

Concerning Drinking Water during Fasting by Bishop DeCarlous E. Sims

Praise the Lord, People of God:

Many have questioned me regarding whether one can drink water during fasting. In times past we neither drank water nor ate any food for which we termed as a complete fast. However, as you will see, from the scriptures below that it is probable that a complete fast in the Bible days consisted on only abstaining from food. Below you will see that only Moses is known to have fasted without food and water. Therefore it is my judgment from this time forward that a complete fast will consist of abstinence from food only, with the use of water only for hydration as needed, unless otherwise noted; i.e. liquid fast which would consist of natural fruit and vegetable juices in addition to water.

¹Then was Jesus led up of the Spirit into the wilderness to be tempted of the devil. ²And when he had fasted forty days and forty nights, he was afterward an hungred. ³And when the tempter came to him, he said, If thou be the Son of God, command that these stones be made bread. ⁴But he answered and said, It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God.¹ **Matthew 4:1-4**

¹And Jesus being full of the Holy Ghost returned from Jordan, and was led by the Spirit into the wilderness, ²Being forty days tempted of the devil. And in those days he did eat nothing: and when they were ended, he afterward hungered. ³And the devil said unto him, If thou be the Son of God, command this stone that it be made bread. ⁴And Jesus answered him, saying, It is written, That man shall not live by bread alone, but by every word of God. ² **Luke 4:1-4**

²⁷Then the LORD said to Moses, "Write ^rthese words, for according to the tenor of these words I have made a covenant with you and with Israel." ²⁸So he was there with the LORD forty days and forty nights; he neither ate bread nor drank water. And ¹He wrote on the tablets the words of the covenant, the ⁴Ten Commandments.³ **Exodus 34:27-28**

⁸And he arose, and did eat and drink, and went in the strength of that meat forty days and forty nights unto Horeb the mount of God. ⁴ **1King 19:7-8**

¹ *The Holy Bible : King James Version*. electronic ed. of the 1769 edition of the 1611 Authorized Version. Bellingham WA : Logos Research Systems, Inc., 1995, S. Mt 4:1-4

² *The Holy Bible : King James Version*. electronic ed. of the 1769 edition of the 1611 Authorized Version. Bellingham WA : Logos Research Systems, Inc., 1995, S. Lk 4:1-4

^r Ex. 17:14; 24:4; Deut. 31:9

^s Ex. 24:18

^t Ex. 34:1, 4; Deut. 4:31; 10:2, 4

⁴ Lit. *Ten Words*

³ *The New King James Version*. Nashville : Thomas Nelson, 1982, S. Ex 34:27-28

⁴ *The Holy Bible : King James Version*. electronic ed. of the 1769 edition of the 1611 Authorized Version. Bellingham WA : Logos Research Systems, Inc., 1995, S. 1 Ki 19:7-8