

# Total Fast

## FASTING SERIES

### VARIOUS KINDS OF FAST

Fasting is beauty treatment for you ladies. All these are fringe benefits. Fasting is also a healthy way of living. When you fast regularly it keeps you in good health. Fasting cleanses your body. Some people go on a health fast. Some people look like they do need fasting. So sometimes, they go on a diet. But diet is not the scriptural fast. In a fast, there is a scriptural basis. A health fast is more of a diet. However there can be total fast, partial fast and different types of fast. So we need to look into the Word of God and see the various types of fasting that the bible records and whether we should enter into some of those kinds of fast. What are the pre-requisites before we can enter into that kind of fasting. So we look at the Word of God and consider the various types of fasting.

We will first look at total fast which is probably the most enduring of the fast that the bible records. It is called the 40 days fast without food and without water. Don't anyone of you just go into this kind of fast without a word from the Lord. Forty days without food and water as fasted by Moses has been recorded two times; by Jesus has been recorded once and one time by Elijah after he took supernatural food. There are certain pre-requisites before they enter into this total fast of 40 days and 40 nights.

In the biography of Sadhu Sundar Singh, he tried to enter into this fast but he did not succeed. He tried to fast 40 days and nights without food and water. He fainted halfway during his fast. He used to hide himself in a cave. He collected 40 stones and kept them in the cave somewhere. So on each day of the fast he would take a

stone and throw it down. So he would know the number of days left. So everyday when he had fasted he would throw one stone down. When he reached about 20-something days, he was very weak. He could hardly carry the stone. Finally, when he came to the thirtieth day he was so weak that he fainted. When he woke up he just didn't know how long he went and he did not really complete the fast for 40 days and nights without food and water the way he wanted. But God blessed him during that fast. It was a good try. It was better than never to have done it. Some people had good intention but never do it. At least he has done his best. And God blessed him as far as he was obedient to the fast. So, 40 days and night of fasting is certainly no joke. Just because you hear about Moses fasting and Jesus fasting, don't you shut yourself up to fast 40 days and nights without consulting the Lord.

Lets look at the fasting of Moses in Deuteronomy where it records about his fasting. The bible mentioned that it was without food and without water supernaturally. It is called supernatural sustenance. It has to be supernatural because nobody could fast that long without water. In the natural, you will get dehydration. In Deuteronomy 9 he was recounting all the events that happened during the 40 years in the wilderness. He mentioned his fast for 40 days.

Deut. 9:11 *And it came to pass, at the end of forty days and forty nights, that the Lord gave me the two tablets of stone, the tablets of the covenant.* Moses fasted for 40 days and 40 nights. In Exodus he talks about how this fast was without food and without water. It was called a supernatural fast. We believe that it is possible today for God to call a person to a supernatural fast of 40 days and 40 nights without food and water. Under this kind of fast, you need God's supernatural call, and there is a supernatural work that God commands you to do during that time. It would have taken a short time for Moses to receive the tablets of the law and all the ordinances. It could have been finished in one day. You read all the commandments that are in the Old Testament that God spoke to him in Leviticus, in Numbers, in Exodus and the Ten Commandments. He could have received it all in one day. Then what was he doing during the rest of the 39 days? In fact, it was the last day that God gave him the two tablets of stone called the Ten Commandments. What was he doing the rest of the 39 days? He was just in the presence of God. I believe in that presence of God, God showed him many supernatural things, some of which happened from Genesis up to Exodus.

I had one vision one time in my earlier days - it was a bluish vision and Jesus was green in color. I was troubled about that and I asked God, "Is something wrong with my spiritual eyes?" I was quite concerned because I was in an evangelistic meeting. There was a foreign evangelist that came and it was in a big town hall. I was sitting way up in the balcony seat and I could see the whole crowd. When the evangelist called all the people forward during the altar call, I saw a big giant vision of Jesus green in color. We know that Jesus don't normally appear in green color. When I said green, even His skin looks green. I was troubled when I saw that. Everything was beautiful; the vision was beautiful, except the color. The only trouble was that there was no repair shop for impaired spiritual vision. So, I went back and I prayed and sought the Lord. And the Lord told me that what I perceived and received was due to the present level in my life I was at. Basically, He told me this, "It is because you are still green." Gradually as I grew in the Lord, the vision got some more color.

So, Moses was up there on the mount and he saw all the colors. I am sure he saw the Garden of Eden and the beauty that was there as well as many other things that are recorded in Genesis during his 39 days up there. Paul was not with Jesus in the Lord's Supper. But I Cor. 11 he says, "I received this of the Lord Jesus. On the night when He was betrayed..." Paul was not there at the Last Supper but how did he know? Paul knew it because God showed him the whole Last Supper scene in a vision. So, Paul received it. I can tell you that is the best cinema he had ever been to. Cinemas were not invented at that time but that was better than a worldly movie because this is of God and its holy and it edifies and builds and you get to know God more. Moses went through a supernatural fast during the first 40 days and nights. He had a supernatural call to go through a supernatural fast and when he came out from there, he had a supernatural message. All was supernatural.

Then you look at the next chapter. When he came down the Israelites were in disobedience. Then in chapter 10, he has to go up again. Deut. 10:1 *At that time the Lord said to me, "Hew for yourself two tablets of stone like the first, and come up to Me on the mountain and make yourself an ark of wood.* So he went up and this time he was up there for another 40 days and 40 nights. Verse 10 *As at the first, I stayed in the mountain forty days and forty nights.* Altogether, he stayed 80 days and nights with

the Lord's presence. There was a supernatural call, there was a supernatural fast and there was a supernatural message he received during that period. Before you enter this 40 days fast day and night without food and water, you need a supernatural call. God must supernaturally call you before you enter this kind of fast. You must hear a supernatural call. The *logos* is not enough, the *rhema* is important at this time. You need to hear a personal word of the Lord telling you to go on a 40 days fast without food and water. It has to be supernatural.

Secondly, when you enter into this kind of fast you will know the evidence because supernatural manifestation takes place during that time. He was in the presence of God and the glory of God filled the mountain. The manifestation of God could be tangibly felt. He received a supernatural message when he came out of that period. God sometimes call people to a supernatural fast because He wants to impart something to them. God demands that we reach a point where He could bring a special heavenly, holy, supernatural blessing on our lives. He may not call you to a supernatural fast of 40 days and 40 nights. But He may call you to a certain period of fast when He wants to give you something. When He wants to bless you with an anointing, when He wants to bless you with a gift He may demand that you come into His presence in a fast and wait for Him. It's all free paid by the blood of Jesus but He requires consecration and separation before it drops on us. He may call some of you to that kind of fast. Not for 40 days and nights but for a shorter period. But be opened He may call. Don't enter into that kind of fast without a supernatural word from the Lord. You need supernatural sustenance.

Look at Jesus 40 days and 40 nights. There was something that took place before He entered 40 days and 40 nights. Mk.1: 12 is a supernatural type. *Immediately the Spirit drove Him into the wilderness.* It did not say the Spirit led Him. It did not say the Spirit spoke to Him. But it said the Spirit came on Him so strongly that the Spirit was literally propelling Him forward into the wilderness. It was a supernatural call. It was a supernatural guidance above the normal. Now there is a normal level of God's leading of His people. You find that in Rom. 8 those who are led by the Spirit are the sons of God. But you can yield yourself to such an extent that you reached a point where God just possess you. Does God do that? Yes He does. When you have yielded yourself to a certain point where God knows that its of your own free will that you have given up yourself that He just fills you to the extent that you are spiritually just taken into a further realm. And at that point, you almost lose your

free will. Because when God works, all the time it's through our free will. But there is a point where you love God very much and you yield to God very much and God knows He could take liberty with you. You have consecrated your will to Him and God just zooms in, literally takes you fully and possesses you with His being, filling your life to the uttermost. And at this point, you almost "lose control" of your free will. But you did it willingly.

Now there will be few occasions like that but I am pointing to a possibility. There were a few times in Kenneth Hagin's life when he yielded to the Spirit of God so much that he reached a point sometimes where he wanted to talk in English but could not. He thinks in English and his heart and mind want to form the English word to speak but it always come out as tongues. I remember I was there in 1981 in his camp meeting and that happened to him. So, he turns around and starts talking in tongues. He tried his best to talk in English but it kept coming out in tongues. He was stuck in the realm of the Spirit. His gear got engaged in the spirit realm and he could not disengage himself. And he had what I call a fear of God came on his life at that point. When that happened to him the awesome fear of the Lord came on him. He said, "I don't know whether I can get back again to speaking normally in English." Could you imagine your whole life talking in tongues? You want to say, "I love you," and you end up saying, "*Kurama madi*" And every time you want to say something to your wife, you need an interpretation of tongue. And he wondered whether he could get back into the natural realm but praise God he did. That caused him to hold back a bit sometimes, which is a natural reaction. He should go all the way. But that is the realm where when you yield onto God, God just takes over.

One pastor discussed with me some of his strange experiences. In the ministry when he ministered in his first year or so, he got some strange occurrences that we were talking about. He said that he reached a point where he lost control. I asked him what happened. I said, "Couldn't you use your free will?" He mentioned that he could not because he prayed before he ministered. He said, "Lord I yield my will to you." So, God took over and it scares him at that point. There is a fear of God that comes on his life when God takes over at that point.

So, the manifestation of God can come to the point where there can be a driving

force, as happened to Jesus when the Holy Spirit drove Him into the wilderness. We hear about being led by the Spirit but we haven't heard about being driven by the Spirit. It's nice to be driven by the Holy Spirit. All you have to do is ride along. He just drives you. At that point, there was a supernatural call on Jesus to go into the wilderness. It's a spiritual battle He had to face. So that kind of fast needs a supernatural manifestation, a supernatural call, a supernatural instruction before you enter it. That will keep you going while you are inside that presence of God. While Jesus Christ was in the wilderness I am sure while He was having spiritual battle out there, He also had a manifestation of God in His life. And when He came out of that fast, the bible tells us He was full of the power of the Spirit of God. You always come out of a fast different. You are changed. You never come out the fast the same. You are always changed within the fast.

## **Supernatural Fast**

The other fast that we see here is in I Kg. 19 the supernatural fast. Verse 5 *Then as he lay and slept under a broom tree, suddenly an angel touched him.* See there was an angel that appeared to him. It must be a supernatural call. There must be a supernatural manifestation to you. A supernatural *rhema* comes to you before you enter this kind of fast. And the angel gave him something to eat in verse 5 *Then he looked, and there by his head was a cake baked on coals, and a jar of water. So, he ate and drank, and lay down again. And the angel of the Lord came back the second time, and touched him, said, "Arise and eat, because the journey is too great for you. So, he arose, and ate and drank; and he went in the strength of that food forty days and forty nights.* One heavenly meal could last forty days and forty nights. I would say that is good food. And he walked all the way to mount Horeb on that supernatural food. Do you know that it's possible for God to feed His people supernatural food today? Its possible if He wants to. He could multiply our natural food if He wants to. But if God so feed the Israelites manna from above, He could also do the same today.

There is an end times teaching that encourage Christians to build nuclear shelters, stocking up canned food and dehydrated foods and getting ready for the 7 years of tribulation. That Christians may have to hide in caves, eating sardines and tuna fish. I don't want that kind of life. You can trust the Lord to supernaturally provide you

with food during the tribulations. During the tribulations, there will be people who will come to know the Lord through the ministry of the two witnesses. And whenever there is need, I believe God could anytime send supernatural food again.

There are men and women of God who have, from time to time, tasted supernatural food. There was this guy who saw and talked with angels. He is Roland Buck and he has gone to be with God now. He had a book written about his experience by Charles and Frances Hunter called, "Angels On Assignment". From his photograph, he looks like a chubby kind of guy. So, the angel appeared to him many times. And one fine day the angel appeared to him and gave him a present from God. The angel says he has been very obedient and God has sent a present for him. The present was a piece of wafer with a scoop of some kind of drink. He ate it, he drank it, and he received a supernatural strength. When that came to him, he said for the next 3 days his fat started burning up. I would say that's a good diet food.

That is the kind of power with supernatural food that God fed Elijah. He ate it, it lasted him 40 days and 40 nights. I hope that when God tells me to fast 40 days and 40 nights without food and water, He sends me some kind of food like that. And during this kind of supernatural fast you will not feel the natural effects of hunger or tiredness, so you know whether its supernatural or not. In this kind of supernatural fast, you could do all the things that a normal person does without feeling one bit less. All the energy, all the strength will be there. Moses when he was up there on the mountain receiving God's commandments his stomach was not growling all the time. He was just in the presence of God. All natural laws were temporary suspended. God may call His people into a forty days total fast in these days. When we talk about the subject of fasting God may manifest to some of you, to talk to you, and give you some angel's food, or heavenly food and drink. Or He may just call you into His glory and as you just dwell in His glory a supernatural fast takes place.

While Aimee Semple McPherson was preaching halfway in a sermon, her body was stuck under the power of God. Her eyes did not move, her lungs did not move and she was supernaturally suspended or paralyzed. Her eyes didn't move at all. She was just in that position for a few days. In that time, it was the supernatural power of God sustaining her. She never felt hungry. There were some people who tried to

take her and put her in a warm corner. They could not carry her. After she came out of that supernatural suspended animation, she continued the sermon that she was preaching. But during those days, she was a sign and a wonder to all the people. They came from far and near to see the supernatural sight. And by the time she came out the whole church was packed with people just looking at her. So, God is able to suspend natural laws.

If God is able to transport Philip in Acts 8 from one place to another without a car, without a plane, without natural means that would defy the natural laws of gravity, how much more God could just supernaturally take control of the natural laws that control all your bodily organs and put you on a supernatural fast. When God has something in stored for His people that are of vital importance that He wants to impart, He usually would call His people to that kind of supernatural fast. To undergo a fast for 40 days and nights without food and water you need supernatural instruction from on high.

### **Three Days Total Fast**

There is another fast that you do not need supernatural instructions. That is a total fast but its up to 3 days and 3 nights. You do not need a supernatural instruction. That is a normal fast that all believers can train themselves to go into. You don't enter that kind of fast straight away if you have never fasted before. You have been eating 5 meals a day including 2 tea breaks. If you have been eating that much and you have never ever fasted before don't straight away enter into total fast for 3 days and 3 nights. You have to train your body to a total fast. And you don't need to hear a word from heaven for that kind of fast. All you need is spiritual training to go into that. There are certain types of fast that you need to hear a word from God. But there are certain fast that you don't need. Fasting does not change God but it certainly changes us. So, as you train yourselves, you can enter into that total fast of 3 days and 3 nights. I repeat you don't need to hear a word from the Lord. Sometimes people are just plain greedy. They never fast at all. They say, "I wait until God tells me to fast." God does not have to tell you. His Word teaches you to fast. Jesus said that in the days to come when the bridegroom is taken from the bride, (that is the present age today where the bridegroom and the bride are



separated temporarily from His presence physically but not invisibly) He says then shall they fast. So, you have the Word on fasting. There is already the written Word on fasting and you don't need to hear the supernatural Word.

But the 3 days and 3 nights of total fast is what I call a desperate fast. Desperate fasts are for desperados. Let me say sometimes you really need to be a desperado for the Lord. There are times when only that kind of fast will work, because of the urgency of the answer, the urgency of the time and the situation you are facing. You could not just go on a low and slow fast. But the urgency to have the answer is there and you cannot afford to go on a gradual fast or a weekly fast. There are times when it's urgent. When the time is important, go for it 3 days and 3 nights.

In the book of Esther 4, there was a very desperate time that came to the Israelites. Esther 4 there was an important event that happened. There was an evil person named Haman. He plotted against the Jews and a decree has been signed that all the Jews must be killed. That is no time for partial fast alone. Your life is at stake. You may end your partial fast halfway with your head chopped off from your body. That is a desperate time. So, Esther knows the importance of it. If they would go without food and water, they may be able to save their lives. If they take it easy, they may lose their lives. There are times when it is desperate. We need to go for it desperately. I have been through this type of 3 days 3 nights fast without food and water. When you go through this fast, to a certain extend, you do feel the physical symptoms. It's different from the supernatural fast. But this is of your choice.

The Jews at the time of Esther did not hear the word of the Lord telling them to fast. All they heard was the word of the devil that says, "I am going to kill you." But they found themselves in a situation of great urgency. They refused to eat and drink for 3 days and 3 nights. And I have been through that type of fast of 3 days and 3 nights without food and water. Physically I felt more tired and lips were dry because I did not drink any water. But that 3 days and 3 nights of fasting was one of my best times, where I had some spiritual breakthrough. Every night of that fast I had interesting manifestations and dreams. In one of those dreams, God showed me the many ways He had been working in my past. He showed me how His hands were working, how He pulled me out from my family, how He called me and chose me. And in one of those visions, I saw a pile of white substance that looked like

pancakes. I was given those white pancakes to eat and I was eating them away. Imagine seeing a vision of yourself eating while you are not eating. But that was very interesting. And during that time, God took me and placed me in a valley and I saw 2 mountains. In that valley was a huge building that He said was the church. And on that building, the pillars were already up. And although the structure was up, there was nobody yet. There were a lot of men of God standing there calling to me to come and join them. The Lord said those pillars are the pillars of prayers. These experiences have always stayed in my life and in my ministry. And in those days, I was just in the third year of my ministry. I was still a Baptist student in a Baptist seminary. That was the third year of my ministry. We were just fasting and seeking God with all our hearts. We wanted a breakthrough for the church but ended up with a breakthrough in my personal life. I did not see the floodgates on the fourth day after the fast. But when I look back after about 12, 13 years of ministry I could see the effects of that fast today. That's how far reaching it was and I will probably continue to see the effects of that fast. So there are times when we need to get desperate before God. There are times when we need to shut ourselves up and get desperate for God. And at time, we could seek Him with all our heart, mind, soul and strength.

So here is Esther and the Israelites whose lives were in danger. There is no time to play games, no time to have fellowship. They have to save their lives. So in Esther 4 she told her uncle Mordecai in verse 16 *Go gather all the Jews who are present in Shushan, and fast for me; neither eat or drink for three days, night or day. My maid and I will fast likewise. And so I will go to the king, which is against the law, and if I perish, I perish.* We do not know what is going to happen. If we could have a hundred Christians go on a 3 days fast for this nation, do you know what can happen? You see, as Christians we have authority. We have spiritual authority and power. But we are not making use of it. What will happen if a hundred Christians or a thousand Christians fast 3 days and 3 nights for a worldwide revival? You see the potential that we have as a body of Christ. And yet, we do not make use of those privileges.

Here when they fasted 3 days and 3 nights over the dilemma, what were they facing? Death. And Esther was desperate too. She says, "I am going to do something against the law." It is against Persian law for a woman even the queen to approach the king's throne without the king calling for her. And she told her people to fast, "Fast and I'll go with God's help." Now there was no supernatural word

from the Lord to fast, no vision, and no dream. Who decided this fast? They did. You can decide on a fast for 3 days and 3 nights without a supernatural word. Just because of a desperate condition of your circumstances. Know that the weapons are in your hand, your spiritual weapons that God has in store for you. They are more powerful than the enemy. When they fasted, a lot of strange things started taking place. When Esther approaches the throne in historical record, it tells us that when Esther did that the king was angry with her at first. But somehow, instantly there was something that happened. When his face turns red hot with anger while she was standing at the door, the king's countenance suddenly changed and he started calling for Esther and became concerned for Esther. And his love for Esther came forth. When that happened Esther got her request. She had wisdom and she knew what to do. She invited the king. She knows that was not the time to talk about all these. So, she invited the king to her house. And during that time strange things happened that were beyond the control of men. When you tap on the law of fasting and praying, you tap on the power that is beyond men, that can move men, that can move the immovable and that will influence people that you could not influence in the natural.

The king that night could not sleep. Guess what triggered his insomnia? The fasting of the Jews. He could not sleep. That is strange. Why, the fasting was having an effect. And the angels of God must have been working. Some of the angels must be standing around there and giving the king the idea to go and read the chronicles, "Go and get the king's books and read the Persian history." Then the king said, "That's a good idea." So he called for the books. Esther 6:1 *That night the king could not sleep. So one was commanded to bring the book of the records of the chronicles; and they were read before the king.* And it so happened that of all the records there, the record about Mordecai saving the king from an assassination attempt was brought. These are very strange events. But you and I know it's not strange. The fasting did it. The 3 days of fasting and prayer caused supernatural things to happen. It caused all things to work together for good for those who love God. But they released that force through fasting and prayer. Finally, you know the end of the story. Mordecai was given honor and of all people, Haman had to walk before him around the city and say to the people, "This is what the king will do to him whom he desires to honor." Strange things happened because of the 3 days 3 nights fast by all the people of God including Esther. God didn't ask them to fast but they were desperate enough to go for it.

The other person who had done that before is the apostle Paul. Acts 9:8 *Then Saul arose from the ground, and when his eyes were opened, he saw no one. But they led him by the hand and brought him into Damascus. And he was there three days without sight, and neither ate nor drank.* God didn't ask him to do it. He was just struck with that vision and the Word of the Lord. He could not eat. He could drink. He must get all these cleared up. Remember he was against Jesus. I am sure his mind did not understand. He thought that the Christians were the enemies of God. The glory of God came and he realized Jesus is real. And there are so many things in him that he had to think all over again. For 3 days and 3 nights, he was in a spiritual stage of waiting in desperation. He had met the glory of God. He doesn't know what to do and where to go from here. The direction of his life is going to change a hundred and eighty degrees. And he fasted and prayed for 3 days and 3 nights.

During that time supernatural things happened. Jesus supernaturally met Ananias. Ananias was not willing to obey the Lord Jesus. Jesus appeared to him and said to go and lay hands on a man named Saul. Acts 9:10 *Now there was a certain disciple at Damascus named Ananias; and to him the Lord said in a vision, "Ananias." And he said, "Here I am, Lord," So the Lord said to him, "Arise and go to the street called Straight and inquire at the house of Judas for one called Saul of Tarsus, for behold, he is praying.* Now there are many things the Lord has told Ananias. The Lord had told him the address. The Lord had told him the owner of that house. The Lord had told him the man he is supposed to go to. The Lord had told him what he is doing. And in verse 12, the Lord told him what to do. The Lord gave Ananias 5 facts. In that one vision, the Lord gives clear specific facts. But Ananias said, "I have heard a lot about this man." In other words, Ananias said, "Lord its dangerous." Doesn't the Lord know it's dangerous? Could you imagine having a vision, the Lord telling you go to No. 1 Washington Street and the owner's name is Johnny, and in that house there is a person called Tommy. He is right now lying on the bed. You have to go there and put your hands on him. The Lord tells you specifically. Most of us would have just gone. But here after all the specific instructions Ananias said, "Lord its dangerous." And the Lord had to tell him some facts. The Lord said, "I am going to use him in the future." Why did the Lord appear so supernaturally? Look at what Paul was doing. He was fasting and praying for 3 days 3 nights.

If you had even experience fasting and praying during the time of your fast and

praying you may not realize what is happening. But a lot of things are happening in areas that are important to you. The people whose lives you are supposed to touch; the people whom you are supposed to meet He prepares them. The circumstances by which you are supposed to flow into everything are being prepared while you are fasting. That's why I love to fast. Because through fasting we can gain control over circumstances that is normally beyond our control. Through fasting, we put an invisible hand on our circumstances and we move it into the direction that God wants us to flow. When things are going against you, go on a fast. Things are not working out that way, fast. As far as the Christian is concerned, there is no such thing as circumstances that you cannot control. If you learn the laws of fasting you could touch and control those circumstances by your fasting and prayer.

God during the fast also ministered to Paul supernaturally. He says in verse 12 *And in a vision he has seen a man named Ananias coming*. So, God had also prepared Paul. God told Paul that He is going to send Ananias. God told Ananias to go to Paul. All these things take place because of fasting. A desperate fast of 3 days and 3 nights without food and water. You don't need a supernatural word from the Lord. You can train yourselves to go into that kind of fast. And during that kind of fast, you can concentrate on praying the objective of your fast. I understand that some of you are working and you may not have that kind of time. But let me tell you this that wherever you are whether you are working or could completely have the whole day off or 3 days off to fast and pray, you still can enter into that kind of fast and pray. Just write down the objectives and spend all your lunch hour, all your dinnertime, and all your free time praying as much as possible. And you only do the necessary things, the rest of the time you shut yourself up to the total fast. However, it would benefit you even more if you could for 3 full days just shut yourself up somewhere praying to the Lord. But we don't want to rule out those who got some essential work to do.

When I was fasting those 3 days without food and water I was still a seminary student. It happened to be school holidays and I was staying in Perlis. I still had certain church work and responsibilities to do that comes daily. But throughout that time as much time as I had, I shut myself up and prayed. And the wonderful thing is I had those around me brothers and sisters who came and prayed with me and sometimes prayed over me while I was fasting. That was encouraging to me. That was the same fast I told you about earlier where the Lord told me to fast 3 days and

3 nights. The impression came to me and I know there was a need. It was nothing spectacular just a thought and idea of a need of a fast. I did not obey it at first and that impression went to another brother. We were staying upstairs in the church rectory. He came down to the kitchen, saw the delicious fried rice and that was the end of his fast. When that happened the impression came back to me and then when I came downstairs the Lord said that I was supposed to fast for 3 days and 3 nights. That brother said, "You brethren just pray together with me in that area." Then he said, "Woe is me, I am supposed to fast but the fried rice took it all away." He lost the blessings. Today I don't know where he is. Anyway, I went into that fast and during that time, I still had a few things to do. On the third day, it was very difficult but I pulled through and prayed through. And when it came to midnight, there was a great release in the spirit and I could never forget the benefits I had spiritually from that kind of fast. So, you could enter into that kind of fast without a spectacular word that would be necessary for a supernatural fast. You could enter into this kind of fast as a result of your desire for God, your earnest desire for God or a desperate situation in your home, in your family, in your business, in your working place, in your ministry.

## **Water Fast**

We have covered total fast of 40 days and 3 days without food and water. Then there is what I call water fast. You only drink water. That you can also do as a result of your desire onto God and as a result of a desperate situation in your life. There are some bible incidences that showed that the people who went into that kind of fast were in desperate circumstances. In II Samuel chapter 11 and 12, David made a terrible mistake. He committed adultery and he committed murder. That was a mistake that he had to reap the consequences. A child was born out of sin. And David knew that he had done wrong in God's sight. He humbled himself in fasting as well as seeking to pray perhaps he could save the life of the child. II Sam. 12:16 *David therefore pleaded with God for the child, and David fasted and went in and lay all night on the ground. So the elders of his house arose and went to him, to raise him up from the ground. But he would not, nor did he eat food with them.* It says it was a fast without food only. Water was still taken. In verse 18 *Then on the seventh day it came to pass that the child died.* Now this was not a fast that God asked him to do. As he entered into that fast, what was his purpose and objective? He pleaded God for His mercy on his child. That tells us something. He knew how to fight spiritual warfare.

He knew how to get desperate in the spiritual realm. He just laid down and refused to do anything for 7 days without food. I call this type of fast a water fast.

You say he didn't get the result for his fast. Remember we said every time you enter a fast you never come out the same. You always reap benefits. Nobody enter into this 7 days kind of fast without having some benefits. Even if what they enter and prayed for did not come to pass yet the benefit of entering that kind of fast is reaping the rewards. You know what God did. God forgave him. God forgives him when he confesses but now he was not asking for God's forgiveness. He was asking for God's continued blessings and to withhold the judgment of God. And God must have been so touched by the situation that He chose the second child of David and Bathsheba to be the next king in line after David. See what that fast did. The first child died but the second child became chosen. His name is Solomon, which means peaceful, because God said in his days he shall have peace. David was a man of war. God says he shall be the one to take David's throne. I have searched and searched the scriptures and wondered why God must choose Solomon when David has so many other sons. We can only trace it back to this one fact. God's forgiveness was so great that He takes that situation and turns it as His. That is the mercy, the grace, and the forgiveness of God. David was never supposed to marry Bathsheba. Bathsheba was the wife of Uriah the Hittite. David had Uriah killed in a battle after he committed adultery with Bathsheba. That was the permissive will of God. When Uriah died, David married Bathsheba. This is the permissive will of God. But when David fasted and sought the Lord, out of the relationship that was not of God's will, God made it something beautiful. God brought beauty into that situation and of all the children David had by his many wives, God chose Bathsheba's son, the one that was begotten through a permissive act. And from there, He draws forth Solomon whom He chose to reign after David. I can only trace the reason that God did it is due to the 7 days of David's humbling himself before God. You never ever come out of a fast the same. You always come out of it different, changed. God doesn't change but you are changed in a fast.

In verse 24 *Then David comforted Bathsheba his wife, and went in to her and lay with her. So, she bore a son, and he called his name Solomon. Now the Lord loved him.* Notice here David had just come out from a 7 days fast. He had sought the Lord. He had been on his face before God. He was in the presence of God. He did not get his requests but he was in the presence of God. No one can be in God's presence without being

changed. When he came out of the presence of God he went and live with Bathsheba as a husband would. And out of that relationship, an anointed son was born. And it says the Lord loved him. In verse 25, the Lord called him Jedidiah, that man beloved of God. Why is it that of all the children that David had, God says that this child Solomon is beloved? God turned the permissive into the perfect. Only God can do that when His people humble themselves and seek Him with fasting and praying. Don't get discouraged, depressed or give up when you don't get the result of what you fast. Listen very carefully because God answers according to your heart's intention and desire and not according to what you may request. I repeat God answers according to the inner most desire of your heart and not according to your outward words or request. So that in certain situations, you seek God and you verbalize something out to God, God sees your heart. And so He answers that prayer but not in the way you expected but in different way and in the end it will work out better than you would have expected. The benefit of fast will always be there.

David was down on his face for 7 days. Anyone of us who had gone into that kind of prayer will know that in that kind of prayer David must have said a lot of things. And as I was meditating on it, I could almost see a vision of David praying to God to use this child, "God anoint this child. Let this child be used by You mightily. Spare this child use this child." God answered David's intentions but it was the next child that God chose to use. See God heard the desire of his heart. Remember Abraham had Ishmael. God says, "I am going to bless you Abraham." Abraham said, "Bless Ishmael." And God said, "Yes I bless him too for your sake. But I am going to bless you with your own son Isaac." See sometimes our understanding is limited. But God sees beyond what we are trying to say from our hearts because our minds are limited and understanding is short. But God sees into our hearts what we actually wanted and intended and He answers accordingly and the best part of it is you are happy with His answer. You may not be able to understand it at first but it is the long-term answer you can understand it, it's the best that He sees for you. So, He answers according to the desires and the cries of His people's heart. There were some prayers in my hearts in my early Christians life that today I may regret and say, "God please don't answer that prayer." God saw it and He answered it in a different manner.

Let me share some prayers that didn't turn out the way I intended it. When I went



into the seminary, my zeal for God was such that I prayed, "Lord I like to be single all my life." By now you probably know that, that prayer was not answered. When I prayed that prayer, it was because I love God very much. I just wanted to do His will and His work. But God sees the picture and sees the desires in my heart. What caused me to speak those words was my desire to consecrate myself fully to God. My desire was to serve Him. So, I said, "Lord I like to be single just to do your ministry." And God did not answer. And God answered the desire for consecration and in my third year met a sweet young lady named Amy. I saw her once and could not forget her. That was the end of my prayers. And the funny thing was before I married her I had 7 dreams in parts. We went through the normal process of finding out the will of God. And now when I look back to all these years I thank God that I still could consecrate myself to the Lord. But there are some areas in my life that could never have been changed or could have never been formed if I had not have someone living as close to me as my wife. There were a lot of areas that I thank God for I know that I am what I am because of some of the prayers. God saw the desire of my life was to be fully consecrated to Him; And He knows I could not do it without a life partner. So He answered the desire but it worked out in a different way. You see when I prayed, "God I want to be single," my desire was saying, "I want to do your perfect will and consecrate myself spirit, soul and body to You." That was the desire inside. The words spoken out were, "God this is the way it is to be done and it is for me to be single." So, the desire was there and the instructions were there. God answered it but not according to the instructions. God said, "This is the answer that I give you. This is the way you can learn consecration and dedication to Me." And it's worked out in a complete different way that I never thought of before.

So that is an example for you to understand that there are some areas in your life that you are praying before God, that you are traveling before God, and you are asking for God in those areas. But some of our requests are like instructions to God that tells Him how to answer something. And sometimes because of our limited knowledge and understanding at that time, our instructions are not that good if God had answered it at that time. But God looks beyond our instructions and sees what is the desire that is bringing forth that instruction, and He starts answering according to that desire. And in the long run at the end of the road you look back you said thank you God that You did it not my way but Your way, for Your thoughts are higher than my thoughts, Your ways are higher than my ways and I thank God that you still answered my desires but it came out this way. Check your

life and you will find that there are many areas in your life. Maybe you have been a Christian for many years and as you look back at certain times of your life that you prayed earlier you thank God that God didn't answer and now He is answering the desires and the answer is coming out in a different way. See God knows the desire of our heart. God knows actually what we are praying for. God knows what we actually need.

So coming to this point of fasting is that your intention to seek God for whatever area of your life in your zeal and in your love for God in fasting and praying will always go rewarded. Even if it seems as if the answer did not come the way you want it. When you fast and pray it always comes the way God wants it. Fasting and praying has a way of changing us and changing circumstances. It changed us and molded us to the situation that we love God's perfect will and perfect way and perfect method so that we become conformed to the way God wants it. If I have to re-write my past ministry, again I wouldn't have done some things the way I have done them. But I thank God that every point in time including the mistakes that have been made and that kind of instructions that I may have given to God that God overlooks all these and see my desires and answered them accordingly and brought it forth.

When we first started the ministry "Alleluia Christian Mission" our desire was to minister to the five-fold ministry. We never intended to start any church. We started that mission and it was a gathering of five-fold ministers. We wanted to go everywhere and minister to the body of Christ. And we always prayed prayers to God to expand that kind of ministry. God heard the desires of our hearts for today God has placed me in a position, by His grace that I could minister to the five-fold ministers. But it did not work out in the way I intended. If God had worked the way I intended, I would still have been in the first ministry we started. And we would still be functioning there. It did not work out the way we wanted. The more we prayed the more doors were closed. The more we fasted the less places we found to preach. In the end, so many doors were closed that we prayed before God and God told us to start churches. So, we took a break and we prayed and started churches. And I never knew how the desires to gather the five-fold ministry were going to be fulfilled. I didn't know the *how*. But I knew the *what*. Through my finite understanding, I had tried to figure out the *how* and tried to flow with my understanding of the *how* but I could not. But today after about 13 years I began to

look back and see the same desires are still around. The same *what* is still around. The same *what* I must do is still there. But the *how* is flowing differently. God has taught me skills on administration, skills on organization that I did not have at that time. God has taught various truths that I did not have at that time to apply. So the *how* is working out differently from the way I intended but it's the same *what*. That is the way it is but one thing all our fasting paid off. All our prayers knowingly, unknowingly, feebly, expressing 70 percent of what God intended, 30 percent of our own methods, whatever percentage in your life, in my life. Every fasting, every prayer, and all the time spent with God were never wasted. God answers every desire like king David's, not in the way he intended but in the way God intended. Pray about it before you go into this kind of fast.

## One Day Fast

Then we can have the one-day fast. Daniel had a short total fast. Dan. 9:3 *Then I sat my face toward the Lord God to make request by prayer and supplications, with fasting, sackcloth and ashes.* Daniel set himself for a full day of fast. And in that one day, God heard him, answered him and sent an angel to him. You can have a whole day of fast it could be a total fast without food and water or just with water. It is less taxing than 7 days on water. So, the one day total fast or with water you could concentrate on a spiritual objective even if you are working. Write down your objectives and pray on them during your lunch hour and during your dinnertime. During that time, whenever you got free moments pray on those areas. Get desperate before God on a one-day fast. This is a simple fast that all of you could go in.

A partial fast means that you do with a minimum of food. It could be a small meal a day in the morning, noon, evening or whatever. I have done such a fast for 40 days three times. And two of those times, I was in the seminary and one of those times I was in the Baptist Church. I fasted for 40 days and 40 nights on one small meal a day. Some people when they fast one meal a day, their one meal is equivalent to the size of three meals, and that is cheating. That is not one meal a day that is 3 meals at one time. And those 40-days fasts have done a lot of good for me. The last time I did it was before I left the Baptist ministry. I wanted to be in God's perfect will. I didn't want to just leave the ministry and start on my own. So, I sought the Lord for

40 days. I ate one simple meal and drank a little bit of honey drink that's all. So, during that of 40 days it was a tremendous experience. And God showed me so clearly what to do and I knew what to do. God wanted me to come out. So, I sent in my resignation letter and came out.

Such a fast enables you to go on unlimited time. Daniel went on 21 days in partial fast in Daniel chapter 10. So, a partial fast in Daniel chapter 10 which he entered into in verse 2 and 3 *In those days I, Daniel, was mourning three full weeks. I ate no pleasant food, no meat or wine came into my mouth, nor did I anoint myself at all, till three whole weeks were fulfilled.* So, that was the 21 days fast that he did a partial fast. No meat, no wine that means he ate simple food. Under this partial fast, there are all kinds. You could have a fruit fast. You could have a soya bean fast. You could have a yogurt fast. I cannot name all the fasts. You got to reckon in your own way what God wants for you in a partial fast. But let the inward spirit human spirit guide and give you the wisdom in the types of food that you can go into. Don't go on a partial fast of Coca-cola or something like that. You would never see in the bible water fast of a long time. The longest you find is about 7 days.