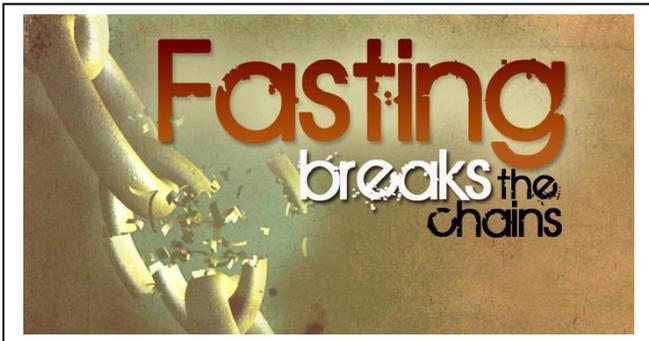




Fasting is one of those topics that many Christians don't like to talk about, mostly because they aren't taught about it and/or don't want to do it. Many don't think it's necessary or that it accomplishes anything. I really can't remember a single teaching come out of a pulpit about fasting, even though, God's Word testifies about how effective it is.

I did a teaching a year ago called "Prayer & Fasting Changes Nations" (in the website archive), but I'd like to get into now more of a Christian's, especially a leader's, Xtreme Survival Guide tip, in order to obtain a powerful God directed life and ministry.

Many people email me and say that they want a spiritually powerful ministry; they want Holy Spirit gifts working through them; they want the power of the Holy Spirit; they want to go in the spirit but can't; that their prayers don't work; evil spirits won't leave; spiritual senses are closed. A problem can be a lack of or total disregard for fasting!



To testify to my own experience, I have regularly fasted every week for many years. I learned 20 years ago that the disciples of Jesus and the early Church fasted (no food over a 24 hour period) every Wednesday and Friday. I figured if they did it then it must be God directed. Besides these 2 days per week, I've fasted at various times over the years for 2, 3, 7 and 40 day periods, as directed by God.

My main mentor, my mom, also fasted regularly over 1, 3, 7, 30 and 40 day periods which provided her with a powerful ministry and answers to prayer.

Examine in God's Word what the great ones of God did and taught on fasting and what was accomplished, especially with deepening their relationship with God... a few examples... Moses ([Ex. 34:28-29](#)); Elijah ([1 Kgs. 19:8](#)); Ezra ([Ezra 10:6](#)); Nehemiah ([Neh. 1:4](#)), Esther ([Est. 4:16](#)); David ([Ps. 34:13](#)); Isaiah ([Isa. 58:6](#)); Daniel ([Dan. 9:3](#)); Joel ([Joel 1:14](#)); Paul ([Acts 27:33](#)).

Now the main fasting teaching we'll get into is "What did Jesus do"?

Jesus came here for many reasons with one of them to teach us to follow by His example, as He did everything according to what Father showed Him.

"Jesus gave them this answer: "Very truly I tell you, the Son can do nothing by himself; he can do only what he sees his Father doing, because whatever the Father does the Son also does." John 5:19

"So Jesus said, "When you have lifted up the Son of Man, then you will know that I am he and that I do nothing on my own but speak just what the Father has taught me." John 8:28

So we are to follow what Jesus said and did and what it says in God's Word, IF we are to succeed in pleasing God, IF we are to accomplish His perfect will through us (as Father did with Jesus) and IF we are to have the Holy Spirit operational through us (gifts, power, open spiritual senses).

What are the two steps that Jesus takes before He starts His ministry? He goes down to the Jordan River and gets fully immersed baptized in water as an adult **“to fulfill all righteousness” Matthew 3: 13-15**. If anyone hasn't done a full immersion water baptism as an adult, this can be a stumbling block to spiritual advancement. If anyone thinks that this process step is unnecessary, then why would Jesus, His disciples and Paul do it and teach it? Are evil spirits ministering to people to skip this step and skip fasting? What do you think?

Next we see Jesus going alone into the wilderness to fast for 40 days (Mt. 4:1-2; Mk. 1: 9; Lk. 4:2).

After these two processes (adult, full immersion, water baptism and a 40 day fast) He then started the ministry of preaching the Kingdom of God (Mt. 4:17), and the Holy Spirit performed miracles, signs and wonders through Him.

Many Christians say, “Yeah, but Jesus was God so that's why He could do miracles and I can't”. The Holy Spirit did these acts through Jesus, which the Holy Spirit also wants and waits to do through each person today. Jesus said, **“Most assuredly, I say to you, he who believes in Me, the works that I do he will do also; and greater works than these he will do, because I go to My Father.” John 14:12**

Let's examine a significant difference in the words used by Luke to describe Jesus before and after His 40 day fast. In **Luke 4:1**, Luke says, **“Then Jesus, being filled with the Holy Spirit, returned from the Jordan”**. After the fast, in **Luke 4:14**, it says, **“Then Jesus returned in the power of the Spirit to Galilee”**.

When Jesus completed His water baptism He was **“full of the Holy Spirit”**. When He completed His fast, He **“returned in the power of the Spirit”**. The potential of the Holy Spirit's power, which Jesus received at His baptism, only came forth in full manifestation after He completed His 40 day fast. Fasting was the final step of preparation before entering into ministry.

Many Christians and especially leaders are now scrambling to argue against this teaching of Jesus, to say perhaps that, “I've never done these steps and my life and ministry is fine so I don't need to do these acts”. Fight it all you like, but this is what Jesus taught by example (as taught to Him by Father) and Jesus said in **John 13: 16**, **“Most assuredly, I say to you, a servant is not greater than his master; nor is he who is sent greater than he who sent him”**. This applies to the preparation for ministry. Father sets the order and route, not man or a seminary.

If a 40 day fast was a necessary part of Christ's own preparation, it should be a necessary part in every Christian's spiritual path, IF they want to Xtremely move forward spiritually as our Father desires for each of us.

A habit of fasting is also done after this initial 40 day fasting process, as Jesus said regarding an evil spirit that wouldn't listen to His disciples, **“So He said to them, “This kind can come out by nothing but prayer and fasting.” Mark 9: 29** Jesus was prayed and fasted up always in advance to be ready for any circumstance.

“Now in the church that was at Antioch there were certain prophets and teachers: Barnabas, Simeon who was called Niger, Lucius of Cyrene, Manaen who had been brought up with Herod the tetrarch, and Saul. As they ministered to the Lord and fasted, the Holy Spirit said, “Now separate to Me Barnabas and Saul for the work to which I have called them.” Then, having fasted and prayed, and laid hands on them, they sent them away.” Acts 13: 1-3

Here in Antioch, five leaders fasted and prayed together (collective process) to receive direction and anointing from the Holy Spirit. This is another divine order. We minister to the Lord first (prayer, fasting, worship, praise) before we minister to people. When we minister to the Lord, then the Holy Spirit provides direction and power required to have an effective ministry. Few leaders or fellowships follow this spiritual advice from God. Notice that prior to prayer and fasting, Barnabus and Paul, and the other three, were recognized as prophets and teachers. After the Holy Spirit sent them out, Barnabus and Paul were now described as Apostles (**Acts 14:4, 14**).

IF a person truly wants to have their spiritual senses open; wants to have the Holy Spirit operate through them in full POWER, not just an infilling; to go in the spirit; to improve their prayer results; to do Father's will and not their own will, then.... Get fasting! AND follow all the Gospel teachings of Jesus Christ! Good Hunting!