

Power with God Through Prayer and Fasting

By Kim Haney

Why fast?

There are so many benefits to fasting (natural and spiritual) that there is no way to go into detail in this limited space. Throughout the Bible we read how God's people fasted, and God acted. Fasting was not a stranger to the early church. The prayers that you pray during a time of fasting will move the Hand that controls the universe! These prayers bring the forces of God into action on your behalf when prayer ALONE will not break through. Fasting, along with your prayer and reminding God of what He promised in His Word, will many times bring CLOSURE to your battles.

As someone said, "Fasting puts legs on your prayers."

So many people are not aware-or not willing-to put the flesh aside for a season and seek God in the way that He Himself exemplified for us. Fasting and prayer together will overcome apparently impossible obstacles, because of the FAITH that is born inside of you that can come NO OTHER WAY but through FASTING.

A faith is BIRTHED THROUGH FASTING that reaches out and takes HOLD OF GOD and His PROMISE and brings it into the physical realm.

This is proven when Jesus' disciples could not cast out the demon of epilepsy out of a boy in Matt. 17. They were men of prayer, followers of Jesus - but there was a missing ingredient. This ingredient was the FASTING combined with their prayers that birthed the FAITH to take authority.

All born-again believers have been given a 'measure' of faith, but there is a faith that reaches into the supernatural, a faith that speaks to mountains (your mountains would be your seemingly impossible circumstances in your life) and they are removed. A faith that grabs hold of God's promise and refuses to let go. An atomic faith that goes far beyond the 'measure' of faith. This is something that goes beyond your own natural ability, and brings the supernatural. As Jesus said, "This kind (*or this kind of faith only comes by*) prayer and fasting." (Matt. 17:20, 21)

Fasting Brings Great Anointing and Boldness

In Matt. 6:18, Jesus told His disciples during the Sermon on the Mount, “Thy Father which seeth in secret (*He sees your fasting*) shall reward thee openly.” The REWARDS of fasting with prayer will be shown openly through this person being used in DELIVERANCE, GIFTS OF THE SPIRIT, HEALINGS, and HEARING THE VOICE OF THE LORD, as your spirit is finely tuned in to God’s Spirit. Fasting produces the FAITH to take hold of the SPIRITUAL.

When you lay up your treasures in heaven by prayer, fasting, and giving, your reward will be what you are seeking God for in secret. Your rewards will be answered prayers, greater anointing, working of miracles, revival, power with God and man, and gifts of the Spirit. Now, THIS promise right here is something you can hold God to! The whole chapter of Matthew 6 is God saying, “If YOU WILL, then I WILL!”

If you have been a faithful giver of your finances, and have walked with God in prayer, then you can REMIND Him of what He said He would do during your time of fasting. God wants to be reminded of what He told you He would do! Isaiah 43:26, “Put me in remembrance (*remind me of what I promised you*): let us plead together: DECLARE THOU, that thou mayest be justified.”

I urge you to find promises (Scriptures) that apply to your need (because your request must be in accordance to the will of God first), and stand upon those promises during your fast by bringing them into God’s memory.

You see, there is a spiritual connection with food and abstaining from it for a season. Fasting brings the boldness and FAITH to approach the throne.

Jesus Himself fasted 40 days, but it was only AFTER He fasted that He went forth in the Power of the Spirit.

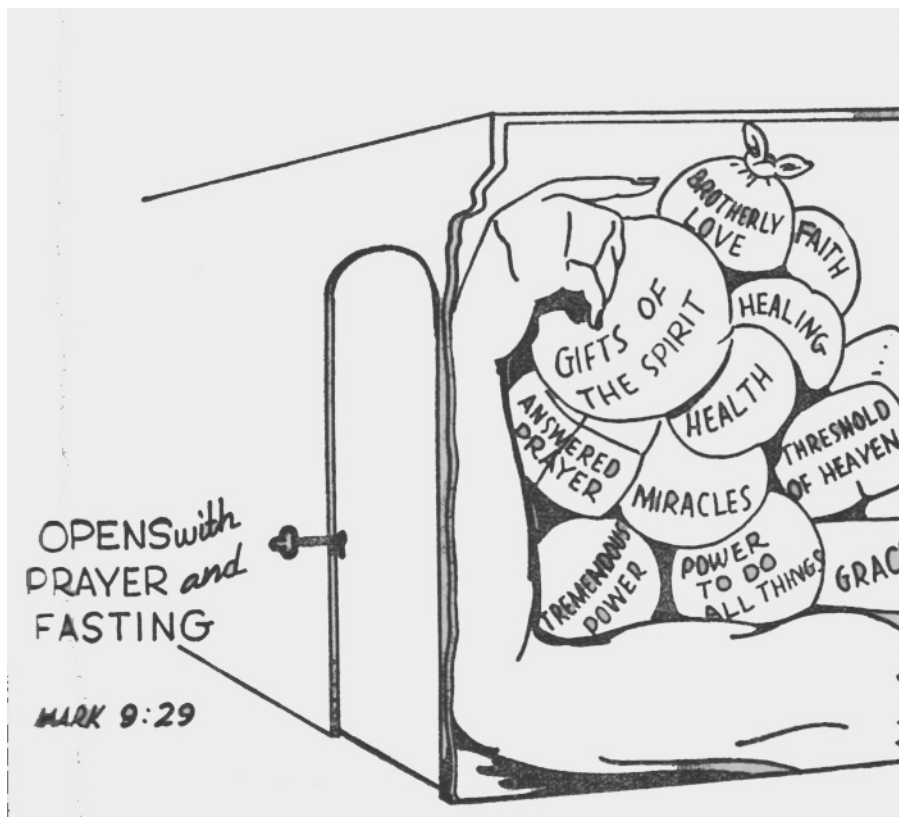
Read Isaiah 58:5-12 to find out what exactly fasting does in the spiritual realm.

Fasting will bring direction given by the Holy Ghost

If you need direction in your life, if you are looking for an open door, if you are confused or concerned with your future - seek God through prayer and fasting.

This is evident in the lives of the apostles when they were seeking God for direction: “**As they ministered (*or prayed*) unto the Lord AND FASTED, the HOLY SPIRIT SAID ...” (Acts 13:2) The Holy Ghost will speak to you during your time of prayer and fasting. Your spiritual ears become tuned as the world is shut out and the flesh is shut down.**

You will draw closer and become more sensitive to the Spirit, it will also be a time of cleansing and purifying not only your body, but your heart.



Fasting without much prayer is like having a car with no gas to operate the vehicle.

Your set-aside season of fasting should be accompanied by much more prayer than just your normal daily prayer life. After about the third day of your fast, the flesh barrier has basically been broken through and these first three days almost feel like you are accomplishing nothing - because most of the time you FEEL nothing. Now, there are those special times when you are able to weep and cry under the power of God during these first few days of fasting, but my experience has been that it's very rare.

The Only Thing That Can Hinder Your Prayers (Read Matt. 5:23,24)

The very first day you begin your fast, make sure you are approaching God with a clean heart. If anything can hinder your prayers from being heard, it's a heart that is not right with God.

"If I regard (or keep, protect) iniquity (sin, unforgiveness, bitterness) in my heart, the Lord will not hear me." (Psalms 66:18)

The fasting, sacrifice and prayers are all in vain if you are not willing to let go of offences and approach God with repentance and a clean heart because sin will hinder your prayers. Even days into your fast the Lord will lay a situation upon you that you need to take care of and get under the blood. This is a time of cleansing the soul as well as the body.

It is very important to listen to that voice that speaks to you. Nothing, nothing, nothing is worth your prayers being hindered!

When you Feel Like You Can't Touch Heaven - Faith Takes Hold!

During the fast, your physical senses are under submission and it's not uncommon to go many days--if at any time-- without feeling anything when you pray. This is when you must be reminded that "we walk not after the flesh, but after the Spirit" (Rom.8:1) the SPIRIT does not FEEL, but prays in FAITH knowing that God is hearing the prayers.

I John 5:14 tells us, "this is the CONFIDENCE that we have in him, that, if we ask any thing ACCORDING TO HIS WILL, **he heareth us**; And if we know that he hear us, whatsoever we ask, WE KNOW that we have the petitions that we desired of him."

So during those times that you arise early in the morning and the Spirit is willing, but the flesh is weak --pray in the Holy Ghost--pray in tongues and let the Spirit pray through you. This is how the MOUNTAIN MOVING FAITH is acquired.

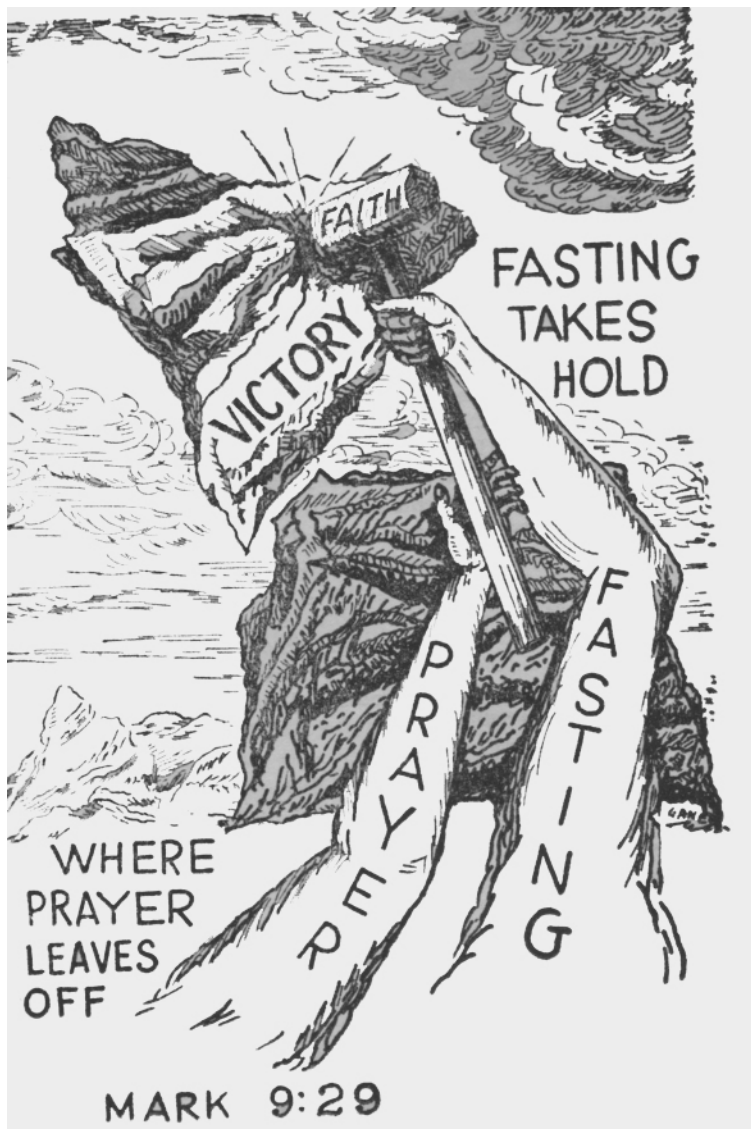
According to Romans 8: 26,27 the Spirit of God that dwells in you will pray the perfect will of God. "**For we know not what we should pray for as we ought: but the SPIRIT ITSELF maketh intercession for us with groanings which cannot be uttered. And he that searcheth the hearts knoweth WHAT IS THE MIND (or exactly what to pray and how to pray it in your situation) of the Spirit, because he maketh intercession (or prays in your behalf) for the saints according to the will of God (you have the assurance that you are praying the will of God in your prayer).**"

So allow the Spirit to pray through you when you are going through times of numbness in your flesh. I wish someone would of told me this years ago when I began to get into prayer and fasting. I felt the heavens were brass and at times I would get so discouraged during my fast because I didn't FEEL anything when I prayed.

Get into the SPIRIT of prayer during your fasting time. It's a place where your spirit is in constant communion with God's Spirit. You can do this ANYWHERE. You do not have to be in the prayer room or kneeling somewhere in solitude - although it's necessary to have these alone times as well.

When you fast, life still goes on... it does not stop and wait for you to finish your fast.

Your kids do not stop needing to be fed and lunches made for school, your spouse's desire for a home-cooked meal doesn't dissipate, your co-workers will not cease to eat lunch around you. So you have to learn to FLOW with life and at the same time FLOW IN THE SPIRIT. Stay connected to the Spirit of God through consistently praying in the Holy Ghost.



What I mean by this, is pray in tongues wherever you are. You do not have to be loud when you pray in the Spirit, but learn to do it quietly, under your breath, when you are in the presence of unbelievers. I have walked through grocery stores speaking in tongues – and nobody knew it (all except my kids who were near me). Pray in the Spirit while you are driving in your car, pray when you are sitting in a classroom during school, you can pray in an airport. Paul said, “For if I pray in an unknown tongue, MY SPIRIT PRAYETH, but my understanding is unfruitful (*in other words, I do not understand what my spirit is praying- but God does*).” (I Cor. 14:14)

The Importance of MUCH Prayer with your Fasting

Remember ... fasting without prayer is only a diet.

You MUST find a secret place and spend time with HIM alone while you fast. You need to find a place you can speak things in private and take authority over personal circumstances you are addressing without feeling intimidated or feel like someone else is listening.

Let me add ... when you set aside this time of prayer and fasting, you will need to be alone as much as possible. You will not desire to be around crowds, or parties, or light hearted people. There is something that transcends from heaven into your spirit and a true solemnness or seriousness accompanies this. Explain to your close family or friends before this time so that they will be prepared to honor your sacrifice.

A good example for us to follow would be Daniel. In Daniel 6 we read “he kneeled upon his knees three times a day, and prayed, and gave thanks before his God ...” (Dan. 6:10) Replace your 3 meals a day that you normally would take the time to eat, with prayer. Even if it’s only 30 minutes during your lunch break, find a place-go out to your car- where you can be alone as much as possible and talk with your God.

During this time, read your bible consistently. Many times I will put the bible on CD on to play while I continue in my work and just allow the Word of God to feed into my spirit. This is how you will receive words from the Lord.

It is advisable to abstain from all other reading material during your fasting time unless a spiritual book on fasting is desired. I have listed a few recommendations in the back of this booklet. Remember, fasting sometimes can be a lonely road. You may not even receive much support from others, but **YOU ARE THE ONE WHO GOD WILL REWARD OPENLY!** Isaiah said “there is none that stirreth up himself to take hold of thee ...” (Isaiah 64:7) It’s a personal commitment and call. Know that it is GOD who is stirring your spirit!

Early Morning Prayer

In the book of beginnings, Genesis, we see that **GOD MET WITH MAN IN THE EARLY MORNING**. “And they heard the voice of the Lord God walking in the garden in the **COOL OF THE DAY ...**”

Missionary Steve Willoughby brought light to this passage just recently here in Stockton. The ‘cool of the day’ is not in the evening time. The coolest hour of the day is the hour just before daybreak. It’s when the sky is still dark, right before the sun rises in the morning.

Moses was commanded by God to, “Rise up early in the morning” to stand before Pharaoh, and command him to let God’s people go (Exodus 9:13). God destroys captivity **EARLY IN THE MORNING!**

Pastor Nathaniel Haney has always believed the reason God has chosen the early morning to do His work, is because the spirit realm in general is not as active during that time of day. Since spirits are conducive and subject to the activity of humans, this opens an opportunity for the children of God to direct their prayers against the spirits of darkness during their weakest state.

Jesus showed us this through His own example of early morning praying: “And in the morning, rising up a great while before day, he (*Jesus*) went out... and there prayed.” (Mark 1:35) There is usually a very special visitation by God for those who give Him the first fruits of their day.

David knew this secret as he prayed early in the morning. He said, “My voice shalt thou hear in the morning, O Lord; in the morning will I direct my prayer unto thee, and will look up.” (Psalm 5:3)

The Preparation

It is VERY important to prepare your body for a fast. This will cut down on responses in your body such as headaches, nausea, etc. When you fast, your body detoxifies and gets rid of waste and toxic build-up.

It is recommended that you do not drink anything with caffeine or eat anything with sugar in it for at least 3 days before you begin your fast.

This includes tea (herbal is okay), coffee, soda, energy or vitamin drinks.

It is advisable to eat only fresh fruits and vegetables at least two days before your fast. Just cut out all processed foods, canned foods, all meats, and just eat foods that come in their own, natural wrapper.

This will make your fast easier and you will feel so much better.

Various Types of Fasts

When Jesus was led by the Spirit into the wilderness for a season of prayer and fasting, He drank only water. The bible tells us “he was afterward and hungred.” This is the true fast -- drinking only water. In the age we live in, it is almost impossible to escape to the “wilderness” and this is the purpose of offering various types of fasting. Remember, the greater the sacrifice, the greater the rewards. It is advisable to not go more than 3-5 days on water-only fasting unless you are under the watch of physician.

Fasting for the Diabetic

The Daniel’s fast is recommended for those who are diabetics, have health issues, or take strong medications that hinder them from going totally without food.

This fast consists of having ‘green’ drinks (vegetable and fruit juice combo) such as Trader Joes green drinks, Odwalla ‘superfood’ etc. You can also have protein drinks from these same sources during the day. At night, prepare one cup of brown rice plus one cup of lentils prepared with NO salt or any seasonings. This is not supposed to be pleasant to the taste, only supply the nutrients your body needs. This is what Daniel meant by “I ate no pleasant bread, neither came flesh nor wine in my mouth” (Dan.10:3)

Along with this, drink plenty of water.

The Master Cleansing Fast

This is one of my favorite fasts simply because it is truly sacrificial. It has no substance to the liquid, yet it sustains your blood sugar levels to help you be able to continue your everyday responsibilities. Surprisingly, this fast does not leave you very weak if you do it right. It will also cleanse every part of your body.

This combination has all the nutrition needed during your fast. Many people who work are able to do this fast. Make up several empty water bottles of this solution, and bring to work or school.

HOW TO MAKE IT:

2 Tablespoons fresh lemon or limejuice (approx. ½ lemon)

2 Tablespoons genuine **grade A or B PURE maple syrup** (Not maple flavored sugar syrup) You can purchase this at Trader Joes, Artesian Health or any health section at the grocery store. **OR** you can use **Agave syrup** which is derived from the cactus. It does the same thing, but does not have as strong of taste. You purchase this at the same type of stores.

1/10 Teaspoon liquid cayenne pepper (red pepper) or to taste. I recommend Dr. Schultz cayenne, you can purchase at Artesian Health in Stockton.

8 oz water, room temperature - or cold

Combine the juice, maple syrup, and cayenne pepper in a 10 oz glass with the water.

Shake it up or stir it and drink. (Cold water may be used if preferred.)

Use fresh lemons only, never canned lemon or limejuice nor frozen lemonade or frozen juice.

Drink this mixture 8-10 times a day, any time you feel hungry. The maple or agave syrup balances your sugar levels and keeps you going.

Every night it is important to drink a cup of “Smooth Move” herbal tea. Steep for about 5 minutes and sweeten with honey or maple syrup. This will help your body to eliminate toxins and will give you a bowel movement in the morning. If you do not eliminate, you can get very sick.

You can purchase this tea at Artesian Health or any health section of your grocery store.

You can also take herbal teas in the morning and at night sweetened lightly with honey.

Remember, in addition to your lemon mixture, drink plenty of pure, distilled water every day.

You can make this lemon mixture in water bottles in the morning and take several with you to work, school, etc. to drink throughout the day.

The Juice Fast

The juice fast is perfect for individuals who do hard, manual work and need energy. It consists of fresh juices only.

DO NOT drink juices that have any kind of sugar in their ingredients. This can harm your body. I recommend going to Trader Joes and purchasing their small, individual juices in the refrigerated section of the store, but you must keep them refrigerated.

Also, if you do not have a juicer at home, going to Jamba Juice and ordering a fresh carrot and orange juice is great alternative.

Odwalla is another brand of juices that have fresh ingredients with NO sugar. Stay away from juice concentrates as well.

There are several juice manufacturers and ‘smoothie’ shops that are available to us. Please remember that a ‘smoothie’ is not a fast. A fast should be a true sacrifice, and is intended to bring your flesh under subjection to the Spirit of God.

During a fast, you will find out what truly has a “hold” on you. If you can’t go without your coffee for the day, you will know there is a habit or addiction that must be broken in your life.

What Am I Supposed to Expect During My Fast?

Usually after the fourth day your hunger begins to leave. Our bodies are so programmed to eat during certain times of the day, that we get “reminders” (stomach growls, gurgles, hunger pangs). This is a sign to us that it’s time to eat. This does not mean we actually have hunger. Do not confuse these signs with true hunger, because they simply come from the habit of eating and not from true hunger. A person can go weeks with no food, but you cannot go more than a day without water.

It takes approximately (everyone is different) 4 days for hunger to leave (the signs of hunger), and about 6 to 7 days for weakness to leave (it may taper off). These are GOOD signs that your body is cleansing. After you get through these hurdles, it makes it much, much easier to continue your fast. You will feel healthier and have more energy and clarity of mind after your body has cleansed during your fast.

The chart to the right was taken from a book written in 1946, called, “Atomic Power with God Through Prayer and Fasting.” This shows us how closely FASTING is in relation to FAITH. Jesus gave us specific directions on how to receive this great faith.

Chart No. IX.

AVERAGE AMOUNT OF EFFORT REQUIRED IN FASTING

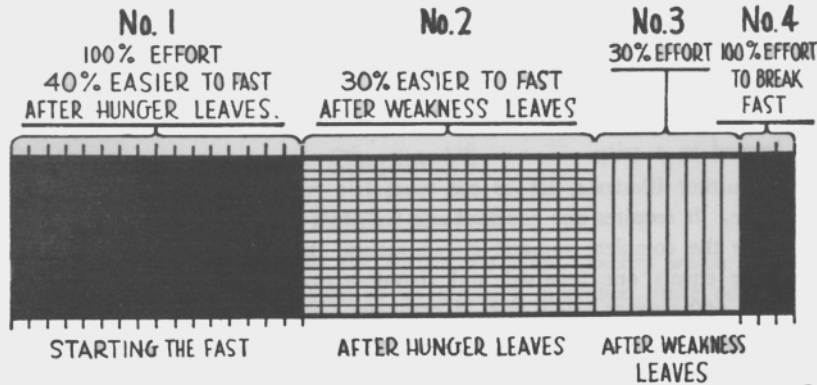


CHART SHOWING THE PERCENTAGE OF EFFORT REQUIRED IN TAKING A PROTRACTED FAST. (FIGURES ESTIMATED ONLY.)

1. IT REQUIRES 100% EFFORT AND WILL POWER TO GET STARTED. SOMETIMES SEVERAL ATTEMPTS WILL HAVE TO BE MADE. THE FIRST DAYS ARE THE MOST DIFFICULT. Do not be discouraged if you have to make many attempts.
2. IT BECOMES EASIER TO FAST AFTER HUNGER LEAVES.
3. AFTER WEAKNESS LEAVES, FASTING BECOMES ROUTINE AND IS NOT NEARLY SO DIFFICULT.
4. IT REQUIRES AS MUCH EFFORT TO BREAK THE FAST PROPERLY, AS IT DID TO BEGIN THE FAST.

Helping the Body to Cleanse

The more you can help nature eliminate poisons and toxins, the better. If your system feels upset, it's because you are not having sufficient elimination (bowel movements). You should be having AT LEAST one movement a day during your fast. It would be the same as sweeping the floor around and around and never removing the dirt and this is what makes you sick.

SMOOTH MOVE herbal laxative tea is found to be a good helper. Steep it for approximately 5 minutes (you can sweeten lightly with honey) and take it the last thing at night before bed.

Another cleansing aid is the salt bath. This method will cleanse the entire digestive tract within about 1 hour.

Directions: Prepare a full quart of warm water and add 2 level teaspoons of uniodized sea salt. Do not use ordinary salt. Drink the entire quart first thing in the morning. Several eliminations are likely to occur. This can be taken as often as needed.

FAITH

1. Faith ignores the senses of sight, smell, taste, touch, and hearing. These senses are an enemy to both fasting and faith.

2. Faith ignores feeling.
3. Faith works with the invisible.
4. Faith is a substance: "Faith is the substance of things hoped for."
5. Faith is the evidence of the unseen.
6. Faith is believing what is not seen by the natural.
7. Without faith it is impossible to please God.
8. Faith brings spiritual power.
9. Faith is the victory.
10. Faith pulls down the stronghold of the enemy.
(II Cor. 10:3-5)

FASTING

1. Fasting wars against our members so that our senses are subjected to the Spirit.
2. Our feelings change to a spiritual environment.
3. We feel weak during fasting while the flesh is subdued so that spiritual power may be manifested.
4. Fasting brings one into the substance of God.
5. Fasting brings revelation evidence from God.
6. Fasting takes us into an unseen spiritual realm.
7. Fasting births faith that pleases God.
8. Fasting produces faith that leads to spiritual power.
9. Fasting moves God to give us victory.
10. Fasting brings us to the forefront of the battle that ultimately brings victory.
(Dan. 10:2-14)

Breaking the Fast

Breaking your fast is as important as the fast itself. DO NOT go out and have pizza! Your stomach and intestines have rested during this time and you must start out with juices such as pure grape juice and orange juice. Do not rush your stomach for this could bring great harm to your organs!

If you have finished the master cleanse fast, it is advisable to break on juices (fresh) and water only for the first day. The second day you can add soft, fresh fruits and steamed vegetables only. After the first two days you can add soft, blended foods such as the vegetable soup recipe below and smoothies - but absolutely NO MEATS.

Recipe for Vegetable Soup

Use several kinds of vegetables, one or two kinds of legumes, potatoes, sweet potatoes, celery, carrots, onion, garlic. Pure, organic broths may be used with this. You can purchase these at Trader Joes or health sections of your grocery store.

You can also add chili powder, tomatoes, and squash. Brown rice may be used, but no meat or meat stock. Other spices may be added such as fresh dill, fresh basil, fresh parsley etc. Use only a tiny bit of salt.

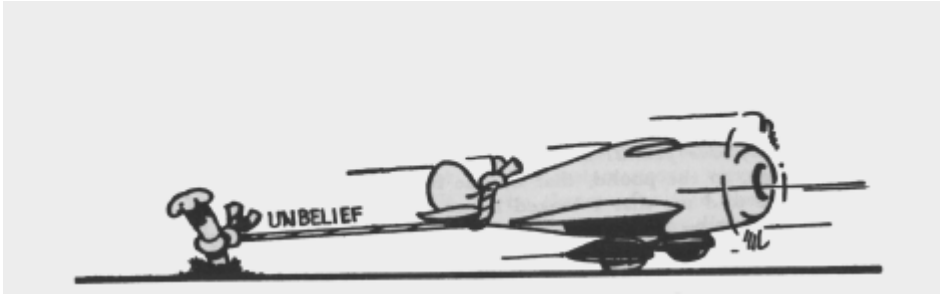
Boil this mixture until soft. Then take spoonfuls of vegetables and puree in mixer until smooth, creamy-like texture. Have this soup for afternoon and evening meals with rye bread or rye crackers - no white or wheat bread or crackers.

Some suggested reading material on fasting:

Books through Pentecostalpublishing.com (314) 837-7300

1. Teach Us To Fast and Pray by Kim Johnson \$11.99
2. Turn Up the Heat by Dale R. Starks \$6.95
3. Women of the Spirit Vol. 9 Fasting and Prayer by Joy Haney \$10.99
4. When Ye Fast by Joy Haney 10.99
5. The Way of the Eagle by John Arcovio \$12.00

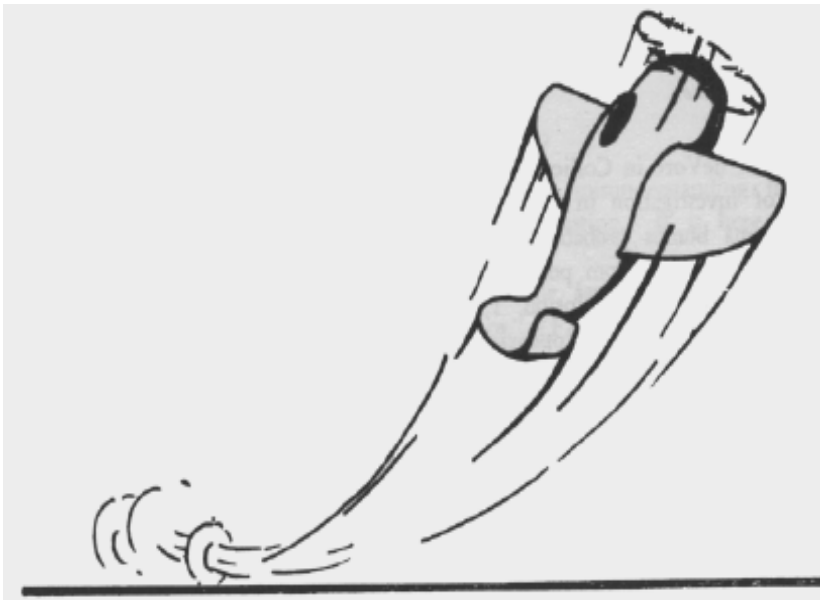
1. Fast Your Way to Health by Lee Bueno \$9.49
purchase this through www.christianbook.com 800-Christian



Prayer Alone

“Faith is blind to physical reason and physical conditions. While reason is nervous, excited, and troubled; faith is patient, relaxed and calm. Faith just takes over and possesses.”

- Franklin Hall, Atomic Power with God through Prayer and Fasting



Prayer with Fasting