

«Now, it happened in the fifth year of Jehoiakim the son of Josiah, king of Judah, in the ninth month, that all the people in Jerusalem and all the people who came from the cities of Judah to Jerusalem, **proclaimed a fast before God**». (Jeremiah [Hebrew]: 36/9 - The Eastern Orthodox Bible (EOB))

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«**And when they were sick, I dressed myself in sackcloth, humbled my soul with fasting, and prayed with my head bowed to my breast**». (Ps:36/13 - 35 MT = 34 LXX)

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«**I proclaimed there a fast, at the river Aue, that we should humble ourselves before our God, to seek of Him a straight way for us and for our children and for all our property**». (Ezra: 8/21)

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«**The men of Nineve believed God and proclaimed a fast and put on sackcloths, from the greatest of them to the least of them**». (Jonah: 3/5.)

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«When Jesus entered into the house, His disciples asked Him privately, “Why could we not we cast it out?”

He told them, “**This kind can come out by nothing, except by prayer and fasting¹**”.» (Mark: 9/28-29.)

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«Jesus said to them, “Can the friends of the bridegroom mourn, as long as the bridegroom is with them? The days will come when the bridegroom will be taken away from them, **and then, they will fast**». (Matt: 9/15; Mark: 2/20; Luke: 5/35)

About fasting and almsgiving

Selections from the Word of God² on this topic

1. About fasting

A well-satiated body leads the soul into the hand of the devil. In the past, the old people had only their own skin on their body. Why? Because it was once fat and brought the soul under the slavery of the body. Then what did he say? „Wait, you body, for I put you under a yoke”, and he put the body under a yoke. What kind of yoke? Fasting and praying. The heaviest yoke for the body is fasting. Be careful, brother, fasting is considered as chains for the body. **It is the best weapon to prevent the body from lusting: fasting. You should not believe that by fasting you got sick.** It is found into the book that the flesh is the enemy to the soul. Take heed of My advice. If someone says that you get sick because you fast, it is not true. The Christians from the past raised the dead; they gave sight. **You should remind fasting for specific things. If you fasted and you did not speak what you did it for, it was like an unwritten paper.** If you have a father, you should fast to get him out. I show you a martyr who, after she died, someone got her out by fasting. Instead of having a hundred of memorial services, the best action is to write days of fasting and you will get someone out of his death. **Nothing is holier on the earth like fasting. By fasting you will get out the most devilish people.** Someone

¹ CT omits “and fasting” which is found in Byzantine manuscripts including PT. (E.O.B.)

² God’s Word in Romania, translated by I. A., redactor note.

says: „*I have enemies*”. If you had many days of fasting, you would not have enemies. But you do not have fasting. Brother and sister, I did not come to break the law; I rather came against your enemies. Not even among the Christians is there any fasting. **The best weapon for destruction of the evil spirits is fasting.** Some among the Christians had been fasting for three days to see if My work is true, but because they were tempting, it was not shown to them. Do not put into work what is not shown to you. Someone else also fasted to be a prophet; however, do not ask for what is not given to you. Do you know who are they who do this? The scribes and the Pharisees. During their time, they were fasting and saying to put God down. God knows each one of them and what He is going to do with him. My brother, if you want to do something for your brother, fast, but do not ask for something else.

Excerpt from the Word of God, from [19-12-1965](#).

... Woe to the man who became an innkeeper. Woe to the man who sells meat in the fasting days, who sells drink in the fasting days! Sons, a man will come and say, “*This prophetic word is a liar*”. But I say take heed for the earth will open itself and swallow this man and many of you will fall, for he will come and say the same into his bed as My vessel through which I speak, and will speak against My work and My working and there will be great war.

Excerpt from God’s Word, from [25-04-1973](#).

... Today fornication and drunkenness are in high power, and not only these, but also masturbation and sodomy. If you never fast from eating and drinking, your body leads you into the fire, like a stallion that is too well satiated.

... Sons, set aside to shine both inside and outside. You should be like pure gold; not defiled and not sinful. You should not be angry and wicked, nor a drunkard or a smoker. The sins of today were also in the time of Sodom and Gomorrah. And Lot was always crying to the world to repent. Oh, sons, the fire came, but no one saw it coming. Come out of the world by fasting and praying, so that you may not have troubles. I am the One Who was in the flesh on the earth and I commanded them, as I do it now to you, and no one believed Me. Keep away, as he who is not with Me, goes into the fire.

Excerpt from the Word of God, from [20-06-1973](#).

... **Sons, during the three days in the week: Monday, Wednesday and Friday, have only one meal on evenings**, and let the sick people eat at twelve o’clock. This is for My things to become perfect. He, who cannot do it, is not obliged. The sick man should also fast until twelve o’clock and his food may be without oil on that day.

Excerpt from the Word of God, from [18-08-1973](#).

... **It has been prophesied that you should keep a dry fasting for three days; for casting away of the evil spirits and for strengthening of your bodies in your spiritual life, for your enemy destruction, for the fruit in your fallow lands, for health of your bodies and your spirit, for breaking, scattering and dismissal of the spells, for killing of witches, for winning of trials which many people bring you in. Did you hear? Amen. For clearance of lusts and sins, for killing of the unclean spirits.** Let him who is sick and cannot fast, fast only half of day.

Excerpt from the Word of God, from [30-08-1973](#).

... Preserve your health, sons, as many are sick, and for these here is what you are to do: **black fasting, the best medicine: the suckling from the bosom, four hours; the child by seven years, until twelve o'clock, and the healthy ones should fast until evening, until six o'clock in the evening, on Mondays, Wednesdays and Fridays.** For the healing of the soul and body, one should read within eight hours forty oratories; and during other eight hours one should read the whole Psalter through and also the Songs of Moses. And what is besides these it concerns you. And then it comes the Hours and Canons. You should not stay without Canons in your houses, and when you pray, you should have the little note for the dead, as there are many dead who are no longer reminded in churches.

Excerpt from the Word of God, from [20-09-1973](#).

... My little children, I lost much blood for you and I labored and suffered much for you, but not even a quarter of a day do you suffer from hunger for Me. **I told you to fast and you do not fast, and you say that you fast for Me. And you fast unwillingly, as the bread that you eat now when you have to fast, you would have it then.**

... The Lord's mother will sweep out everything that is evil on the hearth of this country. **He, who is with Me, will remain. The people of God will inherit,** as the foreign visitors saw what it is in Romania, and they know what it has under the bed (*Under the soil of the country, r.n.*), and they can hardly wait to plunder it; however, the lawless one will be burned and then his dust will be scattered by the wind and taken away from this land. Did you hear?

Excerpt from the Word of God, from [27-11-1973](#).

... My mother and all the prophets and all the patriarchs and all the teachers and spiritual priests pray to you to keep well the way with Me. Be faithful to God. Do not let the weeds at the root of the vineyard. Spray the tree so that the caterpillars may die from it, for the time is coming for the leaf to spring up out of the tree. The caterpillars are the desires that the Christians have in their life. Sprayed with poison, that is with feast and prayer. Be good and do not rush to get out. Let the gates be open and do not get out for outside is gnashing of the teeth and worms eating. Stay with Me Christian, be patient, for the Lord is adding you at the right time. Let not God stay with the stick into His hand against you; the Kingdom is not earned this way. Let the gates be open and let the doorkeeper not be and do not get out of the gate, for getting out, you will not come back, as outside it is the fiddler of the antichrist who plays so that you may feel yourselves.

Excerpt from the Word of God, from [14-02-1974](#).

... Listen, Christian: **even those from your family will not let you fast, as they will say that you will wear out.** One in a thousand of you is blessed thousand times to be as perfect as John the Evangelist was.

Excerpt from the Word of God, from [29-06-1974](#).

Israel, My child, I made you children, but on what? The angels wonder that you are still wicked. The children of old wore themselves out and did not leave Me; not even for a pinhead; they did not blaspheme Me, but you have separated from Me because of a house or a rebuke. Israel, My people, do not hide from God for the wicked man; do not hide but better arm yourself, as the power that comes in you is from Me. **Only if you knew, son, how much power the faith has, and fasting without sorrow and prayer made with much peace and love!**

Excerpt from the Word of God, from [04-08-1974](#).

... Israel son, Israel, come closer to Me, as the time ahead of you is pagan. The world in front of you and on your right and on your left and in your back has a pagan life. All the days of the life are without celebration; they are without shame and without fear of anyone. The man has an animal life, and he eats like a wolf, grumbles like a bear, and wallows like a pig.

... Israel son, the Lord speaks to you once again; both when the day comes, and when the dark comes, when it is a day of feast or a day of fasting, you should keep it. Even if the shrew urges or hits you, you should still keep it, as if not, you will fall into judgment with Me and this deed will not be forgiven to you, the same as with the one who moved the ice pond and was not forgiven too.

Excerpt from the Word of God, from [07-08-1974](#)

... Your fathers and forefathers were fasting and you do not know as well as I know, and they were turning days of week into feasting; they chose them for the use of their life. They were choosing certain days and dedicated them for God's honor. They were not eating on Mondays at all, nor on Wednesdays or on Fridays; however, they all eat today; even if the night were day, they would always eat and never be satisfied.

Excerpt from the Word of God, on [13-08-1974](#).

... Israel sons, a great lust comes for everyone. A lust for fasting comes to one, and a lust for eating comes to another one; a lust for heaven comes to one, and a lust for earth comes to another one; a lust for prayer comes for one and a lust for novels and movies comes to another one.

... In the time of the fathers and forefathers, all the people suffered if one went wrong; all the people suffered for the one who did not fast; for one that did not pray, all the people suffered; for one that committed fornication, all the people suffered; you should know that.

... How do you love God? Do you know how? With your right hand you worship and with your left hand you commit sin.

... What do you do? The wicked people come to you and take you to work on Sundays; they take you out of My little church and they take you where they want. Israel son, if you were strong in faith, in prayer and in fasting, no one would come to take you, as between you and the world it would be the fence of fasting and praying.

Excerpt from the Word of God, from [01-09-1974](#).

... I told you to keep away from dogs; incline your ears, as many assemblies were made against you, but you are protected. They say so to catch you. They say that they want to catch those that do not want to go to church, but they are not looking for them, but they are looking for you, who go to church. They do not prevent you from going to church, for the ruler with his wife also go to church; however, keep away from butchers, so that you may not fall into their claws. There were many martyrs who suffered and neither did they give themselves over as pray, nor did they give their shepherd over. Many assemblies were made against you, for they say that you are part of the Army of God³, not because you do not go to church, where even Ceaușescu goes; however, he goes both to the pub and to dance. You would be forced to eat meat on a day of fasting. You will be asked why you do not you eat for sweet food, and this is what you are to answer: „*This is what my mother and father taught me, and this is what I teach my children, and this is written in the book and in the calendar*”. And if you go to church, your neighbor from there hates you because you do not do as he does.

... Sons, I let you go to your jobs but now I am sorry that I let you go, as you made your own jobs. What do you do with your money that you receive from your work? You do not do any merciful deeds and the time is coming when you will be sorry that you did not do merciful deeds; it is coming and the alms giving will be taken into consideration and you, who did not do any alms, what will you do, then? As he, who helps a poor man, helps God. Take this into consideration, as look, in Pucioasa a rich man died, and after he was buried, the news spread that he had three hundred thousand lei on H.E.C. (*The House of Economy and Consignments, translator's note.*), and it was taken by the state, (*When a monthly salary was one thousand seven hundred lei, r.n.*) for no one could raise the money, and now he is at the customs⁴ of stinginess and can no longer pass.

Excerpt from the Word of God, from [08-09-1974](#).

... **The citadel of Nineveh had fasted**, and three quarters of souls perished by post, for all had fasted, from suckling to white hair for three days and three nights, and you should know that three thirds of the souls perished. Why? That they had no power to fast three days and three nights.

... Christian, take a good look through the cities as you will no longer see them. Look at the high towers, for you will no longer see them. Look at the shops, for you will no longer see them. I can see how you are to choose the rings with precious stones and cloths in the streets and expensive items and you will die with them into your arms.

Excerpt from the Word of God, from [15-09-1974](#).

... A place between heaven and earth is being prepared for My people, as here, on earth, everything is doomed to destruction. (*See the selection topic: „[The great tribulation](#)”, r.n.*) You do not know that. This earth will get dry, and also the whole stalk of the plants and springs.

³ The [Army of the Lord](#), (Romanian: Oastea Domnului), is a spiritual and moral renewal movement in Romania founded, in 1922, by Fr. Joseph Trifa, a Romanian Orthodox priest. (*The first apocalyptic trumpet - See selection topic: „[The apocalyptic trumpets](#)”, r.n.*) Fr. Trifa defined the Army of the Lord as a voluntary lay grass-roots organization based on the Bible for revitalizing the Romanian Orthodox Church. After 1948, the movement was declared illegal by the communist regime.

⁴ [Aerial Toll-Houses](#)

Give up all your members; give up, sons, although you are to suffer from this. **My little children teach one another to know the signs of the end.** Let the child in your arms know the signs of the end, and teach your children to know the days of fasting and do not let your neighbors hear your children crying for hunger. Let it be known by itself that today is a godly day and each one has to live spiritually. The days of fasting were not made now; the world was not created now; it is not now that the Monday was made; it is not now that the Wednesday was made; it is not now that the Friday was made.

Excerpt from the Word of God, from [25-09-1974](#).

... You do not serve Me if feasting or praying, but it is for you, son, for on the gate of heaven, not a bad hair will enter My kingdom.

Excerpt from the Word of God, from [07-01-1975](#). (On [Calameo](#))

... Do not be lazy, for laziness is the mother of hunger, both earthly and spiritually, and you will suffer through laziness. **Do not postpone the prayer, the fasting and the alms giving, as you do not know what will be later.** Put your life in order with good deeds. Let your day not pass without prayer, without alms giving and without good deeds. **When fasting I remind you to fast as your forefathers did: eat little bread and water once a day in the evenings.** And I also remind you about holy days and about Sundays: keep them and honor them as the apple of your eyes; do not work and do not defile them with a sin.

Excerpt from the Word of God, from [28-02-1975](#).

... The people go to learn to be priests, but the life of a priest of today is not at the same level with that of the honor, which is written about. And do you know how it is? It is not even as big as a lentil bean; so little is it in comparison to the anointed priest. Sons, the priest with a holy honor and with a holy life, while he was preaching, his tears were running down on his chest, as on a little suckling child. When he addressed someone, his heart joined with the holy word. But today the priest gives absolution for you to eat in the fasting days, and do you know how comes this? The priest gives absolution for fear of you, lest you may quarrel with him. And then, he absolves because it is written into the book: he, who gives absolution for something, let it be first worked out by itself. My people, I tell you to keep away from this thing. **He also eats on Mondays, on Wednesdays, and on Fridays, until the resurrection comes. He also eats for sweet food and that is why he gives absolution.** Oh, My little children, I ask you not to hate the priests, but I told you that there is no longer one to say this: „*Let your sins be forgiven*”.

... **I am sorry that so many sick people have the gift to become healthy by fasting, but they eat for sweet food.** There are many sinful people, who go from priest to priest and ask them to perform services for them, and the priest does it, but they do not make them healthy. Why? Because they have no fasting. And the earth is full of people who are sick and no one makes them healthy.

As Abraham had heavenly messengers and ate with them, the same was when the heaven came to you, and when it came back, it came with ears on its face because of what it saw on you. Son, taking care of you, you take care of Me, and taking care of Me, you take care of you. My little flowers, the work that I bring to you is not a trash mesh or a basket full of all kinds of

items; it rather is a shelter and a salvation from death for your times; it is a fine thing, for if I were to speak about everything, the book would not be able to comprise it. Oh, how lucky you were, as no one of the saints had something like that. Poor Abraham, he would have given everything to have something like that! He lived his life far from his wife, as she was a woman with a short mind. But as for you, it is a great thing what you know. Not even the king or the heavenly messengers have what you have.

Excerpt from the Word of God, from [03-04-1975](#).

... My little sheep, do not let you be trampled by any kind of bad weather. Stand up and do not get satiated with food. You need to be light in your walking, and if you are heavy, you will fall into the trench. Do not be gluttons, but be determined instead. Do not crowd at rich meals and for food. I want you to be perfect, and to know all God's things.

Son, do you believe that there are little sheep in My hand and they are blessed and you do not know them that they eat for sweet food on the fasting days?

Excerpt from the Word of God, from [11-05-1975](#).

... It is written into the book that you can get healed into the little church of every kind of bodily or spiritual sickness, or that you can get burned from soles to crown. **Get hold of candles for Saturday, so that you may not buy them on Sundays and in this way to break the law.** (*Let it not be handled with money on Sunday, r.n.*).

Excerpt from the Word of God, from [01-06-1975](#).

... The time is coming for you to make use of the faith and good deeds, as Elijah did into the wilderness, to show the true God to the world. Sons, you will be in need of yourselves and of your good deeds that you do today. You are not bound with your hands at your back, so that you may not be able to worship, but you will be bound. But in the time of your judgment, fasting and praying will save you.

Excerpt from the Word of God, from [11-06-1975](#).

... Do no longer run away from Me because of the world. It is heard what the world speaks about you, but they will not reach to fulfill their plan, as when the axe will reach above your head, God comes and turns it against their own head. It is only by fasting and praying that you push back the people who want to defile your life.

... My little children fast and pray in any place you are. Do not believe into your weakness, for when you make a prostration in your weakness, the Lord multiplies it. **My little children, I repeat once again: fasting and praying. He, who does them on the earth, will rejoice in the day of the judgment.** They will hear: «*Come good and faithful servant and inherit the heavenly Kingdom forever!*».

Excerpt from the Word of God, from [10-08-1975](#).

... **Learn the prayers by heart, for you will travel from country to country and praying and fasting will be your bridge.** Pray for the returning of the sinful, and name those

that are asleep. Let your pray go from down generation to generation. Sons, there are many Christians in the camps. Pray for them, for the Christians' prayer takes them out; it opens up the locks and the Christians get out.

Excerpt from the Word of God, from [17-08-1975](#).

... Fast. The Lord, Jesus Christ forced His people to fast; however, in the time to come, fasting will save you out. On Mondays, Wednesdays and Fridays you should eat only for fasting, but dry fasting. (Without oil, r.n.).

Excerpt from the Word of God, from [09-10-1975](#).

... There will come people from east and west and from north and will sit at My work, and they will rebuke you for your unbelief. **Sons, fast and pray incessantly, as the salary of an employee gets higher, the same way your gifts will increase by the power of the faith.**

... Sons, pray before giving someone something, so that your prayer may give the fruit of the earth where you sow. Sons, the time, which you are in, is a poor and dry weather, devoid of the spirit. But as the Lord, Jesus Christ made the body out of the clay and then He breathed the spirit into it, the same way you will work with the hope in God. As the Holy Spirit descended in tongues, the same way God will make the spirit come down from His Spirit and you will receive the power to heal and to preach by faith. Work nothing without faith. Write down this prophecy. Build nothing and sow nothing without holy faith. If you pray, do it by faith. Do not mourn because your prayer does not bring forth fruit, but rather mourn over your unbelief. Do not mourn over the fact that the sick in your house does not get healed, but rather mourn because of your unbelief and his.

Excerpt from the Word of God, from [13-11-1975](#).

... You should not say that you love the Lord and you choose the demon, as many will come into My name and will have the same garment like Mine, and they will do signs and miracles more than I did. They will make a bridge over the water; they will make a bridge over a pit; they will make a bridge over the fire and you will be sold by your brother; you will be sold by your child; you will be sold by your godfather or by your godson; you will be sold by your friend that loves you. There was once a persecution of the wicked ones, which will come once again. There was once a sale, which will come again, and **you should know that you will not grow weak in power if you fast with pleasure.**

Excerpt from the Word of God, from [30-11-1975](#).

... Beware, and again beware! If someone comes from the world to you and asks you for blessing, do not give it to him, as many devils came out from the ground that stole the blessing from the Christians and they went and had powers over you.

... If someone showed you a mistake, receive it. Do not be upset, but rather thank him, as if he were not to say it, the evil spirit would write down your mistake. I have seen that you are determined to fast, sons. It is not necessary to fast only for three days, but you can also fast two or one day, according to your love and power, as this fasting is for all that is of value. By this fasting and by prayers you will take many out of fire.

I told you many times to learn to sing David's psalms.
Excerpt from the Word of God, from [22-12-1975](#).

... Did you see a man dying while he was eating? I saw a man dying while he was eating. **But I have never seen a man dying while he was fasting.** There are persons into My people who can fast more than it is to be fasted and there are persons who cannot fast even for a half a day, but they have love, and I take from the morsel of the one that fasts and give it to him. Walk among My people, for there are some who hate those that do not fast.

Excerpt from the Word of God, from [29-01-1976](#).

... Pray incessantly; more into the middle of the night when all sleep, and **fast, for the fasting that you had and the prayer that you did, took the life of many beasts**, and what you will do from now on will destroy and crush many who hate you.

Excerpt from the Word of God, from [23-02-1976](#).

... Keep My word and work with God. Make good deeds, for it is for you that you do it. Someone said: „*The Lord gave me a heavy burden to fast many hours. It seems that the Lord does not know that I am sick and that I cannot fast*”. Oh, sons, before the fathers and the forefathers did many things by fasting and praying. You have not done any miracle so that the world may come back to Me. Come to Me, My people, and make a decision for you: „*Lord, I want to serve You*”.

Excerpt from the Word of God, from [10-05-1976](#).

... Call out to Me for your enemy to perish, but you call, for I see him. Maybe he is friend with you. That is why I say: you call out. For some of you it comes a great joy, and for others, a great sorrow; each one in his work. Listen, Christian, to have high power. This is how the power of My Son will be given from God to His servant, and **whatever you will command, it will be fulfilled, and you will no longer fight with sword and gun, but with prayer, with fasting and with watching.** This is how you will hunt, as the weapons, which were made into the factories and enterprises, will become rusty, as there will no longer be time for them to point to rifle to shoot you. They will fill up the trenches and the paths with their weak bodies.

Excerpt from the Word of God, from [22-02-1977](#).

... It is heard from heaven when the world hates and scolds and threatens you; and God cries when He sees His people that it does not keep quiet and raises the sword against the evil one. It is not the time to raise the sword. Your sword is praying and your bullet is feasting and your staff is the cross, Christian. Moses split the Red Sea in half and the people passed. Now, the staff turned into the holy cross and if you do have faith, you are far above Moses with his staff. See to it son, only to see. Take a good look at My Word which is towards you, that there will be war between bad people and My people and I, the Son of God, will be their commander. But the war will not be as in the old times as today it is spoken falsifying the truth. It will not be this way as there will be war without arms and the evil ones will be self-destroyed. Do not take after bad people and to not be their friend as you will perish as well.

Excerpt from the Word of God, from [15-04-1977](#)

... Women, I speak spiritually: One will come into your house and will call to work. What will you do? **And he tells you a lie that you work for victims of a disaster. You too were a victim and no one gave you a loaf of bread into your house. Victims of today, who did not believe in My work are punished.**

... You may know that many will be sealed in the tomb, for where My Body is put (*The Holy Supper, r.n.*), they put the body of evil spirit too; where they put My blood, they also put the blood of the evil spirit.

... Let everyone eat from this sweet manna. Do not murmur in the day of feasting. Do not murmur on Sunday. Do not murmur in the day of celebration, for every holy day will love its own children.

Excerpt from the Word of God, from [17-05-1977](#).

... You should never go to sleep and never eat without God. Sit at the table, and put for Him a chair and a spoon, and do really believe that God is at the table with you.

Excerpt from the Word of God, from [23-06-1977](#).

... If your child, or someone of you rebukes you because you fasted, because you humbled yourself, because you communed, because you went to the little church, you should know, mother and father, you should know, brother and sister, that he is with an unclean heart, and he will not be saved by anything, by anything you may give him. That one, who rebukes you because you fast and believe in God, is your enemy and is My enemy, and the earth is full of these. Woe to the one who passes the border between Me and the world!

Excerpt from the Word of God, from [31-08-1977](#).

It has been heard in heaven how the Christians cry for hunger, that they do not like the food. You should know that the best medicine for this sickness is fasting, and you will see how you will eat. „*I have a stomach ache. I do not eat this food*”. Make a tea of flower and see how your stomachache leaves you. Daniel, there are saints in heaven who lived only on flower tea, and not with bread, but empty. Do you believe it?

Excerpt from the Word of God, from [20-09-1977](#).

... My people, you should administer justice, not crookedness. **This shall be your food: fasting and praying.** And do not eat much, so that the bodily fat may not surpass the spiritual one. You should not eat without measure; you should not eat without spiritual work.

Excerpt from the Word of God, from [24-11-1977](#).

... If you got sick, you say that you fasted, not that you ate. **Sons, you should know that no one gets sick because of fasting, as your fathers and forefathers had great power by fasting.** Where is Daniel, who had not eaten and had not drunk for three days and three

nights? As Daniel became friend with the king, that he put him at the table and asked him how it came that he became friend with the lions.

Excerpt from the Word of God, from [19-06-1978](#).

... **Strengthen yourselves by fasting and praying and overcome your enemies that attack you. This is the weapon of the Christian, as nothing overcomes satan like these, for he goes away from you.** But you should not fast today and then no longer fast until the next year. You should not pray today and then no longer pray until next year.

Excerpt from the Word of God, from [01-08-1979](#)

... **If you want Me to come again to you, pray with fasting and prayer, and I will come;** I will come by what you do not know. The life lived with Me brings Me to you.

... **In the name of the Father and of the Son and of the Holy Spirit. Amen. And by this sign you should know God, when He comes to you.** This sign will be in the moon. This sign will be on the earth. This sign will be on your window. No harm comes over this sign. Do not be ashamed with this sign. Remember it, sons, when you have go through suffering, when you have trouble, but remember it, sons, with passionate faith.

Excerpt from the Word of God, from [09-08-1979](#).

... **Sons, let the days of your fasting be worked out with love and humility,** not with murmuring and boasting. Keep the prayer away for nowadays world, for if the world sees the Christians that he prays to God, the one in the world, instead of doing the same, starts to hate the Christian. When the world sees the Christian that he fasts, it mocks him and laughs at him; it makes fun of the Christian's life, but you should not be affected by their ridicule.

Excerpt from the Word of God, from [01-06-1983](#).

... Strengthen your fasting. When it is fasting, let it be fasting. Fasting reflects like a mirror and it gives power at every step. I know that it is hard for you, as your work wears you out, but when you fast, I strengthen you even more. **Fasting lifted Elijah up into the sky with body and all.** The body that fasts becomes easier like a little butterfly worthy of God, of happiness, of victory in the step towards salvation.

Excerpt from the Word of God, from [31-07-1985](#).

... Fasting and praying are the weapons, which you put aside satan with from before you. You overcome them all. When you grow weak with your praying and do not want to receive the fasting as the Lord asks it from you, you cannot prevail over satan, but rather he prevails over you. Do no longer run with those from the earth. Let the earthly ones be easier for you if your body brings you down. If you run again and again after money and wealth, then satan brings you down. If you came worn out by work and you were no longer able to fast as you should and neither to pray as you should, then you strengthened the belt of satan and weakened yours.

Excerpt from the Word of God, from [04-08-1985](#).

... You win with fasting and pray and split the stone in two. He, who fulfills with love, he is able to do everything. If the world did not lose the love for fasting, it would have not lost its power.

Excerpt from the Word of God, from [21-12-1986](#).

... When is fasting, you should fast without fault. Do not eat the food that defiles you; that is food from the hand of the world. If the communism of today broke down all the little houses, it moved the man into the block, so that he may no longer have garden and courtyard. They are welcome to live on the market and take whatever they find. If someone's pig dies, he takes it into the market and you do not know that it is dead. It would be good for the man to fix periods of fasting to take his deceased into happiness, as today no one finds any clean food. But you, sons, eat blessed and clean food.

Excerpt from the Word of God, from [27-12-1986](#).

... I prepare what is Mine and keep it under My wing. If you saw with your own eyes how satan goes together with every man; on one side the little angel and on the other side satan! Well, fathers and forefathers lived to please God, they kept the fasting days; they did not use even the spoons for sweet food while fasting, for they said that the grease from the sweet food entered them; this is how much they hold to fasting, and that is why their barns were full. Now the man has nothing. He gets up and takes the bag into his hand and goes after food.

Excerpt from the Word of God, from [06-11-1988](#).

... If My people knew what I prepared for it, he would no longer need anything; it would stay watching until it would see Me coming. I am He, Who spread out My hands on the cross. I am in the Spirit. The fasting was My food most of the time. Who knew when I went hungry? I had crowds of people that followed Me even on the highest mountain. **If I did not eat for a week, they did not eat either.** How much I would like to have such a people now!

Excerpt from the Word of God, from [03-05-1991](#).

... Do not give for mercy to the drunkards, fornicators, smokers, and to those who blaspheme God by iniquities. Give mercy also to those from the world, but only to those who also listen and receive the Word of God now and again.

Excerpt from the Word of God, from [02-07-1992](#).

I sent a heavenly word upon My people and **I told to the Christian to come back to the food from Eden so that he may stay alive and to sanctify himself.** This is how I have been working with you, people gathered from the world, and I have been speaking to you, one by one, little by little, so that it may not seem hard to you. And when the way was wider, **I called out and told you that the time is coming for the door to be narrowed, when it may come for you to enter the room of God's glory that will come before you to welcome you in the great tribulation.** I know like Me and not like you. I know, son, why I also ask this step from you. **I do not want to let it be hard for you when no one will give you anything,** and I want you to be well prepared and ahead of time, so that God may know you and send you then

heavenly food, as he gave it to Israel in the wilderness, as then I expressly wanted to clean the one that were blessed, but he lusted after the earthly things and fell down from heaven and did not enjoy the manna that was coming from heaven. It is likewise now; the Christian does not enjoy to learn how to come back home, and wants it as on earth, but **I will make heaven on earth and it will be as in heaven so on earth.**

Receive My annunciation son, and feed on those that were given at the beginning to be the food of My creatures, as **I want to put an end to the spirit of the flesh**, with the world spirit in you. **You see well that the Spirit lusts against the flesh, and the flesh lusts against the Spirit.** Let the Spirit overcome, Christian; let your spirit be stronger than your flesh, as what comes out of the flesh is flesh and what comes out of the spirit is spirit. I blessed as you said, and I said to be eaten if the man ate, but in the beginning, it was not so. In the beginning I made the man and I breathed the breath of life without death, and the man did not listen to Me and knew death and died. **But I want to give him back his life without death and youth without old age, and this is the work that the Lord wants to accomplish.**

Excerpt from the Word of God at the feast of the Assumption, from [28-08-1993](#). (On [Calameo](#))

The primitive man is the man that has not got God. If this word is true, behold, this is the meaning of the word primitive, as it is true the little story on earth about Me, the Lord, Who was a family man with a Christian and humble family, and **this little story is not a parable, but it is a godly truth among the people**, and only its example remained. **I was the family man of the Christian family and I had a shelter in the house of the man**, and it is said that there was a family of people that loved God. A man had a wife and two little children, and they were living very happily loving God. They built a little house, a shelter for bad weather, and they got into it and were living happily from day to day. They had a wooden bed on one side of the little house, and all were resting in it. They also made a little stove of clay to make fire in a cold weather, and they also has a little dish hanging on a nail, and they were taking it down and putting on it the little polenta and drinking and whatever else they had from God's gift. And they were gathering around the dish kneeling down and all were dipping their morsel into the dish leaning for each bite. They were sitting at the table and getting up with prayer and with thankfulness, and then they were taking the little dish to hang it on the nail, and they were speaking about God and with God, and God was with them on the earth. And I became man and I went into their house to be their family man, and they received Me, and I slept with them and ate with them, and I rejoiced over them with the Spirit of God into their house and in their living. And there came a bad weather over their house, over their heart. The evil spirit did not rejoice over My marriage with them and plotted a temptation and took Me out from their house, as one day a rich man from their village knocked at their door and asked him to go and help him with his work, saying that he would pay him for his help. And he, a gentle man, went to help the one who asked him, and then he saw how the rich man lived and what he had into his house. And when he finished his work, he took his pay and went home and told what he saw at the rich man, and he went with the money and bought a better bed, more beautiful and softer, and replaced their bad from the house with it. When I saw the warmth of their heart for the good and new bed, I felt deprived of their love and I was shy, and I did not go to bed with them, because they had another joy. I stood by their new bed and they cuddled against each other and rejoiced, and they said that God helped them. And then he went again and worked and bought a bigger and more elegant table and put it into the midst of the house, and I drew Myself aside. Then they also brought tools and other things and their house was filled out, and I withdrew

near the door. They asked Me saying: „*Lord, why do You not sit on the bed, on the chair, on the chest? Why do You stand by the door?*” And I replied them that I did not have any place, and that is why I did not sit down. Their joy increased for what they had and gathered. They worked and did what they liked, and I went out aggrieved, and I had no more room as a family man into their marriage. They did not feel My pain, and they kept saying: „*Lord, we thank You because You helped us and You gave us so many things to have*”. I let them choose their love, and they chose the self-love. From then on, I had been so small into their hearts, smaller and smaller, and they used Me only for their first custom to thank the Lord for everything. This is how the man remains orphan of God. This is how the man remains alone in his spirit, getting his human courage up, losing the fear of God and the love of God, the most valued wealth among riches.

Oh, My people, how beautiful it was for the man that gathered together near his small table, on his knees around it. The man was like a bird, which lifts up its head after it swallows the water, thanking God. The man was bowing down with his body, kneeling down for each bite, thanking to the One Who gave it for living. The man kept his little dish on the nail, as a sign of respect for the holy thing, as the dish was a holy object, on which the man broke the bread and put the food from God. **That man was not a primitive man, and he was a holy man, and he had God as wealth, and he was rich in grace and word.** But no one has God today by grace any longer. There is no more room in the house of the man for God. That is why I brought you up, new Israel, and I taught you to turn back to Me and to take Me into your house and into your life, and to take Me into your garment to warm Me up, as I love you so much, you that have Me today. Seek, My people, to work what I worked, and not to work what the man works, as the man, you saw what I told you, does one thing for himself today, tomorrow he does another, and he forgets what he has to know and to do.

Excerpt from the Word of God at the Feast of the Holy Cross Ascension, from [27-10-1995](#). (On [Calameo](#))

Behold, if you are close to a well, I come. Oh, how many of you wait for Me near the well! I come sons; I come to speak with you and to tell you how to speak with you, how to work for Me and into Me, as the Christian people starts now the time of the fasting for the celebration of the Lord’s Passover; but even the human race knows this order. Do not wonder about those that I speak with you, Israel, as the Christian people is one nation, and the human race is another nation, and I do not have to clarify you this wisdom any more. But I speak to you distinctly, Israel, and I call you remnant, son, a remnant set aside by Me from the Christian people, as **even the people who are called Christian do not fast any longer**, son, not even according to the law. And here is what I tell you: may the beginning of the preparation of the Lord’s Passover be blessed, as I have nothing to distinguish for you concerning food, as you eat today as in the Passover day, because you know what Passover means according to its real word. **Your Passover is God’s Lamb, Who washed you of your sins, and Who became bread and wine for you, to have Him into you, until His appearance in the clouds, until the great union of the heaven with the earth, son.**

The human race gets up today early in the morning and roasts meats, mixes drinks and prepares festivities for oneself with human honor, and this is called: „*the festivity of the Shrove*

*Sunday*⁵ a name after the custom of the Christian people, as man says, and he goes on celebrating and eating until the Lord's Passover, as if the Lord would be an idol and not true and holy God. (See the selection topic: „[What defiles a man, what enters or what comes out of him?](#)”, r.n.)

The Christian people still has something left from the Christian's custom, but it does not know what fasting means. Israel, you know from Me what fasting means, because you are a remnant chosen and prepared by Me and well kneaded to know how to grow up in a Christian way for the Lord's Passover. I remind you how I told you: „*Eat wheat, son, and the man will thank you from everlasting to everlasting*”. **What fasting have I established upon you, My people? I established a fasting for those that are evil, for those that are forbidden by the law of God's commandments, to start with you the salvation of the Christian people, which will get up like you, to stand before Me.** I established the law of obedience on you, My people, the law that I establish on the man that I created in the beginning. What I gave him to eat, I also asked you to eat, and I also told you to eat wheat, son, so that the man may thank you from everlasting to everlasting. Put, sons, the wheat grain into water; put it in a bath and wash and soak it, and prepare it for three days with rain of water over it, with water to its measure, and on the third day you should have it and eat it, and this way you should always have to prepare the wheat for three days beforehand and to add it to those blessed by Me in the beginning so that the man may eat.

Oh, little remnant, taken out of the Christian people, out of the Romanians! I have put the law of obedience over you, My people, and I have been teaching you from your beginning of forty years ago, to have the sign of obedience on your head, but not like the Jews, as the Jews were wearing it and still wear it on their head but without fruit of obedience. **The sign of obedience is the shelter, which covers your head, Christian, son, the sign of obedience, sons, so that all who see you may know that you have a Master, that you have God as your father.** He, who walks with his head uncovered, is his own master; that one has not got the sign of submission, and he is not known that he is a son of God if someone sees him. I spoke even for the angels; I said that the head must be covered because of the angels. How comes that, sons? Here is how: the angels do not have their own free will, and I told you this work, but the man has his own free will, as this is how God made him. **But the man, who has his head covered, that one is a Christian submitted to God's will, for the angels who do not have their own free will.** When a painter paints an image of an angel, he makes a big sign on his head, which is called the sign of submission to God. The same with you, Israel, I asked you, little remnant of the Christian people, to be of great help to the Christian people, which, being baptized into the name of Jesus Christ, does no longer know of any Master, of the father's law, of the angel given to it by Jesus Christ.

Child Israel, you should eat wheat, son. You should prepare it for three days and then you should eat it. You should add to your food blessed by God, for look, **I say again: eat every green grass yielding seed on the earth and every fruit of the tree with seed in it.** Take care, sons, of your body, for the body is the dwelling of the Holy Spirit, and the Holy Spirit likes a house and food according to likeness. Do not seek to weaken your body by not eating, for **your fasting is like the fasting established in Eden. I did not tell Adam when and how much to**

⁵ The Shrove Sunday represents a celebration what means the last day when one can eat „*for sweet*”, before starting one of the four great fastings established in the Orthodox Church (The Fasting of the Nativity, the Fasting of the Holy Passover, the Fasting of the Saints Apostles Peter and Paul, and the Fasting of the Assumption), r.n.

eat, but I told him what to eat and what to not eat; and the same I have told you, and I have also told you to listen to My word, sons.

It is prophesied that in the last days I will take My blessing from the earth, and behold, sons the earth does no longer have those necessary to the human race, for the human race put Me away from on him and became its own master; however, I was with those of Mine, because even the Christian people of today is weak and does not deserve those necessary to the natural body, if it does not serve to God's commandments and His likeness. The man cast out the fruit of the blessing from the earth, and I still let a blessing in the fruit used by the Christian remnant, which serves as food, those blessed by God for food. The human race does not read God; it does not know what it has to eat, how and when and how much to eat; it does not even know that, as in the Christian law, it should eat food allowed by the law. **The Christian people is My people, and My people is the one which shares with My Body and Blood, with the Lord's Passover, through the church of Jesus Christ, the synodal and apostolic one**, but not the formal one, not the synodal and apostolic one only on the surface.

The Christian people is not the one, which proclaims the name of Christ, but rather it is the one which first prepares itself and then eats the Body of Christ. If I came down visibly and I asked an ordinary Christian what Christ means, he would not know what to say. Who shall teach him, who, as even the priest takes Christ not prepared. That is why I have told you today clearly, My people, about the mystery of the wheat prepared with three days before taking it as food for your body. This mystery is great, for the wheat grain, prepared, soaked and watered for three days, germinates, comes to life and has the blessing of life and health, sons. Likewise, the apostle in the synod of Christ's church should be as the Christian has to be. I come with sweet speaking and bless your celebration of the beginning of preparation of the feast of the Lord's Passover. I know your little weaknesses, and I ask you nothing more than to work your own things in a good order and in a spirit of prayer, which gives you good power in everything. Your fasting is obedience; it is this that I gave you as fasting, not abstaining from food, sons. I take your work into consideration otherwise. The fasting also had a name in My people; a name and a word when you were also like the other Christian name. But now, if I have brought you by the boundary of the Eden obedience, I do no longer tell you something else but only what I told Adam: work and keep the law of My paradise within you, the law of My love in you and among you, so that the heaven and the earth may see who do you belong to.

Excerpt from the Word of God on the Sunday of Adam's expulsion from paradise, from [25-02-1996](#).

There are two kinds of sinful people. There are humble sinners, and there are haughty and proud sinners. I give you My teaching, and you, My servants, give food to those without food in due time, for it is the time for Me to come, and to find you doing so. Amen.

The people keep a fasting for My birth's celebration. **Some people fast and they do not know what fasting is; they do not know the ways of justice and of the cleanness of the heart before Me.** I strengthen through the holy forefathers four times of fasting, so that the church may be a strong house with four pillars, strong and strengthened by fasting and soul watching, and the people, who set themselves as My servants on the earth, took one of the four pillars out of its root and made damage over the strong order. (*See the selection topic: „[The change of feasts - the denial \(apostasy\) of faith](#)”, r.n.*) But I have turned your face to your fathers, My people, to be protected in the day of your visitation, as the people made bold to

chance even the times, and the voice of the saints from heaven asks Me again and again: „**Lord, until when?**” but **I told them to be patient until the fullness of times, until the fullness of My saints’ number, down to My smallest ones.** Amen.

In the time of My body I loved the fasting and praying to the Father. My mother and My saints did likewise. **The fasting has to be accompanied by prayer, and the prayer has to be accompanied by fasting.** But it is written into the Scriptures and into the prophets that in the last days the power of the church, the power of the holy people will be demolished from its place. It is written into the prophets that in the last days, when the crushing of the power of the holy people will be finished, then the fulfillment of the Scriptures for My coming will come to an end.

You should know, My loved people, that the power of My church is fasting and praying. You should also know, son, that the sons of the church are not the Lord’s sons, if they are not clothed with this power. You should know son, that I clothed you with this power, to be a son to Me and to have you, and that you may not come to be without power, as those that do not have this power, are very weak, and at any test they stumble and lose their way, as it is written into the Scripture which says: *«Many will fall away, they will sell one another, they will hate one another and will fall through the false prophets, and because of the lawlessness, the love of many will grow cold, but My Gospel will be preached into the whole world as a testimony, and then the end of everything will come and then My coming will be with power and great glory. Amen».* And I will send My servants with the voice of a trumpet to bring together My elected ones, **and behold, I send you to preach the word of My coming to all the margins,** and blessed is the servant who will be seen by his Master doing so, on His coming, for the Master is not long in coming. Amen.

The people keep the fasting of the Nativity, and **there are four times of fasting for the feasts of the heaven on earth.** After that it comes the fasting in which the people prepare themselves for the celebration of My resurrection. Then it is the fasting established before the celebration of the saint apostles, and then it is the fasting established before My little Mother, and there are four times of fasting, established by the fathers and by the saints who strengthened My church on four strong pillars, but one of these pillars is no longer. It is written by the prophet Daniel that the power of the holy people will be crushed, **and the people of the church of nowadays do not even think to turn their face to the fathers and to turn their fathers with their face to them, lest I come and strike the lawlessness and its children with a curse.** The fasting before the feast of the saint apostles is no longer, for the people made bold to change the times, after it was prophesied that it would be. Oh, this iniquity over the church cannot be possible? Until when? Oh, really until when? I cry with the voice of the saints and the saints cry over the earth by My word: *«Until when? Until when? Oh, until when, really?»* I measured the time for the man otherwise. I set an evening and a morning as the measure of the day, and the people demolished My measure. Oh, where are the feasts of the saints? Until when this lawlessness?

Oh, Romanian people, you would not like to be a true Romanian; you would no longer like it. Where are your heavenly celebrations on your earth? Why did you get enchanted? Why have you been careless? Why are you no longer Christian, a true Christian? There have passed seventy years over you since you have spoiled your faith from the forefathers⁶, and after seventy

⁶ The churchly calendar by 1924 was the same with the one from Nicaea, having at its base severe apostolic canons, but in 1924, the Scripture of the prophet Daniel was fulfilled: *„people will make bold to change the times”*,

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