THE BIBLICAL PRAYER FOR HEALING

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Abstract

The Bible has several recommendations for prayer for healing. We explore some of them in 15 texts that can be read and meditated, one per day, taking about 5 minutes.

Contents

1 Laying on of hands 3

2 Pray in the name of Jesus 3

3 How to digest the anguish 4
- 3.1 The best recipe . . . 4
- 3.2 Look beyond the nose . . . 5

4 Duration of prayers and repetition 7
- 4.1 Short prayers . . . 7
- 4.2 Long prayers . . . 8

5 Can prayer be fortified? 8
- 5.1 Fasting . . . 8
- 5.2 How to grab God by the neck so he can bless you . . . 10

6 Doctors and medications 11

7 How to Pray When You Long for Death 13

8 The Power of Thanksgiving 15

9 Jesus against cancer 16

10 Pack your bags! 17

11 The blacklists 19

12 Hidden Pearls 20

13 Bibliography 22

INTRODUCTION

Those who wrote the Bible also became ill and transmitted to us their conclusions about prayer for healing. Here we explore some of them. The first refers to the fact that the prayer is accompanied with

1 Laying on of hands

Mark 16:14-18 says:

Later He appeared to the eleven as they sat at the table; and He rebuked their unbelief and hardness of heart, because they did not believe those who had seen Him after He had risen. And He said to them, "Go into all the world and preach the gospel to every creature. He who believes and is baptized will be saved; but he who does not believe will be condemned. And these signs will follow those who believe: In My name they will cast out demons; they will speak with new tongues; they will take up serpents; and if they drink anything deadly, it will by no means hurt them; ***they will lay hands on the sick, and they will recover.****"*

Minimum application: Lay on hands on oneself, over the region where it hurts. And pray. You can also anoint yourself with oil, rub the tips of your fingers and touch the affected place. And, of course, we can pray for each other.

2 Pray in the name of Jesus

There are very few biblical restrictions regarding how to pray. The first is in

John 14: 12-14 *"Most assuredly, I say to you, he who believes in Me, the works that I do he will do also; and greater works than these*

he will do, because I go to My Father. ***And whatever you ask in My name, that I will do, that the Father may be glorified in the Son. If you ask anything in My name, I will do it.***

Application: Ask Father God for whatever one needs or desires in the name of Jesus, the Son of God. Keep in mind that God is jealous, so do not make invocations to someone else:

Exodus 34:14 *...for you shall worship no other god,* ***for the Lord, whose name is Jealous, is a jealous God***.

In that verse, the word god means any being that is worshiped. Christians have a fight with the Jews because we worship and invoke Jesus, which means **God is Salvation**, but they do not believe that Jesus is one with God, and that therefore Jesus usurps the glory due to God alone.

3 How to digest the anguish

The disease generates anguish, stress, anxiety and sometimes very intense. The anguish, like any temptation, is not fought, it is digested. Temptations are digested by confessing, recognizing, becoming aware of the lusts that attract and/or generate them.

3.1 The best recipe

The Apostle Paul has given us one of the wisest indications for digesting anguish:

Philippians 4:6-7 *Be anxious for nothing, but* ***in everything by prayer and supplication, with thanksgiving, let your requests be made known to God;*** *and the peace of God, which*

surpasses all understanding, will guard your hearts and minds through Christ Jesus.

Application:

1. Realize that you are distressed, anxious, desperate, or in pain or physically impaired.
2. Tell God about your despair and pain and ask for help by clearly expressing both the symptoms and the desired solution.
3. Become weary by thanking God in the name of Jesus for hearing the prayer and giving what you ask.

3.2 Look beyond the nose

The recipe of the Apostle Paul to digest anguish is the wisest thing written to attack all sorts of evils, whether of soul or body. But it can still be applied foolishly. For example:

My head hurts, I apply the recipe laying hands on it, and even anoint myself with a little oil, and I ask God to take away the headache and thank him very much. And I always repeat the same prayer. As nothing happens, I try to relax and pray again. I feel some improvement. But I'm realizing that yoga and the painkillers from the drugstore are actually much better.

Why is this failure so striking?

The reason is that a human being is assumed to be a pile of disconnected scrap pieces. False. We are a highly interconnected system, and for every action there are side effects, some good, some bad and some very bad. Therefore, prayer is not and cannot be the remedy against death, nor against all disease. Therefore, learn to enjoy and give thanks for every moment of life.

As for the headache, a very frequent cause is that someone, another person, made it hurt, i.e., something said that worried you, somehow looked at you that made you feel unsure, something moaned that disconcentrated you, something said to a third person that fired your rage. That person functions as an enemy. And for them, the Gospel of Jesus presents a challenge that, if one attends to it and wins, heals the headache-except when it comes from organic troubles. One reads:

Matthew 5:43-48 *"You have heard that it was said, 'You shall love your neighbor and hate your enemy.' But I say to you,* ***love your enemies, bless those who curse you, do good to those who hate you, and pray for those who spitefully use you and persecute you, that you may be sons of your Father in heaven; for He makes His sun rise on the evil and on the good, and sends rain on the just and on the unjust.*** *For if you love those who love you, what reward have you? Do not even the tax collectors do the same? And if you greet your brethren only, what do you do more than others? Do not even the tax collectors do so? Therefore you shall be perfect, just as your Father in heaven is perfect.*

Winning this challenge is difficult. You have to start somewhere so that you can experience on your own skin that the peace that God gives surpasses all understanding.

Looking beyond the nose should be part of our way of being because it has many applications because there are side effects everywhere. Example:

A blow to the head creates clots that break up into pieces by prayer, these migrate to the lungs, so the back begins to hurt. Solution: Pray for your lungs so that clots completely dissolve. But be

careful: some back pain is caused by the kidneys. It is possible to pray long by the head, lungs, kidneys, bladder,... Still, it is better for each one to investigate how prayer affects him or her because it can be something personal.

4 Duration of prayers and repetition

Regarding the duration of prayer for healing, the Bible contains a contradiction. On one side it says that the prayer should be short and without repetitions, and on the other, that it can be long. Our point of view is one of good will: it should be short because God is intelligent, and we do not have to repeat things to him for him to understand. But when faith is not even as a grain of salt, we prefer to repeat and repeat what we need to see if God listens to us. It seems to all of us that God endures us.

4.1 Short prayers

For the bowels that have to do with digestion, we pray twice, morning and afternoon and briefly, although it would be better for each person to investigate what is best for him or her:

Matthew 6:5-8 *"And when you pray, you shall not be like the hypocrites. For they love to pray standing in the synagogues and on the corners of the streets, that they may be seen by men. Assuredly, I say to you, they have their reward. But you, when you pray, go into your room, and when you have shut your door, pray to your Father who is in the secret place; and your Father who sees in secret will reward you openly.* ***And when you pray, do not use vain repetitions as the heathen do****. For they think that they will be heard for their many words. "Therefore do not be like them. For your Father knows the things you have need of before you ask Him.*

4.2 Long prayers

Luke 18:1-8 *Then He spoke a parable to them, that men always ought to pray and not lose heart, saying: "There was in a certain city a judge who did not fear God nor regard man. Now there was a widow in that city; and she came to him, saying, 'Get justice for me from my adversary.' And he would not for a while; but afterward he said within himself, 'Though I do not fear God nor regard man, yet because this widow troubles me I will avenge her, lest by her continual coming she weary me.' " Then the Lord said, "Hear what the unjust judge said.* ***And shall God not avenge His own elect who cry out day and night to Him, though He bears long with them?*** *I tell you that He will avenge them speedily. Nevertheless, when the Son of Man comes, will He really find faith on the earth?"*

Application: Pray until boredom for healing of any part of the body, except the entrails because there may be side effects.

5 Can prayer be fortified?

There are two biblical methods to empower prayer. First, fasting. Second, force God to bless you.

5.1 Fasting

Fasting is a very ancient biblical custom, whose healing power has been discovered by many cultures. In fact, Modern Science has pointed to its virtues and pitfalls already for some time based on its own detailed measurements.

Each person should be eagerly testing the duration, frequency and mode of his or her fast. To begin with, the fast is only from solid food. Water fasting for more than one day is not recommended.

With kidney problems, drinking water is essential. If there are no sugar problems, one learns to endure fasting from one breakfast or one meal to an entire day a week. There are people who endure it for several days sporadically. There are clinics and communities that offer supervised fasting for 15 or 20 days. It is adjusted to the needs and possibilities of each person and is used for cleaning:

- Cleansing the veins improves general health and its effect can last a whole year.
- Cleaning the heart lowers systolic blood pressure.
- Cleaning the lungs lowers diastolic pressure.
- Cleansing the liver and pancreas improves digestion and overall health, and lowers the belly. It improves sugar condition. Some forms of rehumatism are also controlled.
- Cleansing the brain gives clarity so that each person can fully exercise her or himself in good or evil according to the intention of owns heart (Revelation 22:11).

There is experimental evidence that a three-day fast is helpful for health. But although long fasts have many supporters, they have also been criticized. For example, fasting for 15 days in mice kills many brain cells. One proposed solution has been to abolish total fasting and replace it with fasting aided by green juice.

Very long fasting can also have very impressive and undesirable supernatural effects that require the filling of the Holy Spirit to endure and not be deceived by the Enemy of God (Matthew 4:1-11). In reality, we are all tempted at all times. Therefore, we all have the obligation to always be filled with the Holy Spirit, which is evidenced by the fact that in good times and bad we glorify Jesus, the Son of God, who died for our sins. That is why Satan has no part in us:

John 14:30 *I will no longer talk much with you, for the ruler of this world is coming,* ***and he has nothing in Me****.*

To pray long for the bowels, except the heart, the intestines must be completely emptied. For the heart you pray short. Long prayer could cause, first, tachycardia and then arrhythmia, which is considered a very dangerous disorder. But when you stop praying, the arrhythmia disappears in one or two weeks. Accompany prayer for the heart with prayer for the aorta, both ascending and descending. Many heart strikes arise from the ascending aorta, which leaves the heart.

Praying and fasting as a family is more than natural, otherwise the Bible advises being reserved:

Matthew 6:17-18 *But you, when you fast, anoint your head and wash your face, so that you do not appear to men to be fasting, but to your Father who is in the secret place;* ***and your Father who sees in secret will reward you openly****.*

This verse says that the relationship with God is personal and that it is good to develop it, just as one is, without needing to look pretty to someone. That is, having the firm purpose of be pleasing first to God and, if there is no contradiction, secondly to one's neighbor.

5.2 How to grab God by the neck so he can bless you

This theme has an ancient biblical tradition. The prophet Isaiah has a very eloquent proposal:

Isaiah 58:6-12 *"Is this not the fast that I have chosen: To loose the bonds of wickedness, To undo the heavy burdens, To let the oppressed*

go free, And that you break every yoke? Is it not to share your bread with the hungry, And that you bring to your house the poor who are cast out; When you see the naked, that you cover him, And not hide yourself from your own flesh? Then your light shall break forth like the morning, Your healing shall spring forth speedily, And your righteousness shall go before you; The glory of the Lord shall be your rear guard. Then you shall call, and the Lord will answer; You shall cry, and He will say, 'Here I am.' "If you take away the yoke from your midst, The pointing of the finger, and speaking wickedness, If you extend your soul to the hungry And satisfy the afflicted soul, Then your light shall dawn in the darkness, And your darkness shall be as the noonday. The Lord will guide you continually, And satisfy your soul in drought, And strengthen your bones; You shall be like a watered garden, And like a spring of water, whose waters do not fail. Those from among you Shall build the old waste places; You shall raise up the foundations of many generations; And you shall be called the Repairer of the Breach, The Restorer of Streets to Dwell In.

Application: at the choice and possibilities of each person. Since in this world everything is money, it is very useful here.

6 Doctors and medications

The Jewish Wisdom assumes that doctors are good professionals. Because if they are bad, they become a proverb. Jesus takes the side of the good and declares himself a doctor of the soul and spirit:

Matthew 9:10-12 *Now it happened, as Jesus sat at the table in the house, that behold, many tax collectors and sinners came and sat down with Him and His disciples. And when the Pharisees saw it, they said to His disciples, "Why does your Teacher eat with tax collectors and sinners?" When Jesus heard that, He said to them,*

***"Those who are well have no need of a physician, but those who are sick**.*

Doctors have proven to be of great help to people. Currently they are faced with a serious problem and that is that every day everything is more technical and much more expensive. For example, there are already treatments against some congenital diseases, of genetic origin, whose cost can be several million dollars. Beware of bargains because what costs the most is security.

It is because of such high costs that the so-called social medicine is a utopia, which means that all health companies have to go bankrupt unless they cheat and commit a good deal of arbitrariness, favoring a few at the cost of running out of funds. Therefore, if your way of being is to trust Science, get used to saving a lot of money to pay for your health insurance and treatments. And don't expect miracles every day. Because there is no wisdom against death. Better, thank God continually for every moment of life. This is an effective therapy against the fear of death, which is the fear of meeting God face to face.

Regarding the relationship of medicine with prayer for healing, one would like to think that it is very sensible to go to the doctor to request a diagnosis to pray with better knowledge and thus support the treatment. But the harsh reality is that it is rarely possible to make anything clear. And with old age everything becomes more complicated, that is, the problems are no longer explained by poisoning in the stomach but by the global wear and tear of all the organs. There is no choice but to let yourself be guided by your own intuition and feeling. If this directive is chosen, it is counterproductive to take painkillers. The reason is that there is more and more experimental evidence that the nerves play a decisive role in the processes that have to do with health, but the effects can be both positive and neg-

ative: Will it depend, at least in part, on the mental state of inner peace or stress?

Application: when you feel pain, give thanks for the pain, try to feel it intensely, and tell God: Lord God Father, in the name of your son Jesus, heal me of the evil that causes me this great pain that I feel in my belly!

7 How to Pray When You Long for Death

It has happened that someone gets sick, they look at his symptoms, they find the causes, they prescribe a treatment that works perfectly, he gets better and then he walks around all happy.

But it also happens routinely that the symptoms are not read correctly, or that the causes are not known or are misinferred. Or there is no treatment, or it is applied incorrectly, or something is overlooked, or some serious mistake is made, or the treatment works half-heartedly, or it takes too long to operate. It may be too expensive, or unfeasible, or very risky, or even dangerous. It may happen in such a case that one prays for healing and receives rest. But after a while, perhaps short, the pain returns, the problems appear anew. And one can see it in black, as Job expresses it:

Job 9:18 *He will not allow me to catch my breath,* ***But fills me with bitterness***.

The situation can be so black that one only waits for death, which does not come:

Job 10:20-22 ***Cease, then, and leave me, so that I may console myself a little, before, so as not to return, I go***

to the land of darkness and the shadow of death*. Land of darkness, gloomy, like the shadow of death and without order, and whose light is like dense darkness.*

Job is not the only one who thinks about dying. Sometimes life's problems can be worse than the most terrible illness. There is the prophet Elijah. Who is as close to God as him? And yet, look what he claims:

1 Kings 19:1-4 *And Ahab told Jezebel all that Elijah had done, also how he had executed all the prophets with the sword. Then Jezebel sent a messenger to Elijah, saying, "So let the gods do to me, and more also, if I do not make your life as the life of one of them by tomorrow about this time." And when he saw that, he arose and ran for his life, and went to Beersheba, which belongs to Judah, and left his servant there. But he himself went a day's journey into the wilderness, and came and sat down under a broom tree. And he prayed that he might die, and said, "****It is enough! Now, Lord, take my life, for I am no better than my fathers!****"*

There are cases when the patient asks God to die, he dies and rests. Companions are advised and asked to respect and honor the pain of the sufferer. For example, you can negotiate a wish. In other cases, the plea for death can end in incredible events, such as dedicating time to someone who one believes is a very bad son, or as happened to Jonah:

Jonah 4:1-4 *But it displeased Jonah exceedingly, and he became angry. So he prayed to the Lord, and said, "Ah, Lord, was not this what I said when I was still in my country? Therefore I fled previously to Tarshish; for I know that You are a gracious and merciful God, slow to anger and abundant in lovingkindness, One who relents from doing harm.* ***Therefore now, O Lord, please take my life***

from me, for it is better for me to die than to live!" Then the Lord said, "Is it right for you to be angry?"

As you continue reading, one realizes that God's response to Jonah came as words of comfort, thanks to which he was able to overcome his sadness and later write about his wonderful story. So being honest with God and asking Him to kill you is a path that can result in encouragement to continue fighting in this valley of tears.

8 The Power of Thanksgiving

There is a strategy that works in all cases of life or death, and that is to give thanks, which is sensible even when things go badly. We read:

Job 2:10 *But he said to her, "You speak as one of the foolish women speaks.* ***Shall we indeed accept good from God, and shall we not accept adversity?****" In all this Job did not sin with his lips.*

In the midst of the greatest evil, there are many reasons to give thanks:

1 Thessalonians 5:18 ***Give thanks in everything****, for this is the will of God for you in Christ Jesus.*

Giving thanks is an effective remedy against depression, against discouragement. If you can fast, every time your gut feels rumbling, thank God that you can breathe.

9 Jesus against cancer

The difficulties of life and illness can drive one into despair.

Maybe one begins to believe that one is worthless to God. Or that He doesn't have the capacity to deal with absolutely everything. Well, God has taken the trouble to respond in the terms that each person needs:

2 Kings 6:15-17 *And when the servant of the man of God arose early and went out, there was an army, surrounding the city with horses and chariots. And his servant said to him, "**Alas, my master! What shall we do?**" So he answered, "Do not fear, for those who are with us are more than those who are with them." And Elisha prayed, and said, "Lord, I pray, open his eyes that he may see." Then the Lord opened the eyes of the young man, and he saw. And behold, the mountain was full of horses and chariots of fire all around Elisha.*

The Army of God has now a Supreme Leader. He is Jesus the Lord:

Matthew 28:16-20 *Then the eleven disciples went away into Galilee, to the mountain which Jesus had appointed for them. When they saw Him, they worshiped Him; but some doubted. And Jesus came and spoke to them, saying, "**All authority has been given to Me in heaven and on earth**. Go therefore and make disciples of all the nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all things that I have commanded you; and lo, I am with you always, even to the end of the age." Amen.*

Jesus is Lord of everything and of cancer. And of every pestilence.

Application. Pray to God like this: *Blessed God, you gave Jesus, your beloved son, to be Lord of everything and of cancer and of my entire life. May your holy will be done.*

This neutral prayer gives peace, which by itself promotes the action of the body's defense mechanisms. And recognizing the lordship of Jesus forms a spiritual defense and prepares one for the journey to eternity.

A common question from cancer patients is: Why me? A general answer was given by Jesus:

Mark 9:49-50. *"**For everyone will be seasoned with fire, and every sacrifice will be seasoned with salt**. Salt is good, but if the salt loses its flavor, how will you season it? Have salt in yourselves, and have peace with one another."*

10 Pack your bags!

It is common to hear that one from here does not take anything. Fake. From here one carries, firstly, the Name of Jesus, which is safe passage to the Father, and secondly, one carries all own works. We read:

*Then I heard a voice from heaven saying to me, "Write: 'Blessed are the dead who die in the Lord from now on.' " "Yes," says the Spirit, "that they may rest from their labors, **and their works follow them.**"*

One carries both the bad works and the good ones. When asked, here or there, about the bad works, answer: *The blood of Christ cleanses me from all sin (1 John 1:6-10).* If they answer here that you are full of hate, take it seriously, analyze yourself, and see if you

can remedy the harm caused. And do not forget that you will give of each word an account to God:

Matthew 12:33-37 *"Either make the tree good and its fruit good, or else make the tree bad and its fruit bad; for a tree is known by its fruit. Brood of vipers! How can you, being evil, speak good things? For out of the abundance of the heart the mouth speaks. A good man out of the good treasure of his heart brings forth good things, and an evil man out of the evil treasure brings forth evil things. But I say to you that for every idle word men may speak, they will give account of it in the day of judgment.* ***For by your words you will be justified, and by your words you will be condemned.****"*

Application: Continually work on the mentality to change rudeness for words of wisdom, that serve, that build, and not destroy. But, geez, why do we like swear words so much? There are several causes. One of them is wanting to show that we are not worth less than anyone else, that life is worthless if I am not the king. Look to see.

By contrast, good works have no law, they are done according to personal taste (Galatians 5:18). Now, what could be a good work? Pay attention to Jesus' point of view:

Luke 14:12-14 *Then He also said to him who invited Him, "When you give a dinner or a supper, do not ask your friends, your brothers, your relatives, nor rich neighbors, lest they also invite you back, and you be repaid. But when you give a feast, invite the poor, the maimed, the lame, the blind.* ***And you will be blessed, because they cannot repay you; for you shall be repaid at the resurrection of the just.****"*

These works will be very good company on the journey to eternity. Have a good trip!

11 The blacklists

Having a passport and visa does not give you an absolute right to enter a country. For, and depending on the situation, they can check if one is on the blacklist. If that's the case, you're likely to get into some trouble, and they might even kick you out. Exactly the same thing happens when trying to enter the Kingdom of God. The visa is the Name of Jesus on the forehead, in the heart, and in the mouth. But it is not a guarantee of anything. Because you have to check if you are on one of the various black lists in the Bible. For isntance:

Romans 1:24-32 *. . .Therefore God also gave them up to uncleanness, in the lusts of their hearts, to dishonor their bodies among themselves, who exchanged the truth of God for the lie, and* ***worshiped and served the creature rather than the Creator****, who is blessed forever. Amen. For this reason God gave them up to vile passions.* ***For even their women exchanged the natural use for what is against nature. Likewise also the men, leaving the natural use of the woman, burned in their lust for one another, men with men committing what is shameful, and receiving in themselves the penalty of their error which was due. And even as they did not like to retain God in their knowledge, God gave them over to a debased mind, to do those things which are not fitting; being filled with all unrighteousness, sexual immorality, wickedness, covetousness, maliciousness; full of envy, murder, strife, deceit, evil-mindedness; they are whisperers, backbiters, haters of God, violent, proud, boasters, inventors of evil things, disobedient to parents, undiscerning, untrustworthy, unloving, unforgiving, unmerciful; who, knowing the righteous judgment of God, that those who practice such things are deserving of death, not only do the same but also approve of those who practice them.***

What to do if you find yourself on this or another Bible blacklist? Well, **hire a lawyer:**

1 John 2:1-2 *My little children, these things I write to you, so that you may not sin.* ***And if anyone sins, we have an Advocate with the Father, Jesus Christ the righteous.*** *And He Himself is the propitiation for our sins, and not for ours only but also for the whole world.*

There is only one lawyer. His name is Jesus and his penal code is the Bible, especially the New Testament. The Gospel according to Mark is highly recommended because it is simple and understandable. It's time to study it and put it into practice. And that had better be serious, because this is not admission to an amusement park, but admission to eternal life. In reality, more than complicated, it is delicate:

Hebrews 12:14 ***Pursue peace with all people, and holiness, without which no one will see the Lord:***

12 Hidden Pearls

It is a good idea to explore the entire Bible because one may come across verses that could guide prayer. Two examples:

1. Leviticus 17:13-14: *"Whatever man of the children of Israel, or of the strangers who dwell among you, who hunts and catches any animal or bird that may be eaten, he shall pour out its blood and cover it with dust; for it is the life of all flesh. Its blood sustains its life. Therefore I said to the children of Israel, 'You*

shall not eat the blood of any flesh, ***for the life of all flesh is its blood****. Whoever eats it shall be cut off.'*

In modern, materialistic medical terminology, that verse means that the patient should do everything he can to keep his arteries and veins clean. Because if resources do not reach the tissues, how are they going to heal, that is, regenerate? When the regeneration processes are sufficient, you are young. When they begin to fail, old age begins. Prayer has some power to delay decay and to mitigate the effects of chronic diseases. It may be small, but much appreciated.

2. Now you, see what comes to mind when you read the following: Ezekiel 37:1-10. *The hand of the Lord came upon me and brought me out in the Spirit of the Lord, and set me down in the midst of the valley; and it was full of bones. Then He caused me to pass by them all around, and behold, there were very many in the open valley; and indeed they were very dry. And He said to me, "Son of man, can these bones live?" So I answered, "O Lord God, You know." Again He said to me, "Prophesy to these bones, and say to them, 'O dry bones, hear the word of the Lord! Thus says the Lord God to these bones: "Surely I will cause breath to enter into you, and you shall live. I will put sinews on you and bring flesh upon you, cover you with skin and put breath in you; and you shall live. Then you shall know that I am the Lord." ' " So I prophesied as I was commanded; and as I prophesied, there was a noise, and suddenly a rattling; and the bones came together, bone to bone. Indeed, as I looked, the sinews and the flesh came upon them, and the skin covered them over; but there was no breath in them. Also He said to me, "Prophesy to the breath, prophesy, son of man, and say to the breath, 'Thus says the Lord God: "Come from the four winds, O breath, and breathe on these slain, that they may live." ' " So I prophesied as He commanded me, and breath came into*

them, and they lived, and stood upon their feet, an exceedingly great army.

13 Bibliography

1. The biblical quotes have been taken from the *New Kings James version*. https://www.biblegateway.com/

2. To compare the cited text with various traditional Catholic Bibles, you can visit https://mycatholic.life/bible/

3. The role of nerves on health is very complex, sometimes for, sometimes against. Even cancer that seeks to grow forces tumors to be irrigated by arterioles and innervated by nerve connections. This is affirmed by the article *Autonomic Nerve Development Contributes to Prostate Cancer Progression*. Claire Magnon, Simon J. Hall, Juan Lin, Xiaonan Xue, Leah Gerber, Stephen J. Freedland, and Paul S. Frenette. *Science* 12 Jul 2013 Vol 341, Issue 6142 DOI: 10.1126/science.1236361 https://www.science.org/doi/10.1126/science.1236361. The complexity of your organism means that it is not clear what is for and what is against. Balance the scales of uncertainty in your favor with fasting and thanksgiving for whatever you are asking for, be it life or death.

4. A report to the public on one of several modern scientific studies on fasting was published by Queen Mary University of London. "*Study identifies multi-organ response to seven days without food.*" ScienceDaily. ScienceDaily, 1 March 2024.

   https://www.sciencedaily.com/releases/2024/03/24030113

5. Supervised fast every other day for a week can be an interesting option. Fasting for 3 days in a row is very effective for health. The least that fasting does is burn some garbage. That is why

it helps both to prevent and cure. The journal Nature has published some studies on the subject. For example: Teong, X.T., Liu, K., Vincent, A.D. et al. *Intermittent fasting plus early time-restricted eating versus calorie restriction and standard care in adults at risk of type 2 diabetes: a randomized controlled trial*. Nat Med 29, 963–972 (2023).

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