginners, and we should grow in crucifying the flesh.

Whoever starts to truly crucify and stop worshipping his flesh, he will be starting to build a true relationship with God, and he will start to truly be satisfied by God and delight in Him, as all the saints got satisfied. As a result, he will reduce the eating times, which are the times when he worships his flesh, because he has found the true satisfaction; if someone tells him ‘now is the feast, you should eat meat’, he will refuse because he already has experienced the way, himself, and realized that the meaning of true fasting is not to switch between sorts of food, but to stop worshipping the flesh by anything it desires. He, himself, would feel the Spirit of God who has started to be born in him, as the seed that got

¹⁵ Luke 2:40

buried, it will start to connect to its source of life, hence life will start in it. **Therefore, whoever is faithful in his fasting**, by crucifying his flesh, and by being faithfully willing to start to truly worship God and be filled with and satisfied by Him, he will have the following result:

After a period of contending in crucifying his flesh by a true fasting for a period, he will no longer be as he was, as he started to taste God, and he started to delight and be satisfied by God, and got enriched in Him. He consequently will refuse to obey the flesh anymore. Because as he tasted God, he realized that God is sweeter than anything else is. Thus, he will refuse to go back to delight in the flesh, awaiting the days of feast to give his body whatever it desires, as he already delighted in the Lord and there is no comparison what so ever.

However, he who really tasted the Lord and started to get satisfied by Him, will refuse to get filled with his flesh, not even to fill himself with a loaf of dry bread; as the Lord showed us through Himself¹⁶, so this person will not only refuse to

¹⁶ Luke 4:2-4

indulge his body with meats and delicious food in the feast days, but he also will refuse to fill his body with a loaf of bread. **Because the natural result of someone got completely satisfied by God and delighted in Him, after spending time contending and letting the Spirit of God grow within him, he will start to get satisfied by the Lord, and as a result, he will not seek to satisfy his flesh.** However, he who awaits the days of feast to indulge his flesh and to fill it with meats, he is a poor person who proved that he did not yet get satisfied by God, and his fasting was not true as he did not truly crucified his flesh, because God was not his purpose, hence God did not open his mind to the way, because he did not ask to know the way, so he did not understand the way. That is why he refused to discipline his body, and to contend in the difficult way, or else he would have got satisfied by and delighted in the Lord. For crucifying the flesh [is the true fasting]; like burying the seed and creating the right environment for it and applying the condition of connecting it to the water which is its source of life; fasting is the same, it is when the man stops worshipping his flesh by putting it to death and by burying it, and by stopping to obeying it in whatever it desires, doing

so, the man shows his sincere will to worship God and to get connected to Him. The result of his true fasting is starting to get connected to God, and hence he would be filled with God till he is satisfied by and delighted in God. However, he whose fasting was only switching between sorts of food, it proves that he did not walk in the way because he did not see it as he did not seek it, that is why he did not ask God to reach for him, or else God would have anointed his eyes with the clay¹⁷ so he would see that the way back to God is by stopping to worship his flesh and self-worship. This is the true fasting, and this is the only difficult way through which the man can reach God, this is the only way that leads to life. Therefore, he who did not want, did not ask God, therefore his eyes were not opened, thus he did not understand, so he did not start to crucify his flesh, which means he did not stop worshipping his flesh. Therefore, he did not get filled with God because he did not get connected to Him, as the conditions of connection to God were not applied, for he is still connected to and in worship to another gods, the same as the seed that refuses to get buried, for he is still worshipping his flesh.

¹⁷ John 9:6

Even if the man fasted from the meats, without having his eyes opened, he will strive to make his food delicious even by vegetables and legumes; doing so, he is still worshipping his flesh. This is not the true fasting that is to stop worshipping the flesh by crucifying it of anything it desires. As long as he is still obeying and worshipping his flesh, he still is not having a true connection with God. Thus, he did not get satisfied by God or delighted in Him, as a result, he will remain hungry, and waiting for the fasting period to end so he would get back to indulging his body with whatever it desires, and satisfy it to the most. This is the state of most of the humanity, which proves that most of the humanity did not seek God, because they have no sincere will to live for the Lord, or else they would have asked the Lord, and He would have opened their eyes as He did with Saul of Tarsus who told us that he was disciplining his flesh and bringing it into subjection, and he told us, *“For it is good that the heart be established by grace, not with foods which have not profited those who have been occupied with them.”* (Hebrews 13:9) *“Foods for the stomach and the stomach for foods, but God will destroy both it and them.”* (1 Corinthians 6:13). Let us ask ourselves, why did all our fathers the saints live this

way, in complete humiliating and crucifying of their flesh [Even those who were evil as Moses the Black]?! And why did the Lord live as being put to death in the flesh? For whom was He fasting?! This is the difficult way that the Lord consecrated for us¹⁸ and He gave us an example. Those who walked just as the Lord walked [such as the saints who wandered in deserts and mountains¹⁹], **are the ones who reached the Lord by continually and completely crucifying and disciplining their flesh, they continued in fasting so they would not be denied getting satisfied by the Lord or delighting in Him.** That is what happened in the lives of all the saints who were faithful in crucifying their flesh, so they were able to get into a true connection with God, thus they got satisfied by God and delighted in Him; so they would never need to seek another source of satisfaction. That happened because their eyes were opened to the way, so they walked in it. God opened their eyes as they had a truthful will.

However, he who says that there is no fasting during Pentecost, even says fasting is forbidden and bowing down for repentance and adoration as well, and it is forbidden to fast in certain days; this

¹⁸ Hebrews 10:20

¹⁹ Hebrews 11:38

person is poor and is of all men the most pitiable; he is still hungry and blind; he did not yet understand. For it is written, *“I discipline my body and bring it into subjection”* (1 Corinthians 9:27), and the Bible was not written so we would live by it only for a certain period of time then days come when we would stop living by it; or walk the difficult way for only a certain of time then return to the broad way, which means to start worshipping God by stopping to obey and worship our flesh then we would return to obeying and worshipping our flesh once again. Do we think that we can reach God this way of living?! Even the greatest preacher in the history of the Church told us, *“Run in such a way that you may obtain it.”* (1 Corinthians 9:24) and he said about himself, “I press on, that I may lay hold²⁰ ...because... I am carnal, sold under sin... and what I hate, that I do.²¹” which means that I realize that I am enslaved under a severe bondage, and I am aware that the cure is to continually discipline the flesh. For he who has died in flesh has been freed from sin.²² Because sin does not reign in the mortal body²³

²⁰ Philippians 3:12

²¹ Romans 7:14, 15

²² Romans 6:7

²³ Romans 6:12

which is dead of the lusts and desires, as the Lord taught us through Himself. For what is the benefit of the Lord's fasting and contending, as a man, if we are not going to walk as He walked?! What do we think the Lord meant by His complete fasting and total contending? Therefore, Paul, who had his eyes opened to the truth, said, "I have fought the good fight²⁴ so we have to resist to bloodshed²⁵ And everyone who competes for the prize is temperate in all things²⁶ I have been crucified with Christ²⁷". This is the gospel that the Lord is offering us, to tell us about the way and the method to reach Him, not to live by it for some days, or **obey God and do His commandments on some days, and then stop obeying and worshipping Him on other days.** We should continuously live by the gospel so we would be found in God, because the time is short²⁸ as the Lord may come anytime soon, what would be our case if that time was when we had stopped crucifying the flesh, stopped obeying the gospel of God, and began to worship our bodies by indulging it by meat? Where will be our destination? For it is written, "**what will be the end**

²⁴ 1 Timothy 4:7

²⁵ Hebrews 12:4

²⁶ 1 Corinthians 9:25

²⁷ Galatians 2:20

²⁸ 1 Corinthians 7:29

of those who do not obey the gospel of God? Now If the righteous one is scarcely saved, Where will the ungodly and the sinner appear?"²⁹ So let us wake up and look at the Christ. And let us consider the outcome of the conduct of those who followed the shepherd and walked just as the Lord walked; they truly were servants and children of God, because they had continued to obey Him as they had continually lived by the Bible, they had continually worshipped God, and they refused to return to worshipping the flesh, as they already got satisfied and delighted in God so they got enriched in Him. Whoever says that it is forbidden to fast during the Pentecost, he is actually saying that **it is forbidden to get satisfied by God or worship Him in these certain days.** Aaron was the first priest in the history of humanity, and God is the One who chose him. However, one day Aaron made a gold calf, and he said 'This is your god, O Israel ... Tomorrow is a feast to the Lord.'³⁰ That happened because Aaron did not truly know the Lord; he did not truly love Him because he had not known Him well; he did not get satisfied by Him till that time; as he had not yet worshipped God by the Spirit.

²⁹ 1 Peter 4:17, 18

³⁰ Exodus 4:4, 5

Therefore, what excuse is there for the people who obeyed God and followed HIS commandments? We should follow God's words in the Bible, and refrain from any teachings that goes against the Bible's.

So let us wake up or else we will perish! For what is the benefit of God's incarnation and contending for 33 years? He lived them all as **being put to death in the flesh**; the Bible does not tell us that He was put to death in the flesh for certain periods then return to obeying His flesh during the feast days. For the feast and the joy are to the Lord not to the flesh. Did we go that far that the ruler of this world is able to deceive us, that he managed to convince us that we should indulge the flesh during the days of feast?! Is the joy to the flesh which is against the Spirit, or to the Lord and **through the Lord**?! Do we want to please the flesh which is the enemy, or to please our God?! For the flesh lusts against the Spirit, **for to be carnally minded is death, and is enmity against God**³¹. If mind of the flesh is death and enmity against God, so why do we say that we should please the flesh, not only mind it, but also to give it what it lusts and desires; doing so, we return to death and we become

³¹ Romans 8:6, 7

enemies of God too! How could not we have eyes and minds to read the scripture?! For caring for the flesh, just caring, is death and is enmity against God; did we forget when Adam gave his flesh the least thing it desires, as a result, he perished and the entire humanity perished too! Though God had already commanded him to fast, God commanded him not to obey his flesh even in a single thing. However, our state now is much more difficult than Adam's, for we have become slaves to the flesh, and if we obeyed it in the least thing, we will become more enslaved to it. Even though God has planned certain times of flesh crucifixion for the beginners, then they would return to eating, we have to realize this is for the beginners only, and there should be growth. The natural result for whoever have a truthful start of flesh crucifixion, at his first day of fasting he will begin to experience and taste God, hence he will begin in growing and being filled with Him, with time his outward man will perish. However, how could a person who spent many years, even tens of years in the Church, be the same as he was, still fast during the fasting days, and when the feast comes, he returns to worship his flesh?! It proves that he did not yet start in the way, he did not yet taste the Lord, did

not get satisfied or enriched by the Lord, he is poor, miserable, and is of all men the most pitiable and most poor!

For we were born as slaves and at home in the body, living by it, in a continuous connection to it, giving the self a perfect worship. Whoever wants to be at home in God and be a slave to Him, to start to live by Him as an organ in a body, he has to firstly be delivered from the bondage by stopping to obey or worship the flesh or any other god. For it is impossible to worship God while you are still worshipping another god. Stopping to worship the flesh is **fasting** which is crucifying the flesh with its passions and desires, which is stopping to worship the flesh and the self.

Therefore, **fasting** is:

- he start of deliverance from the bondage in which we were born T
- he start of connecting to God and getting filled and satisfied by Him T
- orshipping God in spirit and truth W

Because, any man, who was born in bondage, commits sins all the time. He has to die with the Lord and resurrect with Him, so he would be freed from the sin. This happens by getting unified with the dead body of the Lord, which means, he has to be crucified with the Lord, and remain crucified for a long time of contending. As the Bible tells us, “For if we have been united together in the likeness of His death, certainly we also shall be in the likeness of His resurrection” (Romans 6:5). Thus, fasting is the guarantee of crucifixion and death with the Lord, to guarantee unity with the Lord who died, by unifying ourselves with the Lord’s crucified and dead body, so we would be dead with Him, so our unity with Him would be the death that satisfies the Divine Justice. For we must die because of our sins, as God’s justice cannot be disregarded. Unity with the Lord’s body is the death that God is asking, that is by stopping the continuous worship of our flesh. This is the least thing that God would ask before our sins; it is also the least thing that God would ask from a man who wants to live for God, to live the purpose for which he was created, that is to be at home in God. Therefore, he must firstly be delivered from the flesh in which he was born at home, and to be absent from it. For while we are at

home in the body we are absent from the Lord³², whoever we would be pleased to be absent from the body to be at home in God. How could we say that we want to start worshipping God while we are still worshipping our flesh? For obeying the flesh in anything is a worship. Therefore, by stopping to obey the flesh, we stop worshipping it, and that is the true fasting. Any man who is born of the flesh needs **two things**, firstly to be delivered from the bondage, which is to kill the origin of the disease that makes him sins all the time, secondly to have the punishment taken away.

Therefore, **fasting** is the only way to be delivered from the bondage, to kill the origin of the disease by continually stopping to worship the flesh and the self. For as obeying the thing makes the man a slave to this thing, by stopping to obey and worship this thing, the bondage gets broken. As the Bible tells us, *“knowing this, that our old man was crucified with Him, that the body of sin might be done away with, that we should no longer be slaves of sin.”* (Romans 6:6), The Lord also tells us, *“This kind can come out by nothing but prayer and fasting.”* (Mark 9:29), which means that the

³² 2 Corinthians 5:6

bondage in which we were born, can only be broken by fasting which is stopping to obey and worship the flesh by crucifying it from anything it desires or lusts.

Therefore, **fasting** is the only way and mean to take away all our sins, because we will have our bodies crucified, so we would be able to be unified with the Lord's dead body, hence we would die with Him, and accordingly we would have our punishment taken away, and we would fulfill the Divine Justice.

Fasting is the way to start the truthful worship to God, by stopping to worship the gods which we worshiped since born.

Fasting is the way to get filled with God by connecting to Him. As we could not have been connected to God so we can start living by Him while we are still living by the flesh and in a continuous connection to it, **even are at home in it.** For prayer is the way the man proves his truthful sincere will of wanting to live by God not by the flesh, to get satisfied by Him. As the seed which had to die and got buried to start its connection with the source of life which is water, thus the Lord

told us, “This kind can come out by nothing but prayer and fasting.” Therefore, the Lord, Himself, lived as being put to death in the flesh, to show us the perfect practical example of contending that brings the man back to God to be at home in Him and to live and move in Him, so he would be a member in God, and hence he would be on God’s image and likeness. That is why the Lord used to withdraw into the wilderness and prayed and continued all night in prayer. **As a man, He grew and became strong in spirit so He became able to fast for 40 days, and at the end, He refused to fill Himself with a loaf of bread.** It is written that He suffered in the flesh, not to fulfill the redemption, but **to leave us an example so we would follow His steps**, for whoever believes that Christ is God: does God need to pray?! Or to fast to grow in spirit?! Fasting is the only way to be delivered from the bondage and to eliminate the origin of the disease; it is the only way to connect to God to get satisfied by Him.

Therefore, let us discern the saying, ‘it is forbidden to fast on certain days’, as this means that, ‘it is forbidden to grow in the spirit, to connect to God, or to get delivered from the

bondage; it is forbidden to get unified with the Lord's dead body for our sins' punishment to be taken away; it is forbidden to have our sins forgiven, or to be at home in God; but we should rejoice in our bodies and please it, we should continue worshipping the flesh, continue in death, and continue in enmity against God.'! Let us do not forget Aaron or what he asked the people to do, while he was the first priest in the entire humanity, and the greatest shepherd who was chosen by God, he was the senior shepherd at that time, and he was chosen by God. But one day he asked the people to take off their golden earrings **so he would make a gold calf for them to worship instead of God** so that god would please them! Aaron took their richness, and then said, "Tomorrow is a feast to the Lord"! No one, in Aaron's time, should say, 'we should obey any servant of God as God is the One who chose him so whatever the servant says is right and is from God'!

Therefore, he who got filled with the Spirit of God, sees the truth, and no one can make him drift from the true way, even if they appeared like angels. Paul told the people, 'if anyone preaches any other gospel to you than what you have

received from us, you have to refuse it, **even if I preached you any other gospel than what I preached you, then you should refuse me.**³³ He in whom the Spirit of truth was planted, and the plants of God are rooted in him, even if God, Himself, appeared to him saying something against God's will, this person, in whom the Spirit of God was born, will refuse. As when God tested Moses several times saying, "let Me alone, that My wrath may burn hot against them and I may consume them"³⁴, why did not Moses agreed to what God said?! Why did not Moses tell himself, 'God is God and He would do what He chooses to do'?! However Moses's mind refused the talking of God which is against God's mercy and love which was born in Moses. It means that God's talks were against the truth which is planted in Moses, that even God's talks were rejected by Moses as he said, "Lord, why does Your wrath burn hot against Your people? ... Turn from Your fierce wrath, and relent from this harm to Your people."³⁵. After observing this situation, should we obey a man who says that fasting is forbidden and cannot be done in certain days?! Even the Lord of glory, Himself, when the

³³ Galatians 1:8, 9

³⁴ Exodus 32:10

³⁵ Exodus 32:11, 12

Virgin Mary asked Him to save the groom in a bad situation in the wedding of Cana of Galilee, she told the Lord, “They have no wine”, He replied her, “Woman, what does your concern have to do with Me?”³⁶. She did not accept what He replied, she did not tell herself, ‘God would do what He wishes to do, He is God’. However, the Virgin Mary **had her home built upon the greatest rocks, she became like the high mountains, and she is one of the tops of the mountains that appeared in the entire humanity**³⁷. So she did not consider what the Lord of glory said, and she went to tell the groom that the Lord will save the situation, because He is the All Merciful God, and He cannot change, with whom there is no variation or shadow of turning.³⁸ As the Virgin Mary had known the Lord a true knowledge, even perfect knowledge, so that God, Himself, did not change the truth which is planted in her, the same with Moses the prophet, and the same with the saint Father Abram who, one day, was praying and God was manifested before him, then a poor woman came near in a chilly night, then the saint Father Abram excused and left God’s presence to do mercy to this poor lady, then he

³⁶ John 2:4

³⁷ Genesis 8:5

³⁸ James 1:17

returned and apologized to the Lord, then the Lord replied him, 'if you did not go to help this woman, I would have left you and went to her Myself'.

He in whom the Spirit of God is planted, will know the truth, no common person can make him **drift from worshipping God**. If there is a man, in the days of Aaron, that was truly worshipping God, he would have told Aaron, 'You are not worshipping the True God, and you want the rest of the people to join you in not worshipping Him, "woe to that man by whom the offense comes"³⁹ ... How long will you falter between two opinions? If the Lord is God, follow Him; but if Baal, follow him."⁴⁰ ... Make your call and election sure, for if you do these things you will never stumble; for so an entrance will be supplied to you abundantly into the everlasting kingdom of our Lord and Savior Jesus Christ."⁴¹

Therefore, if a man truly knows God, he would truly know the way, and no one could have made him drift from the truth, for the Spirit searches all things, yes, the deep things of God."⁴² Thus, by the

³⁹ Matthew 18:7

⁴⁰ 1 Kings 18:21

⁴¹ 2 Peter 1:10, 11

⁴² 1 Corinthians 2:10

Spirit of God, the man will know the way, and will clearly see it, he will have a perfect insight. If the Spirit of God is born in a man, he would have realized the whole matter, he would have understood the fact that we were created to be members in God. However, as Adam chose to be at home in the flesh, and to live and move under the control of self-worship, the man went in a severe bondage. He, who wants to come back to God, will realize that the disease, in which we were born, can only be cured by stopping to obey the flesh at anything it desires, by continually crucifying the flesh. This is the true fasting by which the man can unify his crucified body with the Lord's crucified body, to die with Him, so his sins would be taken away and the bondage would be broken as well. Thus, how could he accept someone to tell him to stop fasting for a certain period, which would make him stop connecting to God, and stop living by God?! If anyone said that, 'it is forbidden to bow down for repentance and adoration and it is forbidden to fast on certain times', we should not obey him right away, which is obedience of worship, if we did so, we would become his slaves, "you are that one's slaves whom you obey", we should answer him in wisdom, saying, 'O blessed

brother and father, where is that written in the Bible? For **We ought to obey God rather than men.**⁴³ For we have to let our conduct only be worthy of the gospel⁴⁴. For we have to worship God only, so please tell us, where in the Bible is it mentioned that we have to stop crucifying the flesh for a while, to return to obey it in its passions and desires for a while, so we would not be crucified with the Lord for a while, and we would not die with Him for a while, thus we would stop getting unified with the crucified dead body of the Lord? Where is it written that we should stop being absent from the flesh, and stop disciplining and bringing it into subjection? Where is it written that we should obey the flesh with its passions and desires to indulge it with delicious food during, for the example, the Pentecost? Where is it written, what Bible is it?! **What gospel are you preaching?!** It is written that even caring for the flesh is death and enmity against God. The Lord of glory commanded us in the first commandment on the mountain, *“do not worry about your life, what you will eat ... do not worry, saying, ‘What shall we eat?’”* (Matthew 6:25, 31) Not only God asked us

⁴³ Acts 5:29

⁴⁴ Philippians 1:27

not to worry about indulging our bodies and its lusts, but also he commanded us not to worry by even saying 'what shall we eat?' The Lord commanded us not to worry about feeding our bodies with any food, even if it is just bread or a simple vegetable, because He promised us that He will take care of our bodies, and He will feed us as He does with the birds of the air and all the other creatures. For God the Creator promised us so. As God commanded us not to worry about even thinking in what to eat, so we would give full attention to the Kingdom of Heaven only. Then someone would say something against God's commandments, saying, 'it is forbidden to fast as we have to take care of our bodies, not even to take care by feeding it normal food such as legumes, but to feed it with delicious tasteful meats'! Therefore, if someone said, 'we have to take care of our bodies as it is a talent or a pledge, and we should feed it at least with legumes', even these sayings are also against God's commandments. For it means that we do not believe that God will feed us and take care of us as He does with the birds of the air, it means that we do not believe God. How much harder it is when someone says, 'It is not enough to feed the body

with simple food such as legumes, but we have to feed it with delicious food during the Pentecost for these are holy days, days of joy! Let us discern: **How much we got far from God's commandments, from worshipping Him! How much we got deep into extensively worshipping our flesh!**

For what is the purpose of the food? If it is to feed the body, then why not feed it with basic food that requires less time and attention, as the Lord commanded us, **"he who is weak eats only vegetables"**. So let us examine ourselves, are we strong like Elijah and Enoch, or we still are weak and we still commit sins? For legumes are available food like the cheap vegetables; it is available for whoever eats to truly feed his body, as he still is at home in it and is living by it. But when someone says that we should feed the body with delicious food, such as meat, during the Pentecost, saying that these are holy days; does the days of holy feasts mean that we should **be holy through delicious food** and tasteful delicious meat, which strongly stimulates the body with all its senses?! Is this the image of holiness? Is this how we see the meaning of holiness? Is this the proof of our joy in the Lord? Is this how a man hallows the Lord in holy

days? Is this how a man rejoices in the Lord?! Is rejoicing in the Lord means to worship my flesh as much as I can? For the flesh lusts against the Spirit, so should I give the enemy whatever it asks, which makes me more enemy to God during these holy days? That takes me to a deeper death during these holy days.

Therefore, he who understood the matter, knew the purpose of fasting, and knew why the Lord, Himself, lived as a man in complete fasting, he who acknowledged and tasted the Lord, and got satisfied by Him, as a result he will live by the commandment of the Lord, and will not worry about his body as he would already be satisfied and delighted in the Lord. For he who walks just as the Lord, the Shepherd and the Teacher, walked, he will become at the image of the Lord, he will not get hungry, not even for a loaf of bread, he will remain in satisfaction in the Lord, as all our fathers the saints lived, and as the Lord, Himself, showed us the way in a practical way when He fasted for 40 days while He was in our very same human body, the weak body of flesh, which is made of dust. The Lord did not need to grow or to be strong in the spirit, but He was giving us a practical example of

the way which leads any man to God, the way that takes the man from the bondage, in which he was born, and leads him back to God.

Therefore, he who walks as the Lord taught, he will return to and in God, He who has ears to hear, let him hear.

If only we would wake up to the truth. For whoever says that there are days when it is forbidden to fast as these are holy days of joy, days of feast; it means that, we should hold a feast to the flesh, we should rejoice in the lust of the flesh, rejoice in tasting meats which increase and stirs the lust of the flesh up, it increases the flesh's hunger, it stimulates its senses. Saying so, he preaches that we should rejoice in meats and all the delicious food that indulges the flesh, that we should not rejoice in God the Spirit, we should not rejoice in our crucifixion or death with the Lord, hence we should not be glorified with the Lord⁴⁵, but we should rejoice in the lust of the flesh.

For we cannot be glorified with the Lord unless we die with Him. Whoever seeks continuous glory must continually suffer with the Lord, as the Bible

⁴⁵ Romans 8:17

commanded us, if we have been united together in the likeness of His death⁴⁶, which means to continue in dying with Him, we also will be in a continuous resurrection with Him. As the seed remains buried and dead, it remains in a continuous connection with its source of life, so it will continue to grow all the time.

However, he who says ‘it is forbidden to fast on certain days’, he is actually saying, ‘it is forbidden to die with the Lord on those days, and it is forbidden to be glorified with the Lord and to grow in Him, and it also is forbidden to delight in the Lord, or to get satisfied by Him, but we should rejoice in the delicious food, and we should hold a feast to the flesh; as Aaron worshipped the calf and said, “Tomorrow is a feast to the Lord”⁴⁷, a feast to the calf; the calf [which is the flesh] is the god, therefore, he proclaimed the calf as god, and he proclaimed a feast to that new god. The same happens when we say, ‘it is forbidden to fast during the Pentecost, as it is a feast to the new god”, saying so, we are making the flesh our god, and we are saying at the feast evening, ‘tomorrow is a feast to the flesh’, **So we must not hold a feast to rejoice**

⁴⁶ Romans 6:5

⁴⁷ Exodus 32:5

in any other god but it, we must not get satisfy by anything else. Therefore, it is forbidden to delight in the Lord or to get connected to God, but we should strongly focus on worshipping the body and giving it whatever it lusts, we must not delight in the Lord or get satisfied by that god, who is God, for it is time to worship the flesh by all the power, thus we must not focus on worshipping any other god; it is forbidden to get satisfied or rejoice in any other god but the flesh, because the Pentecost is holy days, which is dedicated to worshipping the god we long to worship, which is the flesh, so we have to devote our worship to our flesh as Aaron proclaimed 'Tomorrow is a feast to the Lord', which made the people delight in their bodies to the maximum that Aaron had made them naked to dance before the calf⁴⁸. This is how we hallowed the flesh to the maximum that we proclaimed 'it is forbidden to fast on these days, as it is holy days, dedicated to worshipping the flesh, which means, it is forbidden to crucify the flesh, crucify this god, thus it is forbidden to get crucified or die with the Lord on these days, it is forbidden to worship God in spirit! Not only that, but the disaster is the fasting that some people do by switching between

⁴⁸ Exodus 32:25 [King James Version]

sorts of food, they fast from birds and animals meats while they continue eating fish meat. For he who has not have his eyes opened on the way of contending, which the man needs to kill the origin of the disease that is the bondage, he will not understand the importance of flesh crucifixion, which is stopping to worship it. Therefore, as he is not truly worshipping God and hence he is blind because he did not ask God about the purpose, his worship is superficial, as he is only worshipping the ritual, for that, when the fasting starts, his fasting becomes switching between sorts of food. What is worst is that he tries to make his food so delicious to compensate for meats deprivation, as he still is worshipping his flesh. After doing so, we claim that we worship God! This is the story of Aaron when he made the calf by his hands, and then worshipped it, he even proclaimed a worship to it. Not only he worshipped the calf alone, but also he made it as constitution and regulated a new worship. He, himself, made the god and proclaimed a worship to it. That happened because Aaron had not truly worshipped God, not in the spirit, for he did not have a true personal relationship with God. He did not live by God, **he did not live in God**; God was not his source of living. The disaster is that Aaron

believed that he still was worshipping God; that is why he, himself, made an altar! Moreover, he proclaimed, **'Tomorrow is a feast to the Lord'**. Though he was the first priest, even was the high priest, the senior shepherd. In the same way, anyone who worships his flesh, when the fasting starts, he only switches to another sort of food, instead of animals meat, he eats fish meat, and he tries to make it as delicious as possible; or he would eat vegetarian food, stated in other fasts, and he tries to make it as delicious as possible. He exaggerates in worshipping his flesh by giving it whatever it desires. The disaster is, he, the same as Aaron, thinks that he still is worshipping God, even when he is fashioning the calf and building an altar for it, proclaiming, 'Tomorrow is a feast to the Lord'. He had become as if he is blind and insane, **as he said the calf is the Lord**, for it is written, "Tomorrow is a feast to the LORD (Jehovah).

God have mercy upon us all! This is our story as well, for any man who is still worshipping his flesh, he actually says, 'Tomorrow is a feast to the Lord, and this is your god, even these are your gods'. For the man started to have many gods, as he worships the ritual, people, the flesh, and of course, the will

of self-worship because of which he worships the rest of the gods. Therefore, most of the humanity live in falsity, in **delusion**, they do not live in the truth, hence **they make altar to their flesh**, they turned to worshipping it with all their powers, and they seek to hold a feast to it, and only to rejoice in the flesh by giving it whatever it desires. The disaster is that they believe that they are worshipping God! That is why we cannot find saints nowadays, people that live in the Spirit; as most of the people live by the flesh, **even live for the flesh**, although the commandment of God is clear, **“For if you live according to the flesh you will die**, For to be carnally minded [merely minding] is death, ... and is enmity against God”⁴⁹

Therefore, he who says ‘it is forbidden to fast, which is to crucify the flesh’, this person is not only saying that we should not get satisfied by God, but he actually is saying that we must get satisfied by meats. He is not only saying that we should not delight in the Lord, but he is saying that we must delight in meats and get satisfied by it. Not only he says that we should not rejoice in the Lord, but he

⁴⁹ Romans 8:13, 6, 7

is saying that we must rejoice in our flesh and hold feast to it.

Nowadays, not only it is proclaimed to stop crucifying the flesh and to stop suffering, thus we should not crucify the flesh or suffer with the Lord and hence we should not continually be glorified with the Lord, but also it is proclaimed **forbidding to crucify the flesh**, to suffer with the Lord for a period of time, and hence to be glorified with Him. **Being crucified with the Lord and being glorified with Him became a forbidden thing, a sin.** Therefore, it is proclaimed forbidding to crucify, suffer, or be glorified with the Lord; hence, it is forbidden to delight in the Lord or get satisfied by Him. **It means that being crucified and being glorified with the Lord at certain times, is a sin;** getting connected to the Lord and getting satisfied and delighted in Him at certain times, now is a sin; worshipping God in the spirit at certain times, is forbidden, is a great sin, that it should not be done. For when the man is not fasting and is not crucifying his flesh for a while, when he stops crucifying the flesh, stop disobeying the flesh, then he returns to obeying and worshipping the flesh. In addition, others say that it is forbidden to crucify

the flesh at all; it is forbidden to crucify or to put the flesh to death, but we should worship and obey the flesh in everything it desires, we have to worship it with all the power. As long as it is forbidden to fast, which means that it is forbidden to die with the Lord, then we will not be able to get unified with the crucified dead body of the Lord, then we will not die with him to fulfill the Divine Justice in order to have our sins taken away thus we would be purified. Not only it is proclaimed that we should not, but also it is proclaimed that **it is forbidden** to crucify the flesh, to die to sins, thus to have our sins taken away; it is forbidden to get purified, to continue being born of water! As we stop crucifying the flesh, which means to stop true fasting, the Spirit of God stops growing within us, hence we stop connecting with God and getting satisfied by Him; many people thinks it is forbidden to do so, then it is forbidden to have spiritual edification! Thus it is forbidden to have any spiritual act at all, so it is forbidden to repent, to forgive sins, to get satisfied, to grow, to rejoice in the Lord, or to resurrect with the Lord, as we stopped suffering and dying with the Lord for the fifty days of the Pentecost.

As long as the man obeys his flesh and does not crucify it by true fasting, then he still is worshipping his flesh, then he will not be able to die with Christ to have his sins taken away; he also will not be able to connect with God the Spirit, to worship Him in the spirit. As he started to obey and to worship his flesh, then he stopped contending in the difficult way, stopped walking toward God. **And most importantly, he stopped worshipping God as he returned to worship his flesh.**

As Aaron said '**we have to hold a feast to the calf**', he had built an altar, and he stood before the altar and proclaimed, 'Tomorrow is a feast to the Lord', the same we say on the feast evening '**Tomorrow is a feast to the flesh**'. It proves that the flesh **became our god**, that is why some people proclaimed forbidding, even being a sin, to worship God, it is forbidden, even a sin, to delight in the Lord or to get satisfied by Him at certain times, it also is forbidden, even a sin, to be glorified with the Lord; it is forbidden, even a great sin, to crucify the flesh, to suffer, to be glorified with the Lord, to worship Him in the spirit. All that happened because the man exalted the worship of the flesh to the maximum, which made him as an insane

person, he even boldly said, **‘it is forbidden to crucify the flesh, this great god, which indulges and delights us, as it is the mean of our satisfaction, through which we find all the satisfaction’**. This is the most significant proof that we had not delighted in the Lord before, we had not even got satisfied at any level. For whom has the Lord fasted, and then when He got hungry, He refused the loaf of bread? For whom has He lived as being put to death in the flesh for 33 years? For whom did He withdraw into the wilderness to pray? Is not it to give us an example? Is not it so we would follow His steps? For the first commandment in the New Testament was when the Lord commanded us, “do not worry about your body⁵⁰ ... do not worry, saying, ‘What shall we eat?’⁵¹ ... For all these things the nations of the world seek after⁵² ... **For to be carnally minded is death ... and is enmity against God⁵³**”. It means that God is commanding us not to even think of feeding our bodies by any food, as He promised us that He will feed us as He feeds the birds; with that, should we worry about the body?! Even should we says, ‘It is forbidden to

⁵⁰ Matthew 6:25

⁵¹ Matthew 6:31

⁵² Luke 12:30

⁵³ Romans 8:6, 7

neglect the body in certain days, but we should take care of it. We even should indulge it with meats and every delicious food. Not only that, but it is forbidden to crucify it, or put it in pain, as it is our god which amuses us, that we should not worship God during these days! Are we sure that we are sane?! Do we have brains that think?! What Aaron did proved that the man is not worshipping God, and is not sane at all. **For the calf actually is not a god!** It is an animal, it even is a lifeless solid, it has no power at all. The same is the flesh, as it is written, “we are debtors—not to the flesh, to live according to the flesh⁵⁴ ... For we were bought at a price⁵⁵ ... that those who live should live no longer for themselves, but for Him who died for them and rose again⁵⁶”. Therefore, are we sure that we still are sane, and still have eyes to see, and minds to understand?! This is how far the ruler of the world managed to attract the entire world, that he made them not only to disobey God and HIS commandments, which is not to worry about the flesh or the food, but also he made the world proclaim the must to indulge the flesh for fifty continuous days, which means that **we must**

⁵⁴ Romans 8:12

⁵⁵ 1 Corinthians 6:20

⁵⁶ 2 Corinthians 5:15

worship the flesh for 50 days with all our powers, for obeying the flesh in the least thing is worshipping it, “you are that one’s slaves whom you obey”.

Not only that, but the true disaster is that we made worshipping and indulging the flesh as an obligation, as if it is a holy secret, that nowadays, whoever thinks in fasting and crucifying this god, becomes deprived and unblessed.

All that happened because we still are blind, we do not understand the meaning of fasting, we also do not understand why Christ lived as being put to death in the flesh. For nowadays, it is proclaimed ‘it is forbidden to fast during these days, as these are days of feast, a holy Pentecost.’ Which means that it is forbidden that the man would crucify himself, die, be glorified, or grow spiritually with the Lord during these days; It even is forbidden that the man would worship God during these days! Did we forget that merely obeying the flesh is worshipping it? And hence the man would become in death, and he becomes in enmity against God. If merely worrying about the flesh is enmity against God, how much more would obeying the flesh in all what

it desires and lusts? When someone says that it is forbidden to fast, even it is necessary that the man would indulge his flesh with all what amuses it, doing so, **he is worshipping his flesh to the highest levels of worship**, thus he for sure would not be able to worship God. Therefore, whoever says, ‘It is forbidden to fast, but we must indulge the flesh and worship it to the most’, he actually is saying, **‘It is forbidden to worship God during these days’**.

Not only the man worried about his body and spent hours preparing food for it, so he became not worshipping God when he did not obey His first commandment “Do not worry about your life, what you will eat”⁵⁷, but also he sought to indulge his flesh with all the passions and desires, for fifty continuous days. Although the Bible is more obvious than the sun when it says that all what the flesh lusts is against the Spirit, and these are contrary to one another⁵⁸.

Not only we did not obey God and His commandments, which means that we are not worshipping Him, when we started to worry about our bodies, thus we became in death and in enmity

⁵⁷ Matthew 6:25

⁵⁸ Galatians 5:17

against God when we worry and think, saying ‘what shall we eat’, but also **we now proclaim the must to indulge the flesh with all what it desires and lusts** for fifty continuous days, which means that we should worship the flesh for fifty continuous days, that means to stop worshipping God for fifty days. Not only that, but **it also is forbidden to get satisfied by God during these fifty days, it is forbidden to delight or get connected with God during these fifty days**, it also is forbidden to be glorified with the Lord for fifty days. **It means that it is forbidden to worship God for fifty days**. That is how Aaron proclaimed earlier, ‘Tomorrow is a feast to the Lord’, then he bowed down to the calf that symbolizes the flesh!

It is as if the man has created a gospel, that is not just contradicting with Christ, but it is, to the most, against Christ, thus we became against Christ. For merely worrying about the flesh and obeying it, is a worship to it, “You are that one’s slaves whom you obey”, how much more would be to exaggerate in giving it whatever it desires?! It is as if the man **has opened the door of destruction wide open**! That even Adam who gave his body one single bite of the fruit, that led the humanity to

destruction. Let us observe and compare with what we give to our bodies nowadays, let us judge ourselves.

Not only we started proclaiming the necessity to worry about our bodies as it is a talent and a pledge [that typically is against God's commandment, which says, "do not worry about your life, what you will eat or what you will drink; nor about your body, what you will put on"⁵⁹ ... Be anxious for nothing⁶⁰] that we became enemies of God, that we give commandments against His words, and we became completely against Christ, but also we now proclaim the highest level of opposition, when we proclaim exaggerating in worshipping the flesh, to extremely refrain from worshipping God, and to obey the flesh and its passions and desires for fifty continuous days. Not only we came to be not obedient to God, by proclaiming to worry about the body and feed it basic food, but also we reached the maximum levels of enmity against God, as we proclaim indulging the flesh to the most for fifty days, we even proclaim forbidding to do the opposite.

⁵⁹ Matthew 6:25

⁶⁰ Philippians 4:6

When the man obeys his flesh, he is then worshipping it. He then would not be able to worship God. That is why no one can attend a mass if he ate something before, he also cannot participate in the communion service of the Lord's body while he is not fasting. For it is known that when the body is satisfied by food, the man would not be able to get satisfied by God, he would not even be able to start worshipping Him as he started worshipping his flesh. When we proclaim forbidding to fast, it means that it is forbidden to worship God but we should extensively worship the flesh. It seems as if we were deprived during the fasting days, for however truly delighted in the Lord will not be able to delight in anything else, specially that he will realize that the flesh is in enmity against God, then how would he satisfies his enemy?! **Did we go that far that we became, to the highest levels, in enmity against God?** This is not the only problem, the true disaster is that we do not realize is, we are worshipping our flesh. Even with all the enmity that we have against God, we still believe that we worship Him, we do not feel any problem, as if there is no gospel, and there are no commandments.

All that happened because we made a god for ourselves as Aaron made the calf. Therefore, God wrote this story so we would understand what we are doing. For the Bible is a living life, the Bible is the matters through which God want to wake us up. For we already made ourselves as gods and we made ourselves a new gospel, whoever does not live by it will be deprived and unblessed. Therefore, we did not know any man, through the history of the Church, that became a saint unless he lived, for tens of year, a life of total flesh crucifixion. For this is the way that the Lord had lived when he was being put to death in the flesh. That is why all the saints walked just as the Lord walked, and hence they have had a life in Him, and they were not denied Him, as Paul said, *“I discipline my body and bring it into subjection, lest, when I have preached to others, I myself should become disqualified.”* (1 Corinthians 9:27). If only we would read the Bible well, so we would understand the required contending and realize the bondage in which we were born, and how to be delivered from it; and so we would know for sure that **in order to become on the image of Christ, we have to walk just as He walked**. As the Bible tells us to consider the output

of the saints' conduct and follow their faith⁶¹ as they, themselves, followed Christ. We need to know for sure that this is the only way that leads us to life, as it is written about those saints who wandered in deserts and mountains, in dens and caves of the earth; they had trial of mockings and scourgings and of chains and imprisonment, being destitute, afflicted, tormented; they wandered about in sheepskins and goatskins, of whom the world was not worthy. And all these, having obtained a good testimony through faith, did not receive the promise, God having provided something better for us, that they should not be made perfect apart from us.⁶² So let us judge ourselves, before it is too late, before God would judge us. Let us remember all the saints on whose names we build churches. If we do not really believe in their holiness, let us remember one thing, that God who created us made Himself of no reputation, taking the form of a man, the same like us, in our weaknesses, to give us a practical example to the life, to the way of contending that brings the man back to God. It is written, *"He who says he abides in Him ought himself also to walk*

⁶¹ Hebrews 13:7

⁶² Hebrews 11:36-40

just as He walked.” (1 John 2:6) Not only God proclaimed the way, but He, Himself, also came, taking the form of a man, the same like us, and He lived the way, so no man would have an excuse at all, so that every mouth would be stopped on the day of the great judgment. For the Lord fasted 40 days while He was in this body which is made of dust, which has the same nature as ours, to show us the image on which He longs us to be; that only happens when the man lives by the Spirit, when he gets satisfied by the Spirit of God.

If only we would remember one thing, after the 40 days which Lord fasted, while He was hungry, He refused to eat a loaf of dry bread, then when the disciples offered Him food, saying, *“Rabbi, eat”*, He replied, *“I have food to eat of which you do not know.” (John 4:32)* **If only we would ask ourselves everyday, why did the Lord do so? For whom?** If only we would remember that, whoever does not walk just as the Lord walked, he is not walking in the right way, because **the life of the Lord is the only way**; the only true way that leads to life. Whoever does not walk just as the Lord walked, is dead. He is not worshipping God, which means that he is not Christian, *“For no other foundation can*

anyone lay than that which is laid” (1 Corinthians 3:11) which was laid by the Lord, that is His practical life, in which He had nowhere to lay His head⁶³, and He lived as being put to death in the flesh. For this is the only way to be delivered from our bondage. **Fasting is stopping to worship the flesh and the will of self-worship.** It is the only way to start worshipping God, it even is the only door that lead us to God. So, should we neglect the Incarnated God who wandered in the wilderness, growing and getting strong in the Spirit? Should we overlook Him and do not follow Him?

For whom did the Lord fast? For whom did He live as being put to death in the flesh?! Whom was He teaching, and for whom was He contending, giving a practical example? Is not it for us to follow His steps, and walk just as He walked?! How could we say that we are following the Lord, and we are worshipping Him, saying that we are Christians, walking just as the Lord walked, although we are not obeying Him, nor walking after Him?! We even get into delusion, believing that we are worshipping and following Him!

⁶³ Matthew 8:20

Not only that, but while we are worshipping other gods, like the flesh, we wrongly assume that we are worshipping God, as Aaron had assumed, while he was worshipping the calf, and saying 'Tomorrow is a feast to the Lord', he even fashioned it himself, thus he became an **offense** to all the people. It is written that **woe to him through whom the offenses do come!** It would be better for him if a millstone were hung around his neck, and he were thrown into the sea, than that he should offend one of these little ones.⁶⁴ The great disaster was not that Aaron, who was the senior shepherd and the high priest, is the one who fashioned the gold calf, but the problem is that this great sin led to more greater sins, that Aaron started to reject God as he started to worship another god, then he started proclaiming a worship to this new god, so everyone would worship it; he created a new religion, a new worship, which is **idolatry**. All that is not the greatest disaster, but the greatest one is that, after leading the people to idolatry, Aaron thought that he was worshipping God, after the long time he spent fashioning the gold calf, which was worshipping and preparing a new worship, then he said, 'Tomorrow is a feast to

⁶⁴ Luke 17:1, 2

the Lord'. Not only he started worshipping an idol, or any other god, but he also still was in falsity, delusion, and the highest deception, as he thought that he still was worshipping God, he even was looking at the calf, and saying 'O Israel, this is your God'!

The same we are nowadays, at the evening of each feast, we proclaim 'Tomorrow is a feast to the Lord', **for the gold calf is our flesh**, which we proclaim, for we should worship it for 50 continuous days, we should obey it in everything it desires and lusts. This is a complete worship. Indeed, **for a long while before the feast, we worship the flesh in everything it desires, we start preparing the delicious food, desserts, and everything the body desires, which is the gold calf, and this is what was symbolized in fashioning the gold calf by Aaron.** For everything the Lord writes is a practical truth, so that we would have our eyes opened to the truth. The real disaster is, we say that we worship God, after doing all that! Even that many proclaim, 'Any worship is forbidden, during those days of feast, but the worship of the flesh'. For obeying the flesh and giving it whatever it desires is **a worship to the flesh**, as Aaron

worshipped the calf, for the man worships whatever he obeys and cares for. That is why the Lord told us that **carnally minded is death and is enmity to God, thus we became as an insane person, blind, and deaf.**

The same is every man who worships his flesh, he searches the Bible for any verse that supports caring for the body, a verse that shows that it is good to give his hungry body whatever it desires, to satisfy his body, and in the same time, to satisfy his self-worship as he appears to people as a good person who worships God, so that people would glorify him. As he wants to look good in the eyes of people, a man that worships God, so he searches for a verse that supports him, saying that God commanded us, *“Rise; kill and eat.” (Acts 10:13)*, and also commanded us, *“no one ever hated his own flesh, but nourishes and cherishes it” (Ephesians 5:29)* Doing so, he overlooks the entire Bible, as well as the contending of the Lord Himself, for even if there is not any verse about crucifying the flesh and putting it to death, it is enough that the Bible commanded us to talk just as the Lord walked, as He was being put to death in the flesh. If Christ is God, then why would He fast? For whom?!

However the Bible tells us about people that have minds but they refuse to understand, they harden their hearts, and by doing so they put themselves to destruction, for it is written, *“But even if our gospel is veiled, it is veiled to those who are perishing, 4 whose minds the god of this age has blinded, who do not believe, lest the light of the gospel of the glory of Christ, who is the image of God, should shine on them.”* (2 Corinthians 4:3, 4) For when the Lord said, “Rise, Peter; kill and eat” He was not talking about food, not about eating meat. The Lord was clear when He wanted Peter to get satisfied by all people’s salvation, as the Lord taught Peter, and us, *“My food is to do the will of Him who sent Me”* (John 4:34) For Peter was refusing to talk to the Gentiles, he despised them, thus the Lord told him, *“What God has cleansed you must not call common.”* (Acts 10:15), which means that you should accept any man, whether he is a Jewish or a Gentile, to be your source of satisfaction. Is it because we are so focused on our bodies, our thinking is centered on filling our stomachs, and our minds are filled with thinking in food, so we came to realize that the commandments of God are concerned about the flesh?! That **we thought that God is commanding**

us to eat all sorts of the meats, to give our bodies whatever it desires and lusts. The Lord, in His hunger, taught us to refuse to get filled even with bread, as He said, “I have food to eat of which you do not know... My food is to do the will of Him who sent Me.⁶⁵” He also told us to walk just as He walked, to do as He did, to follow His steps. Did we go that far on caring for our bodies and our hunger? For at the time when God is commanding us that people’s salvation would be our true satisfaction, as He let Peter to catch many fish. Is it because our thinking is all about satisfying our bodies, we came to think that God is commanding us to eat fish, and to kill all the sorts of animals, and with which we feed our bodies?! God have mercy on us. If only we would read the entire Bible before it is too late, for it is written;

“Foods for the stomach and the stomach for foods, but God will destroy both it and them.” (1 Corinthians 6:13)

What is really astonishing is when the Bible tells us about this fact, the foods for the stomach and the stomach for foods, and that the man should not

⁶⁵ John 4:32, 34

be brought under the power of anything⁶⁶, so he would not remain as a slave to the flesh, which means not to remain living by the flesh, the Bible clearly explains that **the body should be for the Lord, and the Lord** for the body⁶⁷. It means that the body should live by the Spirit of God, and the heart should be established by grace, not with foods⁶⁸. What is more astonishing, the Bible mentioned, in the same verse, that the body is not for sin, “Foods for the stomach and the stomach for foods, but God will destroy both it and them. Now **the body is not for sexual immorality but for the Lord, and the Lord for the body.**”⁶⁹ It is really astonishing is that the Lord **linked** the food with the sin of the body, to remind us that the reason that made the first man [Adam] know the physical matter, and know Eve, is because Adam gave his body the fruit which was delicious in his eyes, the food that he desired was the cause. If the flesh is not a member in Christ, **do you not know that your bodies are members of Christ?**⁷⁰ The flesh should have **lived by the Spirit of God and by the grace of God, not**

⁶⁶ 1 Corinthians 6:12

⁶⁷ 1 Corinthians 6:13

⁶⁸ Hebrews 12:9

⁶⁹ 1 Corinthians 6:13

⁷⁰ 1 Corinthians 6:15

with foods. Is not that the word of God whom we claim that we worship?

As the word of God affirms this fact, when it links the food with the sin, as the food is the cause of the sin. God explained this in the story of Esau, who symbolizes the flesh; when he was born, he came out red. He was like a hairy garment all over, which is the same look of the animal. Then he said to Jacob, “Please feed me with that same red stew⁷¹” As a result of the lust of the stomach, the desire of being filled with food, the man lost his sonship to God, and his birthright [his purity] as well. As the Bible tells us that, The **virgin**, unmarried woman, is the one that can be **holy both in body and in spirit** as she does not care about the world or anything in it, but cares about the things of the Lord⁷²; she refuses to get satisfied by the flesh, she refuses to give it what it lusts. In the same way, the Lord affirmed that food for the stomach, and we should not obey them, as **they have not profited those who have been occupied with them**⁷³, those who lived by the flesh. At least, we should feed the body but do not obey it in

⁷¹ Genesis 25:30

⁷² 1 Corinthians 7:34

⁷³ Hebrews 13:9

anything it desires, we should eat any food, but we should not focus on preparing it, for carnally minded is death and is enmity against God; the food should not be delicious or else we would remain worshipping the flesh, which will prevent us from worshipping God. For God has created us to live by His Spirit, to move in Him, so we would be able to become members in Him. How would a member need anything outside the entity in which he is rooted? God wants us to become members in Him, so we would be **on His Image**, as God Himself came in the same weak nature of ours, to show us the image and to show us how to reach it. Thus **He lived as being put to death in the flesh**, that His gaps got filled with the Spirit of God, thus He became [as a man] a member in God, living by the Spirit of God, so He became on God's Image, that is why He was able to fast for 40 days [as a man], and He refused to get satisfy by a loaf of bread. He did that all to show us the practical way, through Himself. Did we go that far that we have eyes that do not see or understand?!

When the first man obeyed his flesh and gave it what it lusted, he came to be living in the flesh, he became a slave to it, that his body went into a

severe hunger, thus his nature was instantly transformed, thus his eyes got opened on the physical matters because of the endless hunger in which he got. Then the man start to satisfy his hungry astir body through his eyes turned to the body of Eve.

Therefore, when the man was at home in the flesh, Adam knew Eve, and then he gave his flesh what it desires, not before.

Therefore, the Lord affirmed, in many places in the Bible, that fact, starting from the story of Adam and through the entire Bible until the messages of the New Testament. When the Lord told us that foods are for the stomach, and it is good that the heart be established by the grace, not with foods, for the body is not for sin, but for the Lord, as it is written, "Foods for the stomach and the stomach for foods, but God will destroy both it and them. Now **the body is not for sexual immorality but for the Lord, and the Lord for the body.**" The body should have been for the Lord not for foods, **the body should have lived by the Lord**, not with foods. As the Lord Himself showed us, when He took the same form of ours, to show us how to

become on the image on which He longs that every man to be; this is the purpose for which God created the man.

Did we go that far that we do not have eyes to see?! It is written, “Do not be carried about with various and strange doctrines

For it is good that the heart be established by grace, not with foods ... by grace, not with foods ... foods, which have not profited those who have been occupied with them.⁷⁴

Therefore, do not be carried about with various and strange doctrines, but consider the outcome of all the saints’ conduct, and follow their faith, much more, look unto Jesus, the author of our faith, who lived as being put to death in the flesh, to give us an example; after fasting for 40 days, He refused, while He was hungry, to eat a loaf of bread!

Did we go that far that we do not have minds to understand?! For all what the flesh lusts is against the Lord. If any man, while still in the flesh, wants to be a member in God and to walk by the Spirit, **let him start** to eat only for the purpose of feeding his

⁷⁴ Hebrews 13:9

body; let him ask himself, why does he eat? If he eats to feed his body, as he still is in the flesh, not yet in the Spirit, then he should feed his body with food which his body does not lust or like, such as vegetables and legumes. For he is still weak in the flesh and he does not want to worship anything but God, thus he would start worshipping God in the spirit. God commanded us:

He who is weak eats only vegetables

“who is weak, eateth herbs.⁷⁵” [herbs⁷⁶]
[vegetables⁷⁷]

Do we have eyes that do not want to discern the truth, do we have ears that are not willing to hear the commandments of God, do we have minds that do not want to understand the way of salvation?! For he who eats for the purpose of feeding his body, consider legumes, as they do have as much as double the portion of protein as in the meats; meats destruct the body and the spirit, as it increases the bondage of the flesh and its lusts, it stimulates his hunger, and it makes the body as an

⁷⁵ Romans 14:2 [King James Version]

⁷⁶ Lachanon λάχανον lakh'-an-on; from λαχάινω lachainō (to dig); a vegetable:—herb. [Strong's Hebrew and Greek Dictionaries. Dictionaries of Hebrew and Greek Words taken from Strong's Exhaustive Concordance by James Strong, S.T.D., LL.D., 1980]

⁷⁷ Garden herb, vegetable, edible plant [<http://www.biblecentre.net>]

animalistic body in a much more eruption. Every man is free to do whatever he wants! Let every man observe himself, is he strong in the Lord, or he still is weak? Let him observe the commandments of God and let him judge himself, if he is strong, can he sell all that he have? Can he move the mountains? Does his prayers heal the sick, as it is written, “the prayer of faith will save the sick⁷⁸”? Can he pray without ceasing? Can he love his enemies? Can he fast for 40 days as the Lord did? Did he become perfect and on the image of God? Did he walk just as the Lord walked? Does he take nothing for the journey? Can he leave his house, family, father, and mother? Did he become a light to the nations?! If he could not fulfill the commandments of the Lord, then he still is not yet strong, he still is weak; and God commands the weak to eat vegetables. **Whoever does not obey God, does not worship Him.** Everyone is free to do whatever he wants. He who says, ‘I have to feed, nourishes, and cherishes my body’, the Lord is replying him, ‘feed it but do not worship it, do not care for it, for I am the One who takes care of birds, I promise you that I will take care of your body, do not worry about your life, what you will eat, do not

⁷⁸ James 5:15

worry, saying, 'What shall we eat? For after all these things the Gentiles seek'.

This commandment is the image on which the Lord wants us to be, that is to live for Him, to pray without ceasing, like what will happen in heaven. We will not be able to become on this condition instantly, walking by the Spirit, becoming members in God, living, moving by Him and His Spirit, as John the Baptist, who was not eating or drinking anything, or Elijah or Moses, who were able to fast for 40 days, the same as the fathers the saints. However, as the start, the least thing to do on the start of the difficult way, which leads us to God, is to start eating, merely to feed the body, which means to give the body what keeps it alive, but not to obey it so we would not worship it. **We should not worry about it as carnally minded is death, and is enmity against God.** We may eat vegetables, **which requires no preparation or cooking**, or requires little preparation time, such as fresh vegetables, salads, which has all the nutrition elements that the body needs, we can also eat any legumes. Doing so, the body would be fed, **and the purpose of our eating would actually be to feed the body.** Even though, this is not the image which

the Lord requires from us, He wanted us to trust in Him, and not to worry, even by saying ‘what shall we eat?’, we should not worry about food at all. But we cannot be at this image at the beginning, thus, the least thing to do in order to reach this image, is to stop worshipping the flesh, we should feed it without worshipping it, we should not do what Aaron did when he worshipped the calf.

Let every man ask himself, why does he eat? Is it to worship his flesh by obeying its lusts, or he eats to feed his body? Let him also **confess that he still is not living by the spirit, and that he does not have faith, for he could not trust the promise of the Lord to take care of his body and to feed it as He takes care of the birds and feeds them.** Let him confess that he is not yet living in the Spirit. We should know that we should **grow everyday**, *“every tree which does not bear good fruit is cut down and thrown into the fire.” (Luke 3:9)* Not having fruits continuously, means no growth. So let us examine ourselves, and wake up,

Are we spiritually strong, are we more filled with God today than yesterday, than last year? Or

today is like yesterday, and the same as ten years ago.

If we are the same, then we are not contending in the difficult way, which starts with a “narrow gate”. This is **the only way that leads to life.**

The difference between the man and any other creature, whether birds or animals, is that the man has a brain, which makes any man a sane person, that when a man does anything or takes any action, he should have a purpose of that action. When the man eats, he should ask himself, **‘what is the purpose of eating?’** Whether during fasting or during the days of the Pentecost.

The sane person is the one whose purpose of eating is to feed his body. If so, does the purpose change during the days of the Pentecost? Would his purpose be no longer to feed his body? Then, what would be the purpose of eating without any restrains, and obeying the flesh in whatever it desires?

Anyone, who satisfies his flesh with whatever it lusts, should ask himself, ‘what is the purpose of this act, giving the body whatever it desires?’ and,

‘what commandment says so?’ **What is the purpose of extensively giving the body all what it lusts?**

The sane person’s purpose of eating, is to feed the body, then if legumes have all what the body needs from nutrition, why does not he use it to feed the body? This is the least thing a sane person would do, if he were willing to contend in the difficult way that leads him to God. For legumes or vegetables, which God commanded us to eat, does not make the man worry about or get busy preparing it. In addition, it has all the nutrition that the body needs. **Thus, the man would become obedient to God.** However, he who seeks to give his body whatever it lusts, and indulges eating, he states that he will worship his flesh, as Aaron stated that he will worship the calf, and that the calf became a god.

Although, eating, for the purpose of feeding the body, is not the image on which God created the man, which is that the man would live by the Spirit of God, not by the flesh in which the man became at home, like any organ in a body. For God created the man to become a member in Him, to be at

home in God, and to live by Him. As God showed us, through Himself, when He was in the flesh, that He was able to fast for 40 days. For God came to earth to show us the image for which He created the man, which is to live by the Spirit not by the flesh. God created the man to be at home in Him, to be a member in Him, to live through Him, like any organ that lives through the body. Therefore, eating for feeding the body is the start of contending, it actually is the true fasting, which is stopping to obey the flesh, stopping to worship it, so the man would start to worship God. Whoever did not yet start, then when shall he reach perfection?!

Even this start, which is to feed the body without worshipping it, is reached by few. Therefore, when will we become on the image and likeness of God? When will we become conformed to the image of His Son⁷⁹, to get filled to the fullness, to the measure of the stature of the fullness of Christ⁸⁰, to be perfect, just as our Father in heaven is perfect⁸¹?

⁷⁹ Romans 8:29

⁸⁰ Ephesians 4:13

⁸¹ Matthew 5:48

Let us wake up to the truth, or else we will perish by the falsity. The truth is:

“Narrow is the gate and difficult is the way which leads to life⁸² ... for many, I say to you, will seek to enter and will not be able.⁸³ ... But take heed to yourselves, lest your hearts be weighed down with carousing, drunkenness, and cares of this life, and that Day come on you unexpectedly. For it will come as a snare on all those who dwell on the face of the whole earth. Watch therefore, and pray always that you may be counted worthy to escape all these things that will come to pass, and to stand before the Son of Man⁸⁴”

So, let us examine what Aaron the priest did, while he was fashioning the calf, and building the altar, and then bowing down, together with all the people, before the calf. Was this calf the god?! Is it the true God?! Aaron, who is the senior shepherd at that time, while he was fashioning the calf and

⁸² Matthew 7:14

⁸³ Luke 13:24

⁸⁴ Luke 21:34-36

building the altar, was he worshipping God on those days?!

As for ourselves, regarding the days of the Pentecost, which we call 'holy days', which means 'days dedicated to worshipping God'. While we are preparing and cooking everything the body desires and lusts, while we are worshipping it, strongly obeying it, let us ask ourselves, **is the flesh the true God? Is it the god who created us?!** For god is the power that created us, for which we owe to live for. So let us ask ourselves, who is our god, so we would obey him in whatever he asks and desires?!

Did not we know that while we are caring that much for the flesh, while we are preparing and cooking for it whatever it desires and lusts, while we are strongly obeying it, **we actually became slaves to it?**

Let us wake up, and determine which god we want to worship. Let us wake up to the truth, which is that no one can serve two masters at the same time. For as soon as we obey the flesh, at the least thing, this becomes a statement that we stopped worshipping God.

Let us wake up, or else we will perish. Let us wake up on the reality in which we became, which is that we are no longer worshipping God, as long as we are worshipping the flesh, worrying about it, and obeying it in whatever it desires. Let us wake up to the fact that we are worshipping the flesh for many years, and we cannot start worshipping God unless we stop worshipping the flesh; this is the true fasting, which is crucifying the flesh with its passions and desires, and hence stopping to worship it.

For God told us, that He cannot **accept** any man, **unless firstly the fatted calf get slayed**, as what was done with the lost son, when his father ordered to slay the fatted calf⁸⁵, which is our flesh, for which we cared, for many years; all what it desires is against the Spirit. There is no fatted calf but our flesh, before which we built an altar, and which we worshipped; it has to be slayed, then burnt, till it becomes ashes, so God would accept the sacrifice and it would be a sweet aroma to the Lord⁸⁶. **For our outward man must perish so the Spirit of God would be found in us.** Those who want to belong to Christ must **crucify the flesh with**

⁸⁵ Luke 15:23

⁸⁶ Leviticus 3:5

all its passions and desires, they must stop worshipping and obeying the flesh, for no man can serve two masters, two gods, at the same time. For the man becomes a slave to whatever he obeys. Did we forget what Adam did? He gave his body one bite of the fruit which his body desired, that happened because Adam refused to obey God, and hence he refused to worship God, for he wanted to fulfill the will of self-worship, thus he obeyed his flesh, **thus his nature was instantly transformed!** If only we would compare that with our state, how much more we obey our flesh, compared to Adam!

Fasting is stopping to obey the flesh, which is stopping to worship it, as this is the only way to start worshipping God.

Fasting is the starting gate that leads the man to the way where he finds life.

He who refuses to fast, who wills to continue obeying and worshipping his flesh, who refuses to continually crucify his flesh, he actually **refuses to continually get crucified with Christ, he refuses to die with Christ to stay united in the likeness of His death**, he refuses to continually have his sins taken away, which means that he refuses to continually

repent and get purified, he refuses to continually get born of water, he refuses to continually resurrect with the Lord, it means that he refuses to continually get delivered from the bondage. Most importantly, he continues to obey and worship his flesh, he refuses to worship God, for no one can serve two masters.

However, the continuous true fasting is to continually not obey and not worship the flesh, which is to continually get crucified with Christ, to get united with the crucified body of the Lord, to get united in the likeness of His death, that is to continually die with the Lord, to continually repent, have the sins taken away, to continually get purified, to continually get born of water, to continually get delivered from the bondage, to have the flesh of sin done away. True fasting is to continually crucify the flesh, to continually refuse to worship it, and hence to continually worship God by the Spirit, and to continually grow in Spirit.

The young man who wanted to follow the Lord, he said to the Lord, “Lord, I will follow You wherever You go.”, then the Lord replied him with the **terms of following**, the Lord said, “the Son of

Man has nowhere to lay His head⁸⁷ ... whoever of you does not forsake all that he has **cannot be My disciple**⁸⁸ ... If anyone comes to Me and does not hate his father and mother, wife and children, brothers and sisters, yes, and his own life also, he cannot be My disciple.⁸⁹”, then the Lord said, “For I have given you an example, that you should do as I have done⁹⁰”, and the Bible tells us that the Lord was being put to death in the flesh⁹¹, **leaving us an example, that we should follow His steps**⁹²”

Did we go that far that we have eyes that cannot perceive the Bible?! Did we go that far that we became blind?! Did we go that far that our minds are unable to understand?! *“But even if our gospel is veiled, it is veiled to those who are perishing, whose minds the god of this age has blinded, who do not believe, lest the light of the gospel of the glory of Christ, who is the image of God, should shine on them.”* (2 Corinthians 4:3, 4) For whom did the Lord fast? For whom did He live as being put to death in the flesh? If only we would remember,

⁸⁷ Luke 9:58

⁸⁸ Luke 14:33

⁸⁹ Luke 14:26

⁹⁰ John 13:15

⁹¹ 1 Peter 3:18

⁹² 1 Peter 2:21

every day, the truth, the gospel, the way, the mirror in which we should behold⁹³.

Whoever does not walk just as the Lord walked, he is not worshipping God, as he is not following Him, and thus he is not Christian.

If only, for once, we would think in God, the Creator, as we left Him crucified, nailed on the cross, and go to worship another god, after all what He offered us. The same as what the people of Israel did, when the Lord delivered them and led them crossing the sea, after He divided it, doing a great miracle, showing them His power, they left Him and worshipped a calf, which was made by the senior shepherd, they did not care for the heart and feelings of their True God. God told Moses, “your people have corrupted themselves”, He did not say, ‘my people have corrupted themselves’. For they are no longer God’s people, as they stopped worshipping Him. The Lord said, “Go, get down! For **your people** whom you brought out of the land of Egypt **have corrupted themselves. They have turned aside quickly out of the way** which I commanded them. **They have made themselves a**

⁹³ 2 Corinthians 3:18

molded calf, and worshiped it and sacrificed to it, and said, ‘This is your god, O Israel, that brought you out of the land of Egypt!’⁹⁴” For when the man obeys his flesh, based on his obedience to the will of self-worship, the man becomes a slave to the flesh and to the self, thus he comes to be living and moving in them. Therefore, when he stops obeying them, the bondage of the flesh gets broken, and this is the true fasting. Thus, we would be able to get united with the dead body of the Lord, to become one body in Him, and hence the Lord would die for our sins, so that we would get purified, and get born of water. In addition, stopping to worship the flesh allows the man to start worshipping God. If only we would remember the words of the Lord, **“I am the bread of life.** Your fathers ate the manna in the wilderness, and are dead ... I am the living bread ... If anyone eats of this bread, he will live forever⁹⁵ ... **He who comes to Me shall never hunger.**⁹⁶” The words of the Lord are clear, it affirms to us that, even though He is the One who gave manna from heaven, He said that the people of Israel are dead, even though they ate the manna. It means that God’s will for

⁹⁴ Exodus 32:7, 8

⁹⁵ John 6: 48, 49, 51

⁹⁶ John 6:35

them was not to get satisfied by this bread “manna”, for manna was a **symbol** of them getting satisfied by God, not to satisfy their bodies by it. **Manna** is a symbol of the spiritual satisfaction, a symbol of **the Spirit of God** by whom God wanted us to continually satisfy, not by our flesh that it would be the source of our lives. The same is the body and the blood of the Lord, they are a symbol of the Spirit of God, who longs to be our satisfaction. Unfortunately, the people, in the old ages, did not realize this; that they said, “our soul loathes this worthless bread”. The same, we refuse to get satisfied by the Spirit of God, as we were born in bondage, in a complete hunger. We did not even ask the Lord to taste Him; it means that we are not members in Him. Therefore, God longs to have us at home in Him, so He would be our source of life, so we would become members in Him, and partakers of the Divine Nature.

The Lord affirmed that He created the man to become a member in Him, so God would be his only source of life, not so the man would be at home in the flesh, or that he would live by it. Therefore, the Lord came to show us the way, and to show us how to reach this image, on which the

Lord longs that the man would be. The Lord was growing and getting strong in the spirit, that He fasted for 40 days, and then when He got hungry, He refused the loaf of bread, to affirm to us that **we should become** and live in the Spirit, not in the flesh, in total faith in God the Creator. This is how the life will be in heaven, there will not be any source of life but God, and we will have bodies in heaven as well. Therefore, he who trained himself, here on earth, to live by God, so that God would be his bread of life, will become a member in God forever, for God became the bread of life for him. As God, Himself, came to show us how a man can become on the **Image of God**, when he becomes a member in, living, and moving in Him.

Therefore, the man should train himself on living by the Spirit of God. That happens when he starts to get satisfied by God, when he get connected to Him, when the man starts to worship God in spirit, when he stops worshipping his flesh, and hence stops self-worship. This is the true fasting.

That is how all our fathers the saints walked. Whose source of life was not the bread of the flesh.

In the old ages, there were people who lived on the Image of God, who lived by the Spirit, like Elisha, Elijah; and John the Baptist whom the Lord said about, "**John came neither eating nor drinking**⁹⁷"

Therefore, **fasting** is:

- he will of the man to **stop worshipping his flesh, to start worshipping God.** T
- he will of the man to **stop living by the flesh, to live by God.** T
- it is **the statement** of the man that he is willing to **live by God**, when he disciplines his body and puts it to justification, this would be **a statement** that he wants to **truly worship God**, and not to turn back to worshipping his flesh by obeying it. I

Therefore, it is written, "*those who are Christ's have crucified the flesh with its passions and desires.*" (Galatians 5:24) which is to stop worshipping it. As it is written, "I discipline my body

⁹⁷ Matthew 11:18

and bring it into subjection”, thus **our outward man should perish** so the Spirit of God would start to be born within us, and so we would live by Him. It is written, **“For he who has died [in the flesh] has been freed from sin.”**⁹⁸ Whoever fasts the true fasting, starts to die with the Lord, and hence would have his sins taken away, and he then would be born and continually get purified, and hence he would be delivered from the bondage, thus he does not sin anymore, as he is born of God, for *“whoever is born of God does not sin”* (1 John 5:18). For *“having died to what we were held by”* (Romans 7:6), thus in order for the spiritual body to raise up and live by the Spirit of God, the natural [animalistic] body must be buried⁹⁹, Therefore the sin does not reign in the dead body¹⁰⁰

Whoever obeys the flesh in anything it desires, he still is worshipping it. He should wake up to the fact that he is not worshipping God. Whoever worries about and takes care of the body in the least thing, he should wake up to know that he is dead and is in enmity against God. For carnally minded is death and is enmity against God.

⁹⁸ Romans 6:7

⁹⁹ 1 Corinthians 15:44

¹⁰⁰ Romans 6:12

If only we would wake up to **the truth** which is **the Word of God** that is in the Bible, in which God told us that He does not accept man's repentance, unless after a serious fasting. For God did not accept the repentance of the people of Nineveh, unless after they have fasted, mourned, and crucified their bodies as well¹⁰¹, which means that they did not give their bodies leisure, but they put on sackcloth for three days. However, if all what they did was praying, if they would have prayed for years, their sin would have remained; it would have not been taken away. The same with the people of Esther, the people of Israel, if they would not have humbled themselves for 3 days of serious fasting, God would not have delivered them. For fasting is to stop worshipping the flesh, it is the start of truly worshipping God. Without fasting, the man cannot start worshipping God. For how could a man worships another god, and thinks that he can worship God?!

Fasting is the beginning of the way to God, without it, no man can start on the way.

¹⁰¹ Jonah 3:5

Fasting is the **starting gate** of the difficult way that leads to life. Whoever does not truly fast by stopping to obey his flesh in anything it desires, he did not yet start worshipping God, for he still is worshipping another god; that he would be like Aaron who thought that he was worshipping God while he was worshipped the calf. Thus, he will remain sinning all the time, as he still is under the bondage of his flesh, he is not yet born of water, and hence he will never get connected to God.

Without fasting, the man cannot start on the way that leads to God, for he cannot start a relationship with God, which means to worship Him by the spirit, for without fasting, the man will remain in worship to another god.

Therefore, the first word, the first commandment of God for the man, before leaving the Garden of Eden and before getting enslaved to the flesh, was to not obey his flesh or his self, in order to avoid being enslaved to them. **For the man instantly becomes a slave to whatever he obeys.** Therefore, we did not know any man that became a saint, and got filled with God, unless he spent a life of complete contending and crucifying the flesh,

which is the seed that should get buried and remain underground. **Because this is the condition that connects it to its source of life, this also is the condition of its continuous connection with the source of life.** Therefore, fasting is stopping to worship the flesh, through crucifying it of what it lusts. Disciplining it and putting it to subjection are the conditions to connect with God and to get filled with Him. It also is the condition to be delivered from the bondage. It is the condition to get purified and be born of water, so that man would continually get crucified with the Lord and dies with Him, until having died to what he was held by¹⁰², that the body of sin might be done away with¹⁰³; that the bondage would be broken, hence there would be no condemnation to the man¹⁰⁴, for he becomes in the Spirit, and he then walks in the Spirit, as he stopped living by the flesh [being at home in the flesh], as he came to be absent from the flesh, by putting it to death, and became at home in God.

If only we would remember that, the Lord struck all of the people of Israel who lusted the meat.¹⁰⁵

¹⁰² Romans 7:6

¹⁰³ Romans 6:6

¹⁰⁴ Romans 8:1

¹⁰⁵ Numbers 11:33

Although those people were not walking by the Spirit, they were at the beginning of the way, but the Lord was very strict in this matter, for it is the most important matter through the journey on the way, for without it, the man cannot walk on the way, cannot start worshipping God. For it is written:

“Put a knife to your throat, if you are a man given to appetite¹⁰⁶¹⁰⁷ ... Do not mix with winebibbers, or **with gluttonous eaters of meat¹⁰⁸”**

Any man who was born in the bondage of the flesh, he is under a bondage of endless hunger. The Lord showed us, how the people of Israel, in the desert, cried out because they lusted the smell of meat, they lusted the fish the cucumbers, the melons, the leeks, the onions, the garlic, and all what the flesh lusts. That was not all, even after receiving the manna from the Lord, which is the symbol of satisfaction, they cried out to Moses, “the fish which we ate freely in Egypt, the cucumbers, the melons, the leeks, the onions, and the garlic; but now our whole being is dried up;

¹⁰⁶ Proverbs 23:2

¹⁰⁷ נפש nephesh, neh'-fesh – [Strong's Dictionary of Hebrew words]

¹⁰⁸ Proverbs 23:20

there is nothing at all except this manna before our eyes!¹⁰⁹ ... and our soul¹¹⁰ loathes this worthless bread.¹¹¹”

All of these are worships to many gods, the sense of taste, satisfaction by meats, and filling the stomach; God did not create us to get satisfied by any other source of life, but He created us to get satisfied by Him, and to live by Him. He who did not stop obeying his flesh, through crucifying it of anything it lusts, **he will remain slave and he will die as a slave, he will lose everything.** He will lose being in God forever. If only every man would think wisely, would he compromise being in God forever for **a pleasure to carouse in the daytime**¹¹²? Let every man see the truth, let him read the Bible well. For it is written that those who want to be Christ's, should crucify their flesh together with all what it lusts and desires, they should not worry about their bodies. For God gave us this existence, only for one purpose, which is so we would seek God and reach Him, to become members in Him, to live and move in Him, so **we would enjoy Him forever.** Thus, when we become members in Him,

¹⁰⁹ Numbers 11:5, 6

¹¹⁰ נפש nephesh, neh'-fesh – [Strong's Dictionary of Hebrew words]

¹¹¹ Numbers 21:5

¹¹² 2 Peter 2:13

we come to be on His Image. Therefore, let every man ask himself, did he become on the Image of God? Does he live and move in Him? Can he fulfill all the commandments? Can he sell all that he have? Can he pray all time? Can he not worry about his body, or worry about what he shall eat? **Did he walked just as the Lord walked, wandered in the deserts, spent the entire night praying, lives by the Spirit of God not by the flesh, fast for 40 days as Moses and Elijah did?!** If only we would wake up to the truth, before it is too late, so that we would know the will of God, to know the purpose for which God created us, to know the way that leads us to that purpose, which is the very life of the Lord. Whoever walks as He walked will reach the same image, and will be conformed to the image of His Son¹¹³, and **will be filled to the fullness, till he reaches the measure of the stature of the fullness of Christ, Himself**¹¹⁴.

Therefore, fasting is the starting gate of the way, and **he who does not enter by the door ... is a thief and a robber**¹¹⁵; it means that he did not stop worshipping his flesh, thus he is a liar, he is not

¹¹³ Romans 8:29

¹¹⁴ Ephesians 4:13

¹¹⁵ John 10:1

Christian, and thus he would be stealing the name of God by saying that he is Christian and that he worships God, for he did not enter by the door. Christ is the door, which means that His life, which He lived, is the start, it is the door, and it is the way. Whoever does not walk just as the Lord walked, is not Christian, and he does not obey or worship the Lord.

Fasting is the only **mean** and the only **guarantee** for the man to walk the way until the end.

If a man stopped fasting, and returned to obey his flesh, to worship it, at this time, he stopped worshipping God, which means that he stopped walking in the way that leads to God, he stopped crucifying his flesh and dying with the Lord, he stopped getting purified and being born of water, he stopped being delivered, thus he stopped getting united with the crucified God in the likeness of His death, he stopped getting connected with God, he stopped getting filled with God. If only we would remember the people of Israel, in the Old Testament while they were not yet in the Spirit, still God's anger was aroused because they lusted the fish, melons, and all the delicious food, and

because they cried out to Moses when they remembered the smell of the meat, that they said, “Oh, that we had died ... in the land of Egypt, when we sat by the pots of meat and when we ate bread to the full¹¹⁶”, which means that they cried out for the smell of the meat, as they were getting filled by bread while smelling the scent of the meat. For it was forbidden for the Israelites to eat meats, for the meats were sanctified, dedicated, to the Egyptians only. Therefore, the Egyptians used to sit the Israelites beside the pots of meat to smell the scent and eat bread to the full, while smelling the scent of the meat. However, the people of Israel cried out for being deprived of the smell of the meat, that is because of excessive gluttony that they had. Therefore, the Lord struck the people dead, and they got buried in a place He called Kibroth Hattaavah which means **Graves of Craving**. If the Lord did so with people who are without any spiritual measurement, and He was very strict with them, then how should we have walked?! Therefore, the Lord wrote all these teachings for us to learn and understand that all these lusts are worships, the same as idolatry. Therefore, God, Himself, came to teach us the way, so we would be

¹¹⁶ Exodus 16:3

delivered from the severe bondage, and from the curse that struck the entire world. The Lord came in the form of a man, and He taught us that the man should live by the Spirit of God, therefore, He fasted for 40 days, and He refused to eat bread. Even though the Lord fed the multitudes with bread and fish, that was a symbol of the spiritual satisfaction. In addition, any man at the beginning of the way, cannot live by the Spirit right away, but with a difficult long contending, he will reach this image. Every man should know the image, on which he should be, on which God created him to be, so that he would not lose everything.

For the Lord has told us that after a man worships his flesh, the next thing is going to be as written, *“the people sat down to eat and drink, and rose up to play.”* (Exodus 32:6) For he who obeys his flesh, will become under bondage. Therefore, it is written, “we are debtors—not to the flesh, to live according to the flesh. For if you live according to the flesh you will die, **“if Christ is in you, the body is dead.”**¹¹⁷” Therefore, “unless a grain of wheat falls into the ground and dies, [it is not connected to its

¹¹⁷ Romans 8:12, 13, 10

source of life, and thus it will never live forever] it remains alone.¹¹⁸”

“Foolish one, what you sow is not made alive unless it dies.¹¹⁹”

However, if the natural “animalistic” body got buried, the spiritual body will raise up¹²⁰.

Let us judge ourselves, we are the ones that, even during the fasting, cannot crucify our flesh, but we exaggerate in giving it whatever it lusts. We even eat meat [fish meat] during the fasting, thinking that we are crucifying the flesh, though we are strongly worshipping it, for we could not deny that god, which is the flesh, all the sorts of meats, **so we permitted fish to be eaten during fasting.** After doing that all, we still think that we worship God. As Aaron did, while he was fashioning the calf and building an altar before it, he offered burnt offerings and proclaimed, ‘tomorrow is a feast to the Lord’. He considered the calf as the Lord, which means that the calf is god; Aaron wanted to satisfy the people and convince them that the calf is the real god. That is why he built an altar before the

¹¹⁸ John 12:24

¹¹⁹ 1 Corinthians 15:36

¹²⁰ 1 Corinthians 15:44

calf, although the people did not ask Aaron to build an altar or to give offerings. However, as Aaron's job was as such, for his worship was just a job, a ritual that he does without thinking. Thus, he automatically made all the preparations and rituals that he used to do for God, the True God, he made them all for the calf, which is an idol. It means that Aaron continued performing his job, which is doing the rituals and the worship. He did not mind or bother to figure out who is the real God, for whom he should perform the rituals. He did not bother to figure out who is the real God, for whom he should build an altar. He did not bother to figure out for whom he was performing the rituals, God or an idol! **Therefore, his worship, which was merely a job for him, was merely performing tasks, a job he used to do, not a truthful worship by the spirit or from the heart.** Therefore, the moment the people told him, "make us gods that shall go before us¹²¹", he instantly started doing and performing the tasks and duties of his job, **the job that he used to do.** Instead of offering burnt offerings to God, who is in heaven, the unseen God, Aaron offered the offerings to a statue. It proves that, for Aaron, there was no difference between God and any

¹²¹ Exodus 32:!

statue, because God had not have any true existence in Aaron's life. It is as if Aaron is a machine that does not think, realize, or feel, and hence does not love. The machine is a tool to perform tasks. Aaron was seeking to satisfy the people, he was ready to take orders from anyone, as long as he would benefit! Or even avoid any harm. As **there was no difference, for him, between the calf and God, Aaron did not know what he was doing**¹²². Therefore, he made a calf, and he proclaimed that **this calf is the Lord**, is God [el-oheem אֱלֹהִים]. What is really astonishing is, Aaron already witnessed God's glory, when He appeared on the mountain, where there was under His feet sapphire stone¹²³. In Addition, Aaron witnessed the amazing miracles that the Lord made. The most shocking thing is, **God used Aaron to make the miracles that were involved in the ten plagues**. However, people-worship was deeply rooted in Aaron, therefore, his purpose was to satisfy that got [people], therefore, he fashioned a calf, not to satisfy himself [self], but to satisfy the god whom he strongly worshipped [people], therefore, it was obvious that he would seek their

¹²² Romans 7:15

¹²³ Exodus 24:9, 10

satisfaction. For people-worship led Aaron to idol-worship [idolatry]. Walking in the way has nothing to do with meeting or seeing Christ, as Judas or Aaron did, not even doing miracles, for walking in the way is **the true will and desire of the man, and his serious contending according to the rules**¹²⁴, which is to walk just as the Lord walked, for **the life of the Lord** [when He was in the form of man] is the only **way** that leads the man to God.

Aaron symbolize Adam and Eve, when Satan told them to obey their flesh, to worship it so they would be gods. The moment Satan told them so, **they looked at the tree**, and they saw that it is pleasant to the eyes, and desirable, which means that they **saw that the flesh deserves the fruit and deserves to be worshipped**. Thus, Eve felt that the flesh is a god, and it deserves this pleasant good desirable thing. Therefore, it is written, “the woman saw that the tree was **good** for food, that it was **pleasant** to the eyes, and a tree **desirable** to make one wise¹²⁵”. Thus she realized by seeing, meditating, and focusing on the fruit, that the fruit is so precious, even more, she realized that the flesh is a god, and it deserves that precious thing.

¹²⁴ 2 Timothy 2:5

¹²⁵ Genesis 3:6

Therefore, she gave her flesh, which means she worshipped her flesh, **and proclaimed it is the god that deserve to be worshipped.** Surely, that was based on the will of self-worship; it means that before she worshiped her flesh, she had self-worship. The same is Aaron, the moment he saw the calf, he saw that it was beautifully made, and hence he proclaimed it as the god. It is written, *“So when Aaron saw it, he built an altar before it. And Aaron made a proclamation and said, ‘Tomorrow is a feast to the Lord [Jehovah].’”* (Exodus 32:5)

Although, Aaron is the one who fashioned the calf, he saw that it deserves to be worshipped, thus he proclaimed it as the god and that he will start worshipping it. Although the name Aaron means exalted. The same is Pharaoh, when he looked at the river¹²⁶, which is the god he wanted to worship, the seven ugly cows ate up the seven fine looking cows, which symbolizes Adam when he lost the perfection which he could have reached by this body. For the seven cows symbolizes the natural “animalistic” body, on which God created Adam, by which Adam could have reached perfection, that is

¹²⁶ Genesis 41:1

why there were seven cows. However, the moment he looked at another god, Pharaoh [who symbolizes Adam] lost this image. The same happened to Esau when he looked at the stew¹²⁷, Esau stated that he will worship the calf, which is his flesh; thus he lost his birthright, and he also lost all the blessing of God, **for he looked at another god and proclaimed a worship to it.** The same did David, when he looked at a woman bathing, and he lusted her¹²⁸, which means that through his body, he lusted another body, and he proclaimed it as his god, thus he instantly worshipped his flesh, and he did not care to obey, please, or fear God, **for he was captivated when he looked at the calf.** Therefore, David lost his dignity, reign, and his son expelled him. The same did Noah, when he looked at the cup of wine, and he gave his body that wine. After all the brave things that Noah did and at which he succeeded, he lost his dignity and became **uncovered, as Adam became uncovered.** It is written that the sin, “has cast down many wounded, and all who were slain by her were strong men¹²⁹”. For David was one of the strongest in the Spirit, so was Noah. However, when a man

¹²⁷ Genesis 25:30

¹²⁸ 2 Samuel 11:2

¹²⁹ Proverbs 7:26

looks at another god, it means that he was not delighted in the Lord, or his love to the Lord got weakened, as what happened with David. Therefore, it is written, “Keep your heart with all diligence, for out of it spring the issues of life¹³⁰ ... The heart is deceitful above all things, and desperately wicked; who can know it?¹³¹ ... Therefore, do not be unwise, but understand what the will of the Lord is. **See then that you walk circumspectly, not as fools but as wise, redeeming the time, because the days are evil.**¹³²”

Therefore, Adam should have been the Image of God, he should have been the mean that enlighten the world; that happens when he is a member in God. Aaron should have been role model as well. For God, Himself, chose him to be the senior shepherd, not to be the biggest offense to the people, for he worshipped the idols at the moment the people said to him, ‘worship the idol and quit worshipping God’. As Satan told Eve, thus she quitted worshipping God as well, that happened because, from the beginning, God was not her true god. The same are we, while we worship the flesh,

¹³⁰ Proverbs 4:23

¹³¹ Jeremiah 17:9

¹³² Ephesians 5:17, 15, 16

we do not feel the difference between it and God. However, we feel that the flesh is the god that we should worship, because we see and feel it, we even are completely at home in it; **thus, the flesh is life for us**. Therefore, why would we worship a god we cannot see or feel?! We even feel no enjoyment when we start worshipping God, but we feel delight, enjoyment, and satisfaction when we obey the flesh. However, we should have realized that all this happens because we are under bondage and captivity to those in which we were born, and this is not an excuse. For we should have cried out to God so He would break the bondage, captivity, and control of our flesh. If we did so, God would have opened our eyes on the way, the way of deliverance from the captivity, which is to stop obeying the flesh, **by forcing ourselves at the beginning**, and fighting against it, as Jacob did with Esau and with God, thus, he received after he overcame. When God opens the eyes of a man, he will value God, he will realize that God worth forcing ourselves, fighting, and depriving our flesh of anything, for the sake of being in God and with Him forever. For the flesh is a temporary entity that will vanish soon. So what is the benefit of obeying it for a short time, then losing to be in God forever?!

That is why all the saints contended for tens of year. **By the light which God put in their minds, they were able to resist to bloodshed, to discipline their bodies, to bring it into subjection, to put it to death, to perish their outward man, and to completely be absent from it,** as the Bible commands us. They told the Lord, “For Your sake we are killed all day long; we are accounted as sheep for the slaughter.” (Romans 8:36). However, he who is unable to stop worshipping his flesh, he actually did not want to, thus he did not ask the Lord, and he did not request to have his eyes opened, thus, he did not request **the grace**, which is the power of God, without which, the man cannot get through the narrow gate, which is the start of the way, without which, there would be no true worship, or true connection with God the Spirit, as long as the man continues to obey his flesh and to worship it. For the man is a slave to whatever he obeys. Furthermore, the moment the man cares for his flesh or anything else, he becomes an enemy of God. **For carnally minded is death and is enmity against God.** For God created us to be His, all our minds and hearts are not ours, but they are temples for God. Therefore, when a man worry about anything but God, he is stealing

the right of God, for he is using something that does not belong to him. The mind is a temple for God, but when the man worries or cares for something, that thing fills his mind, thus he inserted something, from the world, into the temple of God, though the mind is sanctified and dedicated to God, as it is His home. Therefore, when a man cares for his flesh, and worries about what he will eat, what he will wear, or the money, he then becomes an enemy of God, and he becomes in death as well, for he did something he was not created for. Therefore, God's first commandment was, "do not worry about your life, what you will eat; nor about your body, what you will put on"¹³³ ... do not worry, saying, 'What shall we eat?' For after all these things the Gentiles seek. But seek first the kingdom of God and His righteousness, and all these things shall be added to you"¹³⁴ God takes care of the birds; He will take care of us. For God created us for one purpose only. Many have lived and died without waking up to this fact, therefore, they lost everything; they will have no excuse, as God, Himself, came and showed us the image on which He wanted the man

¹³³ Matthew 6:25

¹³⁴ Matthew 6:31, 32, 33

to be; God's purpose is that the man would become on this image. He also showed us the way that leads to this image, which is to live and move in the Spirit of God. That happens when we become members in Him, **when we live for Him only**. He who asks, God will open his mind, and will give him grace to walk the way, as God did with all our fathers the saints.

If only we would wake up, when we say 'it is forbidden to fast during certain times', if only we would wake up to realize what we did to ourselves and to the others. We went too far in worshipping the calf [the flesh] that we say 'it is forbidden to stop worshipping, to stop obeying'. That happened because **we looked at the calf, as what Aaron did, for he focused with all his powers on the calf, thus he saw no other god but it**. The calf was so beautiful in Aaron's eyes, as the woman saw the flesh worthy of all what is valuable, beautiful, delicious, and pleasant, so she proclaimed a worship to the flesh. The same is Aaron, who was totally convinced that the calf is the god, that he said, "This is your god, O Israel¹³⁵", he then built an altar for it, then he said, 'it is forbidden to worship

¹³⁵ Exodus 32:4

any god but this one'. He was captivated by the calf, that he said, 'This is the god, tomorrow is a feast to the Lord, we should bow down to the Lord, which is that god, **from now on, it is forbidden to bow down, worship, or obey any other entity but this one.**'

If only we would wake up to realize what we are saying, 'it is forbidden to fast', by which we mean that it is forbidden, it is a sin to fast, to get crucified with the Lord, to continually die with Him, to be glorified with Him, to worship Him in the Spirit. We say, '**It is forbidden and it is a sin to obey and worship God, but we should obey the flesh only, and we should not stop obeying and worshipping it.**' Thus, we left our God, who made Himself of no reputation, taking the form of man, and He lived as being put to death in the flesh for 33 years, He was contending as if He is a normal man seeking deliverance. We did not follow Him. We did not walk just as He walked. We did not follow His steps. We did not obey or worship Him. After that all, we say that we are the servants of God, we are Christians, and we are on the Image of Christ!

God have mercy on you! God brings mercy upon you!

“At that time Jesus went through the grainfields on the Sabbath. And His disciples were hungry, and they began to pluck heads of grain and they ate. And when the Pharisees saw it, they said to Him, ‘Look, Your disciples are doing what is not lawful to do on the Sabbath!’¹³⁶” Because of the wisdom of the Lord, according to His plan of salvation for each soul, He takes this soul to the wilderness and caresses this soul, and the same He did with His disciples, He took them to His field, so they would get hungry for Him, so they would seek to get satisfy by Him. Therefore, the Lord let His disciples pluck the grain, after **He urged them** to the true bread of life. As God led the people of Israel out of the land of slavery, during fasting, God brings us to His field, among the spiritual songs and the memories of His sufferings, so that we would get hungry for Him. Therefore, the Lord brought His disciples to His field so they would get hungry for the wheat, which is the satisfaction of His Spirit. However, when the days of rest come, the days of feast, some people think, such as the Pharisees and

¹³⁶ Matthew 12:1, 2

Chief Priests, that the Sabbath is to rest for the body, that is why they rebuked the Lord for walking with His disciples in the fields, they told Him, 'it is forbidden'. The same way, in the day of feast, which should have been a rest day for the Lord, which means that this day should be the most restful days in which the Lord would find comfort dwelling in every soul, as we get filled with Him, and continually get satisfied by His Spirit, while we are fasting and singing to Him. However, the ruler of this world convinced the world that **it is forbidden to get satisfied by the Spirit of God in the Lord's rest day**. This is a result of the severity of the bondage of the flesh, for the true god of every man still is the flesh. Therefore, the man who lives in the flesh, faces a lot of difficulties during the fasting days, because the Spirit of God [**the Wheat of God**] is not his real satisfaction, therefore, he eagerly longs to satisfy and indulge his flesh, for the flesh is his real god. As the people of Israel did, who lusted the meat, fish, and melons, although the Lord brought them out of slavery, yet they still long to it. **Because they did not contend to taste the real wheat which is the bread of life, the manna that comes down from heaven**. As the man is not contending because he is not seriously seeking

God, he does not find any delight in fasting and singing to the Lord, or in getting satisfied by the Spirit of God. Therefore, the man who lives in the flesh compel to persuade the world that we are in owe of the body to take care of it, and it is forbidden to fast in the days of feast, as the Chief Priests said. It is written:

“Therefore, if you died with Christ from the basic principles of the world, why, as though living in the world, do you subject yourselves to regulations- ‘Do not touch, do not taste, do not handle,’ which all concern things which perish with the using—according to the commandments and doctrines of men? These things indeed have an appearance of wisdom in self-imposed religion, false humility, and neglect of the body, but are of no value against the indulgence of the flesh. If then you were raised with Christ, seek those things which are above, where Christ is, sitting at the right hand of God. Set your mind on things above, not on things on the earth. For you died, and

*your life is hidden with Christ in
God. When Christ who is our life
appears, then you also will appear with
Him in glory.” (Colossians 2:20 – 3:3)*

Indeed, we are like the Jews, whom when Christ healed the crippled¹³⁷ and told him to take up his bed and walk, the Jews told him, “It is not lawful for you to carry your bed”. For the Lord asked this man, in whom He started working, **to raise up from the sleep of sin, in which he was** and not to remain asleep anymore. However, as the Jews are slaved to the rituals [the outward form], and to self-worship, as their minds were closed, they told that man, that it is the great Sabbath, the holy day, it is forbidden to do any work! Their blindness went so far that, even the spiritual work, which the Lord came to teach us to do, they said, ‘it is forbidden’. Indeed, the Jews made many revolts against Christ, every time He heals someone of weakness of illness on the Sabbath. They unconsciously enraged against Him, saying, ‘it is forbidden to do so’! Even that the Lord started to rebuke them, saying, ‘Is it lawful on the holy days to do good or it is unlawful to heal on these days?! Should not the holy days, which are dedicated to

¹³⁷ John 5:8

the Lord, have more spiritual works, the work that truly heal from the bondage?! For the holy days should have been dedicated to the Lord, in which the man should have strongly sought to draw near to God, to get healed from the bondage. This is what we should have understood. Our minds should have been opened to what the Lord wrote in the Bible for us, to show us, how the slavery to one's flesh, self-worship, of even to rituals –like the Jews- makes the man enrage against God when He teaches someone how to be delivered from the bondage. The Lord wants us to realize that all. As He mentioned the revolts of the Jews against Christ when He was healing people on holy days, as they used to tell Him, 'it is forbidden to heal people, or to deliver them from their'! If only we would remember how the Lord was sad for those souls [the Jews] when they were indignant as the Lord healed a woman with a spirit of infirmity¹³⁸, then the Lord said to them, "Hypocrite! Does not each one of you on the Sabbath loose his ox or donkey from the stall, and lead it away to water it? So ought not this woman, being a daughter of Abraham, whom Satan has bound—think of it—for eighteen years, be loosed from this bond on the

¹³⁸ Luke 13:11

Sabbath?” And when He said these things, all His adversaries were put to shame; and all the multitude rejoiced for all the glorious things that were done by Him.¹³⁹”

He who says that it is forbidden to fast during the holy days, it is forbidden to crucify the flesh, it is forbidden to contend to save the one’s soul by getting delivered from the bondage on the holy days, which should have been dedicated and sanctified to the Lord, whether the Saturdays or the Pentecost. We should then ask, **when it is permitted to draw near to God?!** For if we have put a denial for he who contend to draw near to God on the days which we call, dedicated days to the Lord, then when could we contend to draw near to God?!

He who says, ‘it is forbidden to draw near to God, by contending to be delivered from the bondage, on the days which are dedicated to the Lord’. The Lord replies him and any others, with sadness for their hardened hearts:

“I will ask you one thing: Is it lawful on the [holy days,] Sabbath [or Pentecost,]

¹³⁹ Luke 13:15

*to do good or to do evil, to save life or
to destroy?” (Luke 6:9)*

If only we would answer this one question, that we may wake up to the truth. Is it permitted to contend on the holy days, so we would draw near to God on the days, which are dedicated to Him, the days which we decided to sanctify and dedicate for worshipping Him? Or what shall we do on the days that we call, dedicated to the Lord? The days that we say about, we have to rejoice in the Lord, for the Pentecost is the days of joy, the days, which are dedicated to the Lord. If only we would remember the commandment of the Lord, ***“Consecrate a fast, call a sacred assembly” (Joel 2:15)***. If only we would remember what the Lord told us, which is the bare truth:

***“for neither if we eat are we the
better, nor if we do not eat are we the
worse.” (1 Corinthians 8:8)***

The Lord said these words to those who were slaughtering for the idols and eating the offerings' meat. The truth is, there is no idol [god] that we worship more than our flesh, which is the gold calf¹⁴⁰ for which we slaughter, every day, whatever

¹⁴⁰ Exodus 32:4

it desires. The Lord reminds us that even if our money got increased, our lives does not consist on our money¹⁴¹. And so caring for the flesh is not what keeps the man alive. Therefore, neither if we eat and worried about our flesh and its lusts, are we the better, nor if we do not eat [believing in Him who promised to feed us] are we the worst. For indeed He will feed us as He feeds the birds that are not on His Image, the birds that, tomorrow, will return to dust.

Let us do not forget Samson who managed to kill one thousand Philistines, who were mighty men, with a jawbone of a dead donkey. That symbolize the flesh of a man who is dead because of fasting and contending in prayer, thus he can defeat the evil powers. For without this jawbone, Samson would have never been able to defeat one thousand Philistines. When the donkey dies [the natural 'animalistic' body], by its jawbone [the mouth that declined the physical lusts], that is the jawbone of the dead donkey, which crucified his flesh of all what it desires and lusts, it can, and the same can every man, defeat the evil powers.

¹⁴¹ Luke 12:15

When the Lord fed the multitudes with five loafs of bread and two fishes, many thought that the Lord wanted to feed the multitudes with the earthly food. They did not realize that He wants them to get satisfied by Him, so they, themselves, would be a source of satisfaction. For the five loafs of bread refer to the man who had his five senses fully satisfied by the Spirit of God, after he walked the difficult way and got crushed as the crushed wheat, and got mixed with the living water, as the wheat when it get mixed with water to become flour, it then goes into the fire to become bread for everyone. As for the multitudes, when the Lord satisfied them, they went everywhere looking for Him, to receive their earthly food, another earthly satisfaction. As many do these days, they seek God to send them earthly food, but they do not ask the Lord to get satisfied by Him. That is why the Lord **rebuked them**, saying, *“you seek Me, not because you saw the signs, but because you ate of the loaves and were filled.”* (John 6:26). What is really astonishing is, many people say that the Lord satisfied the multitudes with bread and fish, which means that He wants us to get satisfied by the earthly food, He wants us to eat fish, feeding the multitude is the proof! Those who says so, are

poor. If they continued reading the talk of the Lord, they would have found the complete truth. For the Lord told them, “**Do not labor for the food which perishes, but for the food which endures to everlasting life**¹⁴²”. He is the One who said, “I have food to eat of which you do not know.¹⁴³”, as He wanted to teach us the way through Himself. For after fasting for 40 days, He refused to get satisfied by a loaf of dry bread, in order to teach us that we should seek that God would be our source of satisfaction. Thus, He taught us through Himself, so no one would have an excuse. Therefore, the Lord said:

*“I am the **bread of life**. He who comes to Me **shall never hunger**, and he who believes in Me **shall never thirst**.”*

(John 6:35)

The Lord wanted to affirm, through these words, that He created the man so He would be the man’s source of life. For normally, God is the source of life, this happens if the man accepted to be a member in God, so God would be his source of life, in Whom the man would live and move, this

¹⁴² John 6:27

¹⁴³ John 4:32

happens by contending in the difficult way. **That should have been our job, seeking to become members in God, so He would be our source of life, our satisfaction that we would live in God forever.** Therefore, He said:

‘Contend and labor, not for the food which perishes, for your fathers ate the manna in the wilderness, and are dead. For if they were satisfied by Me, they would have remained alive forever’. For it is not as I told Adam, *“In the sweat of your face you shall eat bread”* (Genesis 3:19). That was in the Old Testament, when I also commanded, *“eye for eye, tooth for tooth”* (Exodus 21:24). But now, I say to you, *“do not worry about your life, what you will eat or what you will drink; nor about your body, what you will put on ... Look at the birds of the air, for they neither sow nor reap nor gather into barns; yet your heavenly Father feeds them. Are you not of more value than they? ... O you of little faith?”* (Matthew 6:25, 26, 30). Therefore, labor in the difficult way, so your target would be to become members in Me, to get satisfied by Me, so I would be your source of life. This is your job in this life, which is to labor not to earn living and earthly food that fills you then you would return to dust, but you should have realized that the purpose

of your existence in this life, is one purpose only, is contending and laboring to achieve this purpose, which is to become members in Me, so that My Spirit would be the source of your satisfaction. That was all what the saints were concerned with. That was their labor all their lives, they were doing one job only, which is to obtain the food that endures, and to get satisfied by the continuous bread of life, so that they would live by the Lord forever.

Therefore, do one job only, contend only to achieve the one purpose which is to be satisfied by Me. So

labor for the food that endures to everlasting life¹⁴⁴. For I am the true bread that gives the true satisfaction¹⁴⁵, any other satisfaction is temporary and vanishing. **For if you live according to the flesh you will die**¹⁴⁶. For it is written, “neither if we eat are we the better, nor if we do not eat are we the worse¹⁴⁷ ... Foods for the stomach and the stomach for foods, but God will destroy both it and them.¹⁴⁸” “For it is good that **the heart be**

established by grace, not with foods which have not profited those who have been occupied with

¹⁴⁴ John 6:27

¹⁴⁵ John 6:32, 35

¹⁴⁶ Romans 8:13

¹⁴⁷ 1 Corinthians 8:8

¹⁴⁸ 1 Corinthians 6:13

them.¹⁴⁹” For I am the bread of life, **this is the bread which comes down from heaven** that one may eat of it and not die but live forever. For he who became a member in The Everlasting Living God, he also will live by God, with God, and as a partaker of the divine nature, thus he will become **on the Image and Likeness of God.**

*“It is **the Spirit who gives life; the flesh profits nothing**” (John 6:63)*

If only we would remember when the Lord rebuked those who run after the satisfaction of the bread and the earthly food. Even though the Lord is the One who brought them the bread, the earthly food, He did so because they still were living by the flesh, the flesh was still their source of life, thus, the earthly food still was their satisfaction. However, the Lord wanted to wake them up on the fact that they should not continue living by the flesh until they die, that the flesh would be their source of satisfaction, but they should realize the purpose for which they were created. They should seek **the bread of tomorrow**, it is the satisfaction, by which all who are in heaven will forever get satisfied, and He is the Spirit of God. For, in heaven,

¹⁴⁹ Hebrews 13:9

forever, there will be nothing but the Spirit of God. He who has not have God as his satisfaction, how will he be with God, there?! God created the man to become a member in Him, so God would be the bread of life to him, to be his only satisfaction. Even though, in the beginning of the contending, the man aims to feeding his body without giving it anything it lusts or desire; doing so is what God wanted to teach us through the verse, “Give us this day our daily bread¹⁵⁰”, which means to ask for what is merely enough for us to feed the body. However, we have to know that the Lord meant that we should seek **the bread of tomorrow**, which is the satisfaction by My Spirit. Therefore, the Model Prayer meant the two meaning: At the beginning of contending, the man should seek the food that merely feed his body [*“having food and clothing, with these we shall be content.” (1 Timothy 6:8)*], then later, we should seek the spiritual bread, the spiritual satisfaction that is the purpose for which we were created. Every man should know that he was created to be a member in God, so God would be his bread of life, and his only satisfaction. Thus the man must contend and **labor** for this purpose, which is to obtain **the food**

¹⁵⁰ Matthew 6:11

that endures, which will endure for **the everlasting life**.

The earthly food will go to the stomach, and the stomach for food, but God will destroy both it and them. Therefore, neither if we eat are we the better, nor if we do not eat are we the worse. For it is good that the heart be established **by grace, not with foods** [the earthly food] which have not profited those who have been occupied with them. Are not those the words of God, Whom we claim that we worship?! Christ is the only true bread, He is the true satisfaction, for He who will endure forever, but the earthly food will vanish. For It is the Spirit who gives life forever; the food, the flesh satisfaction profits nothing, for the man will remain absent from the Lord, which means that he will remain dead, he will even be an enemy of God. Therefore, every man should start contending and laboring not for the food which perishes, but for the food which endures to everlasting life. He who gets satisfied by the Lord and by His Spirit, his five senses become in spiritual satisfaction. Thus he, himself, will become a source of satisfaction to many thousands in his life, as the five loafs of bread, which symbolize any saint whom God has made a satisfaction during his life, and 12 full

baskets would remain, which means that, after his death, he would remain as a source of satisfaction, till the end of days, a source of satisfaction to any man who walks in the way, who walks in the light [the twelve hours of the morning]. The two fishes are the grace of the Lord, which works in any man during the two phases of contending.

There is a very important matter, God told us that He did not come to destroy but to fulfill¹⁵¹. In the Old Testament, He commanded the people to love their neighbors, and to hate their enemies, but in the New Testament, **the man advanced to spiritually ascend so he would reach spiritual perfection**, by the grace of God, which is given in the New Testament. Therefore, the Lord commanded us, “love your enemies”. By the same measurement, He commanded the people in the Old Testament, to not eat the meat of camel or swine [pig], He even struck those who lusted the meat in the wilderness. He did so with a stiff-necked people, although He had not yet poured His grace upon them, as He did with us in the New Testament. The proof is that He did not ask them a lot, therefore, He commanded them just to love their neighbors. Therefore, regarding the lust of the

¹⁵¹ Matthew 5:17

flesh, we should have realized that, if God in the Old Testament, forbid eating some sorts of meats [such as swine] **then what do we think about the Testament of Grace, the Testament of Satisfaction by the Lord, the Testament that the Lord commanded us to walk just as He walked?!**

The Lord showed and taught us, that in His hunger, He refused the loaf of bread, saying “Man shall not live by bread alone”, which means that, this kind of food is not the only food that can feed the man, but there is another food, which God, Himself, came to teach us to eat. As He told His disciples, “I have food to eat of which you do not know”. This is what God came to teach us, so we would become on the Image of God, if we became members in Him, then God the Spirit would be our source of life.

Therefore, whoever, now, eats the swine meat, or the other meats which were forbidden by God in the Old Testament, it is the most obvious proof that **he is moving backward, before the state in which the Jews were, in the old days. The greatest proof is that he is in hunger, even with the grace that is given to him. It is the proof that**

he is not obeying God, for he did not walk just as the Lord walked, thus he is not Christian.

If only we would remember that, the Lord told us that **the gate is narrow**, and the way is difficult that leads to life. In order to live, after the death in which we were born, we have to resist to bloodshed in a way that is difficult! Which starts with a gate that is narrow! The Lord also said, *“**Strive to enter through the narrow gate**, for many ... will seek to enter and will not be able.”* (Luke 13:24). It means that the matter requires great attention, and contending with all the power to bloodshed. The Lord did not say, “Only believe”, for this is the start. However, the way that leads to God, needs deliverance from the bondage, from which Paul was crying out, “O wretched man that I am! **Who will deliver me from this body of death?** ... The law is spiritual, but I am carnal, sold under sin. For what I am doing, I do not understand. For what I will to do, that I do not practice; but what I hate, that I do.¹⁵²” It means that the matter requires complete contending, even to bloodshed, to compete according to the rules. Whoever asked the Lord about his own salvation, the Lord did not tell him, “only believe”, but the Lord told him,

¹⁵² Romans 7:24, 14, 15

“Strive to enter through the narrow gate.¹⁵³”
Whoever does not feel that severe bondage and its hardship [as Paul felt, and was crying out because of his bondage, which forces him to do evil], he is not yet in the truth, as he still does not feel this struggle, which Rebekah felt¹⁵⁴. Rebekah symbolizes the person that started walking the way, “But the children struggled together within her”, which means that she started to feel the struggle between the Spirit of God who is born in her, and the bondage of the flesh.

Therefore, most of the humanity, nowadays, became completely absent from God, because they did not ask and did not care about anything. **Let us wake up, and realize which god we are worshipping, and which god is the real God, who is the source of life, before whom we should have built the altar, whom we should have worshipped and completely obeyed. Let us wake up on the truth, before it is too late, or else we will perish while we are in falsity.** Let us remember that God **consumed all those who lusted the food**, for they have refused worshipping God.

¹⁵³ Luke 13:24

¹⁵⁴ Genesis 25:22

As God did so with people in the Old Testament, and His law was, “You shall love your neighbor and hate your enemy” and “eye of eye and tooth for tooth”. How do we think, our worship should be nowadays?! How do we think, our fasting and our flesh crucifixion should be, as we are in the Testament of Grace, the Testament of Satisfaction in the Lord?! Let us remember the incarnated God, the life which He came to teach. Let us ask ourselves, why did the incarnated God refused to eat a loaf of bread after fasting for 40 days? **And for whom did God fast by all this power?!** Why did he tell His disciples, “I have food to eat of which you do not know”? Why did He live as being put to death in the flesh? Hopefully, when we ask ourselves, we would remember and would wake up to realize that the Lord did that all for us to walk just as He walked. For He was **giving us an example so we would follow His steps, for God, Himself, came to show us the way, the method by which we can return to God.** He who does not walk as the Lord walked, he is not obeying the Lord, so he is not worshipping Him, and hence he is not Christian.

This is what the fathers the saints said, ‘Do not fill your stomach by bread and water, do not get enough sleep at night, for both hunger and staying

awake, purify the heart from the dirt of the thoughts and the body from fighting of the uncleanness, so the Spirit of God would dwell within. Do not say, 'today is a feast to eat and drink', for those who fear God, do not have feasts on earth, for their Passover is getting out of the evil, and their Pentecost is to fulfill the commandments of Christ, their Tabernacles is getting into the kingdom of heaven. However, Satisfaction by bread is the father of sin.'

The core of the matter is that the man would connect with God to get filled with Him, which is to be in continuous true connection with God, through praying all time, the same as it is in heaven. All what the man, who were born in bondage, needs is:

- To be delivered from the bondage that makes him sin.
- To have all the penalties of his sins taken away, so he would be born of water.
- To crucify the flesh, which is the door of salvation, by which he will have the flesh of sin done away, and hence he would be able to continually get united with the dead body of the Lord, thus he would

have his sins taken away, as the Lord would die to it, thus the man would continually get purified. As the man stops worshipping his flesh, he then would be able to start worshipping God, by getting connected to Him, **where he would have a true connection, true continuous prayer with God**, as the seed that continually get connected to its source of life, thus the man would continually get filled with the Spirit of God, so he would reach the fullness of God.

Therefore, **fasting** is the only mean and the only door to get delivered from the origin of the illness, which is the bondage that makes us sin all the time.

Fasting is the only mean and the only door to our continuous purification.

Fasting is the only mean and the only door to getting connected with God, so we would worship Him in spirit, thus we would be filled with Him.

Therefore, **fasting** [stopping to worship the flesh and the self-worship] is **the only way to reach God**.

Therefore, the core and the purpose of the first commandment of the Lord, was to guarantee that the man would not worship his flesh or his self, that was before the man got enslaved. For the commandment was to **guarantee** keeping the man free. Now, the man is born in bondage, therefore, fasting is the only way to be delivered, the only way to be purified and to be born of water, it also is the death that fulfills the God's divine justice and truth, it is the way to true worship and getting filled with God.

As burring the seed is the only way for it to live, which is the way to start living and to continue living. The same is **fasting** [which is crucifying the flesh, by not obeying it, and by continuing to not worship it] which is the only way to worship God, **it is the only way for life.**

Every man should have realized that, in order to reach the purpose [that is the image, on which the Lord wants him to be, which is the Image and Likeness of God], he must become a member in God, a part of Him, then he would have the same nature of God, he would be on the Image and Likeness of God in all His characteristics. **God is Spirit**, and he who wants to become part of God

the Spirit, must become a **spirit**. For this is the **mean** and the **result** on which he will be. In order to achieve the **mean** that will lead him to the purpose that will result in becoming on God's likeness, a spirit from and within God, he has to **walk by the spirit**. It happens when he gets crucified with Christ, **which is to crucify the flesh with its passions and desires**. This is the term, which the Lord set, for anyone to reach God. For it is written, "those who are Christ's [who want to belong to God and in God the Spirit] have crucified the flesh with its passions and desires", which is to crucify the flesh of anything it desires or lusts. The Bible is clear as the sun, when it tells us that the flesh lusts all what is against the Spirit. **"Those who are in the flesh cannot please God."**¹⁵⁵ for "carnally minded is **enmity against God**". How much more to obey and worship the flesh in all what it lusts?! For the flesh is fighting against God, "and these are contrary to one another"¹⁵⁶. God created the man and He put the man's soul in this flesh, which is an earthly tent¹⁵⁷. So it would be **a temporary source of life**, so when we choose to live in God and in the Spirit of God, **we, step by step, start to decrease**

¹⁵⁵ Romans 8:8

¹⁵⁶ Galatians 5:17

¹⁵⁷ 2 Corinthians 5:1

our depend on the flesh as a source of life. It would be that the man decided to let go of something for the sake of God, he let go of something big, which is his entity, in which he was at home. Therefore, the man would have credit to become a member in God. It is written, “if our earthly house, this tent, is destroyed, we have a building from God, a house not made with hands, eternal in the heavens.” Therefore, stopping to obey and to worship the flesh, is the start of the way that leads to worshipping God. It is the gate, whoever enters it, comes out delivered, as he will reach God. As the death of the seed, which is the gate to reach the purpose, that it may become a fruitful tree, this happens if the seed accepted and **sacrificed** its death. If it did not die, it remains alone. The same is who refuses to crucify his flesh or stop obeying it, he then refuses to worship God, as he continues to worship his flesh. This is what all the saints realized, we did not know a saint who became on the image of God, unless he continued to crucify, put to death, and bury his flesh, he even perished his outward man, so his inward man would be born and renewed, who is the Spirit of God. He who valued God, is the only one that will find that **the Lord’s yoke is very easy, and His**

burden is light. Thus, he would say, “For Your sake we are killed all day long”. For whoever loves himself and his flesh, he actually will perish himself, for he will lose the continuous being with God for the entire eternity. However, he who loses himself and his flesh, he, by doing so, saves it, he would have life, for the Spirit of God, the source of life, will begin to be born within him, as the life begin in the seed that died and realized that it is **not sacrificing** or losing itself, but actually it **is gaining everything**. All the misunderstanding that we have, is because of the bondage that made us blind, unable to see the truth, that we still love ourselves, which means that we still love the dust, we still find satisfaction in the dust, **for we did not yet taste God, until now.**

Therefore, we need to have a true will to get connected to God, then we would cry out to God so He would open our minds, thus the light would come in. For God is standing at the door and knock, saying “**let there be light**”, if anyone opens the door [as Saul of Tarsus and Moses the Black did] the light will come in, and he will be able to see **the way**, which is the life of the Lord, Himself, which is the only way that leads to life. God did not proclaim the way or its steps, but He came and

lived the way, Himself, so no man would have an excuse. It is written that Christ lived as **being put to death in the flesh, leaving us an example so we would follow His steps**. He is the One that said, You should do as I have done, for I have given you an example¹⁵⁸. It also is written, we ought to walk just as the Lord walked¹⁵⁹. The Lord was not incarnated to walk the way for us, to contend on our behalf, but He came to teach us who to content. He did not come to save us, but to teach us how to get saved. Therefore, the Bible does not say, 'Christ has been crucified on our behalf, so we have life', but it is written, "**I have been crucified with Christ**¹⁶⁰" **therefore, now I have life with Christ**. The Bible does not say, 'Christ died on our behalf', but it is written, "**if we died with Christ**¹⁶¹", "if we have been united together in the likeness of His death, certainly we also shall be in the likeness of His resurrection¹⁶²"

He who has ears to hear, he who has mind to understand, let him hear and understand

¹⁵⁸ John 13:15

¹⁵⁹ 1 John 2:6

¹⁶⁰ Galatians 2:20

¹⁶¹ Romans 6:8

¹⁶² Romans 6:5

But may the God of all grace, who called us to His eternal glory by Christ Jesus, after you have suffered a while, perfect, establish, strengthen, and settle you. (1 Peter 5:10)

To Him be the glory and the dominion forever and ever. Amen.

Most assuredly, I say to you, **this kind [bondage of flesh and self-worship] does not go out except by prayer and fasting.**