

# FASTING & PRAYERS

A Quick Review With The Bible



Oneil McQuick

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## FOREWORD TO ANOTHER BOOK, “THE VOICE...”

(But gives detail and credence to the high level of content the author brings)

*“And God hath set some in the church, first apostles, secondarily prophets, thirdly teachers, after that miracles ...”  
~ 1 Cor 12:27*

“The Voice” speaks to us about the issues that face the body of Christ. Oneil McQuick is dedicated to study and research. His writing reflects his commitment and his willingness to think outside the box. McQuick tackles the tough issues. He analyzes the pitfalls of religious denominational dogmas and presents truth as the alternative. As you turn the pages, you will view first hand the work of a man committed to the Gospel of Jesus Christ.

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**Dr. Bernie L. Wade**

(Dr. Wade is the Presiding Bishop of the International Circle of Faith - ICOF)

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"When we fast, how long we fast, the nature of the fast and the spiritual objectives we have before us, are all God's choice, to which the obedient disciple gladly responds."

# Prologue

This book is for spiritual development and is vital to know while on our Christian Journey; it is for all, both beginners and those grounded in Christ. I want you to have this book - "Fasting and Prayer." Reason being, it is an ancient landmark that is quickly fading away in all the newness of today's church. However, as alluded to by Christ, it is of vital importance (Matt 17:20-21) and its proper tenets must be known. Indulge yourself in this short outline on one of the most effective and tenacious weapons given to us by God. Then privilege yourself to put it in practice regularly; of course, as the Lord leads.

One might say this book is for development in the Truth Series, then how comes it only focuses on fasting and prayer, even so brief? The answer is, there are many Christian "How To Books" for development but you don't need to be following those things to get the results desired, you only need to be doing one thing – this. Christ told us this explicitly through the story of Mary and Martha. After noticing Martha doing all "those" things, he admonish her and us that you don't need to start doing all those thing, he said, "one thing is needful: and Mary hath chosen that good part." In other words, for Christian development and all things in Christ, one thing is needful, PRAYER and its intensity with fasting. You can't spend time with God and not grow or attain "all" things. Therefore this book bypasses all the flood of books written to tell Christians how to grow or succeed and go straight to the thing God told us would only achieve these things. So if you understand this book and put it in practice, you'll be stronger, wiser, more learned and aged than most Christians. "One thing is needful!" Choose that path today!



**Oneil McQuick**, Author.

(My Christian name will be changed to Othniel or Yahothniel; the one not used along with my present Christian name will be my middle names, if God be willing.)

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**SERIES NOTICE:** They are twelve books in this Truth Series, because twelve is the number of government or foundation. They are ten books for various faiths and two books for all. The ten books outline salvation, which should lead you in becoming saved or strengthened therein. The other two books are for growth, after receiving and being grounded in Salvation; one is on demonology, for greater spiritual awareness and the other outlines your survival kit after receiving salvation. All the books are seven chapters because seven is the biblical number for completion or perfection. All except one, “The Voice...” or the version for Christians, of the ten. It has 14 exhaustive chapters (7+7), which represents double perfection, needed for the most diverse sect of people on earth. The one for Christians is called “The Voice...;” the ones for the other faiths (9 books) are called “You Believe, Now Receive...;” the one for greater spiritual awareness is called “Demonology Revealed;” and your survival kit is called “Fasting and Prayers.” Twelve books in all, undoubtedly the most profound truthful exegesis on the Bible ever. After reading it, you can't admit that you don't know how and what it means to be save, how to survive and have not gained all proficiency in all knowledge of spirituality. Let these “book[s]...shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein” (Joshua 1:8).

**TESTIMONY NOTICE:** They are many testimonies to this work of God, “Fasting and Prayers” and the entire Truth Series, but here is just one:

“I just read your booklet on fasting - great stuff!!! Thanks.” (Tom Raddatz, preacher and author)

True testimonies of the actual truth being done and accomplished is a sign that you are sent and doing the will of God; though it is not to be banked on by you. "He that hath received...[this] testimony hath set to...[My] seal that God is true. For he whom God hath sent speaketh the words of God" (John 3:33-34).

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## Chapter 1

**INTRODUCTION**

"Nothing shall be impossible unto you...  
but by prayer and fasting" (Matt 17:20-21)

The following study is not meant to put fasting in a box, but give needed directives. If one has a real personal relationship with the Lord, he should lead you in all truth. It is also not meant to show the writer approved, as I myself went through and still occasionally fall in the trap of an 'improper fast'.

The World Publishing Bible Dictionary describes fasting as, "going without food, especially as a religious duty. A fast might be undertaken by an individual to ask the favor of God, to ward off evil, to chasten one's pride, or to discipline oneself at a time of crisis." It is almost impossible for someone to be "saved," or become a "born again bible believing Christian" and do not fast and pray often. It is all too important that saints develop a consistent life of fasting, coupled with prayer and studying the word of God. Without a doubt, lack of its consistency can be spiritually hazardous.

The acronym below is a general outline of the whole essence of a fast.

**F** flat before God in Spirit  
**A** adoring him totally (worship)  
**S** serving him with prayer and the "word"  
**T** timing is key  
**I** indignation is pardon  
**N** need is met  
**G** glory received!

But let us go in more details.

First of all, fasting is ministering to God. It is adoring him, loving him, praising him and blessing him with worship. A fast is not accepted unless this is done (Zech 7:5, Acts 13:2, St. Luke 2:3, and Isaiah 58:3). You should not join a church fasting session if your main reason sounds like this, "Well I wanted to lose some weight so I'll join in;" or anything similar to that. Fasting is a type of worship to God. And if so, you must totally reverence him and him alone. Your results and motives shouldn't be so up front that it stifles worshiping him.

All thoughts and imaginations must be in subjection to the Holy Spirit. Also, your motives must be correct and "set." The T.V, computer and radio must be turned off, not just your pot. In other words, you must "zero in" on God totally.

Fasting involves subduing and conquering the flesh. No wonder it is disturbing to one's flesh. It is meant to subdue the flesh's proud spirit and suppress lustful desires. David said, "I humbled my soul with fasting" (Ps 35:13).

Then the frequent question "pops up," can one be fasting while on the job or at school? Strictly speaking, no! But seeing that God is a God of compassion, he will honor some.

Why?

He sees your sincere heart when you lock yourself in the bathroom to pray and read his "word" on every recess that is given. God is a discernor of the heart and sees your efforts. But strictly speaking,

a fast is a SACRIFICE and therefore, going to work or school or any other event while fasting is not really a sacrifice (especially when you got a day off or "holiday" last week and went to the beach). Take the day off from work or school to fast, instead of worldly pleasure. Delight yourself in the Lord and he will give you the desires of your heart (Ps 37:4). Moreover, Leviticus 23 thoroughly outlines how someone is not to fast and work, which is typified in the feasts and Sabbaths. At one point it went as far as to say, "And whatsoever soul it be that doeth any work in that same day, the same soul will I destroy from among his people" (Lev 23:30).

Isaiah 58:3 also states, "Wherefore have we fasted, say they, and thou seest not? Wherefore have we afflicted our soul, and thou takest no knowledge?" In this particular passage, a group of religious people was asking how is it that we have fasted and are about to starve to death yet God you won't hear us? Then God continued, through Isaiah, "Behold, in the day of your fast ye find **pleasure** and **exact all your labor**" (Isa 58:3).

The phrase "**find pleasure**" in today's society shows us that while they were fasting at the same time they were also watching T.V, listening to the radio, surfing the Internet, chatting with some friends, grooming themselves, writing love letters, doing all manner of things that would detract from the solemnness of the fast. Then the phrase "**exact all your labor**" meant they were exploiting their employees or laborers, which meant they were consciously practicing evil deeds while fasting. At first I deemed that phrase they were working on the fasting, but upon giving a small draft to an Elder to look over, he corrected me on the above meaning. However, it could be used to also refer to that and backed by Lev 23:30.

Now, what did God say through Isaiah concerning fasting while being pre-occupied - that is, finding pleasure, working, wrong motive and knowingly sinning? "Is it such a fast that I have chosen" (Isa 58:5)? Therefore, rhetorically and sarcastically giving it a big NO. He obviously despised such a fast and does not delight in them either.

Verse 5 continue to say, "A day for a man to afflict his soul? Is it to bow down his head as a bulrush, and to spread sackcloth and ashes under him? Wilt thou call this a fast and an acceptable day to the Lord?"

Meaning, they were literally being **sanctimonious in sackcloth and ashes** with wrong motives; plus neglecting things like feeding the hungry, housing the poor and clothing them. Why not do these things first or even fast about it, rather than scoff at them then come to me in fasting? That was God's cry. And why not be discreet in sacrifices too?

In fact, all we have to do is totally surrender our body, mind and soul to God, without anybody knowing; and periodically find our little corner or 'prayer closet'; though if you can, shutting away would be good. Matthew 6:17-18 clarifies this, "But thou, when thou fastest, anoint thine head: And wash thy face, that thou appear not unto men to fast, but unto thy father which is in secret **shall reward thee openly.**" We don't have to shut away ourselves with sackcloth and ashes anymore, but go about "**necessary**" routines without a trace. Plus, you can't live an ungodly life daily (avoidance of love, mercy, helps, etc) and then come to God fasting every weekend. For that's what the people in Isaiah 58:5 did, avoided love, mercy and helps then came to God fasting, which he despised. You should do good and also fast that the needy among you might have spiritual and physical necessities. Love, mercy and righteousness should not be avoided from your life then put on a fasting show (Isa 58:5).

In another sense, with Isaiah 58:5, the essence is not that you won't have outward signs of fasting, but that to be seen you highlight these signs to come across as spiritual or for recognition. And if you fast for self-recognition then your fast is nullified. Because this is the New Testament fast that God will accept, "thou appear not unto men to fast, but unto thy father which is in secret" (Matt 6:18). As against the persons in Isaiah 58 who made sure everybody knew that they were fasting by their attire, decorum and disposition. The people in Isaiah 58 are a good example to us on what not to do while fasting, which will most often result in a "rejected" fast. However, the best example of a rejected offering was first heralded by the actions of Cain, as in Cain and Abel. Cain gave the best of his might, everything was done right and the outline was followed. But the bible clearly tells us why his offering was rejected, "If thou doest well, shalt thou not be accepted" (Gen 4:7). If he did well in the actual offering and procedures it means he didn't do well in other areas. In other words, like the people in Isaiah 58 he had wrong motives, lived a bad life while offering and other God detest things. This is similar to the people of Isaiah 58 who did everything a fast required – no food, no drink, crying, sackcloth, ashes, praying, etc – but fail to attain the objective of the fast because all things must be balanced. Basically, God is not so upfront with the fine details, what he wants and is saying to you is, "Rend your **heart** and not your garments" (Joel 2:13). Or, "The sacrifices of God are a broken spirit: a broken and a contrite **heart**, O God, thou wilt not despise" (Psalms 51:17). He prefers your heart be in it first, rather than a show of routine.

So be humble and choose a day from work, school and frivolity and surrender your body, soul and mind to the Lord in a biblical fast. It will bring the intended results!

I remember while young, in my late teens, I did a series of fasts and hadn't heard from the Lord, concerning my purpose; unfortunately I wasn't doing it as stated above. Later I spoke with an old Deacon in our church, Deacon Johnson, when I told him how I was successful in doing a couple days of fasting yet with my blight; he quickly shut me up and told me I'm not doing it right. He said to not drink any water or eat not even the slightest of food, don't do anything but focus your mind on the Lord, study his word and lift him up. He said from you get up that morning don't think on nothing else but praying and fasting for this thing, don't work, don't play and you can use the prayer room all day if you like. I was taken aback because I thought I was doing the fast right but that God choose not to answer me. Anyway, I did just that and even before I could reach a quiet place to spend the day in prayer, I receive an evangelical postal mail indirectly tell me I'm a preacher and to preach his word. While in the prayer room it was emphasized through Acts 1. Then 6:00 on the dot when I finished the fast a lady whom I had no dealings with came up to me and said she was awakened in the night by a vision and in the vision the Lord told her to anoint me concerning the same thing. I was really ecstatic, finally knowing my purpose and even to know that fasting could really push God to answer you if you do it right; I really thought I had always done it right.

In that respect, a Jewish author wrote the following biblical proof. This example of a Jewish holiday brings about some of the key points mentioned throughout this study, like abstaining from water and work, the duration of a one day fast which I later found out is 24 hours and much more. He wrote:

On the 10th day of the Seventh Month (Tishrei) is the holiday known as Yom Ha-Kipurim (or Yom Kippur), "The Day of Atonement". This is a day dedicated to fasting and prayer on which we ask YHWH to atone for our sins.

## Ye shall afflict your souls

On this holiday the Torah commands us to "afflict our souls ('INuI NeFeSH)" as we read:

- **And this shall be a statute for ever unto you: that in the seventh month, on the tenth day of the month, ye shall afflict your souls, and do no work at all, whether it be one of your own country, or a stranger that sojourns among you... It shall be a Sabbath of rest unto you, and ye shall afflict your souls, by a statute for ever.**" (Lev 16, 29.31)
- "Also on the tenth day of this seventh month there shall be a day of atonement: it shall be an holy convocation unto you; and **ye shall afflict your souls**, and offer an offering made by fire unto YHWH... **For whatsoever soul it be that shall not be afflicted in that same day**, he shall be cut off from among his people... It shall be unto you a Sabbath of rest, and **ye shall afflict your souls**: in the ninth day of the month at even, from even unto even, shall ye celebrate your Sabbath." (Lev 23, 27.29.32)
- "And ye shall have on the tenth day of this seventh month an holy convocation; and **ye shall afflict your souls**: ye shall not do any work therein:" (Nu 29,7)

## To "afflict the soul" means to fast

In Biblical Hebrew the expression "to afflict your souls" means "to fast" (Tzom). The Hebrew phrase 'INuI NeFeSH translated as "afflicting the soul", also appears in a number of Biblical passages, from which it is clear that this expression signifies fasting:

- "...I afflicted (KJV: "humbled") my soul with fasting; and my prayer returned into mine own bosom." (Psalms 35, 13)
- "...I wept, and afflicted (KJV: "chastened") my soul with fasting, that was to my reproach." (Psalms 69, 11)
- "Wherefore have we fasted, say they, and you see not? wherefore have we afflicted our soul, and you take no notice?..." (Isaiah 58:3)

## "Soul" Means "appetite"

It should be pointed out that one of the meanings of the word "NeFeSH", commonly translated as "soul", is in fact "appetite". For example:

- "And put a knife to your throat, if you be a man given to appetite (NeFeSH)." (Proverbs 23, 2-3)

- "For he satisfies the longing soul (NeFeSH), and fills the hungry soul (NeFeSH) with goodness." (Psalms 107, 9)
- "The full soul (NeFeSH) loathes a honeycomb; but to the hungry soul (NeFeSH) every bitter thing is sweet." (Proverbs 27, 7)
- "Yea, they are greedy dogs which can never satisfy their souls (NeFeSH) (KJV: "have enough")" (Isaiah 56, 11)

Therefore the expression "to afflict your NeFeSH" is more accurately translated as "to afflict your appetite", hence the meaning "to fast".  
 [Linguistic note: NeFeSH has the literal meaning of "throat" as in the verse "Save me, O God; for the waters have reached [as high as] my throat (NeFeSH)" (Ps 69, 2) and thus by extension came to signify: breath, life, appetite, etc.]

### **What is involved in a fast?**

In the Tanach to fast means to refrain from eating or drinking throughout the entire period of the fast (Esther 4, 16). In Biblical Times a fast also included the following elements:

- Crying (i.e. intense prayer), see Ps 69, 11; Joel 2, 12
- Donning sackcloth and putting dust or ashes on the head (a sign of Mourning), see Daniel 9, 3; Nehemiah 9, 1 [sackcloth is a type of raggedy cloths do so for humility]
- Prayer and Repentance, see Esther 9, 31; Nehemiah 1, 14; Isaiah 58

### **Work is Forbidden on Yom Kippur**

In addition to the above aspects of fasting, work of any form is forbidden on the Day of Atonement, as is having a fire burning and cooking food. While many holidays are described as a "Shabbaton" (minor-Sabbath), Yom Ha-Kipurim is described as a Shabbat-Shabbaton (The Sabbath of minor-Sabbaths) and all things forbidden on the Sabbath are also forbidden on Yom Ha-Kipurim [as well as a regular fast].

### **Fasting and Repentance**

In Joel 2 we are taught that fasting must be accompanied with genuine repentance:

"Therefore also now, says YHWH, turn you even to me with all your heart, and with fasting, and with weeping, and with mourning: 13 And rend your heart, and not your garments, and turn unto YHWH your God: for he is gracious and merciful, slow to anger, and of great kindness, and repents him of the evil. 14 Who knows if he will return and repent, and leave a blessing behind him; even a meat offering and a drink offering unto YHWH your God?" (Joel 2, 12-14)

All the above indented section came from a student of old Jewry (Karaites-Korner.org); the same faith that Christianity is built upon. Always remember your foundation, without it you're building an earthly brick castle on the clouds "Thou shalt not remove thy neighbours landmark [principles here], which they of Old time have set in thine inheritance" (Deut 19:14).

**END NOTES: 1.** It is often wondered if a doctor is to be sought before fasting. Match this notion against the old landmarks. No one consulted a doctor because it was a God ordained procedure and even beneficial physically. There is no record of any terminally sick person going on fasting in the bible and if so they would have been healed by it. However, if you're on some medication or treatment, you can consult your doctor; amongst other reasons. Fasting is actually a faith venture; faith is preferred as you're consulting the true doctor, Christ.

**2.** Isaiah 58 also has added potency and revelation to the composite of the fallen race which thins together with Isaiah 59, if read with that eye, whether straight prophetic or encoded prophetic. Nevertheless, we can't ignore the obvious meaning that these people were doing what was required on the surface (ritual fasting) but denying the essence of it or the essence of their faith (love). Both the required and essence have to come in harmony or else either is null and void alone. Much like faith is dead without works. Out of the essence you do and fulfill the required, then the required doesn't become boring ritual, but a show of love – which if achieved expresses itself in love to others. A similar experience is expressed in Zechariah 7 – 8.

## Chapter 2

**PRACTICAL KNOWLEDGE OF FASTING**

“Speak unto all the people of the land, and to the priests, saying,  
When ye fasted and mourned in the fifth and seventh month,  
even those seventy years, did ye at all fast unto me,  
even to me?” (Zec 7:5)

**Firstly**, you must tell the Lord that you are attempting a fast; though he knows already. Do not suddenly start fasting. Or worse yet, do not declare a fast to God because you have no food or for some other indirect coercive reason. On the contrary, there are times when the Lord will come by and say, "sanctify a fast." He can also inform the church to go on fast immediately, through someone (a corporate fast). So be very sensitive to the move of God. Explain to the Lord the purpose of your fasting, though he is omniscient, he desires a verbal relationship. The fast could be for increase faith, trust, and direction in future events of career, ministry, marriage and others, for greater strength, anointing and empowerment for ministry or best of all, living.

**Secondly**, If you're a married you have to get consent from your spouse, as this verse tells us, "Defraud ye not one the other, except it be with consent for a time, that ye may give yourselves to fasting and prayer; and come together again" (1 Cor 7:5). Why did Paul say this? "That Satan tempt you not for your incontinency" (1 Cor 7:5). Therefore, it is not necessarily a commandment. Nevertheless, at one point it was; recorded here, "Every vow, and every binding oath to afflict the soul [fasting], her husband may establish it, or her husband may make it void. ...These are the statutes, which the LORD commanded Moses, between a man and his wife" (Num 30:13-16). But since the strict keeping of the letter of the Law is taken away with Christ, we are no longer under the curse of it; but the essence of it is still present and needed today (LOVE), which eventually will mirror the letter of the Law itself; that's why Christ came to fulfill it and not take it away. Because what Paul told us above is almost the same thing to the Law. But he added why he said it and then said, "But I speak this by permission, and not of commandment" (1 Cor 7:6). Other things that might be considered is who will cook while the wife is on fasting, or the husband, if he is the cook in the family; like my Dad is.

**Thirdly**, fasting while going through your menstrual cycle (period) should be avoided, of course this only affects women. When I read the Old Testament I notice that the same Law or process that applies to sexual relations in terms of Holy Sacrilege, rituals and others, applied also for women having their "period." In other words, the same principle that applies to not having sex while fasting, "Defraud ye [refrain from sex]...to fasting" (1 Cor 7:5), applies also to not fasting while on your period. For instance, Leviticus 15:16-18 describes how a man and wife are unclean until evening if going to the temple because they had intercourse and what to do about it. Then Leviticus 15:19-30 showed the same thing, results and same instruction for a woman in her period. Therefore, I conclude that both the wife or husband has to separate themselves from each other (sex) to fast and likewise the woman has to separate a time from her period to also fast. Though, like Paul, I give the latter by permission – it's not a commandment.

**Fourthly**, while fasting one should not drink any liquid (Read Jonah 3:7). Yes, there are different kinds of fast but we are not doing different kinds of fast: we are reframing from food and drink for a period (to seek the face of God) as laid down by the saints of old.

Fasting is a sacrifice and sacrifices are never easy or else it's not a sacrifice; for instance, drinking excessive amounts of water to inflate your belly during a fast is not necessarily a sacrifice. Try not to be too comfortable. Remember what was said earlier, "fasting involves subduing and conquering the flesh ... No wonder it is disturbing to one's flesh. It's meant to subdue the flesh's proud spirit and suppress lustful desires."

Now, when undertaking a long fast, it would be wise to properly hydrate your body, prior (before) to the fast - eight glasses per day is recommended; And eat lots of fruits and vegetables. As it pertains to drinking water during this lengthy fast, this scripture comes into play "as your faith is be it unto you." Nevertheless, a true spiritual fast involves abstinence from water. Today we make so many excuses to try and conform to modern days. You can't water down doctrine and not water down the effects. If a queen, the most sumptuous and fairest of women, could have gone on three days and night without food or drink, how much more us. Esther, the Jewish Queen said, "Go, gather together all the Jews that are present in Shushan, and fast ye for me, and neither eat nor drink three days, night or day: I also and my maidens will fast likewise" (Est 4:16). If Moses stricken in age could have done two 40 days fasts back to back (Due 9:18) without food or water how much more us young folk under 60 years old. In other words, Moses fasted 80 days without food or water, he said, "I fell down before the LORD, as at the first, forty days and forty nights: I did neither eat bread, nor drink water" (Due 9:18). Notice what he said, "I did neither eat bread, nor drink water." This was the standard set for fasting from old until now; remember, "Remove not the ancient landmark, which thy fathers have set" (Pr 22:28).

**On the fifth point**, anybody who fast regularly would know that a negative spin-off of fasting is "bad breath." So if you are particular about self-image (and one should be), then proper dental hygiene should be practiced. Avoid eating mints, as that is a form of food. Preferably travel with a small bottle of mouthwash. Eating sweets is eating food. Notice in 1 Samuel 14:24-29, that after a fast was declared, no one would dare to even touch the honey (sweets). Because sweets, even in its lowest capacity is considered food. In 1 Samuel 14:24-29, Johnathon had only dipped his staff in the honey and tasted it and he was deemed as breaking the fast; of which he was going to be put to death, but the people rescued him.

**Six**, have a bath, wash your face and be normal. Nobody, by looking, should know that you are fasting. Ask the Lord to keep you throughout the fast. Ask him for sustenance from dizziness, headaches, fatigue and belly-aches, especially if you are a novice. These are natural occurrences but usually when I pray for them to go away, they do and upon regular fasting they become non-existent.

If your mind is on the Lord, you shouldn't have a problem, "Set your affections on things above."

**Seven and last point it**, worshiping God throughout the fast is vital. One cannot fast without worshiping God. Not just a word of praise in the morning and song before bed. I mean locked in your bathroom and lift holy hands and out of the bowls of your belly magnify God; not necessarily for only what he has done for you but for who he is. Then there are times you can be worshiping him in your mind 'aloud', while doing something. The point is, consistent worship must be done. A fast is not accepted unless this is done (Zech 7:5, Acts 13:2, St. Luke 2:3, and Isaiah 58:3).

I remember at school (BCC), while fasting, I felt dizzy like I was about to pass out. All I did that day was to get up, pray about the fast, abstain from food and drink and went about my business. That evening, when the dizziness came on and I felt like I was going to pass out, I said to the Lord, "Please allow me to break this fast, I can't manage." I wasn't driving that day so I was about to ask someone for a lift to the nearest fast food restaurant (of all places). Then the Lord said to me, "don't go,

worship." I hesitated and thought, "I'm the one feeling like I'm going to drop down." However, I began to sing a chorus, then it broke out into tongues and all of a sudden I felt revived and strengthened; to the point that I reached in my bag and started passing out tracks.

This one thing I learnt, a fast is a spiritual endeavor, therefore spiritual things must be used to sustain it: worship, prayer and the "word". This last point brings us to the next chapter; and that is, fasting must be coupled with prayer and studying God's word.

## Chapter 3

**COUPLED WITH PRAYER AND THE “WORD”**

“Ye shall say unto this mountain, Remove ...and it shall remove...  
but by prayer and fasting” (Matt 17:20-21)

It is also imperative that one pray and study God's word while fasting. You might not have a successful fast unless you study and meditate upon the word of God and pray, pray, and more praying! Sleeping through an entire fast is not accepted either. Fasting is not just going without food; if that was the case, we would be the best of saints, because we don't eat while we're sleeping and therefore fasting. On the other hand, fasting is ministering to God and receiving his reflection, as outlined in the acronyms below.

**P** - Praises and supplication

**R** - Resources are emptied

**A** - Adapt to his will

**Y** - Yokes are broken

**E** - Energy perfected

**R** - Renewal of body, spirit and soul

**W** - Weapon used to smite the heart

**O** - Offers pathway to reconciliation

**R** - Reproves the world of sin

**D** - Directs you back to God

The above acronyms are similar in outcome at the end. That is, the last letters R and D both bring us back to God. The first half of both words causes a state of brokenness. A prayer of confession at the initial stage of fasting leads to humility in the presence of God. You have acknowledged that your efforts have failed and that only God can sustain you. Reading the "word" can rip your conscience and show your sins plainly. Both usher you to develop a "broken and contrite heart." And of course, this the Lord will not refuse (psalms 51:17). Prayer and the word combined will carry you through a process of reconciliation to God. One feels much closer than before, like God is physically beside you hearing your prayers; “And if we know that he hear us, whatsoever we ask, we know that we have the petitions that we desired of him” (1 John 5:15).

When you are about to read the word, pray first and ask God to open your understanding to the scripture. Ask for wisdom and not only knowledge, illumination as well as revelation. Then secretly read the word of God and allow the Holy Spirit to teach you. The bible did say, "Study to show thyself approved unto God." In other words, for one to be approved unto God for service, one must know God's word through studying it with him. You should be able to talk (pray) to the Lord on the level of his word, as the saints of old did. And may I also add that the word did say, "study to show thyself approved unto **God**," and not merely unto men for a show.

On the note of prayer, Matt. 6:5-7 shows us how we must pray and it states, "when thou prayest, thou shalt not be as the hypocrites are: for they love to pray standing in the synagogues and in the corners of the streets, that they maybe seen of men.... But thou, when thou prayest, enter into thy closet, and when thou has shut thy door, pray to thy father which is in secret: and thy Father which is in secret shall reward thee openly. But when ye pray, use not vain repetitions as the heathen do; for they think that they shall be heard for their much speaking."

Need I say more on prayer? The above scripture is self-explanatory and should be followed for a successful prayer life.

Verse 9-13 of the said Matt. 6 then gives us an excellent example of a prayer. Note an example ("after this manner"). Notice how this prayer begins with worship, as ours should. That is, "our father... hallowed (holy) be thy name." The prayer progress in such a fashion that the person praying, prays according to the will of God and not "amiss" (James 4:3). The person praying concludes with his own will broken and the desire is that God's will be done. Take note at what preceded that, confession. Bookmark this prayer in your memory and as the occasion arises, pray likewise. Here is a little more on prayer with fasting:

"Fasting is designed to make prayer mount up as on eagles' wings. It is intended to usher the suppliant into the audience chamber of the King and to extend to him the golden scepter. It may be expected to drive back the oppressing powers of darkness and loosen their hold on the prayer objective. It is calculated to give an edge to a man's intercessions and power to his petitions. Heaven is ready to bend its ear to listen when someone prays with fasting.

How often we have made earnest prayer to God for some specific need, with the assurance that this was in the will of God, and yet there has been no answer from heaven. Why? It could well be, and often is, that God is saying to us, "When you seek me with all your heart, I will be found by you" (Jer. 29:13-14). When a man is willing to set aside the legitimate appetites of the body to concentrate on the work of praying, he is demonstrating that he means business, that he is seeking with all his heart, and will not let God go unless He answers.

This thought of fasting being an expression of whole-heartedness is clear from Joel's call to the nation: "Yet even now," says the Lord, "return to me with all your heart, with fasting..." (Joel 2:12).

"Fasting helps to express, to deepen, and to conform the resolution that we are ready to sacrifice anything [even water], to sacrifice ourselves to attain what we seek for the kingdom of "God" (Andrew Murray).

Without a doubt this is an important aspect of the fasting prayer. Of course we must not think of fasting as a hunger strike designed to force God's hand and get our own way! Prayer, however, is much more complex than simply asking a loving father to supply his child's need. Prayer is warfare. Prayer is wrestling. There are opposing forces. There are spiritual cross currents. When we plead our case in the court of heaven, when we cry to the judge of all the earth, **'Vindicate me against my adversary' (Luke 18:3), that adversary is also represented in court (Job 1:6, 2:1, Zech 3:1)**. It is not enough that the Judge is willing; there is the opposition that must first be overcome.

The man who prays with fasting is giving heaven notice that he is truly in earnest; that he will not let God go without the blessing; that he does not intend to take 'no' for an answer. He or she is using a means that God has chosen to make his voice to be heard on high."

-Arthur Wallis (God's Chosen Fast) [picked up at the Family Thrift Store]

A very good example of prayer is the King of Judah, he prayed about 10 seconds and made a request in one verse and 165,000 men against Israel died in one night by one angel. One prayer, one man, one angel, one night and a battle was won without a drawn sword by Israel. This couldn't have happened by any man praying, but only by a man like Hezekiah. His prayer was answered because "he clave to the LORD" (2 Kings 13:6); which unequivocally meant he lived a life of fasting and

prayer. So much so that he was said to cleave so close to God “that after him was none like him among all the kings of Judah, nor any that were before him” (2 Kings 18:5). He did so probably like David, who we know fasted extremely often. That’s living a fasting life, some do it one or two times a week or as the spirit leads. It is after a lifestyle like this can a single prayer do so much. Many people highlight the prayer of men like Hezekiah and think that was just it and thus I can pray one prayer to move Mt Everest. Not necessarily so, especially after living a loose Christian life. The same thing happened with the popularity of the Jabez prayer. Many just thought wow, I can just pray this and all is well. However, look at the verse again, “Jabez was more honorable than his brethren...And Jabez called unto God” (1 Chron 4:9-10). For it to be recorded in the bible that you were honorable meant that God honors you and not man. To receive honor from God meant that you were like Hezekiah who cleaved to the Lord. In fact, the entire chapter was listing names in a genealogy and it stopped at Jabez and said he was honorable. He was singled out in a list of names and expounded on because there was something different about him; not his answered prayer, but his lifestyle. He lived a lifestyle of cleaving to God and the things of God, which unequivocally meant he fasted and prayed often. This is what characterizes honorable men of God then and should be so now as well. This, like Hezekiah, is the reason his one prayer was answered. I haven’t read the Jabez books but I hope this is what was emphasized in it, rather than someone saying a quick prayer and receiving untold favor. Though that should be mentioned as well, to prompt you to live that honorable life characterized by fasting and prayer.

Notice also how knowledge works with prayer. The Kings before Hezekiah would have surrendered, offered money or probably died in battle. But because of his consecrated relationship with God, he knew what to do. If you have knowledge of a situation in your life or another, tell it to God specifically, like Hezekiah. Don’t act like you don’t know about it or don’t know about God. With Hezekiah it was an earthly matter clearly seen so he could speak it back to God or “with the understanding,” as Paul puts it. However, we are facing a totally different ball game and fight spiritual things we can’t even explain; that is one reason for tongues, the spirit helps us to pray things we don’t understand. When a man understands these things, he can pray it directly for himself or for all and it is answered. Just like Hezekiah, one man that had an understanding specifically and saved a nation. Moses and others were like that. However, their understanding is of things completely different from now, things they would be appalled at, things invisible that Satan and his regime have come up with. That’s one of the reasons for the book “Demonology Revealed,” to uncover certain things to the aged; that you may know exactly what to pray for or more specifically, intercede for. With this knowledge, like Hezekiah, you can save millions with a single prayer; of course, living a life of fasting and prayer. So with fasting and prayer “add to your faith...**knowledge**” (2 Peter 1:5).

In concluding, prayer and reading the word of God is indispensable to a dynamic, anointed, result-producing and successful fast. It is also very important to listen to the voice of God in whatever way he speaks. Whether through dreams, visions, “angels”, scriptures, miracles, preachers, a song dropped in your soul, direct word from God and many more ways (don’t limit God). However, anything you perceive God to be \*speaking to you must not be contradictory to his rightly divided word, or else it’s not God.

**END NOTES: 1.** \* This asterisk denotes that many false spirits have deceived many who are called ‘Christians’. This can be attributed to a lack of knowing his word. This deception is so serious that many among the Body of Christ have operated under the influence of these spirits without realizing it. It’s often called mediumism and it’s eternally deadly. Go to this link to learn more <http://www.threeq.com/audio/occult.mp3>

## Chapter 4

### TIMING

“all the people, went sat there before the LORD,  
and fasted that day until even” (Judges 20:26)

The original principle duration of a one-day fast is from sunrise to sunrise the following day (that's where the term "breakfast" or "break-fast" comes from in the morning) or from sunset to sunset (as commanded by God in Lev 32:31 - "from even unto even"). That is, from 6:00 a.m to 6:00 a.m or from 6:00 p.m to 6:00 p.m the following day; resulting in 24 hours of fasting. But in today's Christendom a one-day fast is from 6:00 am to 6:00 pm the same day. Personally, after finding out the true time system I suggest it is used. I don't like moving the Old Landmarks (Due 19:14; Prov 23:10). Moreover, 24 hours is not too much to give to God; especially with these shorten days (Matt 24:22).

Many have also created their own time system, for instance, 6:00 am to 12:00 noon (known as a half-day fast, though it's quarter of the day). Generally this is accepted, given the world's system today. But should we make the World's system governs our spiritual affairs? Are we not children of God, possessing power through prayer to change the universe? Do you think that after a year in Christendom, six hours of fasting is a well-deserved and sacrificial fast? Think, most people don't eat until 12:00 anyway (western culture), so by doing this do you think that a sacrifice was made? This is the normal tendency for new converts who are just learning to fast; advice by their peers or even 'superiors'. I did it also and thought it a great deal to go without food and water for six hours. But the Lord seeing that I was a child both in the faith and age –being sincere- moved with compassion and worked with them.

Nevertheless, a real one-day Holy Ghost, soul satisfying, landmark, God answering fast is usually 6:00 am to 6:00 am or 6:00 pm to 6:00 pm. One should not be satisfied at six hours of fasting after numerous years with the Lord. As you progress the actual length of time may depend on the level of your spiritual growth. Although the length of time fasting is not really as important as the length of time spent with God in prayer! It has to be balanced.

If you are attempting a lengthy fast, over one or three days, two methods can be applied; for example, a twenty-one (21) day fast. The first method is to begin the first day at 6:00 am, eating and drinking nothing until 6:00 am on the twenty-second (22nd ) day. This is not impossible but only attempt if you believe God and possess that relationship with him; "as your faith is be it unto you." We should strive to such levels and not exclude ourselves with certain patriarchs of God.

The other method involves starting at 6:00 am and breaking each day at 6:00 pm with a light meal. Therefore resulting in one meal per day; example, a small bowl of soup or tea with soft crackers. The latter is the most commonly used method. But for more power, like that of Jesus or Moses, or even the apostle Paul, then the former is the better option. Personally, I think the Lord has to pull you to such levels. Set a standard in your life; don't ever be comfortable with the norm.

I once fasted for 60 days unintentionally. I started out to fast for about 40 days and it was going well until the 20<sup>th</sup> day. It so happened that I had a function to go to. Surprisingly they had my favorite dish serving and I couldn't help but to eat. It was a two day meeting so I did the same thing the next day also. So I started over the 40 days fast the following day, plus two added days for my stupidity. The most I've gone straight without food or drink entirely is four days ending that forty days fast. I did a few 40 days fast since then, graced by the Lord. Nevertheless, I was under the age of 23, single and

pulled to do so. But anyone meaning business for God should strive to push the limits within the confines of the set time principles of fasting.

## Chapter 5

**THE SPIRITUAL RESULTS OF A FAST**

"This kind goeth not out but by prayer and fasting" (Matt 17:21)

Verse 6 of Isaiah 58 typified the spiritual results of fasting, "To loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke." Fasting will produce the power and faith that cuts asunder all wickedness, dismantles heavy burden, break every form of bondage and free all who are oppressed. That is more than enough reason to fast. Because the righteous are afflicted all day long. They are bearers of many burdens; and the enemy tries to oppress us and bring us in yokes of bondage daily. I know that a believer has a specific number of demons specifically assigned to them. So it is obvious why fasting is needed, as lack of it can be disastrous. In other words, if you are oppressed, broke, tormented, having marital problems, uncertain about future, need direction, having simultaneous problematic situations, need personal sanctity or any deterrent in your faith, fasting can solve it. Whatever the difficulty, fleshly or spiritual, fasting can and will solve it; if done right.

Secondly, if a person depends on prayer alone without fasting, for flesh control, this way will of necessity absorb very much of one's prayer time. Prayer with fasting can attain far more immediate and direct results.

"Fasting gives us a much better grip on our fleshly, carnal nature; thus enabling us to bring it into subjection unto Christ. This means that the more we fast the more control we will have over our carnal desires. Some folks struggle greatly with the sexual instinct. They could greatly reduce the intensity of the conflict if they would engage in some 'bona-fide' fasting."

Another benefit of fasting is for ministering or ministry. Let me add that no minister or ministry of any caliber can be effective without prayer and fasting. Fasting is what generates new life and fresh anointing in your ministry. Fasting strengthens your ministry and takes it to levels unimaginable. God said in Matt. 17:20-21, "If ye have faith as a grain of mustard seed, ye shall say unto this mountain, Remove hence to yonder place; and it shall remove: and nothing shall be impossible unto you. Howbeit this kind goeth not out but by prayer and fasting." In other words, the power needed to say to the mountain remove and to do the impossible, comes by faith through fasting and prayer. When preachers say to you, "speak to your mountain," it's not going to move except you fast and pray; that's the fatal part they don't tell you.

Fasting in terms of ministry brings about a resounding connection with God and faith that one ceases from ministering for God and minister with him. So that your very shadow passing by the sick heals such a person. In fact, without this faith, certain demons cannot be cast out, as stated above. If a church needs to propel to the next level in God, prayer and fasting are vital factors.

Fasting brings such belief and anointing! Do you believe it! Ah! Just thinking about it and writing it makes me want to fast more. Think of what the church could accomplish through fasting. Saints "buckle up," get consecrated and anointed through fasting so we may gather the end time harvest and eat of the fat of the land.

It is obvious how important fasting is in a believer's life, especially for living and ministering: And guess what, once you're born-again, you're automatically a minister.

So start a serious fasting life today, Amen!

Fasting has many physical benefits as well, like keen perception, enhanced memory, body system filtration, weight loss, 'cleanse toxins,' boost immune system, clear skin, brightness of eyes, sense of physical well being, pure breathing and many others. Usually for these types of specific results certain types of fasting will be done; like a fruit fast, water fast or any of these 'new fasts.' These fasts are good and have physical benefits, but don't present that to God for spiritual results. For spiritual results, a fast should be undertaken as outlined in this study – **without food or water and with much prayer, worship and study**. This discourse is limited to the spiritual values; which usually secures the natural, in the long and sometimes short run (1 Tim 4:8).

**End Note: 1.** I'll try to be brief in this for it is too much to explain and hard to be understood, and rely on several other articles I've written. I mentioned something of intelligent nature created by devils called an obeast or called that by the blues; in the article, "Real Weapons of Mass Destruction." I really don't want to get into this in this book and even somewhat too "weird" for the "Demonology Revealed" book that house that sort of content in the Truth Series; and really reserved to be dealt with in its sequel, "Demonology Concealed: Strange New World," in the Truth Series Expanded. It involves somewhat another initial microscopic creature. Well, lets get over the babbling, without touching on how it relates to Christ, History, Origins, etc., here is a quick synopsis of how it relates to fasting:

Surprisingly, I didn't think Job had encoded prophecy. But Job 20 speaks in a personal encoded prophetic sense of the prophecy of the end of the "Horse Men" [Long Story For This Term] - obeast. It also reveals some stunning physiology of the body, probably unknown to the medical world, but some tenets need to be confirmed thereby to prove it to be true to them.

Easton Bible Dictionary states, "GALL: (1) Heb mererah, meaning "bitterness" (Job 16:13); i.e., the bile secreted in the liver. This word is also used of the poison of asps (Job 20:14), and of the vitals, the seat of life (25). (2.) Heb rosh. In De 32:33; Job 20:16 it denotes the poison of serpents. In Ho 10:4 the Hebrew word is rendered "hemlock." The original probably denotes some bitter, poisonous plant, most probably the poppy, which grows up quickly, and is therefore coupled with wormwood (De 29:18; Jer 9:15; La 3:19). Comp. Jer 8:14; 23:15, "water of gall," Gesenius, "poppy juice;" others, "water of hemlock," "bitter water." (3.) Gr. chole (Mt 27:34), the LXX. Translation of the Hebrew rosh in Ps 69:21, which foretells our Lord's sufferings. The drink offered to our Lord was vinegar (made of light wine rendered acid, the common drink of Roman soldiers) "mingled with gall," or, according to Mark (Mr 15:23), "mingled with myrrh;" both expressions meaning the same thing, namely, that the vinegar was made bitter by the infusion of wormwood or some other bitter substance, usually given, according to a merciful custom, as an anodyne to those who were crucified, to render them insensible to pain. Our Lord, knowing this, refuses to drink it. He would take nothing to cloud his faculties or blunt the pain of dying. He chooses to suffer every element of woe in the bitter cup of agony given him by the Father (John 18:11)."

It's hard to explain from Job, because it seems like a touch-basis speaking to me but it is encoded prophetic because certain words were used. First in Isaiah 31 under personal encoded prophetic, it called the horsemen "He" because of it's intelligence, "he also is wise." In Job it begin to speak of their demise, especially now that you know they are more than a medical sickness, plague or disease you kill with a pill; but have human bodies, possible higher intelligence, likely to rebel and could number in the millions...

"Though wickedness be sweet in his mouth, though he hide it under his tongue; Though he spare it, and forsake it not; but keep it still within his mouth: Yet his meat in his bowels is turned, it is the gall of asps within him" (Job 20:12-14).

I had first rendered it that it enters through the mouth via food, ignoring other parts of the body (though mainly). Can hide in the mouth (oral tract) then goes down and the yeast effect takes place. But immediately as I read it to write that, it came clearer to me. That is, if one gets the medicine of bitter waters, refuse to drink it, even hide it under his tongue, possibly by a evil spirit influence, the obeast still can be killed in that stage of intake. That is, he refuse to take the medicine or the obeast hides and gets in the body via food "Yet his meat in his bowels is turned." His Dodo is irregular, with the dead obeast egg or infant. How comes this happen without the medicine of bitter waters? The next clause explains it. "It is the gall of asps within him." That is, within your body, is a secretion of bitterness that filters out obeast eggs or them in their infancy or possible wholeness. The book of Job tells us of the gall of asps and Easton Bible Dictionary said it is "the bile secreted in the liver" [or possible gall]. But how does that work? Wouldn't we always be protected from it? In a way, yes, if we keep God's commandments; namely, the Sabbath day rest. In other words, it is secreted when we are fasting and

praying, doing our sabbatical rest. Notice Job 16:13, "he cleaveth my reins asunder, and doth not spare; he poureth out my gall upon the ground." His gall was released and poured out when he hadn't eaten and was losing weight rapidly. This secretion probably somehow enters the entire body through the blood stream, much like alcohol enters the blood when drunken - blood alcohol level - they say. That's how much fasting and prayer or keeping the Sabbath is important. No wonder this verse states this of fasting, "The blueness of a wound cleanseth away evil: so do stripes the inward parts of the belly" (Pro 20:30). That is, the blueness redness you see on your hands when you get a cut is the built-in mechanism that fights the infections on it. Likewise fasting (stripes) does the same thing to the inward parts, automatically; in this case, secrete the gall of asps. So the children of Israel could be protected against the obeast if they kept the Sabbath, for if they picked up any in the week, by the end of the week it would be dead by this secretion on the Sabbatical rest and fasting.

Now knowing this secret of the secretion from the liver (or even possible gall bladder) the modern day doctors would conjure a pill to automatically arouse the liver to do this artificially and by-pass God's design again; rather than rest and fast one day a week. Also, with artificiality come problems, even unknown ones. For many pills on the market have several and combined side effects. This mechanism of sabbatical rest is like "The Period" women have, when they pass out eggs with blood once a month. Hence, as Job 20:15-16 said, "God shall cast them out of his belly. He shall suck the poison of asps: the viper's [OWN] tongue shall slay him."

To solidify this Gall theory of the liver secretion and that Job 20 has encoded prophecy on it, verse 25 says, "It is drawn, and cometh out of the body; yea, the glittering sword cometh out of his gall: terrors are upon him [horseman]." That is, because of this built in system by God, a human infected and if the obeast gets a body for himself (the person who it belonged to being dead), the body shall be a snare to be in if the gall is activated in them by some ingenuity of the blues, saints or hopefuls – or just following God's way. It is like a sword within us to fight this plague upon God's application. The secretion in the gall is what kills it and without any medicine, it is activated every week if you fast. "All darkness shall be hid in his secret places [GALL]: a fire not blown [BURNING IT UP] shall consume him [OBEAST]; it shall go ill with him that is left in his tabernacle [BODY]" (Job 20:26). In other words, this darkness or secret in the flesh they possessed, shall be like a fire, it shall consume them, the head one in the body and possible others in the that body (tabernacle); much like with a spirit possessions, many spirits can possess a body but one is the head spirit. How shall someone find a way to activate this bomb in them for the heathens who don't fast if the earth doesn't even know of these obeasts? Simply, it shall be revealed, "The heaven shall reveal his iniquity; and the earth shall rise up against him" (Job 20:27). Even through this and the article "Real Weapons of Mass Destruction."

Another thing too, many doctors don't know the purpose why an organ or two maybe in the body and then conclude we don't need it. Like, we can live on one kidney, the second is not needed. Everything was placed in the body by the designer for a reason; nothing was just arbitrarily there. So everything in the body is needed, from both your twin organs, to tonsils, to all organs created by God. Removal of some of these things could be a plot. Even Gall stone removal and the cutting there into. Even possibly, what was the liver in the Bible is what we call the gall bladder today or vice versa, we don't know. Science decided to divorce religion and went her way and though seems advancing, is really going nowhere and has done much harm while attempting good. The best solution is God's solution, fast once or twice a week - in essence, keep the Sabbath, though not mandated for salvation today.

There is a lot more on this, especially it's relation to Christ [a wonderful savior we have], in the follow up article, "Real Weapons of Mass Destruction Explained."

**2.** A ridiculous argument surmounted is that much fasting in Christendom can make you sick. This is a plot to dissuade readers from fasting and smear my credence of a life of fasting. Even if such an erroneous notion is posed by "wasters," Paul fasted often with great results but he was also in sickness often yes, but by virtue of demons attacking the light. Did his fasting caused the sickness, no, that's ludicrous. It actually caused him to live that long and work in a situation where the enemy was constantly throwing sicknesses upon him to stop him; though he was unstoppable. This might also be a ploy, for instance, to say that fasting causes ulcers or cancers. What this shows, if that latter is truly alleged, is that someone, a fallen angel, dive into the above knowledge in note 1 (could be confounded by it too) and bring the opposite as scientific truth. Then an entire arm of science with real world applications are built on this deliberate wrong notion to stop people from fasting so they can be infected with an obeast and hence prolong their secret civilization of "horsemen." Another ability of the fallen ones (diving) we have to contend with.

## Chapter 6

**HOW TO BREAK A FAST**

“And when he had fasted forty days and forty nights, he was afterward an hungred” (Matt 4:2)

First, of course, one must usher up praises, thanksgiving and worship to God for sustenance and his grace. Not only for your break through but also for his tender mercies; for your prior venture could have been disastrous spiritually or even fatal physically. Remember, “when your car runs out of gas, it stops. When your body runs out of gas, it has to keep going. If you don’t have enough energy or nutrients or fuel coming in, your body still has to get by somehow. How it gets by, unfortunately, is that it starts eating away at itself – meaning not just body fat stores, but also muscle. Bodies, even at rest, do a lot of work. Internal organs are always moving” (Cynthia Sass, Good News S. Florida, picked up April 2003). So the mere fact you survived is enough to give God thanks. But more so because we know that “he is a rewarder of them that diligently seek him”(Heb 11:6).

Break with some form of liquid, preferably warm. Avoid heavy meals and fry foods. Eat lightly, especially if you're going to begin the next day; more than likely with some soup or any other liquid or semi-liquid meal. Stop at the first sign of being full. During the fast your belly was contracted, damage can be done if re-stretched too quickly. “Eating large meals directs blood to the stomach to help digestion. This makes you feel sluggish because there’s less oxygen and nutrients going to the rest of the body – lighter, smaller meals allow blood to flow to rest of the body normally” (Cynthia Sass, Good News S. Florida, picked up April 2003).

Rest a while before doing any physical activities or labor; let your body recuperate. And remember dental hygiene. Thank the Lord again and expect your "thing" from God and walk in it by faith.

In closing, Fasting is for every saint and no limits should be set on gender, age, physical location, daily vicissitude and other variables. "As your faith is be it unto you." I believe if you set your mind to it, no matter what, you will accomplish it with God's help. I remember watching an N.B.A basketball series final one year. Hakeem was the 'star' of the Houston Rockets team, so he played the entire 40 minutes of the game. Guess what? According to the commentators, he was on fasting; being a devout Muslim. Imagine, a non-Christian can be on fasting during the most pulsating and energetic sport. Not only that, he was even fasting during the entire series. Then how is it some Christians find it hard to fast? Saints, start fasting today!

May the Lord bless you as I hope you were edified. You owe it to yourself and more so to God, to start fasting today! As I was told at Student Fellowship and later came to realize, “You fast, last. You pray, you stay. You obey, You’ll be okay.”

## Chapter 7

**RELATED SCRIPTURES ON FASTING**

“So we fasted and besought our God for this:  
and he was entreated of us” (Ezra 8:23)

We have touched on almost all the major scripture verses on fasting. However, the word fast, fasted, fasting and fastings occurs elsewhere approximately 63 times. The intension of this chapter is to explain all these other verses that have not been dealt with. Making the reader not only knowledgeable in fasting from a biblical perspective, but also having the assurance that every possible scripture verse on fasting in the Bible is dealt with and rightly divided. Why? “When people do not like the plain literal meaning of something in the bible they are tempted to spiritualize it; and so rob it of its potency. Once the truth becomes nebulous [clouded or dark] it ceases to have any practical implication. They have blunted its edge; it can no longer cut. In the main this is what professing church, and evangelicals in particular, have tended to do with the biblical teaching on fasting.”

**OLD TESTAMENT****Judges 20:26**

It reads, “Then all the children of Israel, and all the people, went up, and came unto the house of God, and wept, and sat there before the LORD, and **fasted** that day until even, and offered burnt offerings and peace offerings before the LORD.”

What had happen here was that the children of Israel had just lost a battle they thought they would have won, having heard from the Lord. But upon attacking Benjamin they were utterly beaten. In distraught, astonishment, confusion and desperation they didn't bother to eat anything but rather go back directly to God – for the why's, how come's and what to do next. Appetite wasn't an issue, desperation to hear from God was and he answered. Then they probably eat sometime in the evening. In other words, this is not a pattern of fasting but a spontaneous loss of appetite because of the Loss, which pushed them to seek the Lord again with offerings. It is like saying somebody is so worried they didn't eat until their worries were over. To fast literally means to abstain from food and drink, so the word can be used any time this occurs – like sleeping, working, 'leisuring', etc. But that doesn't mean you're doing a proper godly fast to the Lord. Here the children of Israel loss appetite having just been humiliated in battle and consequently out of desperation sat before the Lord and even wept because of their defeat. This is not necessarily a pattern for fasting – “until even.”

**1 Samuel 7:6**

It reads, “And they gathered together to Mizpeh, and drew water, and poured it out before the LORD, and **fasted** on that day, and said there, We have sinned against the LORD. And Samuel judged the children of Israel in Mizpeh.”

Here the children of Israel repented to the Lord because of their sins. Notice what was used, fasting. Why they poured the water on the ground is not clear; could be a drink offering, but we know it's not for consumption and probably to demonstrate that. This led to the destruction of the Philistines who attacked them while they were fasting (1 Sam 7:10); another great testimony of fasting.

## 1 Samuel 31:13 and 1 Chronicles 10:12

It reads, "And they took their bones, and buried them under a tree at Jabesh, and **fasted** seven days."

It reads, "They arose, all the valiant men, and took away the body of Saul, and the bodies of his sons, and brought them to Jabesh, and **fasted** seven days."

Here the men that had buried the bones of Saul fasted seven days. The reason for the fast is not clear, but it could be for mourning, reverence, cleansing, astonishment, or all of the above. While mourning for the loss of lives, they were sometimes fastings; likewise when handling the dead there is a period of separation. What we know is that upon burying Saul they went without food or drink for seven days or fasted seven days.

**Note:** 1 Samuel 31:13 and 1 Chronicles 10:12 are the same account of the same event.

## 2 Samuel 12:16, 21- 23

It reads, "David therefore besought God for the child; and David **fasted**, and went in, and lay all night upon the earth...Then said his servants unto him, What thing is this that thou hast done? Thou didst **fast** and weep for the child, while it was alive; but when the child was dead, thou didst rise and eat bread. And he said, while the child was yet alive, I **fasted** and wept: for I said, Who can tell whether GOD will be gracious to me, that the child may live? But now he is dead, wherefore should I **fast**? Can I bring him back again? I shall go to him, but he shall not return to me."

Here King David had slept with the wife of a chief soldier of his, Uriah. Having found out that she was pregnant, he had Uriah killed. God knowing the deed sent a prophet to David for this evil action. The prophet prophesied a coming judgment to David for this deed. Amongst that was the death of the child that Uriah's wife bore. So in verse 16 he wept and fasted for the child when it became sick, remembering the Lord's judgment to kill it. In this case, God being sovereign hearken not to David and the child died. When the child died his servant dialogued with him in verses 21-23 about fasting for the child again in its death; or as seen in the previous verse, it was customary and honorary to fast upon the death of a loved one (mourn). But he refused, cleansed himself and had sex with Bathsheba for another child, which was Solomon. Here we see God not hearkening to the voice of fasting and prayer for reasons not clear, could be for the child's sake, not to have him born in shame.

## 1 Kings 21:9, 12

It reads, "And she wrote in the letters, saying, Proclaim a **fast**, and set Naboth on high among the people...They proclaim a **fast**, and set Naboth on high among the people."

Unlike most of the fasts mentioned earlier, this was a set up by that wicked Queen Jezebel, to slay a man called Naboth to take his land; for Ahab. In verse 9 she wrote the letter for them to set up a fake fast to get Naboth to attend, because he was a godly man. Then in verse 12 they had the false fast where Naboth was slain. In Acts 23:14, there was another case where men fasted to do evil. It reads, “They came to the chief priests and elders, and said, We have bound ourselves under a great curse, that we will eat nothing until we have slain Paul.” Of course this didn’t work and Paul escaped with you and I being blessed by his ministry even to this day. But Naboth died, but that wasn’t the end of it.

## 1 Kings 21:27

It reads, “And it came to pass, when Ahab heard those words, that he rent his clothes, and put sackcloth upon his flesh, and **fasted**, and lay in sackcloth, and went softly.”

After Jezebel had Naboth killed for Ahab, God sent Elijah to meet Ahab by Naboth’s vineyard. Elijah then prophesied evil against him and his whoring wife Jezebel, because they both were extremely wicked in Israel (1 Kings 21:25-26). However, Jezebel was the one that stirred Ahab to do this evil. When Ahab heard the prophecy of evil against him, he humbled himself and fasted. Even when someone is wicked, God still recognizes him or her when they fast and pray. How do we know this with Ahab? Because God said this to Elijah when Ahab fasted, “Seest thou how Ahab humbleth himself before me? Because he humbleth himself before me, I will not bring the evil upon his days: but in his son’s days will I bring the evil upon his house” (1 Kings 21:29). You see how fasting and prayer is effective!

## 2 Chronicles 20:3

It reads, “And Jehoshaphat feared, and set himself to seek the LORD, and proclaimed a **fast** throughout all Judah.”

Here the enemies of Israel came upon them and out of fear in what to do, Jehoshaphat did the right thing by proclaiming a fast and/or going on a fast. It resulted that their enemies were utterly destroyed and they didn’t even lift a sword. Another great testimony of seeking the Lord through fasting and prayer. Notice that many preachers give this testimony and other experiences of God doing the impossible, but fail to tell you that the people fasted and prayed before this mountain moving event.

## Ezra 8:21-23

It reads, “Then I proclaimed a **fast** there, at the river of Ahava, that we might afflict ourselves before our God, to seek of him a right way for us, and for our little ones, and for all our substance. For I was ashamed to require of the king a band of soldiers and horsemen to help us against the enemy in the way; because we had spoken unto the king, saying, The hand of our God is upon all them for good that seek him; but his power and his wrath is against all them that forsake him. So we **fasted** and besought our God for this: and he was entreated of us.”

Here Ezra did a most honorable thing. He fasted and sought the Lord rather than seek secular help. To “afflict ourselves,” as previously discussed, meant they abstained from water and food, plus went

in sackcloth and ashes seeking direction from God. This is what it means to fast, that's why he said in verse 23, "we fasted."

## Nehemiah 1:4

It reads, "And it came to pass, when I heard these words, that I sat down and wept, and mourned certain days, and **fasted**, and prayed before the God of heaven."

Here Nehemiah went on fasting for Israel and notice how he prayed, mourned and fasted for several days – "certain days." In other words, he went without food and water plus prayed and revered God for several days. Good illustration of fasting.

## Nehemiah 9:1

It reads, "Now in the twenty and fourth day of this month the children of Israel were assembled with **fasting**, and with sackclothes, and earth upon them."

Here the children of Israel were fasting and keeping the consecrations of Old. Verse 3 showed some of the principles outlined in fasting, "And they stood up in their place, and read in the book of the law of the LORD their God one fourth part of the day; and another fourth part they confessed, and worshipped the LORD their God." Notice how they sectioned the day in Bible reading, worshipping, praying and other reverences. Making every moment occupied with reverence to God, rather than past much time in sleep or folly. Another great illustration of fasting.

## Ester 4:3

It reads, "And in every province, whithersoever the king's commandment and his decree came, there was great mourning among the Jews, and **fasting**, and weeping, and wailing; and many lay in sackcloth and ashes."

Because the Jew's enemy, Haman, had finally gotten permission to execute the Jews, many went on fasting; which was accompanied with great mourning, weeping, wailing and of course, sackcloth and ashes. This fast continued for an additional three days when Ester said in verse 16 of chapter 4, "fast ye for me, and neither eat nor drink three days, night or day: I also and my maidens will fast likewise." You also should fast likewise.

## Ester 9:31

It reads, "To confirm these days of Purim in their times appointed, according as Mordecai the Jew and Ester the queen had enjoined them, and as they had decreed for themselves and for their seed, the matters of **fastings** and their cry."

Here the Jews "took upon them...that these days should be remembered and kept throughout every generation" (Ester 9:27-28). What days should be remembered? That is, "the matters of fastings and their cry." The matter in which Haman tried to execute them but they cried unto the Lord with fasting

and prayer (Esther 4) and Haman and his comrades were executed instead. The Jews received a great deliverance. This is “the matters of fastings and their cry” which they called the days of Purim after the name of Pur (Esther 9:26). It was to be celebrated by the Jews for years to come, similar to keeping the Passover.

### **Psalms 35:13**

It reads, “But as for me, when they were sick, my clothing was sackcloth: I humbled my soul with **fasting**; and my prayer returned into mine own bosom.”

Here David lamented that those whom he showed favor to or had done them good has turn around and did him evil. In this verse he gave an example of the good he did for them, which was prayer and fasting – “when they were sick...I humbled my soul with fasting.” What love! This is the fast God wants rather than fasting of strives (Isa 58). This also shows that you can fast for others and not just yourself. But do so unselfishly, not expecting anything in return, even without them knowing; because like here, the devil can stir them to do you evil and you can feel hurt or even upset with God. You do not want anything from them, nor should you expect anything, you are doing it because the spirit of the Lord stirs you to do it, with love. “Bear ye one another's burdens, and so fulfil the law of Christ” (Gal 6:2).

### **Psalms 69:10**

It reads, “When I wept, and chastened my soul with **fasting**, that was to my reproach.”

Here David was again in separation in prayer without food or drink seeking the face of the Lord. But he became a proverb or byword to the people (Ps 69:11). Reason being, “the zeal of the Lord had eaten him up.” In other words, he was striving to live godly - fasting often, praying always and meditating on the scriptures. But this doesn't go well with all people, especially if they think you shouldn't be doing it. As a result, they will do things to exclude you and talk behind your back. This will most often occur if you live how God intends you to live. Because “all that will live godly in Christ Jesus shall suffer persecution” (2 Tim 3:12). Nevertheless, be encouraged and continue to fast often and pray always, because God is a “rewarder of them that diligently seek him” (Heb 11:6).

### **Psalms 109:24**

It reads, “My knees are weak through **fasting**; and my flesh faileth of fatness.”

In other words, because he had gone without food or water for a period, his physical body became weak. His strength was abated. Of course this is normal and an obvious effect of fasting, but we should rather pray and ask God's strength to go on; which he will give.

## Jeremiah 14:12

It reads, “When they **fast**, I will not hear their cry; and when they offer burnt offering and an oblation, I will not accept them: but I will consume them by thy sword, and by the famine, and by the pestilence.”

Here Israel was in ruins and the Lord was wroth with them because of their sins and evils. Jeremiah had started to pray for them but God admonished him not to do so, then told him that even if they fasted to him he wouldn't hear them. Reason being, they had sinned and fasted, sinned and fasted and so on with the same thing over and over again; and God delivered them all the time. He is now saying, enough is enough I will not answer your prayers but bring my destruction to teach you a lesson. In this lesson, hopefully they will learn. That's why God said to Jeremiah, “pray not for this people for their good” (Jer 14:11). This is a special case with fasting, because the Lord knew if they fasted they weren't going to turn to him fully. However, this lesson, brought on by Babylon, will teach them to fear to the Lord.

## Jeremiah 36:6

It reads, “Therefore go thou, and read in the roll, which thou hast written from my mouth, the words of the LORD in the ears of the people in the LORD's house upon the **fasting** day: and also thou shalt read them in the ears of all Judah that come out of their cities.”

Here God instructed Jeremiah to have the words of a book to be read on a day of fasting; which usually occurs on a Jewish Holy Day. Reason being, on those fasting days all the people were gathered. This also showed that fasting is not only meant to be personal but also corporate – “church fast”.

## Jeremiah 36:9

It reads, “And it came to pass in the fifth year of Jehoiakim the son of Josiah king of Judah, in the ninth month, that they proclaimed a **fast** before the LORD to all the people in Jerusalem, and to all the people that came from the cities of Judah unto Jerusalem.”

This was the fasting day or Holy Day that Jeremiah choose to have the book read, as commanded by the Lord in verse 6. Again, this was appropriate because on these general fasting days, all the people were gathered.

## Daniel 6:18

It reads, “Then the king went to his palace, and passed the night **fasting**: neither were instruments of musick brought before him: and his sleep went from him.”

This is another scenario where the word fasting was used merely to mean no consumption of food and possibly drink, rather than fasting and prayer to the Lord. Here King Darius, a heathen King, loved Daniel greatly but was confined to have him put in the Lion's den. However, he greatly hoped nothing happened to him; he even said, “Thy God whom thou servest continually, he will deliver thee”

(Dan 6:16). But he was so worried and concerned that he didn't eat (fasting), sleep nor entertain any merriment that evening. Not that he was fasting as we do to the Lord.

### Daniel 9:3

It reads, "And I set my face unto the Lord God, to seek by prayer and supplications, with **fasting**, and sackcloth, and ashes."

Here Daniel sought the Lord to know the visions and mysteries of the end time. Notice that even though he went without food or water in prayer for a specific reason, he started out by making a prayer of confession, "And I prayed unto the Lord my God, and made my confession" (Dan 9:4). Which he did for himself and all Israel down to verse 20. He was later stopped by the Angel Gabriel while in fasting, who showed him great mysteries revealed. Another testimony that fasting, done right, will get results.

### Joel 1:14

It reads, "Sanctify ye a **fast**, call a solemn assembly, gather the elders and all the inhabitants of the land into the house of the LORD your God, and cry unto the LORD."

Here the Lord was admonishing the people through the Prophet Joel to call a general fast; which would also gather the people in a general assembly and among that would be crying, mourning, lamenting in sackcloth and ashes. Reason being, God had purpose to destroy and it was at hand. This destruction was described in chapter 2. God was admonishing them to turn to him with fasting because even though he plans to destroy, "who knoweth if he will return and repent, and leave a blessing behind him" (Joel 2:14)? Thus the reason for calling this fast. We can see here that fasting is a means whereby we say, "God we are sorry, here we are, make a mense and help us to turn to you." It shows you are serious if sincere and God set it so.

### Joel 2:12

It reads, "Therefore also now, saith the LORD, turn ye even to me with all your heart, and with **fasting**, and with weeping, and with mourning."

Here the Lord is calling for the people to turn to him. But notice that he didn't just say to turn to him, but rather with fasting and prayer. In other words, God not only is revered with fasting, but also wants us to do it.

### Joel 2:15

It reads, "Blow the trumpet in Zion, sanctify a **fast**, call a solemn assembly."

Because of the Lord's calling the people to turn to him with fasting in Joel 1:14 and Joel 2:12, verse 15 went ahead and commanded the trumpets to be blown, which would gather all the people (Ex 19:13) and thus able to give them the instruction to go on fasting and prayer.

## Jonah 3:5

It reads, “So the people of Nineveh believed God, and proclaimed a **fast**, and put on sackcloth, from the greatest of them even to the least of them.”

Of course most are familiar with Jonah and Nineveh. How he warned the people after God corrected him. Then the people believed God and went on fasting. Notice that they did it properly, “And he caused it to be proclaimed and published through Nineveh by the decree of the King and his nobles, saying, Let neither man nor beast, herd nor flock, taste any thing: let them not feed, nor drink water: But let man and beast be covered with sackcloth, and cry mightily unto God: yea, let them turn every one from his evil way, and from the violence that is in their hands” (Jonah 3:7-8). They abstained from even tasting any food or drink, prayed greatly and discontinued from doing sin - repent.

## Zechariah 7:5

It reads, “Speak unto all the people of the land, and to the priests, saying, When ye **fasted** and mourned in the fifth and seventh month, even those seventy years, did ye at all fast unto me, even to me?”

Here is another verse similar to Isa 58:3-6. This showed that one can go on fasting and God choose not hear, because one did not do it right, had wrong motives or practice evil deeds while fasting. This showed that they were not fasting with a sincere repentant heart, but rather out of ritual or custom. That’s why God chasten them in this scripture by rhetorically asking, “which God did you fast to those years while being evil, stiff-necked and untrue; Surely not me?” He went further to admonish us by saying we should, “execute true judgment, and shew mercy and compassions every man to his brother” (Zec 7:9) rather than come before him with fasting while not doing these. In other words, it has to be balanced. Fast but also do good. Do good but don’t neglect fasting.

## Zechariah 8:19

It reads, “Thus saith the LORD of hosts; The **fast** of the fourth month, and the **fast** of the fifth, and the **fast** of the seventh, and the **fast** of the tenth, shall be to the house of Judah joy and gladness, and cheerful feasts; therefore love the truth and peace.”

They were set fasting dates, from even the Laws given to Moses; for certain times of the year. Now the children of Israel had sunken away from God and even sunken into idolatry. Here God had promised that if they return to him, even the remnant, then these fastings dates would turn into feasts. Not that fasting was abolished, but rather than mandate it, he let it for those who really wanted to. Those who he knew would serve him with a circumcised heart – sold out. Similar to the law, it is so called “done away with,” but it must be upheld because “the abominable, and murderers, and whoremongers, and sorcerers, and idolaters, and all liars shall...burneth with fire and brimstone: which is the second death” (Rev 21:8). He expects us to keep the ten commandment headings but refuses to now force us to do so by the letter of the Law. He expects the Israelites to fast but refuse to now force them. In other words, “do it if you love me, I’m not going to burden you as you say.” Today as a Christian if you don’t, it can be spiritually hazardous, though not commanded.

## NEW TESTAMENT

### Matthew 4:2

It reads, “And when he had **fasted** forty days and forty nights, he was afterward an hungred.”

Here Jesus had fasted 40 days and night and naturally he hungered; if not, he wouldn't be human and thus couldn't have been a sacrifice for you and I. Notice the occurrence of 40 days; this number is used most often in scripture for preparation and that's why after this his public ministry started. It was a preparation for things to come.

### Matthew 9:14-15, Mark 2:18-20 and Luke 5:33-35

It reads, “Then came to him the disciples of John, saying, Why do we and the Pharisees **fast** oft, but thy disciples **fast** not? And Jesus said unto them, Can the children of the bridechamber mourn, as long as the bridegroom is with them? But the days will come, when the bridegroom shall be taken from them, and then shall they **fast**.”

It reads, “And the disciples of John and of the Pharisees used to **fast**: and they come and say unto him, Why do the disciples of John and of the Pharisees **fast**, but thy disciples **fast** not? And Jesus said unto them Can the bridechamber **fast**, while the bridegroom is with them? As long as they have the bridegroom with them, they cannot **fast**. But the days will come, when the bridegroom shall be taken away from them, and then shall they **fast** in those days.”

It reads, “And they said unto him, Why do the disciples of John **fast** often, and make prayers, and likewise the disciples of the Pharisees; but thine eat and drink?”

Here the disciples of John were enquiring a most pertinent question of Jesus – why aren't the disciples fasting often as they do or even as the Pharisees? Christ made it clear that while he is with them why should they fast, they simply ask him for what they wanted or “reverence” him there. Why mourn when he is there? This showed two great points. One, in the resurrection when we are reigning with Christ, they will be no need to fast anymore. Two, men usually fast to God who they deemed far away and fasting would draw them near. This then showed that Jesus is God, because he, the one whom we fast to, was with them – the one and only God from Due 6:4. Remember, they were orthodox Jews and knew no Trinity, so the God that Christ was to them is Yahovah (Jehovah) who appeared to their ancestors on Mt. Sinai.

But now that Jesus had ascended we are to fast as he himself alluded to, “But the days will come, when the bridegroom shall be taken from them, and then shall they fast.” We know that the disciples fasted (Acts 13:2) after Christ's ascension and we should too (Matt 17:20-21).

Note: Matthew 9:14-15, Mark 2:18-20 and Luke 5:33-35 are the same account.

## Matthew 15:32 and Mark 8:3

It reads, “Then Jesus called his disciples unto him, and said, I have compassion on the multitude, because they continue with me now three days, and have nothing to eat: and I will not send them away **fasting**, lest they faint in the way.”

It reads, “And if I send them away **fasting** to their own houses, they will faint by the way: for divers from them came from far.”

Here the people weren't fasting to the Lord. They were following Jesus where ever he went, to either receive a miracle or see a miracle. With eagerness of both, appetite would be side stepped without notice or even care. The mind would have simply adapted not knowing that the body needs food, as in the case when somebody is worrying. Christ deciding to finish his public appearance had compassion on them, knowing that after that eagerness and bliss is gone, the mind would kick back in tune with the body, recognizes that it hadn't eaten and become faint going back home. Moreover, there was no food around for miles away. He then decides to feed them lest they become faint and stumble in the way because of lack of food; hence the phrase “send them away fasting” – as in simply haven't eaten anything and not necessarily fasting to the Lord.

Note: Matthew 15:32 and Mark 8:3 are the same account.

## Mark 9:29

It reads, “And he said unto them, this kind can come forth by nothing, but by prayer and **fasting**.”

This is the same account of Matthew 17:20-21, which is exhausted in chapter 5 and on the back cover. We had realized that this verse of all New Testament account showed the importance of fasting to us. Unfortunately, Mark did not record as much as Matthew did. Only the last line of the said account in Matthew 17:20-21 was recorded in Mark.

## Luke 2:37

It reads, “And she was a widow of about fourscore and four years, which departed not from the temple, but served God with **fastings** and prayers night and day.”

Here we see Anna, a prophetess who “served God with fastings and prayer night and day.” Which means she fasted often. Notice that this should be an outstanding Characteristic of anyone who claims to be a prophet today, yesterday and until Christ returns. Might I add, this should be the case for all ministers.

## Luke 18:11-12

It reads, “I thank thee, that I am not as other men are, extortioners, unjust, adulterers, or even as this publican. I **fast** twice in the week, I give tithes of all that I possess.”

Here Christ was describing a Pharisee who exalted the things he did to justify himself. Not that the things he did was wrong, because we should fast; tithe; avoid adultery; extortion and other sins. However, as alluded to in Matt 6:17-18, when you fast you should “appear not unto men to fast.” Obviously, when this Pharisee was praying in the temple he was doing so aloud, to make sure all heard him magnify what God said we should do in secret. Nevertheless, notice that fasting is inline with paying tithes or avoiding adultery. This is how necessary fasting is.

### Acts 10:30

It reads, “And Cornelius said, Four days ago I was **fasting** until this hour; and at the ninth hour I prayed in my house, and behold, a man stood before me in bright clothing....”

Cornelius, a godly man, was on fasting with prayer. Meaning he abstained from food or drink with much prayer. He was always a man of prayer because verse 2 of chapter 10 said he “prayed to God always.” However, on this occasion he was fasting and praying; and by now we should know that this bring results. Because at the ninth hour an angel appeared unto him, like how Gabriel came to Daniel. Notice what the angel said when someone set aside food and drink to seek God, “thy prayer is heard” (Acts 10:31). Another point to note was that Cornelius was a gentile and unsaved, yet he fasted. In other words, being saved is not the criteria for fasting, but all can fast, pray and seek the Lord. That is why many altar workers admonish persons seeking the baptism of the Holy Ghost, with evidence of speaking in another tongue, to fast. Of course this gets results because Cornelius himself sought the Lord with fasting and later on in chapter 10 he was baptized with the Holy Ghost, “While Peter yet spake these words, the Holy Ghost fell on all them which heard the word...For they heard them speak with tongues” (Acts 10:44-46).

### Acts 13:2-3

It reads, “As they ministered to the Lord, and **fasted**, the Holy Ghost said, Separate me Barnabas and Saul for the work whereunto I have called them. And when they had **fasted** and prayed, and laid their hands on them, they sent them away.”

Here is a good example of the results of fasting. Notice also that they ministered to God through fastings. Then while in this ministration, the Lord spake boldly to ordain certain apostles for a certain work. So they laid their hands on Barnabas and Saul while in fasting, to send them yonder to preach the Gospel. It is obvious that fasting and prayer was the lifestyle of the early church and thus much teaching was not needed on it, because even the non-Christians fasted (Acts 10). Today we shouldn't let this lifestyle slip and contend for the faith of the early believers, thus much teaching is needed in this area today. If the salvation doctrine (Acts 2:38) didn't die out or shouldn't, so should fasting with prayer continue until Jesus comes.

### Acts 14:23

It reads, “And when they had ordained them elders in every church, and prayed with **fasting**, they commended them to the Lord, on whom they believed.”

Here is a great example of using fasting and prayer in everyday things. Many people just ordain elders and leaders at will or just allow church to flow without fasting and prayer. But here we note

Paul and Barnabas having started several churches, ordained and set the principles thereof with fasting and prayer. Though many say the New Testament didn't give much teaching on fasting and thus the importance of it is not great, here we see a great example. The reason why much is not said on fasting is because it was a way of life, you were expected to fast once or twice a week and even non-Christians fasted, as seen with Cornelius (Acts 10). Therefore, fasting was a common knowledge handed down from the ancestors; and as Jesus even said that when he's gone (ascension) we his disciples "shall fast" (Matt 9:15), as all disciples do.

## Acts 27:33 and Acts 27:9

It reads, "And while the day was coming on, Paul besought them all to take meat, saying, This day is the fourteenth day that ye have tarried and continued **fasting**, having taken nothing."

It reads, "Now when much time was spent, and when sailing was now dangerous, because the **fast** was now already past, Paul..."

Here we see the word fasting used to simply mean not eating rather than a spiritual task to ask the favor of God. But even Paul confirm this when he said, "having taken nothing." Meaning, he said they were fasting, loosely using the word, because they hadn't eaten anything because of the terrifying ship journey. The same thing began from verse 9, when the journey took a ruff turn and they lost appetite. He identified that sailing was now dangerous "because the fast was now already pass." They skip meals in terror. Between meals we fast, very loosely using the word to mean not eating, so when he said the fast had pass he means at the time for them to eat they didn't; whether evening or morning. This is where the term breakfast probably came from for morning meals. They didn't eat between meals so each meal broke a fast (loosely using the word). This was not a reference to a Jewish Holy Day of fasting. Both verses simply showed that the word, probably by the translators, was also used to just speak of going without food for whatever reason; intentionally or unintentionally. But fasting to the Lord is a different case completely, already discussed.

## 2 Corinthians 6:5 and 2 Corinthians 11:27

It reads, "In stripes, in imprisonments, in tumults, in labours, in watchings, in **fastings**."

It reads, "In weariness and painfulness, in watchings often, in hunger and thirst, in **fastings** often, in cold and nakedness."

Since Paul used this word fasting to mean a type of coerced abstinence from food in a difficult time fasting in both verses then has two meanings. He could have said he suffered hunger for the sake of the gospel or voluntarily went on fasting to seek the Lord (Acts 14:23) often. Both happened in the life of Paul for the furtherance of the gospel and doctrine. Moreover, we would expect him to fast often being an apostle and prophet. Note: Both verses allude to the same thing.

## Conclusion

This chapter along with the rest of the book has cited every verse in the bible were fasting is used, making it clear to anyone seeking the knowledge of this ancient landmark satisfied in its full understanding.

## ABOUT THE AUTHOR

“And he gave some, apostles; and some, prophets; and some, evangelists;  
and some, pastors and teachers; For the perfecting of the saints,  
for the work of the ministry, for the edifying of the body of Christ”  
~ Eph 4:11-12

Oneil McQuick has responded in a most positive way to the challenge of youthful strength by choosing to channel his energy into the very rewarding exercise of the study of the word of God. This undying love for the Word of God has allowed him to be the author of several books (Truth Series, Truth Series Expanded, Truth Series Evolution) including: “The Voice,” “Demonology Revealed,” “Fasting and Prayers,” “You Believe, Now Receive,” “What is his name,” “Student Manifesto,” “Sexuality Series” and others.

He will also confess that his studies, however intense, have not afforded him the privilege to expound on the word of God, but like Jesus, it was simply given! In other words, it is the spirit of the Lord upon him that has graced him to write these books, booklets, newsletters, tracks, pamphlets, magazines, web pages and articles; as he confesses, "Nothing more, nothing less! Grace!"

His Christian walk began in Kingston when he received the Lord Jesus Christ as his personal savior under the ministry of Bishop S.U. Thomas. His subsequent migration to Florida facilitated his tremendous spiritual development and has laid the foundation for him to equip himself for the tremendous task which he has set himself to maximize whatever means necessary to touch and change peoples' lives. He has served in several areas of ministry including men, youth and outreach; with certifications in lay counseling. He is the founder of Liberation International Ministries and a licensed minister.

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"We are enthusiasts, looking for the end without the means."

Many preachers say speak to your mountain and it will be removed, what they fail to tell you is that, that mountain will not be moved with prayer and fasting. The bible clearly tells us, "If ye have faith as a grain of mustard seed, ye shall say unto this mountain, Remove hence to yonder place; and it shall remove: and nothing shall be impossible unto you. Howbeit this kind goeth not out but by prayer and fasting" (Matt 17:20-21). In other words,

1. "Say unto this mountain, Remove...but by prayer and fasting."
2. "Nothing shall be impossible unto you...but by prayer and fasting"
3. "This kind goeth not out but by prayer and fasting."

One string or sentence with the same ending or having the same essential meaning. By this one verse alone you see how vital fasting and prayer is and it's not just name it and claim it, speak to this or that, lay a hand there or here, "but by prayer and fasting." Most who are successful in those areas live a fasting life. Would you not want to know how to pray and fast then? This book makes it extremely clear.

A Testimony:

"I love your New Book [fasting] by the way!  
True anointing if I say so myself."  
- Dr. H. Brandt