

‘Jesus of Zimbabwe’ Dies After Attempting to Emulate Christ’s 40-Day Fast

The “Jesus of Zimbabwe” has died after attempting Christ’s 40-day desert fast.

Khulu Reinfirst Manyuka, 73, reportedly went into the African bush in mid-June in an attempt to fulfill Christ’s 40-day fast or even break the Son of God’s record, according to multiple reports.

“He was a very spiritual man. It’s unfortunate he had to die this way,” one family member said.

Malnutrition deaths from fasting are not unheard of, particularly in African culture.

“Traditionally, religious fasting has a very flexible role in all religions, with considerable creativity involved in what and when one can and cannot eat,” King’s College’s Dr. Marat Shterin said of a 2006 fasting death. “... Sometimes people can go over the top, particularly in some sectarian groups and cults.

“While some African churches do not actually encourage strict dieting, the personal involvement of some of their members in religion can be very intense.”

Biblically, fasting is a tenet of Christian living, but there are healthy ways to limit food intake.

Cherie Calbom, aka The Juice Lady, has 10 insights for healthy fasting:

1. Prepare your mind
2. Stock up

3. Drink water
4. Go easy
6. Be wise
7. Determine the length
8. Know the symptoms
9. Pray
10. Break smart