

GROWTH RESOURCES

FASTING VICTORIES AND GUIDELINES

VICTORY OF THE ENEMY'S FRONTLINES

(2 Chron 20:17) You shall not need to fight in this battle; take your positions, stand still, and see the deliverance of the Lord [Who is] with you, O Judah and Jerusalem. Fear not nor be dismayed. Tomorrow go out against them, for the Lord is with you. (2 Chron 20:3) Then Jehoshaphat feared, and set himself [determinedly, as his vital need] to seek the Lord; he proclaimed a fast in all Judah.

- **Fasting and prayer is an action that causes the attack of the enemy to crumble.**
- **It sends our lives in a new direction.**
- **And allows us to walk out triumphantly out of this battle.**
- This is then when we triumph with gratefulness over our problems, circumstances, sicknesses and sorrows.

THE IMPORTANCE OF PRAYER DURING FASTING

- Prayer has the **SUPERNATURAL POWER** to let the **IMPOSSIBLE HINDRANCES** be **OVERCOME**.
- Prayer with fasting **MOVE GOD'S HAND** who controls the Universe and **OPEN THE HEART OF GOD** as well as the **WINDOWS OF HEAVEN** to bring **POWERS OF GOD IN ACTION** on our behalf.
- This is **MORE EFFECTIVE** than only prayer as the **HOLY SPIRIT** is **ACTING** on our behalf to **OVERCOME** the **IMPOSSIBLE**.
- Fasting Prayer is far above our sphere of human understanding.

(Hebr 13:8) Jesus Christ (the Messiah) is [ALWAYS] the same, yesterday, today, [yes] and forever (to the ages).

- Just like us in the Bible Times **God used ordinary people with weak and strong points, small faith, doubt, good and bad characteristics, fallible, full of fear, mistakes and sin** and all of them has drawn God's attention through fasting and prayer.
- **God took their problems, fears, doubt, pain and anxieties in account** and acted on it by listening and knowing about every situation.
- Through fasting they became clean vessels for God to work through.
- God's Spirit made of them anointed servants, ambassadors and heroes.

BIBLICAL EXAMPLES

1. **THE PROPHET SAMUAL AND THE NATION ISRAEL** fasted and prayed for one day because they **were full of doubt and fear for their adversary.**
The result: God saved the Israelites out of the power of the Philistine army. (1 Sam 17)

2. **JONAH** fasted and prayed one day for the **godless inhabitants of a city who had to come to repentance**.
The result: **The whole city of Nineveh with all the inhabitants (more than 120 000 people)** as well as the animals were **completely saved from total destruction**. They escaped the judgment of God, because they repented. (*Jonah 3*)
3. **EZRA** was in exile in the city of Babylon. He fasted and prayed because he had a **longing and desire in his heart to return to Jerusalem**.
The result: God allowed Ezra to return to Jerusalem and also made his **undertaking to rebuild the Temple and reinstate the Temple service, to be successful**. (*Ezra 8*)
4. **DANIEL** fasted and prayed because he had a **burning realization of the sins of his nation** and he did intercession by repenting for the nation's sin before the Lord.
The result: God **sent the angel Gabriel to Daniel to give answer to his prayer and to ensure him of God's love** (*Dan 9*):
5. **MOSES** fasted the first time on Mount Sinai in the presence of God where he **received the 10 commandments**. **The result:** He received the 10 commandments personally from God as God wrote it with His finger. (Guidance for our protection till today). (*Exod 24*) **MOSES** fasted and prayed the second time in God's presence on Mount Horeb. **He begged of God to forgive Israel's sin of the golden calf and received the second time the 10 commandments**.
Result: **God change His decision and spared the nation**. (*Deut 9*)
6. **ELIJAH** fasted and prayed **because he was depressed**. After he killed 450 Baal prophets, he fled for his life. **He is deeply afflicted and feel nothing is worth it**. God command him to go to the mountain of God. During this time that he walked, he fasted and prayed. **The result:** At Horeb **God gave him new hope, vision and purpose**. God gave him the privilege to crown 2 new kings and to anoint a new prophet (*1 Kings 19*)
7. **DAVID** fasted and prayed because he was **insulted, belittled and rejected by people close to him for whom he was not good enough**. **The result:** God lifts David up out of this condition, comforted and encourage Him and made David His friend. David becomes a known and a successful king over Israel. (*Psalms 69*)
8. **NEHEMIAH** Fasted and prayed for days **because of the shocking and sad news in regards with his beloved city Jerusalem**. He is heartbroken before God about his nation who experienced misery in Jerusalem, the city walls have been destroyed and the city gates have burned. **The result:** God made it possible for Nehemiah **with the permission, protection and financial support of the King, to return to Jerusalem to rebuild the city walls successfully**. (*Neh 1*)
9. **HANNAH** prayed and kept herself from eating, was in tears and knelt before God, because she had a deep desire to have a child. **She was barren and was ridiculed and humiliated because of that**. **The result:** God heard her pleading and **He blessed her with her son Samuel**. **Samuel served God and was a faithful and became a reliable prophet of God**. (*1 Sam 1*)
10. **QUEEN ESTHER** fasted and prayed for three days after she heard about the complot of Haman. **Haman wanted to kill all the Jews in the kingdom of king Ahasuerus**. The Jews were very upset and cried bitterly. Together with her uncle Mordegai she called out a fast for

3 days, whereby nobody was allowed to eat or drink anything. **The result:** After the **fast Ester received God's favour to go to the king unannounced to inform him about the lot of the Jews.** Ester received permission from the king that the Jews were allowed to defend themselves with weapons and also that they may seize the possession of their adversaries/enemies. (*Esther 4 and 8*)

11. **ANNAH** the prophetess was already **94 years old and lived a life of fasting and prayer.** **The result:** God honoured her and **gave her the privilege to bless the child Jesus.** (*Luke 2*)
12. **PAUL (SAUL)** fasted **3 days and prayed while he was blind after Jesus appeared to him** on the road to Damascus. **The result.** His eyes were opened. **He could see again and he was baptized in the name of Jesus Christ because he accepted Jesus as His Saviour.** (*Acts 9*) **PAUL** fasted and prayed **for a few days with the church in Antioch.** **The result:** **The Holy Spirit sent Paul and Barnabas out as on their first mission trip.** (*Acts 13*) **PAUL** fasted and prayed **for 14 days during a storm on the sea.** **The result:** **All 276 drowning men came safe on land.** (*Acts 27*)
13. After **JESUS** was baptized by John the Baptist in the Jordan River, He was led by the Holy Spirit into the desert where he fasted 40 days and night without food or liquids. **At the end of his fasting when He was hungry and thirsty the devil tempted Him.** The devil couldn't kill Jesus as a baby in the times of Herod's rule (*Matt 2*). Now Satan tries to kill him a second time by tempting Him to eat difficult digest food such as bread after a long intense fast. **The result:** **Jesus conquered Satan with the Word of God and Satan left Jesus for a while.** **This was Jesus' first fasting and prayer which started a phenomenal three years of ministry, teaching, preaching, healing, signs and wonders.** (*Matt 4*)

WEAR THE MEDAL OF VICTORY (BY DEALING WITH THAT WHICH IS DESTRUCTIVE)

- Just imagine what our lives would have been without emotions. Without **joy, gratefulness, excitement.** We would have been robots. **God gave us positive emotions to experience peace, joy, love and tranquility that makes life worth it.**
- Unfortunately **sin brought in negative emotions such as hate, anger, jealousy, fear which turns people into thieves, rapist, murderers, dictators, criminals.**
- **When we control our emotions** we experience positive emotions.
- But **when our emotions control us** we experience negative emotions **that can lead to restlessness, depression, and even suicide.**
- **Where there is people there is always emotions.**
- **When we allow our emotions to control us** we will have a very up and down life marked with instability.
- **We can change the self-inflicted jail walls around us just by changing our thoughts.**
- We should not wear tags around our neck such as being depressed, moody, manipulative, unloving, short fused, unreliable.

The world sees that it is our circumstances which determines our emotions. It is not true. It is our thoughts which determines our emotions.

- **Through fasting and prayer you are really being set free from the negative emotions and actions that your mind can be in peace.** *(Phil 4:6) Do not fret or have any anxiety about anything, but in every circumstance and in everything, by prayer and petition (definite requests), with thanksgiving, continue to make your wants known to God. (Phil 4:7) And God's peace [shall be ours, that tranquil state of a soul assured of its salvation through Christ, and so fearing nothing from God and being content with its earthly lot of whatever sort that is, that peace] which transcends all understanding shall garrison and mount guard over your hearts and minds in Christ Jesus.*
- **Our circumstances do not always determine who and what we are, it is our thoughts.** Therefore we must know who we are in Christ as **our identity do not lie in circumstances but in Jesus Christ.**
- **Through the sin of Adam and Eve sin brought negative emotions in our character and lives.** We fast and pray **to lay down these wrong emotions that control us and die unto it.** As soon as you crucify these emotions, you receive:
 - **A new life because we are no longer slaves to our emotions.**
 - **A new freedom.** We must choose in which master's service we want to stand, the old or new emotions.

God gives us our free will, therefore it is important to choose which emotions will rule. Some people will say I can't help I act this way, this is how I was born, or this is how our family is. **The Word of God teaches us that we can experience joy in all circumstances. We cannot blame other people for our emotions.** *(Deut 30:19) I call heaven and earth to witness this day against you that I have set before your life and death, the blessings and the curses; therefore choose life that you and your descendants may live.*

- **But to CRUCIFY THE FLESH is a PROCESS. Don't become discouraged and give up. It takes time. You have to discipline your body, thoughts and emotions daily and exercise your new emotions to harvest a new life and rewards which nobody can take away from you.**
 - *(John 14:1) DO NOT let your hearts be troubled (distressed, agitated). You believe in and adhere to and trust in and rely on God; believe in and adhere to and trust in and rely also on Me.*
 - *(John 14:27) Peace I leave with you; My [own] peace I now give and bequeath to you. Not as the world gives do I give to you. Do not let our hearts be troubled, neither let them be afraid. [Stop allowing yourselves to be agitated and disturbed; AND DO NOT PERMIT YOURSELVES to be fearful and intimidated and cowardly and unsettled].*
 - *(John 16:33) I have told you these things, so that in Me you may have [perfect] peace and confidence. In the world you have tribulation and trials and distress and frustration; but be of good cheer (take courage; be confident, certain, undaunted)! For I have overcome the world. (I have deprived it of power to harm you and have conquered it for you).*
- **JESUS** is a tremendous example to us of someone that **remained positive in negative circumstances.**
- He could have chosen negative emotions of **feeling sorry for himself, rebellion, bitterness, anxiety and anger and released those emotions in his circumstances (SPIRITUAL ATMOSPHERE).**
- But He **chose love, forgiveness, sympathy and a deeper remaining peace within Him.**

- So we must also **IN DIFFICULT CIRCUMSTANCES CHOOSE WITH OUR MIND positive emotions**, then we will no longer fear the past, present and future. **We will then under all circumstances exuberate joy, love, faith and forgiveness instead of bitterness, unbelief and resentment.**

If we want to change our life pattern through fasting and prayer we will first have to change our thoughts.

- When we think according to the flesh we will experience negative emotions and act in the flesh.
- When we think spiritually we will experience positive emotions from a spiritual viewpoint. We will have a positive mind, attitude and expectation about things we are thinking. *(Prov 23:7) For as he thinks in his heart, so is he.*
- Even when **PAUL WAS IMPRISONED** he wrote letters of **ENCOURAGEMENT** to the churches. The book of Philippians deals with **PEACE** and **JOY** for all believers' regardless circumstances.

Maybe our circumstances cannot change immediately but things can change by the way we think.

- We must **TAKE RESPONSIBILITY** for our thoughts and **CHOOSE TO BE FREE** from the **CHAINS** that binds us and stops us to live a life to our **FULL POTENTIAL**. *(Rom 12:2) Do not be conformed to this world (this age), [fashioned after and adapted to its external, superficial customs], but be transformed (changed) by the [entire] renewal of your mind [by its new ideals and its new attitude], so that you may prove [for yourselves] what is the good and acceptable and perfect will of God, even the thing which is good and acceptable and perfect [in His sight for you].*
- Fasting and prayer can deliver us from such an evil circle which exist of negative thoughts, negative emotions, negative acts, and negative circumstances.
- Through **RENEWING** our minds and emotions we are **RECREATING A NEW LIFE** and are we devoting our lives to that which God has determined it for. *(Phil 4:4) Rejoice in the Lord always [delight, gladden yourselves in Him]; again I say, Rejoice!*
- In **THIS WAY** we **TRIUMPH** and are **VICTORIOUS OVER** our wrong thoughts, bad emotions, destructive actions and habits and difficult circumstances. In this way we carry the medal of victory.

FOUR TYPES OF FAST

- *People on chronic medication or other serious illnesses must rather co on the Partial Fast (Daniel's Fast).*
- *It is recommended that when you go on a Complete Fast to do it under the Supervision of a Doctor.*
- *Dr. Lucas Roodt 072 130 8828 – will be able to test you through a sonar and help you with natural supplements in cases of low blood sugar, hard veins, thick blood etc for optimum detox and health during the fast.*

1. Supernatural Fast

- Fasting for 40 days and nights without any food or water (liquids).
- Jesus (Matt 4:11)
- Elijah (1 Kings 19:5-8)
- Moses (Ex 24:18; Deut 9:18) fasted twice in the direct presence of God.
- You have to be sure it is the Holy Spirit that leads you in this type of fast.

2. Complete Fast

- All food are avoided and only water is taken in.
- This fast is very radical and drastic but with great results that leads to a new you.
- Duration of fasting can differ: 1 day, 3 days, 7 days, 14 days, 21 days, and 40 days.

3. Partial Fast (Daniel's Fast)

This type of fast has two options.

Option 1

- A 10-day fast where certain foods and liquids are avoided. (Dan 1:12)
- Only vegetables, fruit and water may be taken in.

Option 2

- A 21-day fast where certain foods and liquids are avoided. (Dan 10:2)
- Only vegetables, fruit and water may be taken in.

4. Specific Fast

- **The purpose of this fast is to take the time** which the television, constant talking, internet, cell phones, coffee drinking, pornography, gambling, Facebook, sport, unnecessary social functions, constant eating out, magazines, unstructured meetings and much more steal, **and now commit it to and spend it on the Lord.**
- This is a personal choice to offer up worldly pleasures and addictions, and use that time to spent with God in being quiet, praying and Bible Study.
- You can decide for instance not to watch television for 21 days or to have a time of quietness one hour after dinner.
- Unless this time does not incorporate prayer and Bible Reading, spending time with God, it will also be useless.

FOOD ABSTENTION RELEASES ENERGIES TO START “HOUSE CLEANING”

- 1st Day – Food Poisons and Filth Toxins are all against the stomach wall. Food abstention begun.
- 4 Days – Hunger leaves. The Process of Oxygenation happens.
- 10-15 Days – Doubts and Unbelief Disappear. After weakness the fast proper.
- 21-40 Days – A complete Fast. Hunger Returns. Physical and Spiritual Purification.

Fasting stirs up physical filth as well as carnality. Both physical impurities and unbelief are eradicated during fasting. Fasting enables us to see and remove unbelief.

PRACTICAL GUIDELINES DURING FASTING

1. **FOCUS ON PRAYER DURING YOUR TIME OF FAST otherwise the fast is useless.** The time that would have been used for preparing meals can be used to pray and spent time with God.
2. If you must prepare meals for a family, you can spent the time it would have taken you to eat, to pray.
3. **SWITCH OF THE TELEVISION.** If you have household members that watches television then set yourself apart. *Food advertisements on television is a temptation, therefore it is best to avoid it.*
4. If you are going to fast 3 days or longer, **don't eat everything you think you are going to miss when you are fasting.** It just makes your fasting period more difficult to endure.
5. It is wise to **decrease your food intake at least 2 days before the fast.**
6. **Drink very often water during your time of fast as this helps all the toxins and poisons to leave your body.** Especially on the first day of fast, drink at least 2 liters of water. The rest of the fast 1 liter per day. There is not a limitation on how much water can be drunk.
7. **Avoid harsh exercise routines.**
8. Withdraw from silly, lighthearted and superficial gatherings.
9. **Rest as much as possible.**
10. **Personal hygiene is very important during fast, for a fresh breath and pleasant body odor.**
11. **When you feel hungry, either drink water, pray, read the Bible, rest or go walk for a while at a slow pace.**
12. **Avoid conflict, arguments and anger as this works negatively on your fast and limit breakthroughs.**
13. **Every time you feel a temptation seeks to overwhelm you, pray and ask the Holy Spirit to strengthen you.**
14. **ADVICE FOR DANIEL FAST:** Take in only fruit and vegetables with water or 100% pure fruit juice (preferably diluted with water). Vegetables can be cooked in water with salt, pepper and herbs like basil, rosemary, cinnamon, cayon pepper, mixed herbs or Italian herbs and for sweetener you can use honey. Use only a small onion as there is sugar in onions. Don't use margarine, butter, oil milk, cheese, yogurt, any meat products, lentils, beans, marmite, Bovril, peanut butter, syrup, breads, tomato sauce, chutney – **ONLY FRUIT AND VEGETABLES.** You can use coconut oil. When energy is low drink 100% pure orange juice. Homemade vegetable soups (not ready made that you buy in shops) and fruit salads can also be enjoyed. Preferably skip one meal per day, just drinking diluted fruit juice.

PHYSICAL SYMPTOMS DURING FASTING

- Fasting is not starvation. At the end of a complete fast, hunger sets in, at this point starvation begins, if the fast is continued after true hunger returns. Starvation begins after most of the body weight is lost. It usually starts after true hunger returns, which is seldom less than 21 days. Fat people can fast much longer than thin ones, as the body can continue for weeks, living on the superfluous fat material.

Fasting is not easy, it is a sacrifice and God sees and honours it. There will be times when we will be weak, desire certain food or feel weak, but if we can push through to the end we will experience God's goodness, favour and closeness in a double portion.

- Many people reason when they start with a fast and experience dizziness and headaches, that they will feel better when they eat something and then break the fast. This is not the truth. **Your body is busy releasing toxins, waste and poisons during the fast. The worse the symptoms the more the toxins in our bodies.** Eating will stop our body from being cleansed. In about two weeks, more or less, the average individual will have most of the wastes, poisons, toxins, fecal materials, etc, eliminated. **Toxins are being removed through the SKIN, KIDNEYS, and LUNGS AND BOWELS.** Bowels will move less frequently on an absolute fast.
- Bad breath is a good sign that the house cleaning process is going on. ***The amount of sugar in gum will almost be enough to break the fast.***
- Please do not stop fasting for the physiological process of cleansing your body has already started.
- **We must never forget that we are busy WARING a SPIRITUAL FIGHT and Satan will use any technique to get your to stop your fast.**
- **Just as our bodies are being physically cleansed so our spirit is also being cleansed during this time of fasting from unbelief, fear and doubt.**
- **Our weapons in this fight is the Word of God, Prayer and Faith.**
- **On the other hand, it is not the end of the world if you break your fast.**

(See Symptoms on Re-feeding Page)

HEALTH WISE

- *Fasting in ailments such as asthma, hay fever, constipation, headaches, colds, skin disorders, arthritis and rheumatism, blood diseases, and anything else along with blood or functional diseases, has proven almost a miracle of recovery. Benefits have been observed in nervous and mental disorders, paralysis, semi-paralysis, neurasthenia and in some forms of insanity.*
- **Many incurable diseases in man are cause by demons. Demons cannot be cured. They must be cast out. It often requires prayer and fasting to do so.**
- FASTING gives the BODY a much needed HOLIDAY in which to recuperate. **We overtax and overload all the organs with by-products of wring living, eating, drinking and thinking.** Most folk would be stronger physically and deeper spiritually if they fast at least one day a week.
- **With PHYSICAL HOUSECLEANING, GOES A MENTAL HOUSE-CLEANING.** Rev. Franklin Hall says: *"I have personally seen pessimism, gloom, discouragement, anger, grudges, fear, morbidity, despondency, worry, fussiness, mental tensions, perversions, vile and depraved thoughts, excitability, other forms of mental conditions, and bad habits disappear completely after the bodily purification is accomplished. Bodily purification leads to spiritual purification. Demons often feed on food filth and carnality; many times fasting unlooses them and makes a person free from demons and disease.*

THE IMPORTANCE OF BREAKING THE FAST WELL

- God is not unreasonable and will not ask us to fast for a specific period if it was not in our best interest. God loves us and will not command us to do something without equipping us. He would not expect us to do the impossible.
- When God asks us to do something it is because He has something bigger and better in store for us. **Spiritual growth and spiritual progression has a price.**
- **To become a person that endures will cost us**, but we will never come to the place in our lives where we want to be without sacrifice BECAUSE
- **It is the sacrifices we make during our fast that teaches us to overcome everyday hindrances, to conquer and rise above it so that we can experience a life of overflow.**

When we come to the end of the fast, we might feel tired but it is then that we must trust in the power of God, because it is also THEN that the ENEMY will TEMPT us.

- We must especially do the last part right to end of our fast successfully and experience the benefiting results.
- How you end A COMPLETE FAST has a direct influence on your stomach, organs and overall health. It is very important to start your eating pattern slowly and balanced.
- We need just as much self-control when we break the fast than during the fast.
- It is at the end of such a fast where Satan's attack is the greatest.
- This is when the heaviest spiritual warfare is waged through prayer.
- After the fast we have a healthier and cleaner body. A clean tongue, fresh breath, normal pulse and body temperature, better blood circulation as well as oxygen, healthy complexion, organs, we are rested well, much more energy, vitality and clarity of our minds. A calm mind, 'n strengthened spirit, more patience, deeper faith, renewed hope, anchored discipline and new priorities. Through fasting the character and priorities of Jesus will be more visible in our daily lives.
- At the beginning, when you break the fast, your portions of food must be smaller and can progressively increase for your body to adapt to the food you take in.
- If you break the fast too quickly it can be detrimental to your health.
- After completing the fast we must work not to fall into our old patterns of unhealthy eating. Therefore I have given you the "re-feeding plan". (*Prov 30:8*) *Remove far from me falsehood and lies; give me neither poverty, nor riches; feed me with the food that is needful for me.*
- With a partial or Daniel's fast and specific fast your organs still keep on working so it is unnecessary for specific guidelines to break the fast.
- The amount of days you fasted, will be the amount of days it will take you to break the fast.

TESTIMONIES ABOUT FASTING

In 1822 Dr. Isaack Jennings, Ohio, instituted modern therapeutic fasting. He employed fasting successfully in almost every case of disease for forty years. The real popularity of fasting was not reached, until Dr. Edward Hooker Dewey and a Christian Doctor, Henry S. Tanner, began employing this procedure with remarkable success in both acute and chronic disease. This

pioneer work began to place an old subject in an entirely new light. It began breaking down certain erroneous ideas of harm coming from the things that Jesus told us to do.

Anyone can fast for long periods of time, but only the Christian can expect supernatural results. Dr Tanner, who fasted over forty days on three occasions, declared that in the second half of each of the three fasts, the unspeakable glories of the world beyond were revealed to him. Dr Tanner lived to be 92 years of age, and gave credit to fasting for his longevity of life.

C.R. TACOME, WASHINGTON

I prayed and fasted for twenty-seven days, without any food. I did not find fasting too difficult. I worked every day, so naturally I did not secure all of the benefits from the fast that I could have received if I had prayed more. The results, however, were very wonderful. I fasted for some sinner friends and relatives, and all five that I was burned for became saved, some during my fast and others afterwards. If only one got saved, I would realize it was more than worthwhile to fast twenty-seven days. After the fast was broken properly, I felt better both spiritually and physically than I had felt for more than ten years. Fasting is a truly great experience. I recommend it to all.

CHARLES WILSON, SAN DEIGO, CALIFORNIA

I fasted for two weeks without food and I praise Jesus for delivering me from the cigarette habit. After three days of fasting, hunger left me and the desire for smoking left entirely. Toward the end of the fast when I bathed daily, the water was coated with the brownish colour of nicotine. Fasting so freed me of the desire that the roots and even the old poison came right out of my system and I have had no further desire for it. The fast so cleaned me that in 14 days the Lord baptized me in the Holy Spirit. I was twenty-nine pounds underweight before fasting. I gained not only the sixteen pounds back that I lost while fasting but I gained twenty-nine more pounds. 60 days later, I weighed exactly what I was supposed to weigh. All nervousness, sleeplessness, and stomach trouble entirely disappeared. I feel better than I have felt in twenty years. I thank my Saviour.

V.D SAN DEIGO, CALIFORNIA

My first fast lasted seventeen days, and it was not too difficult to fast. I received wonderful physical results, but I was occupied so much with the company that I did not receive all the spiritual results that I should have received. I later went into the fast with consecration to the Lord. I fasted 44 days. I had visions of Christ, and once He laid His hands on my shoulder. He told me to pray for the lost and the sick. I also saw a very beautiful tree, it must have been the tree of life.

K.D PORTLAND, OREGAN

We believe those who have the Holy Spirit can know how to utilize this great power in a mightier manner through fasting and prayer. I praise God that in a recent 10 day fast God answered all my prayers. Four souls were saved, several were baptized in the Holy Spirit, two people were healed, and I feel better than I have in years. I was privileged to see the greatest revival ever seen here in Portland with thousands in attendance. Many folks were saved and healed. Hundreds of people started fasting for a national revival.

FASTING ON AZUSA STREET

The second Pentecost on AZUSA in 1906 came about just like the first Pentecost. This latter rain outpouring of the Holy Spirit started with a 10 DAY FAST AND PRAYER SEASON in much the same manner as it did upon the 120 that "continued with one accord in prayer and supplication."

- A few people came to Los Angeles in 1906 and started a 10 day fast and prayer season and the Holy Spirit fell. The tongues of music and Heavenly chords of harmony and counter harmony brought the sweetest music to all ears. The entire audience was vibrating all together with this new wave of music divine. Many proclaimed it the sweetest music ever heard.
- Mother Cotton was one of the original old-time Azusa folk. She fasted when the power 111 years ago. She states, "Many of the major miracles, baptisms and manifestations of the power of God were traced directly to the much FASTING AND PRAYER."
- Mother Craton states, "The first thing that was done, before the power ever fell on Azusa, was a united 10 day season of fasting and prayer. If there was ever any sectarianism, fasting broke it down".
- Brother A.W. Dodson of the Azusa folk tells: "They just waited on the Lord in fasting, prayer and the unity of the Spirit. When the Holy Spirit spoke and moved, they moved. The Holy Spirit was their leader, and when the Spirit anointed, then that person spoke. The Holy Spirit was there in operation, and this was brought about through intense closeness and communion with God by everyone forgetting about food and their cares. We just drank at the Fountain of the Spirit".

PRECEDENTS BROKEN, 40 YEARS AFTER AZUSA

In 1946-1947 records were broken in the Christian Church or in the body of Christ again. Never before in all of the history of the Christian religion have so many of God's people been seeking Him in FASTINGS and prayer. Not just a fast of a few meals, but in major fastings of ten days, two weeks, three weeks, forty days and some have gone over eighty days. All for the glory of Christ, and to bring about an old-time revival of sinners converted, the sick healed, miracles worked and the power of God demonstrated as He wills. **Through fasting the natural is vacated and you are being moved on to a new spirituality that was never attained in your life before.**



If you would like to speak to someone about your situation, we would love to help you and pray with you. Please contact the El Shaddai FGC Offices or you can email us at info@taniab.co.za