

MY FAST ENDED

My knees are weak through fasting; and my flesh faileth of fatness. I became also a reproach unto them: when they looked upon me they shook their heads. Help me, O LORD my God: O save me according to thy mercy: That they may know that this is thy hand; that thou, LORD, hast done it. (Psa. 109:24-27)

It is August 22, 2012, and my forty (40) days of fasting have concluded at 3:30 p. m. On the afternoon of July 13th I began a solid food fast which amounted to a “cleansing fast,” and the following declaration was written out and witnessed prior to my arrest:

- 1) God has commanded me to fast for my own well-being and to continue “the fast” during the complete period of my incarceration of thirty (30) days.
- 2) Our religion teaches that we are living in the “anti-typical Day of Atonement” which in ancient Israel was “the fast day.” We are to be cleansing our souls from all sin in preparation for the second coming of Christ.
- 3) My fast is symbolic of the self-denial which is necessary to be in a positive relationship with the Creator and to live among a holy society in Heaven.
- 4) The societies of the world are “toxic” in nature, and God is soon to cleanse the earth as He did at the time of Noah’s flood. The “fast of cleansing” symbolizes the purging of toxins from the people who wish to be clean in heart.

During my lockup at the San Bernardino County Central Detention Center, I was assigned to the infirmary where I refused all medical treatment or testing that required taking blood or pricking my skin. I agreed to a chest X-ray as the alternative to a TB skin test. The medical staff opted to monitor my weight and vital signs regularly and made no indication that I would be force-fed at any point. I was counseled to drink plenty of fluids in order to avoid dehydration. The fast progressed successfully for the duration with a 10% loss of body mass. On the day of my release from prison, Sabbath, August 11th, I announced that the fast would be extended to a full forty (40) days, emulating the wilderness fast of YAHSHUA, our LORD and Savior.

At different times during the fast, my body developed several unpleasant symptoms, including muscle pain and soreness, chest pains, headaches, stomach cramps, dizziness, blurred vision, and general body weakness. My digestive system had little to process during the fast (i.e., fat-free milk, orange juice, and soy milk) but waste elimination, though happening at abnormal intervals, was usually functioning normally except for a few days at mid-term when constipation caused strain and discomfort. After drinking even more fluid (warm water), the issue subsided within days. As a rule, I drank three (3) to four (4) quarts of liquid per day, and when salt was available (small packets of table salt were provided on food trays daily), I mixed some with my drinking water. I had access to tepid water for drinking

(from a tap) at all hours of the day and night, so fluid was abundant. I admit the water did not have a great taste, but it was the best any inmate could manage under the circumstances. Bottled water was not an option, though it would always be preferred.

Today, prior to eating solid food, as I was taking a walk in the woods, I traversed the creek via a log while keeping my balance easily. On the contrary, when returning to the path, I lost my balance immediately upon mounting the log. Fortunately, I had the presence of mind to catch my fall, avoiding any injury. This kind of thing can happen while fasting, and it behooves all who deny themselves food to take great care even when it seems the body is normal. I have also been counseled to taper back into solid food by consuming soups and blended foods until the system is normalized again. My first solid meal consisted of a hardy vegetable soup, partially blended, along with toast and a portion of avocado. It was delightful.

Overcoming the normal human hunger drive is neither pleasant nor easy for the body. The mind must be “set...like a flint” (Isa. 50:7) in order to keep the resolve to continue. The Apostle Paul wrote the following:

Do you not know that those who run in a race all run, but only one receives the prize? Run in such a way that you may win. And everyone who competes in the games exercises self-control in all things. They then do it to receive a perishable wreath, but we an imperishable. Therefore I run in such a way, as not without aim; I box in such a way, as not beating the air; but I buffet my body and make it my slave, lest possibly, after I have preached to others, I myself should be disqualified. (1 Cor. 9:24-27)

To master an extended fast takes the resolve and commitment that is not common in modern times. I admit that divine assistance is key, as one exercises the same faith that YAHSHUA possessed. The temptation to eat “normal food” is overwhelming, and especially when that food is available daily. So, I have concluded that my 40-day fast makes a substantial statement that may be applied spiritually. I believe that if I can manage to abstain from eating food, by the power of Almighty God, for forty (40) days, any penitent, believing soul who struggles with addiction, habituation, or some other besetting sin can, by the same divine power, overcome and live the life of victory.

I pray that all who struggle with the lust of the flesh may be encouraged and empowered by reading of my experience, fasting under the most menacing conditions of prison life. Certainly, Christ has made provision through His victorious life, self-sacrificing death, and triumphant resurrection to deliver all who long to be free from the chains of darkness and defeat. May the grace and mercy of God be with us all.

Writing from a peaceful place in Southern California
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