

## *Chapter One*

# **Fasting**

**H**ardly anyone is aware of how much food the average person consumes during the period of one month, and how high the cost for this is. The drinker and the smoker do not think much about their consumption of alcohol and tobacco - they consider it as normal. On top of this there are costs for food and drink, living and clothing, maybe even intellectual training, leisure activities, sports, etc.' Donations for other purposes; for the Kingdom of God, for the needs of his own soul, are left until last and are rarely, or never considered.

Most people eat too much. According to information released by Health Authorities, today's

sophisticated society is suffering self-poisoning through too much eating, drinking and smoking. Who amongst the saints of today is giving heed to the following scriptures: "*Giving all diligence... add to your faith... temperance...*" (2 PETER 1:6); "*Abstain from fleshly lusts which war against the soul*" (1 PETER 2:11) - Therefore, should not true believers seriously "*turn to the Lord with fasting and prayer*"? (JOEL 2:12).

Have the people of God (not to mention people in general) ever understood, why God sent us the times of famine right after the two World Wars? Was it not also because the commandment of abstinence and fasting had been badly neglected amongst the saints for centuries?

How destructive has the indulgence of people in the world affected the subject of sex! On the other hand, how blessed is a temporary fast, which contains the lusts of the flesh. William Penn, the founder of Pennsylvania, said: "Poor nourishment contributes much to temperance. Therefore, eat for the sake of living, but do not live for the sake of eating."

Jesus did not want His disciples to fast

according to the worthless manner of the Pharisees, which is why He did not instruct them to do so. He only taught them about a more sincere way of prayer, once they themselves had realised with shock, how much prayer was lacking in their own lives. After He departed from them, they learned how to pray and fast in the right way; for then the whole responsibility of the Kingdom of God rested upon them.

We can assume that the 120 people praying for the out-pouring of the Holy Ghost, 10 days before Pentecost, also fasted at the same time, because they stayed at the same place throughout. This means they did not return to their houses to eat. The Lord's Ascension which they saw with their own eyes was so powerful that they forgot all earthly things. This brought forth all heavenly things in such a manner that their whole desire and longing was focused towards the power from Heaven; the Holy Spirit.

Whoever has the same attitude today, will be able to experience his own Pentecost, which is the baptism with the Holy Spirit and fire.

The apostles also fasted frequently afterwards, e.g., when the first missionaries were sent out,

*"As they ministered to the Lord, and fasted, the Holy Ghost said, Separate me Barnabas and Saul for the work whereunto I have called them."*

- Act 13:2

And also when Elders were brought into their offices.

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

- Act 14:23

The centurion, Cornelius, was seeking the Lord with prayer and fasting.

*Therefore came I unto you without gainsaying, as soon as I was sent for: I ask therefore for what intent ye have sent for me?*

- Act 10:29

Paul exhorts us to have times of abstinence in marriage that ye may give yourselves to fasting and prayer.



*Defraud ye not one the other, except it be with consent for a time, that ye may give yourselves to fasting and prayer; and come together again, that Satan tempt you not for your incontinency.*

-1Corinthians 7:5

He stresses therein, that he is proving himself in fasting to be a servant of God.

*In stripes, in imprisonments, in tumults, in labours, in watchings, in fastings;*

-2Corinthians 6:5

### PRACTICAL POINTS

In order to enhance the positive effect of fasting in the initial stages, it is recommendable to drink some salted water for the cleansing of the bowels. Add 2 level teaspoons of Glauber's salt to 1/4 litre of hot water and drink it. You can take this at any time, even when not in a fast, but with an empty stomach, in order to cleanse your body. During a fast, it should not be taken before the first day.

Fasting gets easy when you observe the following guidelines: When your feeling of hunger

has gone after a few days, go into deep and intensive prayer. Then you will gain the right spiritual results. Without prayer your fasting is ineffective and in vain.

It is recommended to drink mineral water instead of ordinary domestic water. You should drink hot or warm water to avoid stomach cramps and other inconveniences. Never drink cold water, unless it is taken very slowly. This is advisable especially for slim people, and during a fast in cold weather. A certain hindrance are the well-meant persuasions of over anxious friends and relatives, who try to convince the patient believer to break the fast prematurely, as they fear for his physical well-being. Should you have fallen for these persuasions, take courage and at some time renew the fast again. By God's grace you will succeed.

You may feel tired during the early or final days of the fast. Nevertheless, you can continue to work and get your day's duties done if the work is not too hard. During this period however, your prayer will most likely not be as concentrated and effective.

Physical movements like getting out of bed, etc., should never be done suddenly and quickly, as

this could cause disturbances in your blood circulation, followed by fainting. After your bodily poison has been secreted, you will feel better both spiritually and physically. Pain, dizziness, weakness, and other physical complaints will disappear. On the other hand the various physical organs as well as your sense and mental abilities will be stimulated. The result of this is the gaining of a certain spiritual authority, with prayers being answered and many other things that you previously thought impossible.

### **How long should you fast?**

1. Until we finally know that God has heard our prayer. For this you have to get the assurance whether to have a short (1-10 days) or a longer (20-40 day) fast.
2. As long as our health and physical condition permits, without resulting in damage.

### **Four Cleansing Methods**

1. The pores of the skin are channels through which

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the body secretes much poison, and this happens particularly during a time of fasting. This is the reason why Jesus says: "Wash thy face". It helps a lot to bathe more frequently than usual.

*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 6:16*

2. The kidneys are activated by drinking water frequently, therefore the urine is diluted and poison is flushed out.
3. The lungs are there to secrete the body's poison through breathing. Therefore it is necessary to be out in the fresh air, to take deep breaths of fresh air, as well as often opening the windows.
4. The bowels are also an important means of secretion. Do not worry if the bowels almost stop working altogether, as this is only because there is no supply of nourishment. In an emergency, a



clyster would be of some help. It would also be good to do some physical activities, like sport.

Fasting is the best means to break physical disabilities. This applies especially to stomach complaints. During a long fast your stomach is virtually renewed. This is the reason why it is necessary to break the fast gently. You should not immediately start with too much food; but gradually, with fruit juices followed by some fresh fruit.

If you are in bad health, fasting will be of great benefit to your body. Fasting has a rejuvenating effect on the glands, kidneys, liver and the blood, as well as the throat and eyes, etc.

Considering all these points above, it is clear that fasting and prayer can only benefit your physical well-being. Jesus would never have recommended such temperance if it were to have a bad effect upon our body.

Of course you should sleep and rest as usual. If possible during a fast you should try to rest a little more often than usual.

### **Water Intake**

Just as we apply water to cleanse our body outwardly, we need to do the same for our inner organs. Therefore we rinse out our mouth after eating, to remove food remains before they damage our teeth. Our stomach also needs to be cleansed by water. If we fail to drink water while we fast, the stomach will not be cleansed and will shrink, which can cause a slightly bent posture. Without drinking water, the inner organs will remain constipated and the body uncleaned. Therefore the secretion channels will not be able to function. Thus the consumption of water is all the more essential.

The drinking of water does not hinder the fasting person from drawing nearer to God. Water is pure and is used as a parable of salvation and of the Holy Spirit, of whom Jesus says:

*"Whosoever drinketh of this water shall  
thirst again: But whosoever drinketh of*

*the water that I shall give him shall never thirst; but the water that I shall give him shall be in him a well of water springing up into everlasting life." -John 4:13-14*

Water evaporates upwards. Food remnants decompose back into the ground. Water does not have a stimulating effect like food, for the latter nourishes the desires. Water does not have this kind of effect.

During a fast, the pores of the skin, i.e., those of the face, are filled with the secreted poison of the body. This is the reason why we should wash or bathe as much as possible. After approximately 2 weeks of fasting the most poisonous factors in a healthy body will be secreted with the help of water. From the context of the scriptures you can see, that Jesus Himself also drank water during His 40-day fast. It is not said in Matthew 4:2-11 that He was thirsty, but that He fasted. Further, it is said that He hungered in the end, which means, the longing for solid food came through powerfully.

*And when he had fasted forty days and*

*forty nights, he was afterward an hungered. And when the tempter came to him, he said, if thou be the Son of God, command that these stones be made bread. But he answered and said, It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God.*

*Then the devil taketh him up into the holy city, and setteth him on a pinnacle of the temple, And saith unto him, If thou be the Son of God, cast thyself down: for it is written, He shall give his angels charge concerning thee: and in their hands they shall bear thee up, lest at any time thou dash thy foot against a stone.*

*Jesus said unto him, It is written again, Thou shalt not tempt the Lord thy God.*

*Again, the devil taketh him up into an exceeding high mountain, and sheweth him all the kingdoms of the world, and the glory of them; And saith unto him, All these things will I give thee, if thou wilt*



*fall down and worship me.*

*Then saith Jesus unto him, Get thee hence, Satan: for it is written, Thou shalt worship the Lord thy God, and him only shalt thou serve. Then the devil leaveth him, and, behold, angels came and ministered unto him. - Matthew 4:2-11*

Also, when Jesus miraculously fed the 4000 people (MARK 8:3), bread and fish were offered, not water, although the people had been fasting for 3 days. Water was plentifully available in the creeks nearby. To suffer thirst is much harder than to suffer hunger. Not one of the scriptures above mentions the need to drink. This shows that water was available.

### **VANISHING OF NATURAL DESIRES**

Man has four different desires:

1. The spiritual desire, the longing for God.
2. The desire for food.
3. The sexual desire.
4. The covetousness for possession, power and luxury.

All these needs can be justified to a certain degree. The first desire does not take any effect at all in most people because it is suppressed by the other three.

The second and third desires degenerated into major vices in ancient times, of which Paul warned severely in 1 Thessalonians, chapter 4: "abstain from fornication..." also, "that no man go beyond and defraud his brother in any matter: because that the Lord is the avenger of all such."

The fourth, covetousness for improvement of one's life, degenerates into greed for money, possession, power and luxury. It is a modern trump card in Satan's hand.

However, with fasting, a miracle occurs: first of all, the second desire - hunger - vanishes. After approximately 10 days of fasting the weakness is gone. Thereafter the sexual desire disappears too. If the person who is fasting continues in fervent prayer to be united with God, the fourth desire - covetousness, is taken from him; or at least so much diminished, that it is hardly noticeable.

To the same degree, as fleshly lusts decrease through fasting, the spiritual longing for God is

increased:

*"As the hart panteth after the water brooks, so panteth my soul after thee, O God."*  
- Psalms 42:1

Now, the spirit of prayer becomes alive and an inner urge to pray arises, wherever you are. It is the Holy Spirit who is working by His moving force.

However, at times of such spiritual growth you have to be aware of satanic counter attacks and afflictions. At times there seems to be a wall in front of us which is a hindrance to our prayers. Dear reader, do not be discouraged! If you endure in spite of all, victory will be yours. Do not forget that you are standing in the middle of a fiery spiritual battle!

### **BREAKING THE FAST**

The longer the fast lasts, the more attention is needed when the regular diet shall be resumed. Gradually, our stomach has to become active again. This takes some time. In the days of the Bible, Israel, the Prophets and Christ were familiar with the dietary-laws of Moses and the prophets. They all knew about

the necessary hygiene involved in breaking a fast. After a long fast the stomach has become like a child's. Therefore it is not to have a normal, regular meal immediately after the end of the fast, even if it was for 2 or 3 days only. It could cause very severe physical repercussions. You should begin with fruit juices, fresh fruit (or canned fruit) and light soups, followed later by vegetables and milk, all in small quantities, until approximately the fourth day. You should not begin with your normal diet until a similar length of time as you actually fasted for has passed. The slower you proceed back to your normal diet, the healthier it is for your body and your nervous system.

The loss of weight during a fast is on average 1 lb. daily. This depends, however, on the weight of the person. A heavy person will lose more than 1 lb. at the beginning, whereas a slim person will lose less. In general, the loss of weight becomes less towards the end of a fast.



## *Chapter Two*

# Consequences of Fasting

**D**r. Tanner fasted on three occasions for 40 days at a time and explained that every time in the second half of the fast, the inexpressible glory of the heavenly world was revealed unto him. He reached the age of 92 and attributed his old age to the blessing of fasting. He proved that even today it is possible to fast as Jesus Christ did, for 40 days, without suffering any damage. Dr. Tanner was not only a doctor but also a determined Christian too.

Luther was fasting for days while translating the Bible. This might be the secret of his excellent Bible translation. Surely, his great faith and his immense victory by enforcing the Reformation have

their origin in his prayer and fasting.

Nowadays, hardly anyone is fasting, and prayer remains powerless without fasting. Therefore nothing is happening. Not Jesus, but Satan is victorious. Therefore, wake up, sleeping people of God!

In the year 1932 God through His grace gave me the first blessed revival campaign. I only knew three families in the oil-town of Novata in Oklahoma. One of them had devoted themselves to praying and fasting. After a time, as we had prayed and fasted together before the beginning of meetings, we had the assurance that every member in our little group had clearly been born again. We then secured a large property for open-air meetings. This was during the warm season.

From the first meeting onwards, crowds of people came. The rush of people increased more and more. Then God began to work. A lady with broken ribs was driven to the meeting and brought to the front on a stretcher. She was instantly healed. The same happened to a deaf and dumb boy and a man whose arm was paralyzed. Many people were

baptized with the Holy Spirit.

**FURTHER BLESSED  
CONSEQUENCES OF FASTING**

in Battleford, Sask., Canada

The beginning of the revival here in Battleford was in 1947, when approximately 70 students gathered together to read the Bible and exercise themselves in fasting and prayer. About 3 months later a sudden revival broke out in a room where all the students met for their morning assembly. Day by day the glory of God fell by His wonderful power. Deep repentance and humility came upon every one of us. Some would fast for 1 or 2 weeks, others even longer. Some even 40 days.

Before all this happened, it was as if we were standing in front of a wall and could not offer anything of value to the Glory of God. While we continued with our quiet Bible studies, we received the book about "Fasting and Prayer" by brother Franklin Hall. We instantly started to fast and to pray. Until that moment we never experienced the effects of persevering fasting, in which we were

about to partake. The revival would not have been possible without the teaching of this wonderful truth. A further essential help for the preparation of our hearts was the arrival of brother Branham in Canada, with his healing ministry.

The Revival is still going and the Glory and the Power of God cover the entire area. There was no loud chattering or laughing, everyone went calmly in reverence of the workings of the living God.

## *Chapter Three*

# **Great Testimonies from Fasting and Prayer.**

### **A Fast and Prayer Meeting**

In 1946 a group of believers from various denominations gathered together in San Diego to get more information on the subject of fasting and prayer. Many of them started a consecrated fast. Some even fasted from 21 to 40 days without any break. They all cried out in prayer for a world-wide revival, for the salvation and healing of mankind and an out-pouring of the Holy Spirit with gifts just like at the time of the apostles.

The result of this convention was marvelous. Many healing miracles occurred in the name of Jesus Christ, demons were cast out, moonstruck people were healed, cancer disappeared, the blind could see,



cripples could walk again, tumors dried out, lame people and those with tuberculosis were cured, smoking and drinking addictions were laid down and all kinds of diseases were removed. Crowds of people came to the front at the end of the meetings, to be baptized with the Holy Spirit.

In these revival meetings, which were partly led by the author, we could see approximately 1000 souls accepting Jesus as their Savior within a year. These converts were mainly believers of different nationalities. They were also the channels used to spread these revival reports in other countries and regions.

For many months a prayer-chain was held day and night with fasting, under the leadership of Sister Helen Hall. The Lord commanded the author to start a fast and prayer-crusade, which soon spread throughout the whole world. Brethren, Dale and Barbara Hanson, who stayed with us, gave us additional help. Soon, many other preachers and spirit-filled believers were also revived to preach about prayer and fasting in a revealing way.

In addition, many believers in Los Angeles and

Southern California started to fast. This is how the spiritual fire spread throughout the entire South up into Canada. Gradually, the people within the whole country started to fast and to pray. Men and women, through earnest prayer, worked hard for the salvation of their nation. Such fighting and devotion moved the arm of God and opened the windows of Heaven.

Thousands of wonderful testimonies from all over the world were coming in, as proof of the answers to prayer.

The author arranged special fast and prayer-meetings in various places within the USA. The biggest auditoriums were filled with people. There were meetings with up to 14,000 participants from all different denominations. Then, thousands of believers began to fast and pray for a world-wide revival. This is the actual origin of the great evangelistic healing crusades, as they call them in America. These crusades are a unique occurrence, springing up everywhere to shake up the people. As a result of all this, sometimes thousands are saved in one single crusade.

This spiritual power is needed today more than ever, because it is not only denominational barriers which hinder the working of God's spirit in the body of Christ, but also doubts, Bible criticism and unbelief that are pressing upon the church. Faith without works is dead, as stated in JAMES 2:20. To bring forth the signs following, as described in MARK 16:17, it is necessary to roll away the dark clouds of unbelief. According to Jesus' words in chapter 17 of MATTHEW, unbelief will be removed by prayer and fasting.

### TESTIMONY OF A SMOKER

On 31st December 1945 I began a consecrated fast, after I had listened to detailed instructions on this subject by Rev. Franklin Hall. I did not eat for 14 days. I only took water for the sake of cleansing the body. I used to be a heavy smoker. It seemed impossible to me to stop smoking. But already on the 3rd day of the fast I had no more desire to smoke. On the 4th day I no longer felt any hunger. A bit later my weakness was gone and to my surprise, I felt better and stronger every day. I was able to preach with much

more anointing and more authority than ever before; with much better results.

Another few days later, I was baptized with the Holy Spirit, which was wonderful. I continued with my work and it was not at all too hard for me. I have to confess, that the teaching of brother Hall is true and that it had a wonderful effect in my own life. Many people keep saying to me that I look better than before. When I began with the fast, I weighed about 140 lbs. At the end of this 2-week-fast I had lost 16 lbs. My nervousness is gone too. But the best of all, is that I have gained a much greater experience with the Lord by receiving the Holy Spirit.

My fast was shorter than that of many of my brothers and sisters. Yet, I hope, to start a 40-day-fast one day. Christians are not aware of what they can win by fasting.

- **Charles Wilson**, 4010 Euclid Av., San Diego 5, California

#### **TESTIMONY AFTER 24-DAYS FASTING**

I just want to tell you that fasting is wonderful. I fasted 24 days without any food and drank only



water. After 2 weeks of fasting we prayed for an epileptic boy and he was also anointed with oil. The Lord had put him as a burden upon my heart. He was the son of my friend. Shortly after this we could feel that something was leaving him! They were demons! The boy stood up smiling and joyful, and within a few days he found himself a job for the first time in his life, which he still has today.

I continued with the fast under Rev. Hall's instructions, for 3 weeks and 3 days. I worked inside the house, cooked 3 meals a day for my family and never once felt hungry. I felt even stronger and better than ever before.

I am grateful to have learnt something out of fasting and praying, and can only say that it helped me a lot, both physically and spiritually.

- Mrs. Mary Williams, *National City, California*

#### 40 DAY FAST SPARKS REVIVAL

At the age of 19 I almost died from influenza. During this troubled time I turned to the Lord, and promised Him to preach the gospel if He would heal me. After that I felt a kind of ecstasy. For 12 hours I was lifted up



into heavenly spheres. When I regained consciousness, I was completely healed. Hallelujah! Then the Lord spoke to me through an inner voice: "If you will be faithful in fasting and praying, I shall revive missionaries throughout the whole world." At this time I often fasted for 3-7 days.

Once when I fasted and prayed for 2 weeks, one night Jesus appeared in my room. A bright shining light, brighter than the sun, filled the room. Jesus stood at the end of my bed, surrounded by a wonderful brightness. This experience shook me so strongly that I thought I was floating on air while I walked.

Shortly after this, during a 5-day fast, I started to pray in a strange new language which was unknown to me. It was the gift of speaking in tongues, which is mentioned in 1 CORINTHIANS 12 and 14. A missionary from Rome discovered that I had spoken Italian. He translated it.

After a further 7-day fast the Lord gave a revival in Dayton, Ohio, where many sick people were healed and many souls saved.

One day, a lady gave me the book by Franklin

Hall about fasting and prayer. Now I have learned to fast for longer than 2 weeks. The Lord put the sins of all the unsaved and unhealed people as a burden onto my heart, so that I could not sleep any longer at night because of compassion and pity. Jesus showed me once again that in a short while, many more missionary-workers will arise throughout the whole world. They will serve mankind through fasting and prayer. Herewith, even bigger revivals will break out, the likes of which the world has never seen, as Jesus says:

*"He that believeth on me, the works that I do shall he do also; and greater works than these shall he do; because I go unto my Father."*

-John 14:12

If we consider the terrible destruction Satan caused during the last 50 years with the two World Wars, and the aftermath, we will understand that at the end of this age, the Lord Jesus will perform things which have never yet occurred. To Him be the Glory for evermore!

After I fasted and prayed for 40 days, I could see

many miracles of the Holy Spirit. It seemed as if my spirit had left my body. I could see in a vision about 30,000 souls filling a big hall in Detroit, accepting Jesus as their Savior.

This vision was fulfilled by the ministry of the evangelists William Branham, G. Lindsay, F. Bosworth and others. In these meetings thousands of people were converted to Christ and many were healed.

### **PASTOR FASTS TEN DAYS AND 300 CONVERTED**

Some time ago a friend sent me one of your books, "Atomic Power with God." I was only a little interested when I first received it, but it grew on me. The anointing of God was upon your message.

Just recently I fasted into my tenth day, and along with my Bible I kept your book near. The Lord met me in a wonderful way during this fast; however I was forced to quit far too soon. My pastoral work took up too much of my time. When I fast again I expect to take it during my vacation, so that I can devote my full time to waiting on God. The above

book was studied during a recent fast by a friend of mine. In one week's revival since these fasts, three hundred people went into our prayer rooms for salvation. i have seen more of god's power manifested, since you have written your books, and more men learning how to get hold of god for spiritual gifts, than at any other period i know of since the time of Christ.

- Pastor Harvey L Smith Pascagoula, Miss.

### UNDERWEIGHT – GAINS 29 POUNDS AFTER FASTING

"On the thirty-first day of December, 1945, after hearing Rev. Franidin Hall give some enlightening teaching on fasting, I started a consecration fast. I partook of no food during the entire fast of fourteen days. Water was taken for the purpose of cleaning out the system. I was a heavy smoker, and it seemed impossible to give it up, but on the third day of the fast I had no further desire for smoking. On the fourth day of the fast, hunger left me entirely. A little later all weakness left; and to my surprise I began feeling better and stronger day by day. I could pray more

earnestly, and with greater results. Several days later, I received the glorious baptism of the Holy Ghost. I kept busy with my work which was not heavy. The fasting did not bother me much. What Brother Hall tells you about fasting is true, in our new spiritual consciousness our eyes are opened to discern the true nature of our former natural environment. And it worked out just that way in my life. It was a glorious experience.

“When I began the fast, I weighed one hundred and forty pounds. This was twenty-nine pounds underweight. At the conclusion of the fast, fourteen days later, I had lost sixteen pounds, for I weighed a hundred and twenty-four pounds. Sixty days later I had not only regained the lost weight, but also gained twenty-nine pounds more, which was exactly what a man of my age should weigh, to the pound, that is, one hundred and sixty-nine pounds.

Everyone told me that I looked better than they had ever seen me look, and I do feel better than I have felt for twenty years. All of my nervousness is gone, and I have better complexion, and best of all, I have received the Holy Ghost, and have a much deeper



experience with the Lord.

"My fast was shorter than many of the other brothers and sisters, but someday I hope to take a forty-day fast, as it certainly was a glorious experience to fast fourteen days. People do not know what they are missing."

**Charles Wilson**

*San Diego, California*

## *Chapter Four*

# **Biblical Example of Fasting**

### **JESUS' FAST**

**T**hree of the most highly developed spiritual giants of the Bible are three who fasted for the full length of FORTY DAYS.

First and foremost is our Lord Jesus Christ who "was led up of the Spirit into the wilderness, and when He had fasted forty days and forty nights..."

Second, we have the mightiest spiritual giant of the entire Old Testament, Moses, who "was there with the Lord forty days and forty nights; he did neither eat bread, nor drink water," and who, on a second occasion, "fell down before the Lord forty days and forty nights; I did neither eat bread, nor drink water."

And third, we have the mighty prophet Elijah, that called down the *"fire of the Lord that consumed the burnt sacrifice,"* and *"who prayed earnestly that it might not rain, and it rained not on the earth by the space of three years and six months,"* and we read of him that he went without eating, *"in the strength of that meat forty days and forty nights unto Horeb the mount of God."* When the apostle James wanted to select a man who was an example of "effectual fervent prayer," he chooses Elijah, a man who could go for forty days without eating. It is the man who fasts, who has the spiritual character that can pray through on a really big job. When God said that He would destroy the whole Israelite nation for their sin, it is "Moses His chosen," who fasted forty days, and stood before Him in the breach, to turn away His wrath, lest He should destroy them.

*Wondrous works in the land of Ham, and terrible things by the Red sea.*

- Psalm 106:22

Other folk of great importance and high spirituality that fasted during long periods when

they were under great mental strain and tribulation, are Anna the prophetess, David, Daniel, John the Baptist, and Paul. A close study of their lives shows they gained great spiritual strength by fasting and prayer that otherwise they would not have received.

Fasting was part and parcel of the very life of Christ, and yet this very essential part of Christian life has been ignored by many Christians as if it were an unsolved mystery. It was never meant to be hidden, and should never have been so overlooked. This may explain why we have not had a more complete outpouring of the latter rain. Surely such a stupendous truth cannot continue to be a secret hidden in plain sight for over nineteen hundred years. The strides and progress of man in other channels have been so enlightening and progressive. Surely we feel that it is time, long past due, for all to "labor for Christ," in whom are hidden all treasures of wisdom and knowledge. Try this truth that gives such a treasure-house of riches and strength. We do not fast to merit favor from God or as a penance.

We read that "*Jesus was led up of the Spirit into the wilderness to be tempted of the devil.*" And the

very next sentence tells us that He fasted. Why did He fast at the very time He was being tempted? For we read in Luke's Gospel that He was "*forty days tempted,*" and in those same forty days "*He did eat nothing.*" What is the connection between temptation and fasting? Is it not that fasting is the mightiest possible preparation of soul, to insure victory over temptation? And would we not do well to follow our Lord's example, and avail ourselves of this mighty weapon with which to meet and overcome him "*who goeth about as a roaring lion, seeking whom he may devour*"?

We are not told in Matthew, chapter four, the reason for His fast. But in Matthew, chapter seventeen, Jesus explains it. Before this time His disciples were not able to bear this teaching. The great revelation of why He fasted, was shown when He healed this lunatic boy, and answered the question that the disciples had asked Him: "*Why could not we cast him out?*" Matt. 17:19.

Please remember that Christ, as well as being God, was also in the flesh as man.

It seemed that the disciples had become a



reproach, or disgrace to Christ, because they could not heal this individual. They apparently were ashamed of themselves so they came to Jesus secretly, to ask of Him the reason why they were not able to cast out the demons. Then the secret of Jesus' fast was revealed, and He showed to them and to us what "Super-Atomic Power" one can have. Anyone can have that power, thank the Lord. All can have it who will follow the instructions given by Him, and plainly taught throughout the Bible.

*And Jesus said unto them, Because of your unbelief: for verily I say unto you, If ye have faith as a grain of mustard seed, ye shall say unto this mountain, Remove hence to yonder place; and it shall remove; and nothing shall be impossible unto you. Howbeit this kind goeth not out but by prayer and fasting.*

- Matthew 17:20-21

The disciples were helpless. No one could give help in this major prayer problem except one. That Person had fasted forty days and forty nights, and He

was the only one in the midst who had so fasted. Praise His name!

However, Jesus clearly shows that anyone who had had a prayer and fasting experience, could cast out the evil spirit, for He says, "This kind cometh out by prayer and fasting." Our Lord teaches here the big difference between prayer alone, and prayer, combined with fasting.

In that momentous struggle of forty days of fasting Jesus had availed himself of the most powerful aid at his disposal.

Jesus fasted in order to secure His perfect faith from His humanity side, and He urged fasting upon His disciples to remedy their weak faith. He declared that they would fast, using the words, "Then will they fast," and gave directions in Matthew chapter six, which are intended to insure to all of His followers the same benefits of fasting which He obtained. The disuse of fasting is in direct opposition to the practice, example, and the teaching, of Christ.

There is no record of Christ healing the sick, or performing any miracle, until after he had fasted forty days and forty nights. After this mighty fast,

and not before, He was fully equipped, capable, and prepared for any and all emergencies. At this moment, how much Faith have you at your disposal, to meet any obstacle?

When Jesus was twenty-one years old the record shows He had not yet performed a miracle. At twenty-five, he still had no healings, miracles, and no manifestation of His Divine Sonship. He became twenty-six, twenty-seven, twenty-eight and twenty-nine years of age, and yet, no miracles or manifestations. Why? He had not received the fullness of the Holy Spirit, and had not spent forty days fasting. It was necessary for Jesus to be prepared and have all the spiritual equipment, before He went forth to perform His mighty works.

Satan's rage knew no bounds at the conclusion of Christ's fast, and he sought ways and means to subdue Him. Christ could not have been tempted by something He did not need. But we read that "when He had fasted forty days and forty nights, He was afterward an hungered." Now, Jesus could turn these stones into bread and yield to an appetite similar to the one Eve yielded to in the Garden of

Eden. The answer that Jesus gave was not only an answer to Satan, but throws a challenge to all humanity:

*"Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God."* - Mathew. 4:4.

Jesus received the Holy Spirit, but this did not seem sufficient. It requires fasting and prayer to operate the Holy Ghost.

Jesus, at thirty years of age, only after praying and fasting forty days and forty nights, began to manifest Himself as the Son of God with all power, signs, and wonders. There was such an awakening! Fasting is the most powerful means at the disposal of every child of God. Fasting literally becomes prayer to the praying Christian, prayer that is as different as an atomic bomb compared to an ordinary bomb. Prayer alone is like the ordinary bomb, and the fast with prayer, is comparable to the Super-Atomic Bomb.

Jesus knew the positive value of prayer and fasting, and was confident that they were the only

means to the end that He sought. Jesus fasted in order that prayer might become prayer in the highest sense—might reach its highest intensity. He blazed the way that we are to follow. Although Jesus knew He was the Son of God, this assurance was stamped more indelibly upon Him by the prayer and fasting of forty days.

Satan was not too much interested in Christ until He was ready to manifest his sonship. Then and only then, after His forty-day fast, was Satan right on the job, ready to assail Him in every way that he could. If Christ was immune, and could not have sinned or yielded to Satan at this time, then this would have been the greatest farce that the world has ever seen. Surely, Christ could have yielded to this temptation. Satan knew that He could, and set about to try Him. Jesus Christ, with fasting back of Him, was well prepared for the attack. We are so thankful that although Jesus was tempted and tried in every manner, as we are, yet He did not yield to temptation; He victoriously overcame Satan. We can likewise be an over-comer.

Fasting and praying, then, aids us in



overcoming temptations and trials, and prepares us to meet the attacks of the enemy.

When we fast and pray, we should never lose sight of the fact that our FAST must be for the glory of god, that Jesus shall continually have all praise, honor, and glory. A continual praise, along with our prayers, should always be in our hearts to obtain the fullest spiritual results. In other words, make it a time of fasting and praise for the glory of god.

### DAVID'S FAST

All Christians are delighted to read the Psalms; they encourage us to press onward. They are filled with scores of promises and blessings for believers. The Psalms are a product of Fasting and Prayer. The sublime utterances in the Psalms are not exaggerations, as has been asserted by some. Only in the realm of higher receptivity made possible by prayer and fasting, is the soul able to receive such revelations as Psalms 35:13; 69:10; Psalm 78:18-32; 107:17-18 and 109:22-26; II Sam. 12:16-23.

David sought God in long fasts; in fact he fasted

so long at times, that he looked like a skeleton. Psalm 109:23,

*"I am tossed up and down as the locust. My knees are weak through fasting; and my flesh faileth of fatness. I became a reproach unto them: when they looked upon me, they shook their heads."*

So much fat was lost that he actually became a reproach to look at; his friends and neighbors shook their heads. No doubt some ceased to be his friends and began criticizing; this is just what happens today when an individual seeks GOD long enough in fasting and prayer. Some people say we should always go into the desert or wilderness to fast, like Moses and Christ. That is good, but here is an instance in which David did not care who saw him. (This fast is also prophetic of Christ's 40-day fast.)

David must have fasted forty days or longer, to have lost so much weight. David was not interested in what people thought of his appearance. He fasted in mourning and humbleness; he was only interested in how he could please God, and reach HIM. I have

seen many folk who fasted longer than forty days, yet they looked better than this description of David.

As certain as we "labor for the meat above," we shall not stand in very high favor with the world. When we enter into the spirit of fasting and prayer, we are not interested in what others say about us. We are after that which is worth more than silver and gold. If you fast and pray, and really get into the spirit of it, your prayers may seem more difficult at times, than when you are praying without fasting. The main victories are usually attained after fasting. In the battle you are progressing further, with higher mountains to climb, darker places to penetrate, higher walls to surmount, and deeper depths to plow through. Psalm 35:13: "I humbled my soul with fasting; and my prayer returned into my bosom."

Fasting is not something to glory in, or to be puffed up about. Along with the fast we are to go down into humility, disregarding what people think and say. It should be a time of real weeping and mourning. Our unworthiness should be realized, and the farther down we go, the higher will our Christian experience rise. It will be a great spiritual

fight all the way through.

I wish to state that some children of the Lord fail to press into the proper place of prayer, along with the fast, just because they find it difficult to pray. But that is no reason for not praying. Your prayers will absolutely blast through to heaven, if you settle down to do it, and labor at the job, and "ask" and "seek" and "knock," as Jesus told us to do. The Devil will be around to hinder, and prevent you from accomplishing your purpose, but PRAY THROUGH, FAST THROUGH, and press your way through till you open heaven.

Shorter prayers under the influence of fasting, are far more effective than longer prayers when off the fast. We are in a channel of prayer, while fasting that leads directly to the throne. The ear of God is open to hear the prayer of His fasting saint.

Usually, the first few days of a fast are the most difficult time to pray, because the weakness of the body has not gone, and the body has not been cleansed. Pray as much as possible, as long as possible, and as fervently as possible, regardless of lack of strength, and when you get over "the hump,"

it becomes easier to fast and pray; generally speaking, you get stronger physically. You can gradually put yourself into it, devoting more time to prayer; then the fast itself actually becomes prayer. Please bear this in mind when fasting. A Christian then has such power, that these obstacles mentioned will seem easier and easier to surmount, as one presses on to more and greater obstacles, all of which will be victoriously overcome, and a continual growing power, greater than ever, will be felt by the person, as long as he or she stays in the center of God's will.

Those employed, or who are working at various jobs, will find it difficult to spend all the time seeking God in prayer. But you can still secure very desirable results, and the Lord will bless you much, if you can keep in a spirit of prayer while you work. If one's work is extremely burdensome, it will be difficult to fast and concentrate in prayer. Sometimes a person on a job has begun a fast, and a time of prayer, and has become so lost in the spirit of prayer that nothing matters but Jesus Christ, and they lose interest in their work, and everything else around them, to such



an extent that they receive a special call of God for their life work.

Some years ago, a shoe cobbler did this very thing. He was living in Denver, Colorado. After fasting and praying for forty days, the power of God became so real and precious, that he gave up his shoe business, started preaching on the street corners, and blessing sick people through the healing ministry of Christ. Hundreds of sick people were prayed for daily, and many miraculously healed. Blind eyes were opened; deaf ears were unstopped; deaf and dumb spoke; ulcers, cancers, arthritis, and tuberculosis cases, were gloriously healed. The lame leaped for joy. Wheel chairs, beds, crutches and braces were left, behind by the ones that were healed in Jesus' name. All this in answer to the prayers of an individual who caught a revelation through prayer and fasting for forty days.

Every minister owes it to his congregation to be at his best; every evangelist owes it to the people in each revival; every teacher owes it to his pupils; and every Christian to his brethren, to be at his best spiritually; and we have seen that this can only be

attained through prayer with fasting. Prayer becomes illuminated, and fasting makes prayer as powerful as dynamite.

**SHOULD I WAIT FOR GOD  
TO LAY A FAST BURDEN UPON ME?**

No, not necessarily, for the simple reason that if we waited for God to lay a fasting burden upon us, there probably would be no fasting, or very little. Fasting is like praying. We pray when there is a need, without waiting for a burden of prayer. We should also fast when there is a need, and because it is our Christian duty. In Mark 2:20, Jesus has already laid a fast upon us in these words, "*Then shall they fast in those days.*"