

EMMA N.J. NWOSU

The author of Prayer That God Must Answer



**THE**  
***Right***  
**WAYS** to  
**FAST & PRAY**

A CHRISTIAN APPROACH

TEACHING JAL

ISBN 978-35933-6-9



Printed and published by Paradise Revival Press (PRP)



## ABOUT THE BOOK

Almost everybody believe that fasting is important; but what are the right ways to do it?

Should I wash my mouth or take my bathe during the fast?

Why do people get sick through fasting?

How do I prepare myself for fasting?

How do I break my fast?

These and many more questions are answered in this book. From the pen of A MAN of prayer

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## ABOUT THE AUTHOR

Emma is a non-denominational preacher whose ministry has received God's approval through diverse miracles, signs and wonders. His books have been used by God to bring salvation, deliverance and revival to many lives.

He is the founding presidents of Prayer Network for Universal Revival (PNUR), a ministry working for revival in today's Church. He and Joy, his wife live in Port Harcourt -Nigeria. They are blessed with four children; Jachimma, kasey, Nouvelle and Possible.

He has authored among others- How To Be Delivered And Remain Delivered, Confronting Witchcraft In The Neighborhood, Prayer that God Must Answer, Overcoming The Enemy Called Stagnancy.

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# THE RIGHT WAYS

TO FAST & PRAY

**A CHRISTIAN APPROACH**  
TEACHING MANUAL

1<sup>st</sup> edition - 2005

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ALL BIBLE SCRIPTURES FROM THE HOLY BIBLE, NEW INTERNATIONAL VERSION (NIV)

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## DEDICATION

They labor where others despise  
Because no applause is accorded;  
No fame nor human rewarded,  
They persist. Reward they must  
Have only from he who sees  
What is done in the secret.

Emma N J Nwosu-  
Tribute to INTERCESSORS

To these this book is dedicated; to you all who  
labor in the secret place of prayer.

## ACKNOWLEDGMENT

All glory is to God who has helped me thus far. I am a product of God's love and the multiple support of men before whom God has given me favor. I am grateful to them all.

My former secretary, Chinyere, who is now living with her husband; She retyped the manuscript and helped recover it when we almost lost it.

All the pastors from the Anglican communion, Christ Apostolic church, Independent Pentecostals and Para-churches. The number is just too many that I can't mention any without leaving out very important people.

Thanks to the man I still hold in great respect, Dr. Kontein Trinya.

Thanks to my dream-team, Jachimma, Kasey, Nouvel and Possible. Thanks also to my new P.A, Isaac Ini.

God bless you all in the name of Jesus Christ.

## FORWARD

It is a great privilege for me to forward this book that has been a blessing to me. Fasting and prayer is a common phrase in my family, the tendency is for me to feel that every other person has the same privilege to information as I have being the wife of a man of prayer. But one need not go far to see that this is not the case. Even among the members of our local congregation, people still ask questions on the issue of fasting. This is why I believe the author did right by putting this work in print.

There are many books on this same topic in the market; so, one would wonder why this is still needful. Anyone who has followed the author's works closely however will know why. Pastor Emma writes in a style that is not common. He is so concerned about his reader understanding him that he forgets that some very educated people may be disappointed with his very primary grade of grammar. You almost feel you are in a classroom and a teacher is before you. Some questions you would have been hoping to get someone to answer for you are raised here and the answers giving in a language you can never forget.

Like in all his books, you feel the suspense; you feel like you may lose some vital thing if you dropped the book before you finished it. This

book holds strong appeal to the mind of the reader.

Finally, do not think you can ever be through with this book. It is a handbook, so keep it close. Teach others from it. Send it as a gift to new converts, give it to a prayer warrior and, truly speaking, your pastor would be very grateful to have a copy. Some who lost their art of fasting will be able to find their way back through this book.

I pray for open heaven over your head.

*Joy Emmanuel (Pastor)*

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## INTRODUCTION:

**I** recognize the fact that many know that fasting is necessary or at times needful for some spiritual benefits but how to really fast and get a result is what they do not know. Should one eat at all, should one drink water or orange juice? Should I wash my mouth, and if I do, is the fasting still valid if some water run down my throat and into my empty stomach? How if I am a caterer or house wife, and within the period of fasting I mistakenly taste the soup I am cooking for salt, is the fasting now void? How many days should I fast and when fasting should I go to work or even discuss with people? For what reason should I fast? In course of deliverance should one fast? Finally, how do I continue my fasting? These and similar questions I tend to answer in this book. This book is not independent of the other books on this series, it is written to support the others.

### WHAT IS FASTING?

**T**he word fasting implies to separate from food either partially or completely for

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spiritual purposes. If it is not for spiritual purposes it is hunger strike and a lot of politicians and even prisoners go into it when they want to press a matter to the government or some authorities. Indeed, a lot of exercises done in the name of fasting and prayer are hunger strikes.

## FASTING AND PRAYER

To say "Fasting and Prayer" is only a repetition of words to create emphasis. There are many things that make-up the term prayer. When we are singing songs of praise to God, we are praying. When we are meditating on God's word, we are praying. In fact, there are occasions when merely sitting quietly in a place is prayer; that is if it is done to give God attention, and receive instruction from him. But at times when we merely pray or try to give God this attention, some factors that belong to our human nature tend to hinder us, then we take steps to check these factors. One of the steps we may take is to seek out a quiet place where there will not be any distraction. Yet, because of our flesh, our mind often wander off to some negative thoughts, our flesh begin to demand food, sex or play. At such point we take a step that will weaken our flesh and create a mental alertness for our mind. One of

such steps is what we call fasting. Hence, fasting is prayer of a higher order. Some say that while into fasting they can not utter words of prayer. This should not bother you as the motive for the fasting will speak for you before God.

### WHAT THE BIBLE SAYS ABOUT FASTING

Each time you read in the Old Testament that somebody would not eat. 1 Sam 1:7

7 This went on year after year. Whenever Hannah went up to the house of the LORD, her rival provoked her till she wept and would not eat

NIV (1 Sam 1:7),

tore his clothes and sprinkled dust on his head.

6 Then Joshua tore his clothes and fell facedown to the ground before the ark of the LORD, remaining there till evening. The elders of Israel did the same, and sprinkled dust on their heads. NIV (Josh 7:6-7),

Like we said earlier, deny yourself, humbled himself, all are different ways to say that they fasted.

David fasted (Ps. 35:13), Daniel fasted (Dan. 10:2-3) Nehemiah fasted (Neh. 1:4), Elijah fasted, Moses fasted(Deut.9:9, 18).

The whole nation of Israel fasted on the fifth and seventh months (Zech. 8:19) and the people of Nineveh fasted (Jonah 3:6 -9). The New Testament records that the Pharisees and the disciples of John the Baptist fasted(Mark 2:18). In this context, when Jesus was teaching on fasting he took it for granted that the disciples knew they should fast. He said, "When you fast..."(Matt6:16) and not, "If you fast". The bible supports the practice unconditionally. Besides, fasting is a universal practice among every religion.

## FOR WHAT REASONS SHOULD ONE FAST?

The bible says that spiritual exercise profits in all things; (1Tim.4:8) and fasting is one of such. I therefore, recommend that every Christian should fast at least once a week.

1)To seek God's Face: To seek his face is to find out what is his will concerning a matter, to hear

from him and possibly be guided. Doing this is often difficult when one is well fed. This was what Daniel did in Chapter 9, and Moses for forty days and nights, and Elijah too. In my own life as a preacher or even before I entered the gospel ministry, I fasted each time I got confused or uncertain about some things.

In seeking a new job, a life partner, location for a new enterprise or residence, it is needful to seek the Lord through fasting and prayer. This is what the bible calls waiting on the Lord.

2)For spiritual empowerment: Jesus did this for forty days and forty nights as he was preparing to start his ministry. Let me state here that the devil has played a fast one on some Christians and preachers today. They now say it is not fasting that does it but faith in God and the word. I wonder if these men have more faith than the Apostle Paul (1 Cor. 4:11). Fasting empowers you. The bible says that your flesh is fighting against your spirit. Jesus said that some demons cannot be casted out except through fasting and prayer (Mark 9:28-29). The New International Version (NIV) said prayer and at the footnote said fasting and prayer. Like I said earlier, fasting is prayer but of a higher grade.

3) To seek God's Favour: (Ezra 8: 21, 23) many people fail in this light. When you are about to go into a new business or even when you have confirmed your life partner, one can still go into fasting to ask for favour from God. I believe the account of Jabez's prayer in 1st Chronicles 4:9-10 involved Jabez fasting for some days before his prayers could be answered.

4) Repentance from sin: (Jonah 3:6-10, 1 Kings 21: 28). In a dispensation when preachers underscore the enormity of sin, I think I am speaking from a different world. A Lady who was bound by spirit husband, with tears in her eyes asked me to pray for her. But because she was seeing other pastors I offered only counseling. In the process we discovered that she was still living in sexual sin even when she was going to these pastors for prayers. From the way she sounded, I knew she did not see the weight of the sin... murderers, abortionists, ritual killers, armed robbers, women and men who have seduced pastors and church workers, those who went to see native doctors and got into occult, should be told to go into fasting to seek the face of God, especially when they come with problems that may be as a result of their sin.

5) Building a power house: a power house is the

deliverance ministry means a prayer charged environment that makes healing and deliverance easy. This is for deliverance ministries and ministers and I do not recommend that individuals should use their houses for deliverance, except if they are willing to pay the price of continual consecration, and not in a house with many inmates.

In this case, the workers are broken up in groups to fast every day of the week. The ministers must not partake in all the days. People who came with cases needing fasting and prayers should be encouraged to do it in the deliverance centre. It brings God's presence and cases have revealed that some people just get healed as they enter there without anybody praying for them.

6) To surrender to God's will: We see this kind of fast in the case of people of Jabesh Gilead;

11 When the people of Jabesh Gilead heard of what the Philistines had done to Saul,

12 all their valiant men journeyed through the night to Beth Shan. They took down the bodies of Saul and his sons from the wall of Beth Shan and went to Jabesh, where they burned them.

13 Then they took their bones and buried them under a tamarisk tree at Jabesh, and they

fasted seven days.  
(1 Sam 31:11-13NIV)

I don't know of any passage of scripture more emotional than this and that demonstrates attachment to God as seen in this passage. King Saul was their friend and king. He had defended them in the first year of his reign from some wicked Amorite people who intended to pluck off the right eye of every man in their midst. Obviously when Saul was fighting that war they were praying that God would give him victory. As it turned out, their prayers were not answered; Saul did not only lose the battle, he was killed and publicly disgraced. One would ask, what then was the essence of their prayers? To say to God, Even though you did not answer our prayers, you are still God, you are sovereign, and we still worship you, even though our eyes are full of tears.

Beloved, there are times, for a reason best known to God, he does not grant what we think is a justified petition. This is when we know those who serve God because he is their God and those who serve him for what they get. Some people at such point leave the Church and turn to native doctors and diviners.

## Commissioning or ordaining ministers

I noticed from the scriptures that bringing people into the gospel ministry was treated as serious business, hence most of the time the people to be ordained are on fasting with those that ordain them. This helps prepare the new comers' mind and compels them to see the seriousness of what they are going into. It also draws God's presence to the occasion.

Paul and Barnabas appointed elders for them in each church and, with prayer and fasting, committed them to the Lord, in whom they had put their trust. (Acts 14:23NIV)

## HOW TO FAST

The first thing you do is to tell yourself you are fasting because the greatest resistance you will have is your flesh. At times on the morning you decided to fast, you discover you are feeling hungry. Note, it is a feeling it is the flesh speaking. You will notice that on the days you are not fasting, you do not have this feeling. Let those around you (I mean your wife and every person that may bring you food and/or get you into something that could undermine your fast) know you are into a fast. This will help them decide on how to help you.

Some have argued that if you tell somebody you are fasting, you have violated the fast because of what Jesus said in Matt. 6:16-18. This is a wrong understanding of what Jesus meant. If you noticed, he said the same about giving and prayers. And I know that family people discuss before they can give a big gift to somebody or the church, and we say over the loud speaker, "Let us pray". Jesus was talking about motives. You do not fast to prove, "You are more spiritual than....".

I went to a community in Benin Republic where the refusal to take a cup of clean water will misinterpret you as an enemy, refusal to eat from some people could be taken as an offence. In this context, I said the reason you have to tell for example your wife, is so that he/she will not demand for sex, your boss (if a

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believer) is so that he/she will not send you on errands that could undermine your fast.

If it is a long fast, for example seven days and nights, or even three days and nights, you have to stay from work and public view. Some will begin to ask if you are sick, make coarse jokes that could discourage you. Again you need time to pray, read the bible and listen to the Lord.

You will always need a bible and good Christian literatures around you, an audio cassette player with an earphone, so that you do not disturb people around you. Otherwise, it should be tuned low.

When you are fasting 6-12, 6-3 or 6-6, you may go to work but prepare your mind to face challenges with positive methods that will help you. Know your weak points and check them.

If it is a fruit or partial fast get the fruits and items ready, so that after prayers you take them; so you do not need to go around.

Fix your prayer intervals for example for 6-12, you pray six in the morning, and 12 noon. For 6-6, you pray by six in the morning, 12 noon and six in the evening. For carry over fasting 6 till 6 the next day, you break it down too. Write

down your prayer topics and motives for the fast and include those of others. Please pray for the Teaching Manual Series, that God will continue to strengthen me and provide resources for production and spread it to those in need. Number the topics and note that there is nothing wrong in repeating the prayers till you receive answer.

Some say it is faithlessness. This is not so. It is simply persistence. There are things that only God's intervention and an urgent one, that can give you peace. If you can get somebody to join in the fast it will encourage you to pray. In a deliverance ministry, the minister should attend to the client on intervals. I visit my clients even in their homes when I give them a fast. If you can not get somebody, especially in a long fast, let your pastor know and he will decide on how to support you.

## DIFFERENT KINDS OF FAST

This is where many people have problem. They do not know which is which. They hear fasting and are intimidated. I wish to state here that fasting must not be an act of convenience. Some say, "I can't stay hungry beyond 12noon. So I will do 6-12". That is not fasting. It must cost you something. The King James Version (KJV) says afflict yourself, where NIV said deny

yourself. The reason that your natural person cannot stay without food beyond 12 noon, is the reason you should fast 6-3 or even 6-6. Remember your flesh will resist this.

### 1) Total fast:

This is a case where you take neither food nor water or any fruit for the period of fasting. Moses did this for forty days and nights, Esther and Mordecai did it for three days and nights (Est. 4:15-16) and the people of Nineveh did it for three days and nights. This kind of fast is always for those who come before God with a strong petition. I usually do it for three days and nights for spiritual empowerment.

### 2) Day Fast:

This is fasting by day from six to six. This can be 6-6, 6-3 or 6-12 or fruit fast. I have done this for forty days twice as total fast 6-6.

### 3) Partial Fast:

This is the kind that Daniel said he did in Daniel 12:2-3. This is the fast for busy people who cannot afford to leave their duty post; Bankers, Police Officers, Teachers, Doctors and Nurses. These people are not self employed but for one reason or the other they just must fast. In this kind of fasting one eats just enough food to sustain the body frame for work and avoid

luxurious diet. People who have health problem may undertake this (e.g. Ulcer patients)

#### 4) Fruit Fast:

This is when one eats fruits within the period of fast. Some take fruit juice. This is also recommended for busy people and those with health problem. Here some make serious mistake by the kind of fruit they take.

Avoid the use of orange and related kinds of fruits during, before or immediately after fast. They are acidic. They can harm your systems, some who said they developed ulcer after is as a result of taking acidic substances. Fruit with a high level of vitamin C is dangerous.

Paw-paw cucumber, water melon are very good along with very ripe pineapple. You can discuss with a nutritionist to guide you.

#### 5) Water Fast:

This involves taking only water during fasting. I strongly recommend this against fruit fast. This was the kind Jesus did for forty days and night. I have done it for ten days. There is a report that people have survived with only water for seventy days.

For 6-6, 6-3, or carry over, I do not support

people fasting for 6-12 unless they are pregnant or have medical problem. Fasting is not leisure, it is spiritual discipline.

Exclusion Fasting: This is when one leaves his neighborhood and goes to a solitary place for a fast. Ministers should be doing this at least once a year.

Marathon Fast: this is for prayer warriors and ministers on set-apart. They may be together for a period (my ministry do it for twenty four hours). We pray for two hours, take one hour break, pray for another two hours. This is intensive prayers and done with teaching from the word of God. A guest preacher may be invited.

I want my readers to note that different authors and prayer ministries may use different terms to describe the same issues that I describe here. That should not bother my reader. The important thing is that you understand what you are into.

## WHO SHOULD FAST?

In the account of the people of Nineveh, even animals were forced to fast. In fact it is dangerous not to fast at all. A lot of spiritual decadence in the church is because men

would not beat their bodies through fasting and bring it under control. Some times when a preacher preaches these days you see the flesh at work. Even people with medical cases can be asked to do water or fruit fast. The fact that fasting is not convenient is exactly why it is necessary. Parents should encourage their children in this light, so that when they are old they will not depart from it (Prov. 22:6). Initially, like I told you earlier it will drag but soon will become a way of life.

There is this funny practice I heard some pastors practice, they take their breakfast, lunch and may eat something by 4pm, and then they say they are fasting from 5pm to 6am. At another church I once visited, the minister said some will fast from 6am to 8am, others who would have taken their breakfast will fast from 8am to 10am, and so on. This is simply feeding the flesh and deceiving oneself. Churches can organize prayer meetings for children, where they are encouraged to fast as a group.

## WHAT TO EXPECT WHILE FASTING

(a) Initial fatigue (and discouragement for new comers). On the morning of the fast you discover that your body is very weak, and then you begin to consider postponing the fast. This is the major tactics of the enemy against newcomers. You will begin to remember some stories of people who died in the process of a fast. It is the flesh, if it is a long fast, at the middle of it this will phase out.

(b) Bad dreams and attacks in the dream. This is for those who are demonically possessed or are out to break the draconian hold of demons over a territory. It is the devil and his agents. Some hear voices telling them how foolish they were to undertake that fast. Some voices threaten to kill you when you become very tired. Do not be afraid, you are making progress.

(c) Emaciating- If it is a long fast, you will lose weight so much that people may begin to complain, that is if you are in the open. That is

why I said you should tell yourself you are fasting, so that when such comes it will not worry you. Fasting should not be used as a tool to reduce our body weight.

(d) Body Odour- Fasting actually forces a lot of poisonous chemicals from the skin. When I was courting my wife, we had a long fast, when I went to see her at her work place, I perceived this odor, I complained, not knowing I was smelling too. It will disappear after the fast. This is one of the natural benefits of fasting.

e) Dizzy feelings and pain in and around the joints. This feeling is more during a long fast. You will also have this feeling after the long fast. I do feel pains at my spinal cord. This also will disappear after the fast.

f) Inability to pray as you wish -: This often happens in a long fast. That is why you should write down your prayer topics. God knows your petition; remember fasting even without words is prayer. At times you notice your mind will wander to negative thoughts. Learn to take those thoughts captive and concentrate on why you are fasting.

g) Rush for food toward the end or immediately after. You can now understand

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Satan's first temptation to Jesus after his forty days and nights fast. The point is that the food you eat then will do more harm to your body than good. Do not yield, even if it seems you will die. The grace of God which started with you will see you to the end. This feeling is always there before, immediately you begin and towards the end of your fast. These are points that can frustrate your fast. Many have discovered that when they manage to conclude the fast this pressure disappears. Devil and the flesh hate you taking any steps that will make you more spiritual, because they begin to lose their control over you at such point.

## WHAT MUST NOT BE DONE DURING FASTING

(i) There is at times a sudden surge of strength and one feels like working- I mean a hard work. Resist it. It may be dangerous to the physical man; the strength you feel is not really there. Do only things that will not strain the body frame. Walk about to exercise the joints. Take your bath regularly to wash away the excreted chemicals, read your bible and do some prayer walking

Hard work and exercise is discouraged in the case of any total fast exceeding 24 hours.

(ii) Do not go to places that will open you up for temptation to quarrel or anger. Just know that the enemy is not happy you are fasting and would do anything to discourage you.

(iii) I have said we should not fast for show up, and so do not use a partner that does not really believe in fasting or that have confessed weakness at the onset. He would distract or discourage you. Do not use an opposite sex as a partner except she is a close relation that would not lure you into sex. Some husbands and wives agree to separate for the purpose.

(iv) Sex is not permitted, even with your life partner. That is why I said you should let him/her know. (Exo 19:10-15).

## **FACTORS THAT MAKE FASTING INEFFECTIVE**

Some people asked God “Why have we fasted; and you have not seen it? Why have we humbled ourselves, and you have not noticed?”

God answered, “On the day of your fasting,

you do as you please and exploit your workers. Your fasting ends in quarrelling and strife, and striking wicked fists. You cannot fast as you do today and expect your voice to be heard on high". (Isaiah 58:3-4)

Frankly speaking when I see some people who fast a lot and get no results, I am tempted to wonder whether it is really worth doing. I have met a minister who after fasting for twenty-one days and nights for a life partner, got a message that he claimed came from God. He mentioned a young lady which he claimed God said was his wife. I was intimidated by this brother's record, since I have not fasted for that record time. But the most alarming side was that the Lord told me he never spoke to him. I was not bold enough to confront him. I shared my views with another pastor friend who was close to him. Of course he considered that I was the one that did not hear from God. Sad enough it turned out I was right. He even went ahead to print invitation cards insisting that the girl will be forced by God to come to her senses. On the date of the planned marriage, the girl traveled. You can then imagine the shame.

There are also those who never seem to have a prayer answer, despite fasting again and again. Some have suffered health damage. I

will try to x-ray some possible reasons.

Not discerning the moment- Fasting is like dedicating oneself to God, yet some will be having a family fast and send their house maid to go to the shop. Some will be in a withdrawal fast and leave their GSM phone on. You read of the lady who had fasting appointment with her pastor and still had appointment with her boyfriend. This should be a solemn moment and should be seen as that.

Unforgiveness and bitterness- some spiritual principles are not negotiable; they are settled. One of such is the matter of unforgiveness and bitterness. In fact this is so serious that bringing an offering to God lose their value when these issues are not resolved (Matt 5:24). Jesus said that if we are not able to forgive others, we should forget about God forgiving us. Some still live in enmity with their neighbors while they are fasting. A Lady who was inviting me for a family liberation said I should not visit relations as they were not in good terms with her. This is wrong.

Somebody will argue that there are moments we have to wage war against evil neighbors and household enemies. Well, I wouldn't know, but few persons have the kind of

household enemies that I have. When you wage war and expect God to help you, then you have to obey him. The warfare should not be a product of selfish vendetta, which itself is a consequence of uncrucified flesh.

Disobedience to God's word- if the word of God is clear about the matter, stop the fast. A man who took, some loan on mortgage from a bank, was fasting, and asked me to join him so that God will frustrate the manager who was making frantic efforts to regain the money or otherwise he will lose his job. He could have paid the money but wanted to use God as a talisman. Some do not really want to repent and be born again. They only want to use the fast as a vehicle to get what they want. This is the kind of fasting the white garment churches and other occult and carnal churches indulge.

My books "Prayer that God must answer" and "How to be Delivered and Remain Delivered", are in circulation again. Ask your bookshop for them and see that you read them.

Sex is a spiritual power killer- sex is not evil but the bible says, No sex during fast. In every religion or sect, they avoid sex when they wish to do anything spiritual.

Talking too much- Too much talking and

gossiping over vain words undermines the purpose of your fast; these are spiritual power killers.

Therefore this is what the LORD says:

"If you repent, I will restore you that you may serve me; if you utter worthy, not worthless, words, you will be my spokesman.

Jer 15:19NIV

29 Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.

30 And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. Eph 4 NIV

Drugs- those who are on drugs and wish to continue the drugs while on fast should consider what kind of fast is best for them. Discussing this with your doctor (that is if he is a believer) may be necessary. Multi-vitamin food supplements cause purging when taking under such circumstances. Those on heavy duty anti-biotic may have to resort to fruit and water fast.

## HOW TO START AND BREAK YOUR FAST

**F**or a long total fast or day fast, at the least two days from the starting day, take fruits and light food like beans, rice, pap (akamu), fruits and beverages. This will clean up your intestines. Solid food in the system during long fast becomes hard to excrete and could harm the excretory system and cause pile. Acidic substances could cause ulcer. Prepare your systems by taking a lot of water.

Please, there is always the temptation to rush for food after a long fast but resist it. Go for fruits, pap (akamu), beverages. Again I warn that you avoid oranges and those fruits in her family (lime, lemon, grape etc) at least for two days after the days after a total fast. Do not

take garri at least for three days after a total fast. If you must within two days, then they have to be very soft.

Immediately you break, instead of feeling very strong, you become weaker than you were. Sit down and rest. Preachers, who want to break fast before going to mount the pulpit, should give at least two hours. But if you take only enough water, you will be more effective and your voice will be clearer. Fresh food in your system will disturb your communication. Some have been known to vomit. Take as much water as possible; it will help to wash away the poisonous chemicals excreted by your body.

## BENEFITS OF FASTING

### Spiritual benefits:

It is a power producer. I broke a curse that bound me for years through 10 days and nights total fast. The man of God T.L Osborne went to India and had no spiritual fruit for some years. He returned home and went indoors for forty days and nights. Few men of God have affected the world as he has done. Show me any effective man of God flowing with power and I will show you a fasted Christian.

Power to destroy some besetting sin comes through fasting, and power to cast out demons and heal the sick. Fasting opens your power channels to the throne of grace. Most ministers who could not discipline themselves through fasting, have resorted to motivated speaking. Motivational speaking is principally brain work and eloquence. Some of them use notes they took down from other motivational talkers. I don't intend to say that this practice is wrong. But one needs to know from what angle he is coming. Apostle Paul made us understand that the kingdom of God is not about talk but of power(1 cor. 4:20). He did not resort to wisdom of the world or eloquence to manifest God's power.

So that your faith might not rest on men's wisdom, but on God's power.  
(1 Cor 2:5 NIV)

You can see with me the wide difference between what the motivational speakers are giving out today, and the gospel the apostles presented.

4 My message and my preaching were not with wise and persuasive words, but with a demonstration of the Spirit's power,.....

20 For the kingdom of God is not a matter of

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talk but of power.  
(1 Cor 2:4, 4:20 NIV).

Talk is cheap but power costs. In every realm of power, whether divine or satanic, fasting is a pre-requisite. If you want spiritual power you must fast.

## Biological benefits:

Besides the spiritual benefit, fasting also profits the body frame. Most sicknesses and diseases that trouble men have their roots in excess fats and oil in the body. Fasting burns these away and leaves the body fresh after. The cholesterol which can cause heart attack and heart burns by blocking the blood vessels could be purged through fasting. The body heat generated during the period of fast also burns out these.

Some people spend a lot of money to buy what they call blood cleansers, let such go into a period of fasting and see if they will not have the best blood flow than ever. People who do brain work will discover that fasting encourages great brain output and increases the intelligence quotient (IQ). See your doctor over this and you will see what blessing is in fasting.

Note: Fasting just to lose weight is abuse of

your body and spirit and is discouraged.

## ERRONEOUS VIEWS ABOUT FASTING

1. We do not need to fast today. All we need is faith- This is the devil's lie. Go through the Acts of the Apostles and see how many times the bible said the Apostles fasted after Pentecost (Acts 13:1-5). This is the views of Satanists who infiltrated our ranks and some genuine men of God have bought their views and today their ministries are dying.

An occult preacher once took me into his inner room and showed me things used for power generation and advised me to quit fasting to adopt same, which I refused.

Some say when they do not fast more power flow. Yes, have you not seen that and even heard people who said when they fornicate more power flow. I wish to state that I once experienced same and knew it was the devil drawing me away from real power. Such flow seize at the point you cannot return with ease to the fasting discipline.

2. Fasting without salvation will still work:- true fasting generates power, and that

is why the Pharisees, Native doctors, occult men fast. The question is where your source is. If your source is Christ Jesus then you must be born again to enter God's presence.

3.If I by mistake taste something, I have violated the fast:- This is the fear of most people who work in the kitchen and serve people. As long as it is not deliberate, spit it out if possible and continue with your exercise. God does not look at your body or your mouth but your heart, but if you get involved in sex, it is violated, if you fight or quarrel by exchanging words it is violated.

4.I must not wash my mouth when fasting:- Jesus is against this practice. Take your bath, wash your mouth, use oil etc, but keep your word to the Lord.

16 "When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show men they are fasting. I tell you the truth, they have received their reward in full.

17 But when you fast, put oil on your head and wash your face,

18 so that it will not be obvious to men that you are fasting, but only to your

Father, who is unseen; and your Father, who sees what is done in secret, will reward you. (Matt 6:16-18 NIV)

5. You must fast each time you wish to cast out a demon:- too much emphasis on fasting is dangerous. I know some ministers who are always on the "mountain", I make bold to say that I am not impressed by the testimony of most of them. There is time for everything; your source of power should not be fasting but your relationship with the Holy Spirit. Fasting should only be a catalyst, not the real thing. If you live a fasted life, you can handle any deliverance case whether you are on fast or not. What I mean by a fasted life is that you keep your covenant fast of at least once a week, and withdrawal or retreat fast of at least three consecutive days in a quarter of a year. Then maintain your regular midnight prayers, let nothing else intimidate you.

My husband or wife does not agree, the fast is violated:- The refusal has to be bible based for this to be true. If the life partner is an unbeliever, do not worry. The bible teaches that spouses wishing to undertake spiritual exercises like fasting should agree, this is

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especially true in the case of denying your partner sexual satisfaction.( 1 cor 7:2-5). But if you notice that the pressure from your spouse has become a weapon in the hand of the devil, then say “No” and apologize later.

7.Fasting can harm you. If you follow my instructions, you will never have such experience. Most people suffered harm because of lack of balanced direction.

### WHEN DO I FAST?

**A**t times we face the question of when should we fast. Inability to get this right has led some to spiritual redundancy and protracted procrastination. The flesh has a way of building up resistance against spiritual exercises.

1. At times the prayer team you belong to declares a covenant fast. Violating such a fast by eating in the secret is gross unfaithfulness that God will punish. Some who have done this suffer attacks from evil spirits that are driven out.

2. You can choose a day of the week when you seek God in fasting and prayer. Every good Christian should keep such a covenant fast.

The problem with this kind of fast is that it can lead to monotony and lose its power. Doing it with a prayer partner can help.

3. When things befall you for which you need divine intervention. This can be personal or for your church or family. In that case you prayed ordinarily without result, you can resort to fasting.

4. Holy spirit can lay in your heart to fast or instruct you through a revelation. God can direct you through a deliverance minister or your pastor.

### THE KIND OF FAST YOU MUST AVOID

There are times when some overzealous people come together to prove who can endure the longest fast, please keep away from such people. At other times you look around and notice that the gathering is not really a Christian gathering and the purpose for the fast is ungodly, like the kind Jezebel organized to frame up Naboth,

9 In those letters she wrote:

"Proclaim a day of fasting and seat Naboth in a prominent place among the people.

10 But seat two scoundrels opposite him and have them testify that he has cursed both God and the king. Then take him out and stone him to death."

11 So the elders and nobles who lived in Naboth's city did as Jezebel directed in the letters she had written to them.

12 They proclaimed a fast and seated Naboth in a prominent place among the people.

13 Then two scoundrels came and sat opposite him and brought charges against Naboth before the people, saying, "Naboth has cursed both God and the king." So they took him outside the city and stoned him to death. 14 Then they sent word to Jezebel: "Naboth has been stoned and is dead." (1 Kings 21:9-14 NIV).

or the kind King Saul organized even though he was living in rebellion to God's will; please keep away from them.

If the purpose of the fast is to undo some enemy of our own making, do not be part of such gathering, God will never bless such prayers. These are some of the reasons why people develop problems through fasting. I regret to say that these are going on in the

name of spiritual warfare. If ever you fast and kill your enemy, you would have killed him by witchcraft.

There are occasions a "king Harold" arises and we as a church arise through prayers and God strikes him down. But when fasting to kill enemies becomes a habit God cannot have a hand in it.

If you are fasting and hear God clearly tell you to quit the fast, stop immediately. I once went to fast for forty days and nights, on the tenth day God told me to stop. In fact it was on the seventh day he began to give signal that he won't have me spend that amount of time fasting because of what he wanted me to do then. I used some of the tested methods I know to be sure I was not being deceived by the devil. I stopped the fast on the tenth day in obedience to his word. I know he rewarded my obedience.

Do not use a fast to force God to change what he had made clear to you as his perfect will. For instance, a young lady may not really like the man the Lord is leading her to marry, if she goes into fast for this reason, she is endangering herself. If you have restitution to make, don't try to use a fast to change it.

Do not join a multi-religion fast; this is an abomination to God. Do not fast with unforgiveness in your heart; God will not hear your prayers and devil will gain control of you.

I wish to state also that one need not declare a total long fast for more than three days just for a spiritual exercise. There must be a clear leading of the Holy Spirit before one undertake a total fast for forty days and nights. I am not saying it

cannot be done today, but it is not a casual exercise.

**D**o not arbitrarily extend the period of a fast. Let's say you set out to fast for three days, at the end of which time you feel like God did not answer your prayers and then decide to extend the fast. Understand that you took up that fast to seek God's face about a matter.

The bible says that we ought to walk and live by faith, not by our feeling or by sight. Rise up in total confidence in the faithfulness and integrity of your God and thank him for prayer answer.

I know more than two believers who have suffered harm by making such a mistake.

Satan is always there during and after the fast to make the exercise profitless. Remember he was the one that came to welcome Jesus Christ after his forty days and nights fast. He still visits prayer places and praying people. The survival of his kingdom depends on how many men and women of prayer he can frustrate.

The Holy Spirit will not allow him frustrate you, in Jesus' powerful name. Amen!