

*to*

---

*from*

---

*date*

---





**NTIA I. NTIA**



**WHEN  
YOU  
FAST**

# WHEN YOU FAST

Rev. Ntia I. Ntia © 2021

Published by **FULL LIFE PUBLISHERS**  
in collaboration with **ASBOT GRAPHICS**

ISBN 978-978-988-227-4

All rights reserved. No portion of this book may be used without the written permission of the author, with exception of brief excerpts in magazines, articles, reviews, etc.

For further information or permission, contact

**FULL LIFE FOUNDATION**

Noah's Ark Auditorium

Full Life Avenue

Off Nsikak Eduok Avenue

Uyo, Akwa Ibom State

+234 813-451-5626

[www.fulllifefoundation.com](http://www.fulllifefoundation.com)

e-mail: [info@fulllifefoundation.com](mailto:info@fulllifefoundation.com)

[revntiaintia@yahoo.com](mailto:revntiaintia@yahoo.com)

All scriptures are taken from the King James Version of the Bible except otherwise stated. All emphasis on scripture used are by the author.

*Designed and Printed in Nigeria by*

**FULL LIFE PUBLISHERS**

**+234 813-451-5626, +234 818-528-4705**



# Contents

<b>Chapter One</b> KNOW WHAT FASTING IS .....	1
<b>Chapter Two</b> YOU ARE IN THE WILL OF GOD .....	21
<b>Chapter Three</b> GOD WILL ANSWER .....	33
<b>Chapter Four</b> DO IT RIGHT .....	45
<b>Chapter Five</b> AVOID SHOW, SELF AND STRIFE .....	61
<b>Chapter Six</b> START LITTLE, THEN GROW .....	77
<b>Chapter Seven</b> IT IS A TRAINING FOR PROMOTION .....	91
<b>Chapter Eight</b> THERE ARE BENEFITS .....	107
<b>Chapter Nine</b> ADD GIVING TO YOUR FAST .....	119



CHAPTER

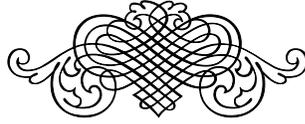
**1**

**KNOW  
WHAT  
FASTING  
IS**



**Fasting is the weakening of the flesh by abstinence from food, to seek and secure spiritual power with God.**





# KNOW WHAT FASTING IS

**F**ASTING is in the Bible. Fasting is of God. Fasting has been a spiritual devotion practised by many all through the Bible. God's Word commands and admonishes us to fast.

In Joel 1:14, the Bible says to us,

*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.*

Sanctify a fast, the Bible tells us. That is God telling us to fast. It says to gather the elders and all the inhabitants of the land. That means fasting is for

## Know What Fasting Is

all ministers, leaders and children of God. That verse also tells us to gather in the house of God; that means we should observe both personal fasts and corporate or group fasts, where we all gather in the church to pray and cry unto God. Fasting is of God; commanded by God; and approved by God. Glory to Jesus!



### ACCESS KNOWLEDGE

**Having adequate knowledge and understanding is extremely necessary for doing anything rightly, successfully and profitably.**

Without adequate knowledge, efforts can end in futility and frustration.

### Without knowledge,

© People operate in ignorance and darkness. )

*They know not, neither will they understand; they walk on in darkness...*

Psalms 82:5

© Error is unavoidable and inevitable.

*And Jesus answering said unto them,  
Do ye not, therefore, err, because ye  
know not the scriptures ...?  
Mark 12:24.*

Therefore, to fast successfully, fruitfully and profitably, get adequate information and knowledge about fasting. The Bible, the Word of God, is the source of accurate information about the things of God. Fasting is of God, therefore, find out and know what the Word of God says about fasting.



## WHAT FASTING IS

**So, what is fasting?**



**1 Abstaining from food and water for a season, to seek God in prayers and fellowship.**

That was how Moses and many others sought the face of God.

*And he was there with the Lord forty*



## Know What Fasting Is

*days and forty nights; he did  
NEITHER EAT BREAD, NOR  
DRINK WATER...*

Exodus 34:28.

Esther and Mordecai led the children of Israel on a 3 day fast, abstaining from food and water, to seek God.

*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 ...*

Esther 4:16.

Jesus Christ our Lord and Saviour also fasted for 40 days without eating food. Matthew 4:2 says ... *He fasted forty days and forty nights...* Luke 4:2 says ... *in those days He did eat nothing...*

**2**

**Fasting is separation from some kinds of food and other things that give you pleasure for a season, to go before God in brokenness and consecration.**

This is often called a partial fast. Daniel engaged in this kind of fast quite often.

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

Daniel 9:3.

*In those days I Daniel was mourning three full weeks [21 days]. I ate no pleasant bread, neither came flesh nor wine in my mouth, neither did I anoint myself at all, till three whole weeks were fulfilled.*

Daniel 10:2-3

Daniel separated himself from certain foods, wine, cloths, cream, and perfumes for three weeks.

**3**

**Fasting is the humbling of self by self-denial and separation from fleshly pursuits, to seek deeper spiritual intimacy with God.**

Ezra called it affliction of self and flesh by self-denial to seek God.

## Know What Fasting Is

*Then I proclaimed a fast there, at the river of Ahava, that we might afflict ourselves before our God ...*

Ezra 8:21

In Psalm 35:13, David said,

*I humble my soul with fasting ...*

This means debasing your flesh, bringing it down, de-emphasizing and doing away with the pursuits, passions and interests of the flesh for a season to seek God without distractions.

**4**

**Fasting is turning the heart, mind and will away from the pursuit of earthly and carnal fun and pleasures, to focus on, and press deeper into heavenly and spiritual kingdom matters.**

In the Bible, different people turned their hearts, minds and will away from the personal comfort and pleasures of life to focus on, and seek the greater and weightier matters of God's kingdom and purpose.

Examples of such people include:

- ❖ Esther – Esther 4:12-16
- ❖ Nehemiah – Nehemiah 1:1-4
- ❖ Daniel – Daniel 9:1-3
- ❖ Nineveh – Jonah 3:5-10

This is what God tells us to do in Joel 2:12-13: Fast to turn away from distractions, and focus on God.

*Therefore also now, saith the Lord, turn ye even to me with all your heart, and with fasting, and with weeping, and with mourning: And rend your heart, and not your garments, and turn unto the Lord your God.*

Joel 2:12-13

**5**

**Fasting is declaring war against the trap and hold of food and other fleshly passions and appetites, to break and subdue their dominance and control over the spirit and spiritual things.**

The appetites and passions of the flesh are at war against the spirit, and must be subdued and kept in check.



## Know What Fasting Is

*For the flesh lusteth against the Spirit,  
and the Spirit against the flesh: and  
these are contrary the one to the other*

...

Galatians 5:17

Engaging in fasting is a war to keep fleshly  
lusts in check.

*Dearly beloved, I beseech you as  
strangers and pilgrims, abstain from  
fleshly lusts, which war against the  
soul.*

1 Peter 2:11

The trap of food and the hold of fleshly  
appetite and pleasure is real and has pulled  
down different people in destiny.

- ❖ Adam and Eve. Genesis 3:1-7.
- ❖ Lot. Genesis 13:10-13.
- ❖ Esau. Genesis 25:29-34, Hebrews 12:16-17.
- ❖ Lot's wife. Genesis 19:12-26.
- ❖ Israel. Numbers 11:4-10, 18-20, 31-34, Psalm 106:12-15.

Others used the practice of fasting and

prayer to break and subdue the pull of worldly appetites and passions.

- ❖ Moses. Exodus 34:28-30.
- ❖ Jesus. Matthew 4:1-4.
- ❖ Paul. 1 Corinthians 6:12-20. 1 Corinthians 9:25-27.

*But in all things approving ourselves as the ministers of God ... in watchings, in fastings.*

2 Corinthians 6:4-5

6

**Fasting is the weakening of the flesh by abstinence from food, to seek and secure spiritual power with God.**

Eating physical food gives our body physical energy, while lack of food leaves our body weak. Waiting on God in fasting and prayer on the other hand draws and receives power from God.

In fasting and prayer, we put away food by choice, thereby weakening the flesh, and we also wait on God to access supernatural power and strength. Psalms 109:24 says,



## Know What Fasting Is

*My knees are weak through fasting,  
and my flesh faileth of fatness.*

In that state of weakness, God is at work to renew, refresh and empower our spirits.

*Help me, O Lord my God: O save me  
according to thy mercy: That they may  
know that this is thy hand; that thou,  
Lord, hast done it.*

Psalms 109:26-27

This divine process of the weakening of the body and the empowerment of the spirit is captured clearly in the fast of Jesus. In Luke 4 verse 2, the Bible tells us of His hunger and weakness.

*... And in those days he did eat  
nothing: and when they were ended, he  
afterward hungered.*

That was how lack of food during the fast weakened His body. Jesus was so weak and hungry that Satan tempted Him with food.

*And the devil said unto him, If thou be*

*the Son of God, command this stone  
that it be made bread.*

Luke 4:3

But Jesus knew that while fasting, as the body is being weakened, something more glorious is also happening – the spirit is being empowered by God. That is why He refused to rush into food, lest He derails the process of supernatural empowerment.

*And Jesus answered him, saying, It is  
written, That man shall not live by  
bread alone, but by every word of God.*

Luke 4:4

Beloved, when you are fasting, your body and flesh will become weak, that is okay. God is at work to weaken the flesh and strengthen the spirit. Do not break your fast prematurely. Do not yield to Satan's food temptation. Hold on faithfully to the end of the fast and you will gain supernatural power from God.

**Do not break your fast prematurely**



## Know What Fasting Is

Luke 4:14 tells us about the result of Jesus' fast.

*And Jesus returned in the power of the Spirit into Galilee: and there went out a fame ...*

Continue your fast despite the weakness of the body, loss of weight, dizziness, nausea, or any other reaction of the flesh, and you will be blessed with divine empowerment.

*And, behold, I send the promise of my Father upon you: but tarry ye ... until ye be endued with power from on high.*  
Luke 24:49

Humbling ourselves before God in fasting will bring a spiritual promotion.

*Humble yourselves in the sight of the Lord, and he shall lift you up.*  
James 4:10

**7**

**Fasting is the rejection of food as a sign of desperate hunger and thirst for God and the deeper things of the Spirit.**

**Fasting and prayer is a way to show God that we are desperately hungry and thirsty for something more than physical food.**

It shows our value for God and the things of God.

*O God, thou art my God; early will I seek thee: my soul thirsteth for thee, my flesh longeth for thee in a dry and thirsty land, where no water is; To see thy power and thy glory, so as I have seen thee in the sanctuary.*

Psalms 63:1-2

David was seeking the power and glory of God. His hunger and thirst were for something more than food and drink. God values and responds to our desperation, hunger and thirst. That is what fasting communicates to God, and God honours and responds to such hunger.

In Ezra 8:21, Ezra was hungry and desperate for God's intervention and direction. That desire was more urgent and important than the desire for food, so they sacrificed food to turn to God in desperation and fasting.



## Know What Fasting Is

*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.*

Is there anything you desperately want from God that is more important to you than food? Then you need to proclaim a fast and turn to God in desperate prayers. Ezra said, *"I was ashamed to require [beg] of the King..."* (verse 22). Are you tired and ashamed of continuing on one level? Then declare a fast and wait on God desperately.

The people of Nineveh were desperate for mercy; they didn't want to suffer the judgement of God for past evils. That need was more important to them than food and a full stomach. That is the desperation and hunger that is expressed to God through fasting.

*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. For word*

*came unto the king of Nineveh, and he arose from his throne, and he laid his robe from him, and covered him with sackcloth, and sat in ashes.*

Jonah 3:5-6

Beloved, when you fast, you are going the extra mile in seeking God. You are showing deep hunger and thirst for things that really matter to your life and destiny. In Matthew 6:25b, Jesus asked, “*Is not the life more than meat, and the body more than raiment?*”

**Isn't there anything that matters to you more than food and a full stomach in this season of your life?**

That is the heart that should make you decide to go on a fast and keep going till there is a definite breakthrough. Do not start and stop halfway; do not break your fast prematurely; do not remain on the same level of fasting that does not challenge and stretch your faith. Go the extra mile. Take that fasting to the next level of consecration.

*And he caused it to be proclaimed and published through Nineveh by the*



## Know What Fasting Is

*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 ...*

Jonah 3:7-8a

**Do not remain on the same level of fasting that does not challenge and stretch your faith. Go the extra mile.**

Every child of God should embrace the lifestyle of fasting. Know what fasting is and get involved. Joel 2:15-17 says,

*Blow the trumpet in Zion, sanctify a fast, call a solemn assembly: Gather the people, sanctify the congregation ... the elders ... the children ... those that suck the breasts: ... the bridegroom ... the bride. Let the priests, the ministers of the Lord, weep... and let them say, Spare thy people, O Lord...*

In Matthew 6:16-17, The Message Bible describes fasting this way:

*When you practice some appetite-denying discipline to better concentrate on God, don't make a production out of it. It might turn you into a small-time celebrity but it won't make you a saint ... 'go into training' inwardly ...*

Matthew 6:16-17



## NOTE

- ❖ Fasting is a spiritual discipline.
- ❖ Fasting is the denial of one's appetite.
- ❖ Fasting helps us concentrate on God better.
- ❖ Fasting is an inward spiritual training.

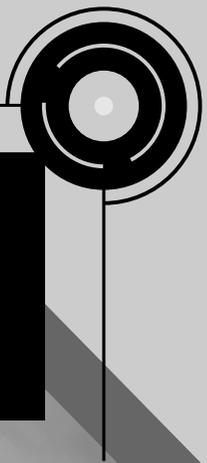


## Know What Fasting Is

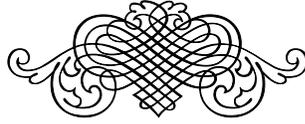
CHAPTER

2

**YOU  
ARE IN  
THE WILL  
OF GOD**



**All through scriptures,  
we see God lead, stir, call and  
command people to seek Him  
in fasting and prayers.**



# YOU ARE IN THE WILL OF GOD

**W**HEN you fast, it is important you know that you are in the will of God. It is important that we know the will of God concerning all things, at all times.

*Wherefore be ye not unwise, but understanding what the will of the Lord is.*

Ephesians 5:17



## IT IS OUR TIME TO FAST

**From the words of Jesus Christ our Lord and Saviour, this is the time for the church of Jesus Christ to fast.**



## You are in the will of God

*Then came to him the disciples of John, saying, Why do we and the Pharisees fast oft, but thy disciples fast not?*

Matthew 9:14

We see the question the disciples of John the Baptist asked Jesus.

- ❖ It was a question about fasting
- ❖ They and the Pharisees fast often.
- ❖ The disciples of Jesus did not fast.
- ❖ They wanted to know why.

*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.*

Matthew 9:15

Let us consider the response of Jesus to the question of the disciples of John concerning fasting.

- ◎ Jesus did not say that their observation of His disciples not fasting was wrong. In fact, He agreed that His disciples did not fast.

- ◎ Jesus said that the time will come when they will fast.
- ◎ Jesus said that when the bridegroom is taken away from His disciples the time to fast will come.
- ◎ Jesus, the bridegroom, was taken away from the disciples after His resurrection and ascension.
- ◎ Now that Jesus has been physically taken away from us His followers and disciples, IT IS TIME TO FAST.

After the resurrection and ascension of Jesus, the disciples of Jesus began to fast.

*As they ministered to the Lord, and fasted ... And when they had fasted and prayed ...*  
Acts 13:2-3

*And when they had ordained them elders in every church, and had prayed with fasting ...*  
Acts 14:23

*... in fastings often ...*  
2 Corinthians 11:27

## You are in the will of God

This is our time to fast beloved child of God. The fasting era of the church began after the ascension of Jesus and is still on. Jesus said, "...when the bridegroom shall be taken from them... THEN SHALL THEY FAST..." All believers must fast now, and fast often.

**Now that Jesus has been physically taken away from us His followers and disciples, IT IS TIME TO FAST.**



### GOD'S COMMAND AND COMMENDATION



**All through scriptures we see God lead, stir, call and command people to seek Him in fasting and prayers.**

When you fast, you are in the will of God because you are following and obeying the command of God's Word and Spirit.

*And the Lord said unto Moses, Come up to me into the mount, and be there ... And Moses rose up, and ... went up into the mount of God. And the glory of the Lord abode upon mount Sinai,*

*and ... covered it six days: and the seventh day he called unto Moses out of the midst of the cloud.*

Exodus 24:12

That is how God called Moses on a 40-day fasting journey.

*And Moses went into the midst of the cloud, and gat him up into the mount: and Moses was in the mount forty days and forty nights.*

Exodus 24:18

In the book of Joel, we also see God call His people to a fast, with great urgency and pressure.

*Sanctify ye a fast, call a solemn assembly...*

Joel 1:14

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

Joel 2:15

Fasting is one of the spiritual activities God chooses, commends and approves of. When we fast, we are in the will of God. Jesus was led by the



**You are in the will of God**

Holy Spirit into a fast.

*Then was Jesus led up of the Spirit into the wilderness. And when he had fasted forty days and forty nights ...*

Matthew 4:1-2

Another version of the Bible reads,

*Then Jesus was sent by the Spirit ...  
And after going without food for forty days and forty nights ...*

(BBE)

**Fasting is one of the spiritual activities God chooses, commends and approves of.**

Beloved child of God, let us be open and sensitive to hear and obey the call, command and leading of the Holy Spirit to fast.



**GOD IS PLEASED**

**Fasting pleases God because it shows hunger and thirst after God and the things of the Spirit. God wants us to be spiritually and heavenly minded.**

*If ye then be risen with Christ, seek those things which are above, where Christ sitteth on the right hand of God. Set your affection on things above, not on things on the earth.*  
Colossians 3:1-2

Fasting helps us obey this divine principle of seeking heavenly and spiritual things more than earthly carnal things like food, drink etc. God is pleased when we fast and seek spiritual things. Those who are always occupied with carnal things are not pleasing God.

*For they that are after the flesh do mind the things of the flesh; but they that are after the Spirit the things of the Spirit. So then they that are in the flesh cannot please God.*  
Romans 8:5, 8

Just as minding and seeking the things of the flesh does not please God, minding and going after the things of the Spirit pleases God. That is why God's Word celebrates those who show hunger and thirst after God and the things of the Spirit.

*Blessed are they which do hunger and*



**You are in the will of God**

*thirst after righteousness: for they shall be filled.*

Matthew 5:6

*... If any man thirst, let him come unto me, and drink.*

John 7:37



**FOLLOWING THE STEPS OF FAITH**

**When you fast, you are in the will of God because you are following after the examples of men and women of faith who followed God.**

The Bible tells us to find out and follow the path of their righteous example.

*Thus saith the Lord, Stand ye in the ways, and see, and ask for the old paths, where is the good way, and walk therein, and ye shall find rest for your souls...*

Jeremiah 6:16

We are to keep on following in the old practice of fasting. Follow after the examples of Moses,

Joshua, Samuel, David, Nehemiah, Esther, Ezra and Elijah. The ancient practice of seeking God is still valid today. God says we will find rest and refreshing for our souls.

*Now all these things happened unto them for ensamples: and they are written for our admonition, upon whom the ends of the world are come.*

1 Corinthians 10:11

The life of men who followed God in the past is written down in God's Word as examples for us to follow in this age of the end of the world.

- ❖ Moses fasted and so should we.
- ❖ Esther fasted and so should we.
- ❖ Daniel fasted and so should we.
- ❖ Jesus Christ our Lord fasted and so should we.
- ❖ Paul and the Apostles fasted and so should we.

*That ye be not slothful, but followers of them who through faith and patience inherit the promises.*

Hebrews 6:12



## DIFFERENT KINDS OF FASTS

**There are different kinds of fasts revealed in the Bible.**

Wisely consider them and decide which works best for you per time.

- ◎ Complete fast. Exodus 34:28. No food and no water.
- ◎ Partial fast. Daniel 10:2-3. With some light food.
- ◎ Whole day fast. Judges 20:26. Daybreak to nightfall.
- ◎ Whole night fast. Daniel 6:18. Evening till morning.
- ◎ Water fast. Luke 4:2. With water but no food.
- ◎ 3 days fast. Esther 4:16.
- ◎ 7 days fast. 2 Samuel 12:16-18.
- ◎ 10 days fast. Acts 1:3; 2:1.
- ◎ 14 days fast. Acts 27:33
- ◎ 21 days fast. Daniel 10:2-3.
- ◎ 40 days fast. Exodus 34:28; Matthew 4:2.
- ◎ Fasting often as a lifestyle. 2 Corinthians 6:5, 11:27.



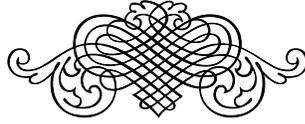
CHAPTER | 3

**GOD WILL  
ANSWER**



**When you fast, know  
that God will respond  
and answer.**





# GOD WILL ANSWER

**W**HEN you fast, know that God will respond and answer. God has promised to answer those who seek His face in fasting and prayers.



## WILL GOD ANSWER?

**A situation can seem so bad that people will be unsure if God will answer and intervene.**

In Nineveh, their evil was so terrible and their judgement so great, that they were not sure if there will be a turn around answer from God.

*But let man and beast be covered with sackcloth, and cry mightily unto God:*



## God will answer

*yea, let them turn every one from his evil way, and from the violence that is in their hands. Who can tell if God will turn and repent, and turn away from his fierce anger, that we perish not?*

Jonah 3:8-9

With such anxiety in their hearts, everyone in Nineveh prayed and added the extra mile key of fasting. They cried mightily to God. God heard and answered them. When we fast, God answers.

*And God saw their works, that they turned from their evil way; and God repented of the evil, that he had said that he would do unto them; and he did it not.*

Jonah 3:10

God saw their works: their sacrifice of fasting. God's attention was drawn to their spiritual devotion of genuine fasting and there was an answer of mercy and divine turn around. When you fast, know that God will see, hear and answer.

**When we fast, God answers.**



## WILL GOD SHOW MERCY?

**Our God is gracious and merciful by nature, and He shows mercy to those who fast sincerely and genuinely.**

God is looking for who to bless, not who to judge or punish. So, when a person goes on a fast to seek His face in humility, sincerity and brokenness, He answers and shows mercy. Our God is a prayer-answering God. He will never change and cannot deny Himself.

*Therefore also now, saith the Lord, turn ye even to me with all your heart, and with fasting, and with weeping, and with mourning: And rend your heart, and not your garments, and turn unto the Lord your God: FOR HE IS GRACIOUS AND MERCIFUL, SLOW TO ANGER, AND OF GREAT KINDNESS...*

Joel 2:12-13

Our God is gracious and merciful, clear all doubts from your mind. The mercy of God is greater than your mistakes. YES, GOD WILL SHOW MERCY!!!



## God will answer

Do not fast with any trace of questioning doubt in your mind.

*Who knoweth if he will return and repent, and leave a blessing behind him...*

Joel 2:14

Whatever God did before, He will do the same again. Whatever God does for one, He will do the same for others who believe. Don't doubt God's faithfulness to answer when you fast. God will surely answer.



## GOD HAS PROMISED

**God has promised us in His Word that those who seek Him in prayers and fasting will receive answers.**

Fasting will trigger a divine response from God. The answer is sure to come, it is a certainty, not a probability.

*Then will the Lord be jealous for his land, and pity his people. Yea, the Lord will answer and say unto his people,*

*Behold, I will send you corn, and wine, and oil, and ye shall be satisfied therewith: and I will no more make you a reproach among the heathen: Fear not, O land; be glad and rejoice: for the Lord will do great things.*

Joel 2:18-19, 21

“Yea, the Lord will answer...” That is the rock upon which our faith must rest. God will answer us when we seek Him in fasting and prayer. God will do great things when we fast and pray. Then God says, “Fear not, O land...” That means we should not entertain any concerns whether God will answer. We should rejoice in faith, knowing that God will answer.

© **God answered Moses with a visitation of greater glory.**

*And he was there with the Lord forty days and forty nights; he did neither eat bread, nor drink water ... when he came down from the mount, that Moses wist not that the skin of his face shone while he talked with him.*

Exodus 34:28-29



© **God answered Ahab with mercy and forgiveness.**

Ahab was an evil king that committed much evil and brought the judgement of God upon himself. But he turned to seek God in fasting, brokenness and humility. God saw and answered.

*And it came to pass, when Ahab heard those words, that he rent his clothes, and put sackcloth ...and fasted...and went softly. And the word of the Lord came to Elijah ... saying, Seest thou how Ahab humbleth himself before me? because he humbleth himself before me, I will not bring the evil in his days ...*  
1 Kings 21:27-29

© **God gave Ezra direction, protection and preservation in answer to his fasting and prayer.**

*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. So we*

*fasted and besought our God for this:  
and he was intreated of us.*

Ezra 8:21, 23

God answered Ezra. Other versions of the Bible put it beautifully.

... He heard our plea – AMP.

... He listened to our entreaty – ESV.

... He answered our prayer – NIV.



**God answered Nehemiah with favour,  
connection and opening when he fasted.**

*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, O Lord, I beseech thee, let now thine ear be attentive to the prayer of thy servant, and to the prayer of thy servants...prosper, I pray thee, thy servant ... and grant him mercy in the sight of this man [the king]...*

Nehemiah 1:4, 11

See how Nehemiah testified about the answer he received from God when he fasted and prayed.



## God will answer

*Then the king said unto me, For what dost thou make request? So I prayed to the God of heaven. And I said unto the king, If it please the king, and if thy servant have found favour in thy sight, that thou wouldest send me unto Judah...that I may build it. ... So it pleased the king to send me; and I set him a time. ... And the king granted me, according to the good hand of my God upon me.*

Nehemiah 2:4-6

© **God visited Esther and Mordecai with favour and divine intervention when they fasted and prayed.**

*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; and so will I go in unto the king, which is not according to the law: and if I perish, I perish.*

Esther 4:16

You cannot fast and perish. God will answer and

send deliverance when you add fasting to your prayers. Esther did not perish. The way to seeing the king was opened by favour, and Esther was accepted by the king.

*Now it came to pass on the third day, that Esther put on her royal apparel, and stood in the inner court of the king's house, over against the king's house... And it was so, when the king saw Esther the queen standing in the court, that she obtained favour in his sight...*

Esther 5:1-2

Esther and Mordecai, and all the children of Israel enjoyed a mighty deliverance and turn around because they sought God in fasting and prayer.

*The Jews had light, and gladness, and joy, and honour. And in every province, and in every city, ...the Jews had joy and gladness, a feast and a good day...*

Esther 8:16-17





## IN THE NEW TESTAMENT TOO

**In the New Testament, the Apostles fasted and sought God and He answered them.**

*As they ministered to the Lord, and fasted, the Holy Ghost said ... And when they had fasted and prayed, and laid their hands on them, they sent them away. So they, being sent forth by the Holy Ghost, departed...*

Acts 13:2-4

God answered them, gave them clear revelational direction, and backed them up with anointing and unction for ministry. This is why they confidently observed fasting often. They knew that God answers. When you fast, know that God answers.

CHAPTER | 4

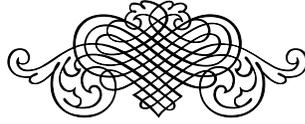
**DO IT  
RIGHT**

A graphic of a target with concentric circles and a central bullseye, positioned in the upper right corner of the page.

---

**Moses was careful to  
build the tabernacle of God  
according to the pattern that  
God showed him.**





# DO IT RIGHT

**W**HEN you fast, you must do it right. Everything we are to do for God has to be done right for it to be accepted. God rejected the sacrifice of Cain because he did not do it right.

*But unto Cain and to his offering he had not respect. And Cain was very wroth, and his countenance fell. And the Lord said unto Cain, Why art thou wroth?... IF THOU DOEST WELL, SHALT THOU NOT BE ACCEPTED? and if thou doest not well, sin lieth at the door. And unto thee shall be his desire, and thou shalt rule over him.*

Genesis 4:5-7



## Do it right

For our fasting, service or worship to be accepted we must endeavour to do it right. For everything we are to do unto God, there is a right way to do it, to ensure success and divine approval.

David attempted to bring back the Ark of God to its rightful place in the City of Jerusalem. The Ark was carried by an oxen-drawn cart. This was not the right way, God's Ark was to be carried on the shoulders of God's Priests and Levites. When we don't do things right, things go wrong.

*And when they came unto the threshingfloor of Chidon, Uzza put forth his hand to hold the ark; for the oxen stumbled. And the anger of the Lord was kindled against Uzza, and he smote him, because he put his hand to the ark...*

1 Chronicles 13:9-10

They did the right thing but not in the right way, and wrong things happened. David later acknowledged this.

**When we don't do things right,  
things go wrong.**

*And said unto them, Ye are the chief of the fathers of the Levites: sanctify yourselves, both ye and your brethren, that ye may bring up the ark of the Lord God of Israel unto the place that I have prepared for it. FOR BECAUSE YE DID IT NOT AT THE FIRST, the Lord our God made a breach upon us, for that WE SOUGHT HIM NOT AFTER THE DUE ORDER.*

1Chronicles 15:12-13

Moses was careful to build the tabernacle of God according to the pattern that God showed him.

*And look that thou make them after their pattern, which was shewed thee in the mount.*

Exodus 25:40

Elijah also carefully repaired and rebuilt God's broken altar, following God's set order and pattern.

*And Elijah took twelve stones, according to the number of the tribes of the sons of Jacob, unto whom the word*



## Do it right

*of the Lord came, saying, Israel shall be thy name: And he put the wood in order ... and said, Lord ... let it be known this day ... that I ... have done all these things at thy word. THEN THE FIRE OF THE LORD FELL ...*

1 Kings 18:31, 33, 36, 38

For our fasting to be accepted and blessed by God, we must do it right. 1 Corinthians 14:40 says, "Let all things [including fasting] be done decently and in order."



## GOD CAN REJECT A FAST

**When a fast is not done right, it can be rejected by God.**

*Wherefore have we fasted, say they, and thou seest not? wherefore have we afflicted our soul, and thou takest no knowledge?...*

Isaiah 58:3

So you see that a fast not rightly undertaken can be rejected. Even the people fasting knew and felt the vanity and emptiness of their fast. They knew that

God did not even notice or take knowledge of their fast. That shall not be your portion in Jesus name. When you fast, do it right.

See another record of a rejected fast in Zechariah 7:4-5,

*Then came the word of the Lord of hosts unto me, saying, 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?*

Those people were fasting twice in a year for seven years and God was not even aware of their fast. He told them they were not fasting unto Him. The people themselves knew and felt the unfruitfulness of their fasting and complained about it. They sent the people to the priests.

*... to speak unto the priests which were in the house of the Lord of hosts, and to the prophets, saying, SHOULD I WEEP IN THE FIFTH MONTH, SEPARATING MYSELF, AS I HAVE DONE THESE SO MANY*



**Do it right**

YEARS?  
Zechariah 7:3

Beloved, let's find out how to fast right and follow accordingly. It's time to fast and do it right always.



## DECISION OF QUALITY

**Fasting right begins with taking a decision of quality.**

That means, know the importance, value and spiritual need of a fast, and decide to undertake the fast with seriousness and focus. Sense the stirring, leading and pull of the Spirit of God, drawing you into the fast. That was how Jesus our Lord fasted with powerful results.

*Then was Jesus led up of the Spirit into the wilderness ... And when he had fasted forty days and forty nights ...*

Matthew 4:1-2

See your fast as a divine call from God to set yourself apart and seek Him for a glorious encounter. Respond to that call with a decision of quality. Concerning Jesus, we read:

*And immediately the Spirit driveth him into the wilderness. And he was there in the wilderness forty days...*

Mark 1:12-13

Realize that God only stirs, seeks and summons men when there is a divine need. Feel the divine need for your fast and decide seriously and firmly to go all the way with God.

Ezra did this and was blessed.

*Then I proclaimed a fast there...*

Ezra 8:21a

Nehemiah too...

*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...*

Nehemiah 1:4

**Only serious minded people can do serious business with God.** Take quality decision to seek God with focus, devotion and dedication as you fast. The book of Joel tells us to do this with the



## Do it right

seriousness of spirituality.

*Sanctify a fast, call a solemn assembly...*

Joel 1:14

Do not fast carelessly or casually, SANCTIFY A FAST... See your fast as a set-apart, sacred journey with God.

...consecrate a fast... (AMP)

...declare a holy fast... (NIV)



## REPENT AND PURGE YOURSELF

**To fast right, you must search your heart and spirit before God in true repentance and purging.**

Covered and hidden sins can render your fast fruitless. Lay your heart bare before God in sincerity and transparency. He loves you and wants to cleanse and bless you. Unrepentant and unconfessed sins put a barrier between people and God.

*But your iniquities have separated between you and your God, and your*

*sins have hid his face from you, that he will not hear.*

Isaiah 59:2

You need a pure heart to access the mountain of fasting and prayer. Remember how Isaiah cried out:

*Then said I, Woe is me! for I am undone; because I am a man of unclean lips, and I dwell in the midst of a people of unclean lips: for mine eyes have seen the King, the Lord of hosts.*

Isaiah 6:5

It was when he opened up to God in sincerity that he encountered God's cleansing and purging fire.

*Then flew one of the seraphims unto me, having a live coal in his hand, which he had taken with the tongs from off the altar: And he laid it upon my mouth, and said, Lo, this hath touched thy lips; and thine iniquity is taken away, and thy sin purged.*

Isaiah 6:6-7



## Do it right

The blood of Jesus and the fire of the Holy Spirit are ever available to cleanse and purge us thoroughly of every unclean thing, acts, words or thoughts. But we must open up to God in deep and true repentance. The Holy Spirit is the refiner's fire, sent to purify us from all uncleanness. (Malachi 3:1-4).

**You need a pure heart to access the mountain of fasting and prayer.**

When you fast, open up your life and turn to God in true and sincere repentance.

*And they gathered together to Mizpeh ... before the Lord, and fasted on that day, and said there, We have sinned against the Lord...*

1 Samuel 7:6

*If my people, which are called by my name, shall ... pray, and seek my face, and turn from their wicked ways; then will I hear from heaven, and will forgive their sin, and will heal their land.*

2 Chronicles 7:14



## ENGAGE WITH YOUR HEART

**Any act of spiritual worship that does not flow truly from your heart is not done right and will not be accepted by God.**

God looks on our heart, therefore engage your fast deeply with your heart: desire an encounter with God from your heart.

*I will cause him to draw near, and he shall approach unto me: for who is this that engaged his heart to approach unto me? saith the Lord.*

Jeremiah 30:21

The state of your heart affects all your life and all you do for God. The motives and sincerity of your heart matter to God. Engage the fast seriously with your heart.

*But the Lord said unto Samuel, Look not on his countenance, or on the height of his stature; because I have refused him: for the Lord seeth not as man seeth; for man looketh on the outward appearance, but the Lord looketh on the heart.*

1 Samuel 16:7



## Do it right

Let the fast and everything you do while fasting flow from a deeply involved and engaged heart. Let all your thoughts, meditations and actions bubble with heart passion. Engage the fast with your heart.

*Therefore also now, saith the Lord, turn ye even to me with all your heart, and with fasting, and with weeping, and with mourning: And rend your heart, and not your garments, and turn unto the Lord your God: for he is gracious and merciful, slow to anger, and of great kindness, and repenteth him of the evil.*

Joel 2:12-13

If your heart is not engaged in the fast, God will not accept it. God calls it vain hypocrisy. Please, engage the fast with all your heart.

*... you hypocrites, ... it is written, This people honoureth me with their lips, but their heart is far from me.*

Mark 7:6

To engage with the heart means:

- ❖ With love and affection.
- ❖ With will and determination.
- ❖ With interest and passion.
- ❖ With faith and conviction.
- ❖ With excitement and gladness.
- ❖ With insight and understanding.
- ❖ With expectation and anticipation.

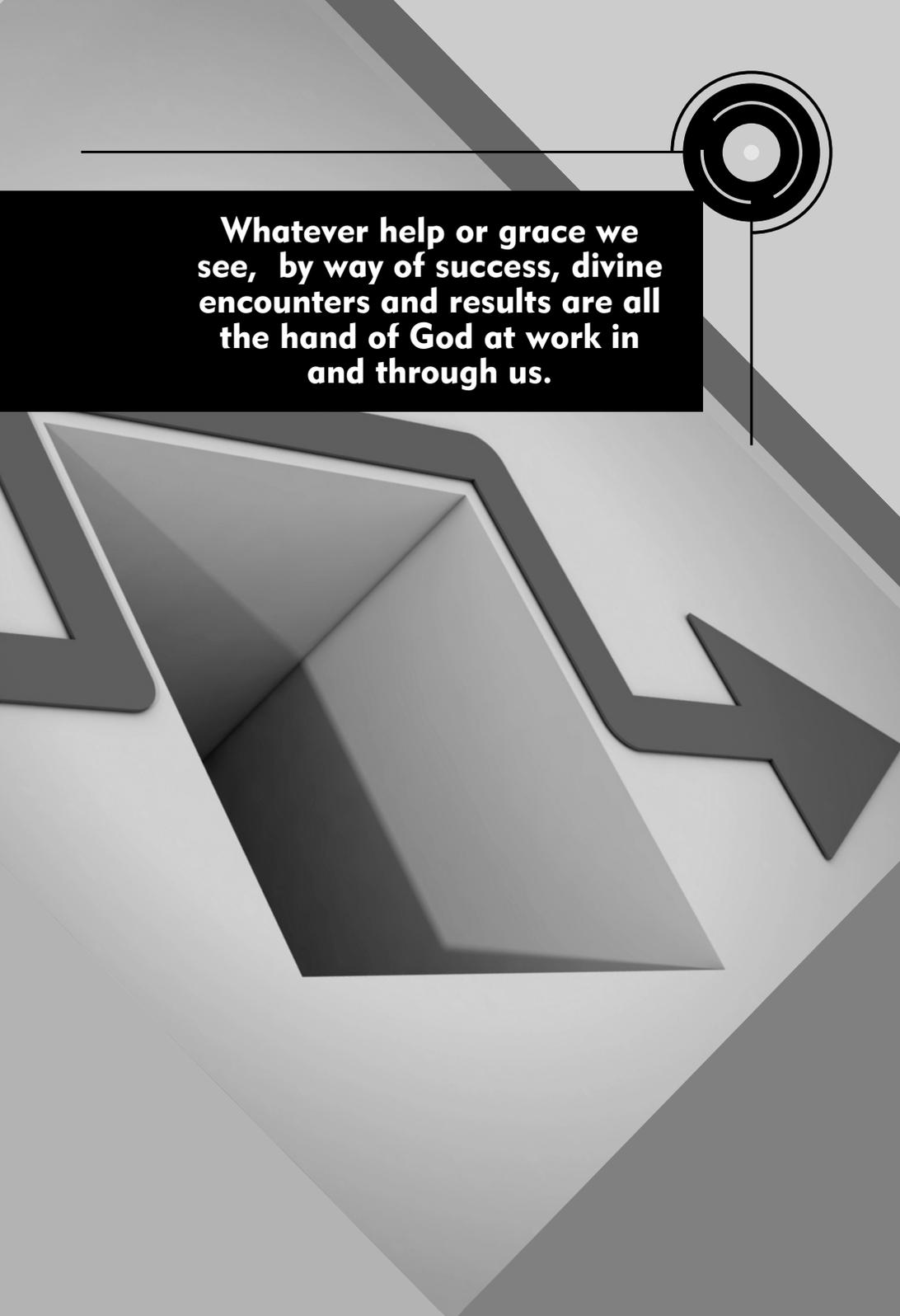


**Do it right**

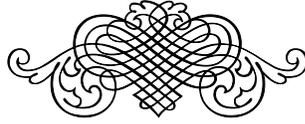
CHAPTER

5

**AVOID  
SHOW,  
SELF AND  
STRIFE**



**Whatever help or grace we see, by way of success, divine encounters and results are all the hand of God at work in and through us.**



# AVOID SHOW, SELF AND STRIFE

**W**HEN you fast, you must avoid certain things for your fast to be fully rewarded by God. Fasting is a sacred divine investment undertaken by people who desire to see God's glory and power in a greater dimension. Moses said, "*I beseech thee, show me thy glory.*" (Exodus 33:18). David's heart cry was "... *To see thy power and thy glory, so as I have seen thee in the sanctuary.*" (Psalm 63:2). For you to fast and see God's glory and power, there are things to avoid.



## AVOID SHOW OF SELF



### **Show here means:**



A public exhibition and display.



To act to be seen by others.



To perform for public entertainment.



## **Avoid show, self and strife**

- ❖ To publicise by speech or behaviour.

For our fast to be accepted and rewarded by God, we must avoid show.

*And when thou prayest, thou shalt not be as the hypocrites are: for THEY LOVE TO PRAY STANDING ...THAT THEY MAY BE SEEN OF MEN. Verily I say unto you, They have their reward.*

*Moreover when ye fast, be not, as the hypocrites, of a sad countenance: for THEY DISFIGURE THEIR FACES, THAT THEY MAY APPEAR UNTO MEN TO FAST. Verily I say unto you, They have their reward.*

Matthew 6:5, 16

Those who fast and pray for show will have nothing to show after their fast. When you fast, avoid attention attracting show and display. Do not package or put up any form of display or appearance that will publicise your fast for people to see. If people do get to know, as some definitely will, don't entertain their curiosity with endless conversations about your fasting and prayer.

*But thou, when thou prayest, enter into thy closet, and when thou hast shut thy door, pray to thy Father which is in secret; and thy Father which seeth in secret shall reward thee openly.*

Matthew 6:6

**Those who fast and pray for show will have nothing to show after their fast.**

When you avoid carnal show and display while fasting and praying, God who sees in secret will reward you openly. When you fast, avoid public show, and God will give you something to show to your world after the fast.

*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: and thy Father, which seeth in secret, shall reward thee openly.*

Matthew 6:17-18





## AVOID BOASTING IN SELF

**When you fast, avoid boasting in yourself: how you fast successfully; longer than others; are always strong and sound while fasting; go many more days than others without water. You must avoid all kinds of boasting.**

Our only boast is in God who alone gives us the grace, strength and power to fast and pray.

*My soul shall make her boast in the Lord ...*

Psalms 34:2a

*In God we boast all the day long, and praise thy name ...*

Psalms 44:8

Whatever help or grace we see, by way of success, divine encounters and results are all the hand of God at work in and through us. God is the one accomplishing His purpose through us, and there is no place for boasting.

*Shall the axe boast itself against him that heweth therewith? Or shall the*

*saw magnify itself against him that shaketh it? As if the rod should shake itself against them that lift it up, or as if the staff should lift up itself, as if it were no wood.*

Isaiah 10:15

In Luke 18:10-14, we read of two men who went up into the temple to pray; a Pharisee and a publican. The Pharisee was boasting in the name of prayer. God says, "*he prayed thus WITH HIMSELF.*"

*I thank thee I am not as other men are ... I fast twice in the week ...*

His carnal boasting cancelled and condemned his prayer and fasting. He went away condemned and empty.

*... for every one that exalteth himself shall be abased; and he that humbleth himself shall be exalted.*

Avoid all pride and boasting, and God will bless and promote you as you fast. God resists the proud and assists the humble and broken.





## AVOID SELF-CENTREDNESS

**Selfishness and self-centeredness is a blocker of fasting blessings.**

When your fasting is all and only about you, your needs and your focus, God will not be a part of that fast.

*Wherefore have we fasted, say they,  
and thou SEEST NOT? wherefore  
have we afflicted our soul, and thou  
TAKEST NO KNOWLEDGE?  
BEHOLD, IN THE DAY OF YOUR  
FAST YE FIND PLEASURE, AND  
EXACT ALL YOUR LABOURS.*

Isaiah 58:3

Self-centred prayer and fasting has no future with God. The amplified version of the Bible says

*Hear this (O Israel), on the day of your  
fast (when you should be grieving for  
your sins) you find something you  
desire (to do).*

The living Bible translation says this:

*You are living in evil pleasure even while you are fasting.*

TLB

*Yet on the day of your fasting, ye do as you please ...*

NIV

Focusing on your personal schedules, activities, business, pursuits and desires while fasting is a waste of your fasting effort. Some people fill their fasting time with personal activities to keep their minds away from hunger or tiredness.

**Self-centred prayer and fasting have no future with God.**

Beware of pursuing your pleasures and activities while fasting. Such a time is meant for setting aside personal pleasures and pursuits to seek God and spiritual things much more intensely. Spend more time in worship not washing clothes, in prayers not playing movies, in word study not in watching TV. When you fast, invest time in pursuit of the things of God, not personal carnal activities.





## AVOID DISTRACTIONS

**When you fast, you are to give God your undivided and unbroken focus.**

Satan will try to use many things to distract you – phone calls, people, house chores or needs. Know this: DISTRACTION IS AN ENEMY OF DIVINE VISITATION.



### **To distract means:**

- ❖ To draw away or divert one's mind or attention.
- ❖ To disturb or trouble greatly in heart or mind.
- ❖ To provide a diversion contrary to one's object of focus.
- ❖ To mislead, lead away and lead astray.

When you fast and pray, avoid and eliminate sources of distraction. Jacob had to put away potential family distractions and be left alone in order to seek God effectively and fruitfully.

*And he rose up that night, and took his two wives, and his two womenservants, and his eleven sons,*

*and passed over the ford Jabbok. And he took them, and sent them over the brook ... And Jacob was left alone; and there wrestled a man with him until the breaking of the day.*  
Genesis 32:22-24

Moses had to leave people and get to the backside of the desert, then turned away from the sheep to give God his full and undivided attention. Giving God your undivided attention positions you for a divine visitation.

*... he led the flock to the backside of the desert, and came to the mountain of God, even to Horeb. And the angel of the Lord appeared unto him in a flame of fire out of the midst of a bush: AND HE LOOKED, AND, BEHOLD, the bush burned with fire, and the bush was not consumed.*  
Exodus 3:1-2

Moses took steps to move away from distractions to give God full attention. ... HE CAME... HE LOOKED... HE BEHELD; that alignment is why God appeared to him, and he did not miss the

## **Avoid show, self and strife**

visitation. Moses pressed on further to give God his full attention. To attract divine visitation, avoid distractions and give God your focused attention.

*And Moses said, I WILL NOW TURN ASIDE, AND SEE this great sight, why the bush is not burnt. And WHEN THE LORD SAW THAT HE TURNED ASIDE TO SEE, GOD CALLED unto him out of the midst of the bush...*

Exodus 3:3-4

Can you see how Moses increasingly eliminated distractions to secure divine visitation from God?

... He came - God appeared ...

... He looked - He beheld more ...

... He turned aside - God called ...

To make the most of your time with God, avoid distractions. Jesus always put away distractions to have a quality time with God.

**Giving God your undivided attention positions you for a divine visitation.**

*And in the morning, rising up a great while before day, he went out, and departed into a solitary place, and there prayed.*

Mark 1:35

*And straightway Jesus constrained his disciples to get into a ship, and to go before him unto the other side, while he sent the multitudes away. And when he had sent the multitudes away, he went up into a mountain apart to pray: and when the evening was come, he was there alone.*

Matthew 14:22-23



## AVOID STRIFE

*Wherefore have we fasted, say they, and thou seest not? wherefore have we afflicted our soul, and thou takest no knowledge?... Behold, ye fast for strife and debate, and to smite with the fist of wickedness: ye shall not fast as ye do this day, to make your voice to be heard on high.*

Isaiah 58:3-4



## **Avoid show, self and strife**

When you fast, clear your heart of all offence and strife. Other versions of the Bible say,

*Behold, you fast only to quarrel and to fight and to hit ...*  
ESV

*What good is fasting when you keep fighting and quarrelling?*  
TLB

*Your fasting ends in quarrelling and strife and in striking each other with wicked fists ...*  
NIV

Quarrelling and fighting makes God not to notice, honour, bless or reward a fast. Strife means bitter conflict, clash, quarrel, discord, antagonism, rivalry, competition, tension, argument, animosity, bickering, disagreement, discord, dispute, contention, friction, and faction. You cannot be fasting and be quarrelling with others.

Beware of offences and provocations. Satan will try to use things to irritate and aggravate you. To fast and see results, you must walk in love and be

at peace with others. You cannot be fasting and be fighting. Avoid all arguments and exchange of words. Forgiving those who offend you makes God hear and answer your prayers.

*And when ye stand praying, forgive, if ye have ought against any: that your Father also which is in heaven may forgive you your trespasses.*

Mark 11:25

**Beware of offences and provocations.**



**Avoid show, self and strife**

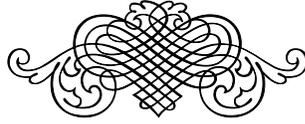
CHAPTER | 6

**START  
LITTLE,  
THEN  
GROW**



---

**Just as we learn to eat better  
and healthier, we grow in  
spiritual exercises into greater  
dimensions of godliness.**



# START LITTLE, THEN GROW

**W**HEN you fast, start with the kind of fast or level of fasting that your body, mind, health and strength can handle per time. In order to stay sound and healthy, you must start small and grow into more demanding fasting types.



## DIFFERENT KINDS OF FASTS TO CHOOSE FROM

**There are different kinds of fasts that people practised in the course of seeking God and waiting on God.**

They include:

© **Daily Fast.**

Mild with water. Fasting daily from 6 am – 3 pm or 6 pm with water.



**Start little, then grow**

☉ **Daily Fast.**

Complete and dry. Fasting daily from 6 am – 6 pm without any water. (Joshua 7:6-10) (Ezra 9:34)

☉ **Evening or Night Fast.**

6 pm – 6 am. With water, or without water. Daniel 6:18.

☉ **3 Day Fast.**

Mild with water.

☉ **3 Day Fast.**

Complete and dry. (Esther 4:15-17)

☉ **Other Unspecified Days Fast.**

Ezra 8:21, Nehemiah 1:4, Daniel 9:3. Can range from 1 to 6 days.

☉ **7 Days Fast.**

Mild or complete. 2 Samuel 12:16-18, Job 2:11-13

☉ **14 Days Fast.**

Mild or complete. Acts 27:33.

☉ **21 Days Fast.**

Mild or complete. Daniel 10:2-3.

☉ **40 Days Fast.**

Supernatural fast. Exodus 34:28; 1 Kings 19:8, Matthew 4:2.

☉ **Fasting Often.**

As a lifestyle. 2 Corinthians 6:5; 11:27.

These different kinds of fasts are available for us to choose from. Therefore, start little, then grow from one level to the next as grace increases.



## FAST WITH WISDOM

☉ **Fasting is a spiritual exercise that is for our benefit, not destruction.**

Therefore, we need to operate with wisdom to avoid any carnal or foolish pressure that could expose us to self-destruction.

*... for wisdom is a defence ... wisdom giveth life.*

Ecclesiastes 7:12

In deciding which kind of fast to undertake, applying some wisdom steps can help.



*...wisdom is profitable to direct...*  
Ecclesiastes 10:10

**Note the following:**

**1**

**Begin with less stressful fasts, such as daily fasts with water, or night fasts and grow to higher and more demanding fasts as you progress.**

*Though thy beginning was small, yet thy latter end should greatly increase.*  
Job 8:7

**2**

**Participate in corporate group fasts with other believers in the church, and build spiritual stamina for your personal fasts.**

Do not withdraw yourself from the group fast of the church or church departments. Joel 2:15-16 says we should call and ensure participation in group fasts.

*Blow the trumpet in Zion, sanctify a fast, call a solemn assembly: Gather the people, sanctify the congregation...*

The group fast of the church is of God and we are told to gather and participate effectively.

**3**

**Maintain a consistent fasting life to keep yourself alert, sound and growing. Schedule a weekly one day fast for your personal spiritual revival and growth.**

Anna, the prophetess, lived such a spiritually charged life by engaging in and maintaining a consistent fasting schedule.

*And there was one Anna, a prophetess, the daughter of Phanuel, of the tribe of Aser: she was of a great age... 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.*

Luke 2:36-37

**4**

**No one is too old, young or busy to maintain a regular fasting schedule as a lifestyle.**

Paul the apostle also maintained a consistent fasting life and schedule.

**5**

**Grow in your fasting capacity. Fasting is a spiritual exercise and investment unto godliness.**

Like every other spiritual service, we are to grow from one level of glory to another.

Just as we learn to eat better and healthier, we grow in spiritual exercises into greater dimensions of godliness. As we get better in engaging and maintaining spiritual exercises, we grow healthier spiritually.

*... exercise thyself rather unto godliness*

1 Timothy 4:7

**6**

**The more your spiritual input and investment, the greater your harvest of results.**

Just as you should not sow sparingly, but bountifully, and should grow in the giving grace, you should grow in the prayer and fasting grace, to higher and greater levels of

fasting. Beloved, challenge and stretch yourself to grow in your fasting capacity.

**7**

**The greater the dimension of spiritual impact and exploits you are called to walk in, the higher you will need to grow in fasting**

*...For unto whomsoever much is given, of him shall be much required: and to whom men have committed much, of him they will ask the more.*

Luke 12:48



## **SUBMIT TO SPIRITUAL COVER AND COUNSEL**

**In starting little and growing to higher levels of fasting, ensure you seek spiritual counsel and remain under the spiritual cover of your man of God.**

Spiritual covering and counsel is for our safety. Seek the counsel of your pastor and or spiritual mentor. There is someone that God has already helped in that new level you are trusting God for. One of the reasons people fast with no notable



## Start little, then grow

success or result is due to the lack of spiritual counsel.

*Where no counsel is, the people fall: but in the multitude of counsellors, there is safety.*

Proverbs 11:14

Seek mature spiritual counsel and read books on fasting from sound and trusted spiritual authorities. There are lots of people who have never read any christian book on fasting. The faith and light you need for fasting rightly, successfully and fruitfully will come from the knowledge you access. Wise people gather knowledge from others.

*The way of a fool is right in his own eyes: but he that hearkeneth unto counsel is wise.*

Proverbs 12:15

We saw earlier in the book that people can pray and fast wrongly and miss the blessing and the honour of God. With good counsel and knowledge, we avoid disappointment and escape failure. By receiving good and godly counsel from

spiritual leaders and mentors, we avoid mistakes, evade errors and avert breakdown.

*Without counsel purposes are disappointed: but in the multitude of counsellors, they are established.*

Proverbs 15:22

*Without counsel, purposes are disappointed...*

Proverbs 15:22

Daniel received light and understanding to fast to see drastic results by studying the book of Jeremiah. It was from Jeremiah 29:10-13 that he discovered that the time for their captivity to end was 70 years; and that the way out of their captivity was in seeking God in prayer and fasting. When he followed and applied that light, there was a divine visitation for a turnaround.

*In the first year of his reign, I Daniel understood by books the number of the years, whereof the word of the Lord came to Jeremiah the prophet, that he would accomplish seventy years in the desolations of Jerusalem. And I set my face unto the Lord God, to seek by*



**Start little, then grow**

*prayer and supplication, with fasting*

...

Daniel 9:2-3

Seek, receive and follow scriptural counsel and blessing, as you fast. Proverbs 19:20 says,

*Hear counsel, and receive instruction,  
that thou mayest be wise in thy latter  
end.*

Proverbs 19:20



## CONSIDER YOUR HEALTH TOO

**There is a connection between good nutrition and maintaining a sound health.**



**Some key points to note concerning food and fasting:**

- ❖ Fasting right has both spiritual and health benefits.
- ❖ Fasting wrong, carelessly or ignorantly can rob you of the needed nutrition and medication for sound health, recovery and buoyancy.



- ❖ Eating wrong or excessively is dangerous and destructive to our health.
- ❖ Eating right is also necessary and beneficial to our health.
- ❖ Fasting wrong in a bad state of health can further compromise your recovery and soundness.
- ❖ Fasting right can speed up your health recovery too.

Just as we seek and follow sound medical advice in knowing how, when and what to eat in order to build and boost our health, we should also seek and receive good medical advice to prepare and decide on what type of fast is beneficial to us per time. We must avoid fasting carelessly: stopping medication without medical counsel and other unnecessary health risks. Beloved, carelessness or recklessness in both physical and spiritual actions can both be detrimental and destructive. The Bible tells us of Epaphroditus, a minister with Apostle Paul, who almost died due to body mismanagement.

Our involvement in spiritual activities does not give us automatic immunity from the consequences of careless body management.

*For indeed he was sick nigh unto death: but God had mercy on him; and not on him only, but on me also, lest I should have sorrow upon sorrow... Because for the work of Christ he was nigh unto death, NOT REGARDING HIS LIFE...*

Philippians 2:27, 30

**We must avoid fasting carelessly: stopping medication without medical counsel and other unnecessary health risks.**

When you want to fast, consider your health too. Epaphroditus ...*was sick unto almost death...* Why was he that sick? *NOT REGARDING HIS LIFE...* Other translations say,

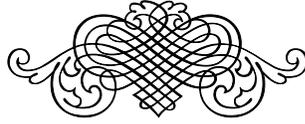
- ... RISKING HIS [VERY] LIFE ... (AMP)
- ... HE PUT HIS LIFE ON THE LINE ... (MSG)
- ... HAZARDING HIS LIFE ... (ASV)
- ... HE RISKED HIS OWN LIFE ... (CEV)
- ... HE PUT HIS LIFE IN DANGER ... (ERV)

CHAPTER | 7

**IT IS A  
TRAINING  
FOR  
PROMOTION**



**Today's fast prepares and  
positions you for tomorrow's  
glory.**



# IT IS A TRAINING FOR PROMOTION

**W**HEN you fast, realize that you are going through a time of spiritual training and preparation for great promotion. One of the things God uses to test and train people before He gives them spiritual promotion is food and appetite. Also, those who failed the food test lost their promotion and position of authority. This is why we need to take the discipline of fasting seriously.



## ADAM, THE SERPENT AND FOOD

**God's first test to Adam was about discipline and control of appetite.**

God's first test to Adam was about discipline and control of appetite. God gave Adam a command

## **It is a training for promotion**

on what to eat and what not to eat in the Garden of Eden. Satan also came through the serpent to tempt man to disobey God and disregard divine instruction concerning eating. Beloved, when God tells you to fast, He is preparing you for a promotion. Satan will also try to tempt you to eat when you should be fasting so that you forfeit the promotion God has for you.

In Genesis 2:16-17, God said to Adam ...*thou shalt not eat...* Then the serpent (Satan) came and said to Eve... *eat... then your eyes shall be opened.* (Genesis 3:5). Man obeyed Satan and ate and lost a great position of glory. (Genesis 3:7, Romans 3:23). When there is a divine stirring, and a call to go on a fast, it is Satan that does not want you to join and fast. It is Satan that wants you to handle the fast carelessly and break your fast before time. Refuse to see your fast as a mere religious activity. It is a spiritual training and test for promotion to greater glory.

Who will you obey when you are called by God, to say no to food and go on a fast? Will you obey God or Satan, and decide to fast or eat?



## ESAU: FOOD AT WHAT COST?

**Esau was a man who failed the food test and lost the glory of his birthright and the authority of the position of firstborn.**

Esau did not just violate a divine fast, he violated a divine call to a life of wisdom and priority for greater matters of destiny. Food was put side by side with a call to leadership and authority as a firstborn, and Esau chose food over being a leader with authority in destiny. Food was put side by side with value for a great future, and Esau chose food over a great future. Esau chose a stomach full of food than a future full of glory. Today's fast prepares and positions you for tomorrow's glory.

*And Jacob sold pottage: and Esau came from the field, and he was faint: And Esau said to Jacob, Feed me, I pray thee, with that same red pottage; for I am faint ...*

Genesis 25:29-30

Beloved, when God calls upon you to go on a fast, don't forget - YOU WILL BE HUNGRY - Yes, hunger, weariness, tiredness and possibly,



## It is a training for promotion

dizziness will come but remember that it is normal and okay. Despite the hunger, don't lose your sense of value and priority. There is a greater reason why you are fasting. You are fasting for a purpose and promotion that is far greater than the comfortable feeling of a stomach full of food. Hold on to your fast.

*And Jacob said, Sell me this day thy birthright. And Esau said, Behold, I am at the point to die: and what profit shall this birthright do to me?*

Genesis 25:31-32

Jacob has been cooking and giving to Esau at other times with no evil strings attached. That is why Esau called the food. "... that same red pottage". But this day was different, the food was offered with some negative conditions and strings attached. It was a clear transaction for the food to be eaten at a price. Notice that it was not a veiled, hidden or deceitful offer. NO! The condition was well spelt out: SELL ME THIS DAY THY BIRTHRIGHT...

**Beloved, when God tells you to fast,  
He is preparing you for a promotion.**



**Let us analyse this clear open offer Jacob gave to Esau:**

- ❖ I have something of value for you, a plate of pottage (food).
- ❖ I am selling it to you; to be eaten at a cost. As you eat it, you will give up and lose something forever.
- ❖ You have something valuable I recognize and want for the plate of food, i.e. your birthright (authority and glory).
- ❖ I have examined the transaction, and I am convinced that what I will get from you for this plate of food will be a worthy profit of higher value.
- ❖ But I want and expect you not to think and reason as highly as I am; so I expect you to think that the food I am giving you is of equal or higher value than your birthright.
- ❖ I want you to carelessly and thoughtlessly give up your birthright for just a temporary comfort of a stomach full of food, and remain a nobody for the rest of your life.
- ❖ I am going to pressure you into taking that decision hastily now. I cannot risk you thinking it over, lest you see the error and vanity of choosing food over your future.
- ❖ I want you to choose a plate of food now and



lose your future glory and authority.

Beloved, that is how Satan wants to pressure you into not fasting at all, or not fasting all the days you should. He wants you to break your fast each day before time. He wants you to choose a stomach full of food rather than a future with great authority and glory. That devil is a liar.

**Today's fast prepares and positions  
you for tomorrow's glory.**

Then Jacob made sure Esau sealed the transaction with a sworn oath.

*And Jacob said, Swear to me this day;  
and he swore unto him: and he sold his  
birthright unto Jacob.*

Genesis 25:33

Esau thoughtlessly and hastily went over the terms of the transaction, and chose food over a glorious future; Esau chose food over a lifetime of leadership and authority. Esau said he was too hungry, yet he has been hungry before and will be hungry again. If only Esau could endure that temporary hunger.

Esau said the food was more urgent and important that day – but that food will be completely useless after a few hours, and his birthright will be gone forever. Esau said he was about to die- but he would not have died, and he will be alive with no glory for many years to come.

When Satan tempts you not to fast, or tempts you to eat at the wrong time and break your fast wrongly, ask yourself this: FOOD...AT WHAT COST?



### THE YOUNG PROPHET: FOOD? NOT NOW!

**God wants us to live a life that is conscious of times and seasons, and what should be our priority pursuit in each season of life.**

God sent a young prophet on a mission to an evil altar in Samaria. However, due to the seriousness of the mission, and the need to execute the mission in a spirit of exceptional sensitivity and alertness, God placed an injunction against food.

*And, behold, there came a man of God*



## **It is a training for promotion**

*out of Judah by the word of the Lord unto Bethel... And he cried against the altar in the word of the Lord... The altar also was rent, and the ashes poured out from the altar...*

1 Kings 13:1-2

God calls us to fast for several key reasons which include:

- ❖ Spiritual preparation for key destiny assignments and callings.
- ❖ Strengthening of capacity to receive and pursue God's plan and purpose: with maximum effect, impact and success.
- ❖ Stirring up and generating spiritual power for impact and exploits.

The young prophet came to the false altar and spoke as God sent him, with great impact, effect and result. The fasting of yesterday prepared you for today, and the fasting of today prepares you for tomorrow. Learn to discern and obey God's stirrings for fasting. FOOD? NOT NOW.

*And the king said unto the man of God,  
Come home with me, and refresh  
thyself, and I will give thee a reward.*

*And the man of God said unto the king,  
If thou wilt give me half thine house, I  
will not go in with thee, neither will I  
eat bread nor drink water in this place:  
For so was it charged me by the word of  
the Lord, saying, Eat no bread, nor  
drink water, nor turn again by the  
same way that thou camest.  
1 Kings 13:7-9*

Due to the seriousness, significance and sacredness of the mission and season, God called the young prophet on a divine fast. We see some more reasons for this divine fast:

- ❖ To maintain and maximise spiritual alertness and sensitivity.
- ❖ To eliminate distractions and maintain an undivided focus.
- ❖ To close doors against the temptation of defiling invitations and associations.
- ❖ To shield against and avoid the contamination of wrong deposits.
- ❖ To boost a spiritual sense of urgency, fervency and vibrancy.

Please beware of eating when you ought to be fasting. Spiritual seasons call for extra alertness,



## It is a training for promotion

fervency and urgency. Eating the wrong food or eating at the wrong time can slow you down and dampen your spiritual sensitivity. For eating and breaking his fast wrongly, the young prophet dullened his sensitivity, got himself contaminated with the evil of the time, and compromised his safety.

*And it came to pass, as they sat at the table, that the word of the Lord came unto the prophet that brought him back: ...Thus saith the Lord, Forasmuch as thou hast disobeyed the mouth of the Lord, and hast not kept the commandment which the Lord thy God commanded thee, But camest back, and hast eaten bread and drunk water in the place, of the which the Lord did say to thee, Eat no bread, and drink no water; thy carcase shall not come unto the sepulchre of thy fathers.*

1 Kings 13:20-22



### **Note the following truths for the discipline of fasting:**



The call and stirring to fast should be obeyed and taken seriously.



- ❖ See the call and stirring to fast as a personal mandate to you from God.
- ❖ God can stir us to fast either personally or collectively as a group.
- ❖ That others are eating during a fast does not mean you should join them. Stay faithful to God and your fast.
- ❖ Do not constitute a source of temptation or stumbling block to others while they are fasting.

When you are tempted to break your fast at the wrong time, let your reply be... FOOD? NOT NOW!



## DISCIPLINE BEFORE PROMOTION

**It takes discipline to attract, receive and retain promotion.**

Those who lack discipline cannot handle authority properly. Lack of discipline leads to abuse of authority. That is why Ecclesiastes 10:16-17 says,

*Woe to thee, O land, when thy king is a child, and thy princes eat in the morning! Blessed art thou, O land,*



## It is a training for promotion

*when thy king is the son of nobles, and thy princes eat in due season, for strength, and not for drunkenness!*

Ecclesiastes 10:16-17

**Those who lack discipline will not last in authority.** One way we cultivate training for discipline is through fasting – saying no to our desires and appetites. God uses fasting to subdue the flesh in us. Through fasting, the flesh decreases for the spirit to gain supremacy.

It is wrong for those with a great destiny to be controlled by food and other fleshly desires such as sleep, laziness, talkativeness, anger, lust, bitterness, unforgiveness, greed, begging etc.

The Bible says we should be ... *princes that eat at the proper time, for strength, and not for drunkenness* (ESV). We are called to be:

*... leaders who work hard before they feast and drink, and then only to strengthen themselves for the task ahead.*

Ecclesiastes 10:17 (TLB)



## **To be disciplined means:**

- ❖ Training to act in accordance to set rules and standards.
- ❖ Exercise that develops and improves character, behaviour or skill.
- ❖ Behaviour that is in accordance to set rules of conduct.

Fasting helps discipline and train the body for the higher levels of authority and glory God has for us. Anything in you that could derail the future God has for you, as you engage in prayer and fasting, may it be flushed out on time in Jesus name.

Beloved, embrace the life of discipline. Embrace fasting and prayer as God stirs and leads you. Do not let love for food and other fleshly things take over your soul.

Jesus gave us this warning in Luke 21:34,

*And take heed to yourselves, lest at any time your hearts be overcharged with surfeiting, and drunkenness, and cares of this life, and so that day come upon*



**It is a training for promotion**

*you unawares.*  
Luke 21:34

That means we should watch out, and be on our guard so that eating and drinking does not dull and ultimately drown our spirits.

CHAPTER

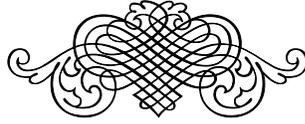
8

**THERE  
ARE  
BENEFITS**



**People who seek God in  
prayer and fasting rise to  
become high flyers.**





# THERE ARE BENEFITS

**W**HEN we fast there are benefits. Every instruction of scripture, given to us by God is for our benefit and profit. When God tells us to fast and pray, there are benefits and gains we enjoy.

2 Timothy 3:6a says,

*All scripture is given by inspiration of  
God, and is profitable...*

Fasting is a divine instruction from God in scripture, and it is for our profit and benefit. The Message Bible translation says, "*Every part of scripture is God-breathed and is useful one way or the other...*"



## There are benefits

God rewards those who engage the key of prayer and fasting.

*... thy Father, which seeth in secret,  
shall reward thee openly.*  
Matthew 6:18

The Message Bible translation says, "... He won't overlook what you are doing; he'll reward you well."

Therefore, when you fast, do it well with the consciousness and consideration of the coming benefits and rewards. "...Give thyself wholly to them; that thy profiting may appear to all." (1 Timothy 4:15).



### **Some benefits of fasting include:**

1. Dominion over the flesh. When you fast, the flesh is subjected, subdued and subjugated under the spirit. (Deuteronomy 8:1-4, Matthew 4:1-4).
2. Alignment with divine times and seasons. (Matthew 9:14-15, 1 Chronicles 12:32).
3. Access to divine scriptural nourishment.



(Deuteronomy 8:3-4, Exodus 24:9-11).

4. Humility that secures divine grace, mercy and promotion. (2 Chronicles 7:14, James 4:10, 1 Peter 5:6).
5. Speedy divine intervention and turn around. (Joel 2:12-20, Nehemiah 1:1-4, 2:1-8).
6. Revival, recovery and restoration of all losses. (Joel 2:12-17, 21-27).
7. Spiritual outpouring and empowerment for exploits. (Joel 2:28-32, Luke 4:1-4, 14)
8. Reversal of negative verdicts and judgement. (Esther 4:1-3, 15-17, Jonah 3:1-10).
9. Victory and triumph over enemies. (2 Chronicles 20:1-22).
10. Removal of yokes, burdens and bondages.

*Is not this the fast that I have chosen?  
to loose the bands of wickedness, to*



**There are benefits**

*undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke?*

Isaiah 58:6

11. Enlargement of heart capacity for generosity.

*Is it not to deal thy bread to the hungry, and that thou bring the poor that are cast out to thy house? when thou seest the naked, that thou cover him; and that thou hide not thyself from thine own flesh?*

Isaiah 58:7

Prayer and fasting can break the hold of selfishness and stinginess off a person.

12. Release of divine revelation and illumination.

*Then shall thy light break forth as the morning ...*

Isaiah 58:8a

When you give God your attention and

concentration in fasting, prayer and word study, God's light of vision and revelation breaks forth in your life.

13. Restoration of health, vitality and buoyancy.

*...thine health shall spring forth speedily...*

Isaiah 58:8b

Prayer and fasting generates power to break the hold of disease and infirmity. It also imparts the healing anointing for miracles.

14. Spiritual revival and renewal.

*... and thy righteousness shall go before thee...*

Isaiah 58:8c

Prayer and fasting is a cure for spiritual dullness, coldness lukewarmness, compromise and backsliding. It opens us up to God's revival fire and rain.

15. Release of God's glory.



## There are benefits

*... the glory of the Lord shall be thy rearward.*

Isaiah 58:8d

Prayer and fasting is a key to glory encounters and outpouring. Many people have had glory encounters and transformations through fasting. See Moses' glory encounter while engaging in prayer and fasting:

*And he was there with the Lord forty days and forty nights; he did neither eat bread, nor drink water. ...when he came down from the mount, that Moses wist not that the skin of his face shone...*

Exodus 34:28-29

### 16. Amazing answers to prayers.

*Then shalt thou call, and the Lord shall answer; thou shalt cry, and he shall say, Here I am ...*

Isaiah 58:9a

### 17. Destiny advancement, projection and

breakthrough.

*...then shall thy light rise in obscurity,  
and thy darkness be as the noonday.*

Isaiah 58:10b

Those who engage in prayer and fasting cannot be buried in destiny obscurity. People, such as Moses, David, Daniel, Esther and Nehemiah all rose to prominence and greatness as they engaged in prayer and fasting.

18. Continuous divine guidance and direction.

*And the Lord shall guide thee  
continually...*

Isaiah 58:11a

19. Connection to divine provision and supply.

*... and satisfy thy soul in drought, and  
make fat thy bones...*

Isaiah 58:11b

20. Unending favour, refreshing and flourishing.



## There are benefits

*... and thou shalt be like a watered garden, and like a spring of water, whose waters fail not.*

Isaiah 58:11c

Prayer and fasting terminates all dryness, emptiness, shortage, lack and scarcity.

21. Terminates disappointment and failure, and powers continuous success.

*... and like a spring of water, whose waters fail not.*

Isaiah 58:11c

*... like an ever-flowing spring. (BBE)*

*... like ... a gurgling spring that never runs dry. (MSG)*

22. Reconstruction and restoration of lost destiny and family glory.

*And they that shall be of thee shall build the old waste places: thou shalt raise up the foundations of many generations; and thou shalt be called, The repairer of the breach, The restorer of paths to dwell in.*

Isaiah 58:12

23. Establishment and transmission of generational glory, blessing and greatness.

*... thou shalt raise up the foundations of many generations; and thou shalt be called, The repairer of the breach, The restorer of paths to dwell in.*

Isaiah 58:12b

People who seek God in prayer and fasting live beyond themselves and their time. Men of prayer and fasting exist as generational glory pacesetter, influencers, pathfinders and road pointers. They bless and mentor others into greatness.

24. Kingdom and ministry exploits.

*...turn away thy foot from the Sabbath ...my holy day ...call the sabbath a delight, the holy of the Lord, honourable; and shalt honour him...*

Isaiah 58:13

Prayer and fasting stirs in us a burning passion and zeal for continuous kingdom impact. It equips us with grace for tireless



**There are benefits**

kingdom investment and service.

25. All-round promotion and prosperity.

*...I will cause thee to ride upon the high places of the earth, and feed thee with the heritage of Jacob thy father: for the mouth of the Lord hath spoken it.*

Isaiah 58:14

People who seek God in prayer and fasting rise to become high flyers. They do not end in low places. They enjoy promotion and distinction in life and destiny.

Beloved, as you engage in the lifestyle of prayer and fasting, you too will stand out as a proof of the breakthrough power of prayer and fasting.

CHAPTER

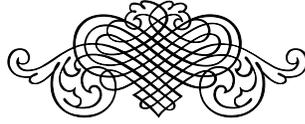
9

**ADD  
GIVING  
TO YOUR  
FAST**



**Let your next giving to God  
be more than your last giving**





# ADD GIVING TO YOUR FAST

**I**T is important that we engage in prayer and fasting consistently and continuously as a lifestyle. It is also very important that we add giving to our fasting. Crown your fasting with sacrificial giving to God.

*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.*

Judges 20:26

Prayer, fasting and giving is a threefold cord that will handle every stubborn issue.



## Add giving to your fast

*...a threefold cord is not quickly broken.*

Ecclesiastes 4:12b

To maximize the results of your fast, add sacrificial giving to your fast.



### WHAT IT MEANS



#### **What does it mean to add sacrificial giving to your fast?**



**Possess a heart that loves God and loves to give to God, for all that you have.**

*And Solomon loved the Lord ... And the king went to Gibeon to sacrifice there...*

1 Kings 3:3-4

Giving flows from a heart of love. Where there is genuine love for God, there will be giving. Do not hold back from God. The Bible calls Abraham the friend of God (2 Chronicles 20:7). He was also a tireless giver to God. (Genesis 12:7-8, Genesis 15:8-11).



© **Have a heart that desires and longs to give to God continuously.**

The state of your heart affects all you do in the kingdom of God. Do you have a heart that desires and longs to give to God, or do you have a heart that frowns at giving to God?

David's life of prayer and fasting flowed from a heart that longs to give to God. Solomon said this,

*And it was in the heart of David my father to build an house for the name of the Lord God of Israel.*

1 Kings 8:17

© **Derive joy and pleasure in giving to God as an act of worship.**

Give out of what you have to God joyfully and cheerfully as an act of worship; not to be slow or reluctant in giving to God.

*And Abraham said unto his young men, Abide ye here with the ass; and I*



## Add giving to your fast

*and the lad will go yonder and worship,  
and come again to you.*

Genesis 22:5

When you see giving to God as an act of worship, nothing becomes too big for you to give to God.

*Then the people rejoiced, for ... they offered willingly, because with perfect heart they offered willingly to the Lord: and David the king also rejoiced with great joy.*

1 Chronicles 29:9

© **Maintain a lifestyle of giving to God as part of your privileged honour and devotion to Him.**

*Honour the Lord with thy substance,  
and with the firstfruits of all thine increase.*

Proverbs 3:9

Be a lifetime continuous giver, not a onetime giver or a once-in-a-while giver. Give repeatedly and tirelessly. Give daily and

give severally to every kingdom cause. Give your tithes faithfully, and your love offerings cheerfully. Maintain a giving lifestyle continuously.

◎ **Sow a special sacrificial seed with every prayer and fasting engagement.**

As you plan prayer points to pray and scriptures to study, also plan the sacrificial seed to sow as you take on a fast. Judges 20:26 says,

*Then all the children of Israel ... came unto the house of God, and WEPT..., and FASTED..., and OFFERED BURNT OFFERINGS...*

Judges 20:26

In 1 Samuel 7 verse 6 and 9, we also read how they fasted, prayed and offered to God.

*And they gathered together to Mizpeh, and drew water, and... fasted on that day, and said... And Samuel judged the children of Israel in Mizpeh. And Samuel took a sucking lamb, and*



## Add giving to your fast

*offered it for a burnt offering wholly unto the Lord: and Samuel cried unto the Lord for Israel; AND THE LORD HEARD HIM.*

1 Samuel 7:6

They fasted, prayed and offered sacrificially unto God. Learn to use this threefold cord. Learn to add giving to you fast.

© **Give generously and bountifully to God along with your fast, not sparingly or stingily.**

That means give big to God, not small. Give in growing and increasing amount and quantity as God increases your level and capacity. Let your next giving to God be more than your last giving.

Remember this saying,

*"A few seeds make a small harvest, but a lot of seeds make a big harvest."*

2 Corinthians 9:6 (CEV)

Grow in your giving capacity and grace

*...see that ye abound in this grace also.*

2 Corinthians 8:7b



## GIVE YOUR TIME ALSO

**Giving does not just end with giving financial offerings to God during your fast.**

Give quality time to the spiritual acts of devotion that should drive your fast.

- ❖ Give time to prayers.
- ❖ Give time to study the word.
- ❖ Give time to worship.
- ❖ Give time to church fellowship.
- ❖ Give time to kingdom service.
- ❖ Give time to testify.

These are the spiritual activities that fuel, sustain and renew your strength through the fast.

*And he arose, and did eat and drink,  
and WENT IN THE STRENGTH OF  
THAT MEAT FORTY DAYS AND  
FORTY NIGHTS...*

1 Kings 19:8



## Add giving to your fast

Fasting without investing time in prayers, worship, word, study and fellowship will leave your soul drained and empty of strength.



## MAINTAIN FAITH AND FOCUS

**Anything done without faith will not please God, and will not receive a harvest from God.**

Therefore, be sure to keep your faith and focus on God at its maximum. Keep your faith and focus high and charged up.

- ❖ Focus firmly on the goals and expectations you have for the fast. Make sure you have well-set goals, requests and expectations that you want to receive from God. I encourage you to write them out clearly so you can read and review them both during and after the fast.

*...faith is the substance of things hoped for...*

Hebrews 11:1

- ❖ Locate and list out scriptures (Bible passages) that speak on the things you are



expecting from God, and be sure to read and study them through your fast. These Bible passages will build you up in knowledge and faith towards claiming and receiving your harvest.

Study these, and other related Bible passages and books as food for your soul during your fast. As you set aside physical food, the Word of God is the spiritual food that you need and must focus on to build up your soul. Feed much on God's Word as you fast.

- ❖ Take note of, and write out the scriptural encounters, word revelations and spiritual instructions you receive while on your fast. When you seek God in prayer and fasting, God will be speaking to you and showing you things. Every light and instruction you receive while fasting will become clearer and better understood as you write them down, read over them, meditate on them and pray further about them. We are not perfectly accurate in hearing from God; however, as we document and read over divine insights received while fasting, the



## Add giving to your fast

Holy Spirit, our Helper and Teacher, makes all things clearer for our understanding.



## 10 THINGS TO AVOID

**To ensure a sound and sensitive spirit, and spiritual atmosphere for flowing in spirit and receiving from God, there are things to avoid at all times, especially while fasting.**

- ❖ Avoid worldly entertainment and pleasures.

*... in the day of your fast ye find pleasure ...*

Isaiah 58:3

- ❖ Avoid over-busyness and excessive involvement in secular work and labour. Minimize your work schedule.

*...and [ye] exact all your labours.*

Isaiah 58:3

- ❖ Avoid provocation, quarrelling and contention. Forgive and overlook offences.



*Behold, ye fast for strife and debate, and to smite with the fist of wickedness ...*

Isaiah 58:4a

- ❖ Avoid maltreatment and victimization of others.

*Ye ... smite with the fist of wickedness*

...

Isaiah 58:4b

- ❖ Avoid self-projection, self-display and seeking of notice and attention.

*... Is it such a fast that I have chosen? 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 ...*

Isaiah 58:5

- ❖ Avoid holding people in your heart with bitterness, unforgiveness and hatred.

*... to undo the heavy burdens, and to let the oppressed go free ...*

Isaiah 58:6



## Add giving to your fast

- ❖ Avoid stinginess, the hardness of heart and lack of compassion towards those you can help.

*Is it not to deal thy bread to the hungry,  
and that thou bring the poor that are  
cast out to thy house? when thou seest  
the naked, that thou cover him ...*

*... if thou draw out thy soul to the  
hungry, and satisfy the afflicted soul*

...

Isaiah 58:7, 10

- ❖ Avoid prayerlessness, dullness or insufficient praying.

*Then shalt thou call, ... thou shalt cry*

...

Isaiah 58:9

- ❖ Avoid slander, gossiping, backbiting and speaking carelessly.

*...If thou take away from the midst of  
thee the yoke, the putting forth of the  
finger, and speaking vanity.*

Isaiah 58:9b



- ❖ Avoid laziness, dullness and absence from church fellowship.

*... turn away ... from doing thy pleasure on my holy day; and call the sabbath a delight, the holy of the Lord, honourable; and shalt honour him, not doing thine own ways ...*

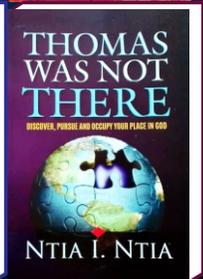
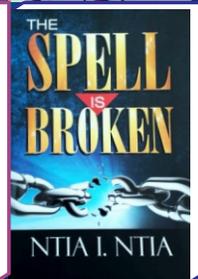
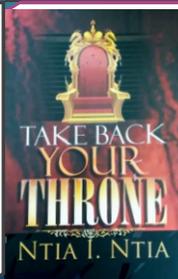
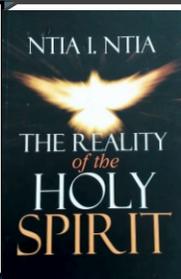
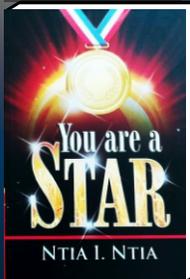
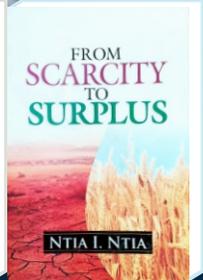
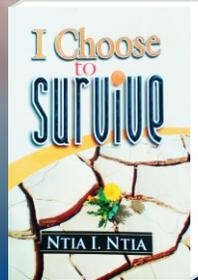
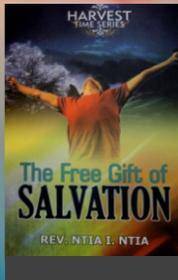
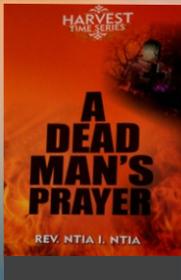
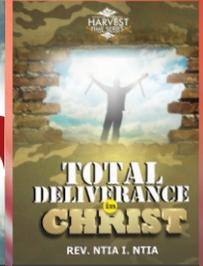
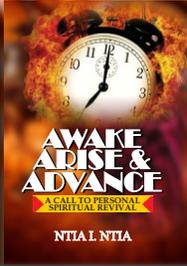
Isaiah 58:13

God bless you as you engage the key of prayer and fasting consistently.



**Add giving to your fast**

# BOOKS BY REV. NTIA I. NTIA



@ **BIBLE HOUSE**

Full Life Avenue, by Nsikak Eduok Avenue, Uyo.

or any **FULL LIFE CHRISTIAN CENTRE** Branch

Call: 07053040017, visit: [www.fulllifefoundation.org](http://www.fulllifefoundation.org)



# FULL LIFE CHRISTIAN CENTRE

## BRANCH DIRECTORY

### HEADQUARTERS

#### **FULL LIFE CHRISTIAN CENTRE**

Noah's Ark Auditorium  
Full Life Avenue,  
Off Nsikak Eduok Avenue, Uyo  
08134515626

### EKET

#### **FULL LIFE CHRISTIAN CENTRE**

23, All Weather Road, Off Idua Road  
Eket, Akwa Ibom State.

### CALABAR

#### **FULL LIFE CHRISTIAN CENTRE**

61, Mayne Avenue,  
Opp. Tech. Sch., Calabar,  
Cross River State.

### PORT HARCOURT 1

#### **FULL LIFE CHRISTIAN CENTRE**

Brian Ogbonda Lane, By 1st Car Wash  
Off Alcon Road, Woji, Port Harcourt  
Rivers State

### PORT HARCOURT 2

#### **FULL LIFE CHRISTIAN CENTRE**

12 Psychiatric Road (adjacent to the  
Promise Fast Food), Rumuigbo,  
Port Harcourt, Rivers State

### PORT HARCOURT 3

#### **FULL LIFE CHRISTIAN CENTRE**

10, Abuja Lane, Off Emekuku  
D-Line, Port Harcourt, River State

### IKEJA, LAGOS

#### **FULL LIFE CHRISTIAN CENTRE**

110, Awolowo Way  
Ikeja, Lagos.

### MAKURDI

#### **FULL LIFE CHRISTIAN CENTRE**

11, Itobe Lane, Behind Sandra Hospital,  
Barracks Road, Makurdi.

### WARRI

#### **FULL LIFE CHRISTIAN CENTRE**

25 Okoloba Street,  
Off Effurun-Sapele Road  
Warri, Delta State.

### IKOT EKPENE ROAD, UYO

#### **FULL LIFE CHRISTIAN CENTRE**

184, Ikot Ekpene Road, Uyo  
Akwa Ibom State.

### IKOT EKPENE 1

#### **FULL LIFE CHRISTIAN CENTRE**

Full Life Avenue,  
Raffia City Garden Estate  
Ikot Ekpene, Akwa Ibom State.

### IKOT EKPENE 2

#### **FULL LIFE CHRISTIAN CENTRE**

5, Essien Road, Ikot Ekpene  
Akwa Ibom State

### IKOT ABASI

#### **FULL LIFE CHRISTIAN CENTRE**

69, Ikot Obong Road, Ikot Abasi  
Akwa Ibom State.

### IBESIKPO ASUTAN

#### **FULL LIFE CHRISTIAN CENTRE**

Akpautong/Air Force Road  
Ikot Udo Ibesikpo, Ibesikpo Asutan  
Akwa Ibom State.

### ABAK

#### **FULL LIFE CHRISTIAN CENTRE**

101, Hospital Road, Abak  
Akwa Ibom State.

### ITAK

#### **FULL LIFE CHRISTIAN CENTRE**

Ikot Ekpene Road, Nung Udoo Itak  
Akwa Ibom State.

### ORON

#### **FULL LIFE CHRISTIAN CENTRE**

29, Ebughu Road, by Tabasco House  
Eyo Abasi, Oron, Akwa Ibom State.

### ITAM

#### **FULL LIFE CHRISTIAN CENTRE**

5, Effiong Udo Street,  
Off Water Board Road,  
Uyo, Akwa Ibom State.

### ETINAN

#### **FULL LIFE CHRISTIAN CENTRE**

6, Nkanga Street, Off Hospital Road  
Etinan, Akwa Ibom State.

### OWERRI

#### **FULL LIFE CHRISTIAN CENTRE**

68, Wetheral Road, Slot Building  
Owerri, Imo State.



# FULL LIFE CHRISTIAN CENTRE

## **ABUJA**

### **FULL LIFE CHRISTIAN CENTRE**

AMAC Resource Centre  
(after the Police Station & VIO Office)  
Apo Resettlement, Abuja

## **MASSACHUSETTS, USA 1**

### **FULL LIFE CHRISTIAN CENTRE**

340 Main Street,  
6th Floor Event Centre  
Worcester, MA, 01608

## **MASSACHUSETTS, USA 2**

### **FULL LIFE CHRISTIAN CENTRE**

79, Merrimack Street, Lowell  
Massachusetts

## **TEXAS, USA**

### **FULL LIFE CHRISTIAN CENTRE**

2722 West Kingsley Road  
Garland, Texas

## **NWANIBA ROAD, UYO**

### **FULL LIFE CHRISTIAN CENTRE (SAT.)**

20 Obot Etukudo Road,  
Off Nwaniba Road  
Uyo, Akwa Ibom State

## **ORON ROAD, UYO**

### **FULL LIFE CHRISTIAN CENTRE (SAT.)**

592 Oron Road, After Customs  
Uyo, Akwa Ibom State

## **AKURE**

### **FULL LIFE CHRISTIAN CENTRE**

19/20 Industrial Layout (Behind TISCO)  
Opp. Akure South Council Secretariate  
Off Oyemekun Road, Akure, Ondo State

## **EKET 2**

### **FULL LIFE CHRISTIAN CENTRE**

45 Edemudo Street  
Eket, Akwa Ibom State

## **OKOITA, IBIONO IBOM**

### **FULL LIFE CHRISTIAN CENTRE**

Nebro House, Oko Ita Junction  
Ibiono Ibom L.G.A., Akwa Ibom State

## **IDORO ROAD**

### **FULL LIFE CHRISTIAN CENTRE (SAT.)**

168 Idoro Road  
Uyo, Akwa Ibom State

## **NWANIBA ROAD 2**

### **FULL LIFE CHRISTIAN CENTRE (SAT.)**

164 Nwaniba Road  
Opp. Adiaha Obong Sec. School  
Uyo, Akwa Ibom State

## **UDOETTE STREET**

### **FULL LIFE CHRISTIAN CENTRE (SAT.)**

2 Udoette Street, Off Ikpa Road  
Uyo, Akwa Ibom State

## **BARRACKS ROAD**

### **FULL LIFE CHRISTIAN CENTRE (SAT.)**

2 Asutan Street, Off Barracks Road  
Uyo, Akwa Ibom State



## **FULL LIFE CHRISTIAN CENTRE**

*Worship with us*

### **SUNDAY**

**3 POWER PACKED SERVICES  
7:00AM, 9:00AM & 11:00AM**

### **MONDAY**

**BREAKTHROUGH BLAST  
6:30AM**

### **WEDNESDAY**

**TEACHING & COMMUNION SERVICE  
5:00PM**



**NOAH'S ARK AUDITORIUM  
FULL LIFE AVENUE,  
OFF NSIKAK EDUOK AVENUE,  
UYO, AKWA IBOM STATE**

**Rev. & Pst. Mrs. NTIA I. NTIA**

*... stirring men into the fullness of God.*