



BIBLICAL PATTERN TO THE MINISTRY OF FASTING

**THIS IS ONE OF THE MOST PRECISE EXPRESSION
OF THE MIND OF THE FATHER AS IT RELATES TO
THE SUBJECT OF FASTING, WRITING FROM A
SOUND, MATURED, BIBLICAL APOSTOLIC
PERSPECTIVE.**

ISAIAH-PHILLIPS AKINTOLA

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By Isaiah-Phillips Akintola

Dedication

It's an honor and a great pleasure to be a conduit of God's voice and expression of the current prophetic emphasis of the Spirit to my generation. material is dedicated to every man, every woman out there who's had a set on a journey to see the glorious beauty of the Christ manifest in this new day of the Spirit. I dedicate this book to those who have continued to be of great help and support to me by lifting my hands in assisting the huge responsibility of ministry.

when what we are doing is different from the conventional idea of what ministry has been known for. It takes those who are seriously yearning and passionate for more of the realities of the kingdom in their walk to see and appreciate the kind of mandate we've been given to the degree of supporting it.

Our ministry is to connect and prepare for the Lord, a remnant generation who will meet with the Lord outside the camp of religious, ceremonial activities called Church today to listen and follow a voice like mine.

Let us continue in well doing; let us keep looking to look unto him, who called us to build an habitation for his glory in this third-day of divine restoration. For a truth, the Lord is restoring himself within a company who are separating themselves for the coming of the bridegroom.

I want to encourage everyone out there to continue to press into the desired impression of the Father for this season, regardless of the challenge you may face; Christ is revealing himself within the crisis.

I pray that as you read this book, your life will be 360 degrees reform and transformed in a manner that will make you a worthy vessel for the Father's use in this season. I pray that your life, ministry, and household will radiate the ever-increasing glory and light of God in this epoch as you commit yourself to the ministry of prayer and fasting.

The world desperately needs you, but you will need to be truly prepared and ready to manifest the life and glory of the Father to them. This preparation can be greatly enhanced through the devotion of fasting.

This book, Apostolic pattern to the ministry of fasting, is a true apostolic blueprint, revealing the key knowledge and value standards needed to fast-track our spiritual experience as we ascend towards a new level of our kingdom service to creation.

In fact, this book is a deep reflection of the current emphasis on the Father's goal of restoration for a people who will stand tall in victory, as other cultural, ideological mountains of the New Age raise to challenge the eternal order of the prophetic agenda of heaven for the redemption of creation in this hour. This material will unlock in this season of divine reform and restoration, the grace that will facilitate our competence in migrating towards the required height and standard of divine representation as the ecclesia.

Anyone who read this book in the spirit of honesty and urgency of the Spirit will undoubtedly be impacted with an in-depth understanding of truth as it relates to matters of divine protocols to fasting.

The Lord has laid hold of my heart and hands in the past few weeks to pen down this timeless truth of matters of fasting, and I believe it will be of great help to the larger Body of Christ.

Please contact us and share your experience with others who may need to expand their knowledge and experience on this critical matter on fasting.

You can also reach out to me if you feel the need to support this great work in whatever way or form the Lord will impress to your heart. I do need your support so we can reach more people across the world with the timeless kingdom resource we have been steward.

May all who desire to see his appearance continue in the rest and patience of his eternal love. Thank you.

Isaiah-Phillips Akintola

Chapter 1

FASTING AND ITS MISCONCEPTION

Unthinkable benefits are waiting for us in the place of a sacrificial fasting experience. I do not doubt that most people reading this material must have been involved in some form of fasting.

Many would argue the Lord answered their request for the fasting exercise, and I have no doubt he did. However, the fact that God answered our prayer or fasting exercise does not necessarily mean he approved the means and methods we applied.

Often the Father gives us what he believes we need, not because we deserve it, or because we have followed the required due process and protocol, but because of his eternal love, manifested through his ministry of mercy. But a time and a season comes when he no longer responds to our ignorance and unwillingness to develop and mature in the knowledge of his divine standard and principle.

When the things of the spirit are not correctly understood and applied, abuse, they say, is inevitable. So, one of the things we need as a priority in this season is to carefully give ourselves to 'Studying God's Word and be honest and open to

the revelation of its true essence, in order to understand and apply what correct biblical fasting is about.

Fasting, as it is generally practiced today, has been misunderstood, and therefore misinterpreted, and misapplied, just like many other biblical spiritual values and traditions. This has created confusion, frustration, and in some cases total disconnection and non-practice from honest Christians who should benefit from it.

Fasting, just like prayer and meditation, is one of the oldest traditions of all kinds of religion. It remains the most logical means or method of stepping out of the physical realm into the spiritual world, particularly for those unwilling to follow God's divine biblical guideline.

Fasting generally has its effect and implications for the human state, either from a biological or psychological perspective. When you deprive the body of certain nutrients and fluids for a long period of time, the body starts to react in a certain manner that impacts the state of thinking.

The human brain is seventy percent made of fluid. This fluid needs to be regularly replenished if the brain must remain functional effectively.

If the brain doesn't get enough water, you start having certain symptoms, like slight headaches or sharp pains at the back of the head. Sometimes you begin to

feel pain at your back spine; all this starts to create a chain of psychological reactions that would be positive and negative to the body's wellbeing.

Ancient civilizations have observed and mastered these psychological reactions to the body, and have used it to alter their state of thinking and (spiritual) experience, particularly in the place of fasting.

Following the appropriate order of fasting is highly important. Due to the high sense of spiritual activity connected to fasting, without necessarily following the laid down biblical wisdom and guidelines, people have used fasting to unleash all forms of spiritual reactions and manipulation to interfere and influence others. Meaning that people don't have to be followers of Jesus Christ to use fasting to alter the state and condition of human affairs.

Fasting is a portal to spiritual and mental development, and it is important that we follow the correct biblical, laid down principles, rather than the compromising, new age, eastern ideologies we see being practiced today in the name of spiritual well-being and transformation training programs.

having a solid understanding of how fasting operates, and how it can alter our spiritual state for good or evil, is critical. Not to have the correct, biblical perspective regarding fasting gives the enemy the clear advantage to deceive and manipulate their sense of honesty and hunger in spiritual matters, to the degree of introducing them to another world of spiritual wickedness in high places.

Mark 2: 18 Now John's disciples and the Pharisees were often fasting. So people came to Jesus and asked, "Why don't Your disciples fast like John's disciples and those of the Pharisees?" 19 Jesus replied, "How can the guests of the bridegroom fast while He is with them? As long as He is with them, they cannot fast....

From this scriptural introduction, it is clear that fasting was a big deal under the mosaic law, as it is considered the ceremonial, priesthood induction and passageway to a lifestyle of Jewish manhood.

The Mosaic law was the civil law that determined the moral code and the general behavioral thinking of the society. Anyone who is seen as violator of these religious, ceremonial rituals, such as fasting, is seen as violating the laws of God, and such a person is therefore considered an offender of God and must therefore be punished according to the law.

It was therefore unthinkable for them to see that Jesus, who claimed to be sent from God, refused to follow their religious, belief practice of fasting. This, without doubt, is one of the many issues they had against him, to the point of handing him over to the Roman Empire for his crucifixion on the cross.

However, we know that Jesus spoke extensively about fasting. In fact, he lay down the precise doctrine and understanding in approaching the ritual of fasting. He spoke to his disciples about the right attitude of fasting, and taught them about the immense power and influence locked in the authentic practice of fasting.

He provided them with the right understanding and protocol that can increase their spiritual strength and ability through fasting. And finally, he corrected the wrong beliefs and emphases placed on fasting by the religious teachers of the day.

Jesus Christ made it a priority that before he stepped into the arena of his public ministry, he must devote himself to seeking the mind of his heavenly Father. As the Lord committed himself to 40 days fasting, He also taught his disciple to be committed to fasting as their priority for spiritual breakthrough.

It may not necessarily mean that every spiritual initiative must require a 40 days fasting, but we have to separate ourselves to fasting devotion until we have a clear voice of release and the mandate of a kingdom marching order for what is ahead.

The entire work of redemption and transformation was undoubtedly built on the solid footing of the forty-day fasting he did. Starting a new initiative or going into some kind of life-changing relationship certainly needs to be laid on the solid foundation of waiting before the Lord in the place of fasting. Fasting paves the way in the spirit to correctly engage things in the human, material realm.

We read of how Queen Esther employed the instrument of fasting to gain favor before the king and stop the wicked plot of Herman from destroying the nation of Israel.

Daniel understood and applied the service of fasting to gain insight into the throne of God to receive the new marching order of the exodus of his people from the land of Babylon.

As powerful as this ministry is, many people have presumptively entered certain ventures, or so-called ministry assignment, without laying the proper groundwork required in place of fasting and prayer.

CHAPTER 2

THE INDICTMENT OF FALSE FASTING.

Matthew 6:16-18

16 When you fast, do not be somber like the hypocrites, for they disfigure their faces to show men they are fasting. Truly I tell you, they already have their full reward. 17 But when you fast, anoint your head and wash your face, 18 so that your fasting will not be obvious to men, but only to your Father, who is unseen. And your Father, who sees what is done in secret, will reward you.

If we carefully examine the answer, Jesus replied to the Pharisee in their question about why his disciples are not seen as fasting. I actually wondered where this accusation stems from, since fasting ought to be a personal, secret affairs before the Lord.

The Lord said, when you fast, don't make a public show of your fasting. Anyhow, Jesus said to them, why will the friend of the bridegroom fast while the bridegroom is with them?

I saw something profound in this statement. This answer Jesus gave to the Pharisee speaks deep into the core purpose of fasting, which is spiritual proximity.

If the bridegroom who is Christ Jesus himself is physically present with his friend, why should they be subjected to fasting? The Lord indirectly told the Pharisees that fasting is about relationship; a marriage between Christ and his bride, which is you and me.

The friends of the bridegroom are not in any difficult state, which should cost them to worry about due to the absence or delay in return of the bridegroom. True, biblical fasting is to bring the Ecclesia to the ultimate place of oneness with Christ.

The duty of the bridegroom friends, as intercessors and watchmen, is to ensure they keep the watch in prayer and fasting in a manner that would facilitate the speedy return of the bridegroom, so the bride can finally be united with his bridegroom. The disciples of Christ fasting began earnestly the day Jesus Christ left the earth.

Jesus said to the Pharisee, "My disciples fast will begin when the bridegroom is no more around", and this is the main point I want to highlight in this short but thought-provoking, life transforming material.

Isaiah 58

3 ‘Why have we fasted,’ they say, ‘and you have not seen it? Why have we humbled ourselves, and you have not noticed?’ “Yet on the day of your fasting, you do as you please and exploit all your workers.

4 Your fasting ends in quarreling and strife, and in striking each other with wicked fists. You cannot fast as you do today and expect your voice to be heard on high.

5 Is this the kind of fast I have chosen, only a day for people to humble themselves? Is it only for bowing one’s head like a reed and for lying in sackcloth and ashes? Is that what you call a fast, a day acceptable to the Lord?

The Lord brought an indictment against the children of Israel because of their ungodly attitude in their religious, ceremonial fasting. They totally have a misconception of what fasting is from heaven’s standpoint. All of what they claim to have done in relation to their fast was totally in contradiction to the will of the Lord.

Hence, the serious indictment charged against them highlights for us a very important matter that we also must examine in our time, as we are involved in the act and art of fasting.

What we believe about fasting must directly correspond to the laid down standard and expectation of God's word and will, rather than our own presumed, traditional, ceremonial expectations.

To presumptively think that fasting without carefully considering what should be prioritized before and during fasting is a serious error that will cost us. According to their understanding, the children of Israel believed that as long as they engage in the fast, regardless of their attitude towards their fellow brothers and sisters, the Lord should open the windows of heaven and bless them.

They believe that the mere fact that they separate themselves towards God in fasting, which involves the abstinence from food, sex, and many other things ceremonially demanded as unclean, should be enough gesture for God to open the window of heaven and pour them a blessing.

These people were more concerned about the ceremonial practice attached to fasting, and some religious leverage they get for the completion of the fast before their religious rulers than what is actually accepted before the Father, and it was for this reason such a strong indictment was brought to their charge.

They had forgotten or refused to accept that fasting is first about circumcision, realignment, and reconfiguration of the heart in obedience to the set principles and values standards of the Father in relation to matters of community.

The essence of their fast was to bring everyone's heart towards that place of openness to each other. The fast was to enact the flow of the spirit of righteousness, peace, and joy in the Holy Spirit to each household.

The Israelite had left behind the weighty matters of fasting. They have removed from their eyes what the Father desires to see manifest in their lives as they are could to rebuild a true priestly community that lives together in one common vision.

The true objective of fasting, as it is captured in the book of Acts of the Apostle, underscores the power of community. It is said the brethren had all things in common. It is clear from what the Lord was emphasizing according to the prophetic writings of Isaiah that fasting is meant to assist the ecclesia to live and work in the Spirit of a common kingdom agenda.

Thus, the description in the entire chapter of Isaiah 58 was a clear testimony to how critical the matters of correct fasting means to God for the healing of his people. Matters of mutual faith, unity, service, compassion, and respect for each member as a society were high in God's mind, rather than the attitude of selfishness, pride, oppression, feast fighting, and other forms of injustice seen among the Israelites.

Fasting to God's people should foster faith and a covenanted lifestyle that should accelerate the purposes of the Father. Rather, what was described by the people of Israel was the complete opposite of what the Father desires to see among them.

It is clear that there is more than one reason for fasting. Yet, the foundational value of fasting should not be mistaken for, or taken for granted, which is the call to heart circumcision that produces the fruit of righteousness.

Engaging in a long period of fasting may not be what matters before the Father, but rather, issues of mercy, justice and love toward him and their fellow neighbors. The point of circumcision and the transformation of the heart are the key points of true and acceptable fasting before the Lord.

To engage in some form of fasting that is not corresponding to the quality of character of humility and sobriety towards the Lord and our fellow humans is certainly involving ourselves in a fruitless, wasteful activity according to the word of God. Fasting, as we shall further consider, must bring us to the point where every condition of our inner life is brought to bear before the Father.

Fasting must adjust how we think, look at life, respond to people, understand their needs and respond accordingly. Fasting awakens our sense of consciousness and response to life according to heaven's perspective.

Fasting is about elevated consciousness; a consciousness that corresponds to the nature of our true spirituality in matters that underscore the accurate operation of a high-level prophetic sensitivity and discerning quality.

And when we begin to elevate to this standard of life, which gives us the boldness and confidence to stand before the Lord in his Holy Mountain, we become the authentic carriers of the divine knowledge, wisdom, grace and love to be a true servant of divine representation.

CHAPTER 3

FASTING AND THE POWER OF THE SOUL KNOWLEDGE

A fallen spiritual man, who has lost his relationship and connection with his creator, and has lost his power, influence, and dominion over the earth, and has sought all forms of illegal means and methods within his fallen soul, who of course, has also offered himself to a demonic world to gain power to self-control and maintain his affairs is often what many mistakenly acclaimed as gurus and powerful man and woman of God unfortunately.

Nimrod was one of the first mortals to enact the imaginary law of the soul by using his corrupt, spiritual state of mind to build something that violated the divine order and protocol of Jehovah. He illegally summoned the imagination and spiritual resource of his co-sojourners to build a tower to reach God.

Many who are still operating in the philosophy of Nimrod, especially in the Church, still try to use the grace of God to build something for themselves. Religion has always sought to use fasting as a powerful instrument to gain access to dimensions, far beyond the mental and logical reality of human comprehension.

Indeed, there are still certain [powers] abilities within the fallen man directly linked to the spiritual essence and assignment given to the first man. After man was cast out of the Garden, he could still function in certain unimaginable abilities far lower than his original place in Paradise.

This explains why certain individuals, though rebellious to the ways and mind of the Father, can still summon certain spiritual agents or powers for their use and benefit. Beyond the covenant man goes into with the forces of darkness to gain certain abilities and powers to administrate his affairs, the fallen, soulish human, however, still houses some of the deadliest spiritual deposits within his dark soul to cause devastation, especially individuals who have completely dedicated their lives and family to the worship of Satan.

These individuals are those known as Satan's apostles and prophets; they are baptized with powerful demonic influence that seeks to alter regions and families in the world. Anyone who lusts after these demonic powers for their dependence, or what they today call self-improvement, will undoubtedly be judged by the Lord on the day of reckoning.

Many who are into self-help guide and peak performance training have opened themselves to these dark powers within their soul, and that's why their lives often end in depression and suicide even after they've accumulated certain wealth for themselves.

You don't want to teach human influence and spiritual authority from this dimension of the unregenerated soul-power, especially if you are seeking to run any form of ministry for God. There are those in the Church who are using this soul-power to run what they call ministry today.

They are forever telling their audience and followers to tap into their inner power. This concept of looking inward is not about trusting the inner presence or wisdom of God.

This idea of inner power is the power that resided in the first man in the Garden. Adam was able to do the things he did through the deposited authority the Father released in him. When he and his wife were cast out of Eden, that power was not taking, but became corrupt through their fallen nature.

That same corrupt power and authority still exists within all humans today, regardless of who they are or where they are born. Their nationality or sex orientation, or skin color, does not stop or hinder the use of this power if they know how to summon it. The reality is the enemy has always sought ways and methods to deceive and seduce men to continue tapping into this mesmerizing, dark, corrupt, power, as his default operating identity.

Powerful motivational peak-performance books and teachings have been released and are still being produced from this order of the soul realm. Ministries have been born using this optional influence; businesses have been established purely based on this idea of soul-life power.

Those into spiritism have mastered the art of using the power of their unregenerated soul to summon and interact with spiritual power and intelligence. Of course, this is illegal according to God's divine standard.

Jesus Christ is the only legal and acceptable way and means to access the spirit world. He is the doorway; the portals into realities that define all spiritual realms. God, in his wisdom, gave us the concept of fasting to Fastrack the understanding of redeemed members of his Body.

I am of the persuasion that just a hand full today in the Body of Christ truly knows and appreciates the place of fasting. In understanding how this ministry of fasting works, we have to find and follow the written procedure in God's word.

There is a kind of fast that brings honor to God according to the word of God, while there is another type of fasting that exposes humans to high level Satanic activity. We must be mindful of these activities, even as informed followers of Christ.

I believe one of the things the spirit of God is restoring back to the church is a responsible kingdom-minded community like the Berean brethren, according to the book of Acts of the Apostle, who are careful and discipline enough to cross-check if what has been preached and taught is in divine alignment with God's word.

When we begin to understand the philosophy of fasting, according to biblical standards, we will realize that it is more than the mere call to abstain from food and other self-indulgence activities, but more of a call to change our belief and attitude towards others, which begins from the perspective of our own personal lifestyle audit.

There are many ancient, traditional rituals and ceremonies still being practiced, and attached to fasting today even within the Church of the Lord. It is important that we carefully examine God's word to find the mind of God regarding fasting, rather than generally accepting the presumptive notions out there.

A preconceived ideology built around fasting and other rituals that gives the brethren a sense of spiritual achievement, but in fact, is a waste of their precious time. This is unfortunate, because it deprives them of the full benefit of what the Father has prepared for them in terms of their spiritual empowerment and transformation. Spiritual ignorance, as we can all observe today, has cost the Body of Christ a lot.

CHAPTER 4

THE TWO EXTREEMS AROUND

FASTING IN THE CHHURCH

Furthermore, some spiritual leaders, particularly among the Apostolic Reformation movement, don't see fasting as a profound enhancement towards their spiritual transformation to the point of encouraging their followers.

In some cases, I have had the opportunity to engage some of these leaders. The arguments they make in defense of their standpoint regarding fasting tell me that they need a holistic understanding of what is known as the whole counsel of the gospel of the kingdom of God.

One cannot make the case that this is a general practice, but from my observation, this is a matter I have witnessed, and it needs to be addressed and corrected with the urgency it deserves.

And on the other extreme, we find that the old guards who see themselves as the gatekeepers of the kingdom of God due to their larger-than-life ministry have almost made nonsense of this excellent ministry of fasting.

It is unfortunate that the sacredness that accompanied this profound ministry has been reduced to a child's play, and that is the primary aim of the enemy from the beginning

These brethren, who unfortunately do not see the importance of fasting as a sacred ministry that should not be taken for granted, have allowed the enemy to keep them perpetually lucked out from accessing the deeper dimensions and higher realities of kingdom experience, particularly from the position of fasting.

These so-called followers of Christ have remained in the outer court of the temple ministry, who refused to mature into what the current emphasis of the Spirit demands for his Ecclesia. They have become fat, sensual, and blind, like Eli, the priest.

Indeed, they've refused to be poured from vessel to vessel. Therefore, they have kept themselves busy in the outer court, overt, man-made, rigorous, religious practice of prayer and fasting as some formula that must fix every problem or challenge before them.

The lack of insight to know and appreciate that fasting is not a formula to fix problems, but an invitation to be awakened into one's true spiritual identity and relationship with the Father has made the life and ministry of these individuals obsolete.

The idea that we can engage in a fasting experience for 60 days or even 120 is a ritual that has no bearing in the sight of God. This kind of overt spiritual notion is no better than the practice of spiritism.

Spiritism is man's effort to reach God or the spirit world by bypassing the appropriate value protocol of Jesus Christ, who is the way, the truth, and the life. There are several so-called Christian churches and ministries today, who are into spiritism in the orientation of what they call service unto the Lord.

Many are aware of what they are doing, while I believe the rest are unaware, since what they call ministry are often a copy of what they generally observe from other ministries. Ministries and churches into spiritism are keen on issues around overt fasting and special prayer war service. All of these are a hyper-soulful activity to give outsiders and ignorant seekers a false front of some divine, quick answer to their needs.

Please note that the essence of kingdom-centered fasting seeks to realign the minds and thoughts of God's people back to Christ-centered will. When we gain access to the mind of the Lord, we then have the knowledge and power to execute the judgment already written to our advantage.

Any form of spiritual experience we seek outside the guidelines set in the Word of God is illegal and should be called out and rejected, regardless of the magnificent outcome or benefits involved.

When we seek to do things, including fasting outside the prescribed values of God's word, we have directly or indirectly opened ourselves, family, and the larger community to another foreign, demonic spirit. I do not advocate for any person to engage in any form of fast beyond 40 days.

If the Father wanted us to go on some 60 to 100 days fasting expedition, He would have definitely made it clear in the scripture.

Going beyond the practice of what is written down is a violation of God's wisdom and counsel, and it should be rejected. The issue is not about the longevity of time, but one of a sound biblical standard, and it should be seen as such if we express the pureness of God's values, especially in the place of fasting.

These individuals who have refused to build their theology on the solid foundation of God's word have misrepresented the essence of this profound spiritual art known as fasting. This is a topic that has continued to create issues like many other subjects in the Body of Christ, and we have to examine it again as we begin to move towards the mountain of representation.

HAPTER 5

THEOLOGY AND FASTING

Allow me to re-emphasize this critical point that there are certain heights and realms we will not attain by just the knowledge of doctrine. I love doctrine and count myself as an advocate of sound biblical theological doctrine.

Yet, to merely depend on some revelational knowledge and teaching about the truth without the involvement of sound and balanced, spiritual traditional practices like prayer, intercession, fasting, sowing, and other benevolence we are asked to act out will mean that we are selective in our understanding of kingdom knowledge and its practices.

I was almost caught in this deception until the Lord had mercy on me by showing me the principle and value of a balanced kingdom gospel. The gospel of the kingdom is a balance, coherent history and doctrine of the Father's eternal truth. The truth is not dispensational, as some theologians presumed. The truth is one single tread of the Father's redemptive initiative in revealing himself and his work from ages past to an endless future reality of his sovereignty.

Our Lord Jesus Christ makes certain statements around fasting that should be examined and applied within the context of the events and circumstances they are mentioned.

In essence, there are certain issues within the unfolding realities of the kingdom of God that cannot be effectively understood or addressed, except we deliberately employ the grace released from the point of separating oneself in seeking the heart of the Father in a period of fasting.

Our Lord Jesus Christ, Moses, Esther, Daniel and Paul, to mention a few, practiced a long fasting period as a means of divine direction and intervention in dealing with complex human challenges.

What we are seeking to know in this critical season is how to live within the balance realm of a sound, biblical truth that will enhance our development. We don't want to be left out of the benefits of our spiritual inheritance.

I want to know, receive, and apply all that is made available for me in the fulfillment of my apostolic leadership mandate in this epoch. Due to the complex warfare nature of the days we've been brought into, we cannot afford to be ignorant, blind, and frivolous in our sense of engagement. We must, like children, again seek the way and light of Christ in humility, so that we can advance towards that height of kingdom lifestyle through the ministry of the word, prayer, intercession, meditation, and fasting.

These are days of maturity, meaning that we can no longer approach the ways of God with mixed values and philosophy. There must be clear, precise, identification and submission to the divine protocols and guidelines in interacting with biblical traditions like fasting, if we want to accelerate our spiritual development. I believe the art of fasting is one of the main values we need to understand, and properly correct, the wrong emphasis built around it.

We must seek to correctly understand the doctrinal framework that guards and guides the operational order of this kingdom tool, in order to fight the destructive, New Age indoctrinates spirit around prayer and fasting, filtering the landscape of social media and society in general.

CHAPTER 6

WHEN THE EAST MEETS THE WEST

Today, you hear a lot about some new insights and ways to fast coming from the eastern religion culture, crowned and empowered by the commercial, capitalist-driven American culture. These false teachings, bankrolled and driven by such a type of economic system, are so aggressive and assertive in terms of brandishing their ideology to any ignorant person out there.

And for those who claim to be followers of Christ without the correct foundational footage, they have often become the captors of these deadly eastern ideological teachings. Spirituality without a solid footing of the ascended revelation of Christ, and the finished work of his redemptive ministry, can spell doom for many, if not urgently addressed.

The lack of solid, theological, biblical truths and its ascended values has made it easy for many to fall for what is being sold out there as spirituality, particularly within the mainstream church. Sound biblical spirituality is not just based on some mystical wisdom and revelation, but also on pure, doctrinal facts, standards, and values that must guide and inform both the context of what is understood, seen, and practiced as a sound spirituality.

Many today are being deceived by what is assumed as spirituality. At the same time, others' deception stems from a shallow, half-baked understanding of what they presumed as the truth. The truth, which is the definer and framework of a spiritual experience, must be well-formed and rooted within us, so we can identify the lies from the things of the Spirit of Yahweh.

Friends, biblical theology is an excellent thing because it tells us how Jehovah, the giver of life and creator of all things, introduces himself to man, and how He desires man to address him, and relate to the things he created.

Therefore, fasting cannot be, and should not be, defined or used for any other (selfish) soulish objectives, other than to get us reunited to the place of the presence of the Father, so we can share in the ever-radiating glory shining from the face of Christ.

Hence, the primary purpose of this spiritual exercise known as fasting is to awaken our spiritual consciousness, so we, like the Prodigal son, can begin to make our journey back to the arms of our heavenly Father. Further definition of fasting can be described as a means of returning to one's original state in Christ. Fasting is a means of transportation towards the throne of the Sovereign God.

It is a place where we are involved in the training of our spirit man, as it involves making precise decisions about life matters. Hence, it is the place of divine intervention and engagement over the realms we are assigned to influence and transform for the glory of the father.

It is the realm of kingdom realities and experience. It is the place of divine knowledge and expressions; a place of identifying and acknowledging the sovereign reign of Christ and kingdom of God over all human government and authority.

Therefore, the first law of a Spirit-led, biblical fasting is to tame the flesh so that we can access the highway of the Spirit, so that we can regain the authority and power of our identity as Christ regents over the universe.

CHAPTER 7

THE AIM AND OBJECTIVE OF BIBLICAL-FOCUSED FASTING

The primary function of fasting must then be the call to deny the flesh of its excessive dependence and indulgence on the ways and pattern of this world, which doesn't benefit the objective of a priestly ministry with a standing before the Father.

Just as we abstain from certain habits and diets in the natural so that we can achieve specific set purposes and goals, the same principle applies to the protocol of spiritual growth, awareness, and maturity. Training our spirit to discern life the way the Father ordained it is an excellent spiritual value that should be commended.

But here lies the battle; the enemy does not want any person to reach such a height of spiritual awareness. So, he puts all types of excuses on our way to blind our eyes from seeing the necessity and benefits to wait on the Lord in the place of fasting.

Secondly, he gives us a thousand reasons why we don't have the time, space, and strength to wait upon the Lord. The flesh, as I have noted, is the veil that blocks and hinders [the spirit] us from seeing and accessing the ever-increasing glorious realms and realities of the kingdom of God, closer to us than the breath we breathe.

When we talk about fasting in accordance with the Lord's way, we generally refer to the various means and methods available to shed off the sinful weight of the old man, hindering us from ascending towards that mountain of divine wisdom in our assigned representation ministry.

Bringing the old man to the place of the Cross and maintaining that crucified life is the primary purpose of biblical-focused fasting. Why? When we finally make our way towards that spiritual height in the Spirit, we suddenly realize that many of the things we pursue in prayer and fasting are not the main issue. The spiritual perspective we wear defines how we see things, people, and our personal needs. The higher we go in spiritual understanding, the more our needs and requests change.

Our spiritual height defines our needs, regardless of how things may look in terms of our material conditions. The word of God says, a man's life does not consist in the abundance of what he possesses. Many, however, measure their spirituality by what they possess. Of course, this is a false measuring yardstick of who we truly are and represent.

One of the things we gain in the place of fasting is the accumulation of spiritual wealth. The more we press in the Spirit, the wealthier we become. Being rich unto God is the highest level we can attain in the rankings of spiritual influence and governmental authority.

Therefore, when this truth of spiritual elevation and ranking is well established in our paradigm, as related to the ministry of fasting, we, by default, start to experience deeper insight and awakening to the voice of the Spirit of Christ, especially in matters of precise response to the matters of life and godliness.

Gradually, divine values, standards, and principles start making sense to us, as we no longer see a price too much to pay in attaining heaven's demand for us in service. For a certain, biblical concept of fasting shifts and upgrade perspective. True spirituality is to know and experience life, people, the environment, and the unseen kingdom realities in the way and manner the Father intended.

It is always important and refreshing to understand that fasting is a gift from the Lord to invite us in the journey of spiritual development, transformation, reformation, and ultimately the restoration of all things to their ordained place in Christ.

When we fast, and it is done in accordance with the prescribed, biblical standard and mind of God, our spirit is awakened; we gain remarkable insight and ascendance into the eternal, dimensional truths, wisdom, and grace in Christ.

Our sense of kingdom developmental knowledge becomes sharpened, and the authority to represent the culture and philosophy of the kingdom of heaven on earth becomes even more amplified. The ways of God become more improved as we become more empowered, more reformed, and transformed in the operational skill of the ascended wisdom.

I do not believe there is any believer in this season, regardless of their position or ranking in the spirit, who can successfully breakthrough this season without a consistent fasting lifestyle.

CHAPTER EIGHT

ANNA, A TRUE MODEL OF FASTING LIFESTYLE

Luke 2:36-3

There was also a prophet, Anna, the daughter of Penuel, of the tribe of Asher. She was very old; she had lived with her husband seven years after her marriage, and then was a widow until she was eighty-four. She never left the temple but worshiped night and day, fasting and praying.

As we have said, fasting is not an option for those assigned to do extraordinary work for God. What I mean by extraordinary is that whatever God called you to do, it is divine and unique by nature. Therefore, it carries and requires extraordinary knowledge, grace, wisdom, and competence to fulfill it.

If you desire to be an instrument to be used in the advancement of God's kingdom initiative in this highly complex and toxic, 21st century cancel culture, fasting should never be considered an option.

Everyone in this season must carefully reconsider, and thoroughly reexamine, the weightiness of the ministry they have been assigned in the place of waiting upon the Lord through regular fasting.

Often, we take lightly what has been committed into our hands, and presumptively enter such a venture until we realize that we are running out of steam; we have run out of strength, we are running out of wisdom and leadership creativity.

This condition is what leads many to eventually start looking around the world wisdom and philosophy to maintain what they believe they've been called to do. They start eating a good measure of the fruit of the tree, of the knowledge of good and evil that would never produce life.

Peak-performance teachers and materials become their inspiration, and no longer Christ, who is only found in the place of relentless devotional lifestyle.

It is important that we don't just fast at some period we feel like. We need a fasting lifestyle to maintain that continual inflow and outflow of the divine life of the Spirit. There's an excellent woman in the scripture by the name, Anna, who gave us a profound kingdom value principle in relating to the ministry of a devoted lifestyle. The life of Anna revealed what a devoted fasting lifestyle is, according to God's word.

The word of the Lord told us that after she got married for 7 years, her husband died, and decided to dedicate herself to the service of the Lord through fasting and prayer. The objective of her fasted lifestyle was clear, in that she was waiting for the birth of the redemption of Israel, and of course, that was the birth of Jesus Christ.

Anna was a true prophetic voice and pattern who mirrored what the calling into the office of the prophet is, and showed in practical terms what faithfulness and commitment to the mandate of God's kingdom represented within human affairs.

Anna partnered with another faithful man called Simeon. He was a priest with a different perspective and understanding of God's move and intention within a blind, religious society.

Simeon and Anna are clear examples of two transitional ministries that show today's Ecclesia how to midwife the season of spiritual migration and transition towards the next prophetic emphasis of the Father. Let us draw vision, faith, and strength from these two models of kingdom values, as they define what we can achieve through the sacrificial lifestyle of fasting and prayer.

As we continue to press into the reality of the nature of the season heaven has brought us into, we will have to surrender ourselves to the lifestyle of fasting prayer commitment. What do I mean by this? A lifestyle of fasting is not just a life of one who commits himself or herself to regular fasting rituals, but a life that is totally yielded in obedience to the counsel of the Father.

In other words, you are not weighed down by yesterday's lost; you have disciplined yourself to the point that life's indulgence doesn't have the final say over your life.

You are not captured by the spirit of gluttony, your belly is not your God, you have a place at the altar of God, and all that your soul seeks as an alternative to the presence and glory of grace the Father has laid on the altar of sacrifice.

The Father is looking for men and women in our generation who will commit themselves to his purpose and intentions, particularly through a devotional lifestyle of fasting. Through the ministry of fasting, God's prophetic intention for the earth and creation is accelerated. Through fasting, a new sense of visionary lifestyle is born within the hearts of God's people.

Individuals and the corporate Body of Christ become empowered, courageous, and emboldened with the knowledge that heaven backs them. So, it is important that we commit ourselves to the ministry of fasting, as Jesus, Anna, and Simeon did in waiting for the redemption of Israel.

The fact that we are keenly aware of what we are about to embark on the journey of kingdom service should galvanize anyone to maintain a committed fasting and prayer devotional calling. Our commitment to the Father through the devotional life of fasting tells him that we understand the value of the mission, and that we are ready to pay the price to receive all that it requires to complete the assignment

CHAPTER 9

FASTING MUST BE A LIFESTYLE FOR BELIEVERS

Biblical Fasting must be a lifestyle that should be allowed to regularly tame and prune the acts of our old adamic impulses. Yes, we ought to constantly ensure that our spirit is in control of the bulging, sensual, carnal faculties of the soul-life still hiding within us.

If we will be a people that will carry out God's prophetic intentions for our day, then we must learn how to bring the flesh to submission consistently. This becomes very easy when we live in a word-based, fasted, lifestyle atmosphere

The nature of the days we live in is expressed through various degrees of the works of the flesh. The enemy in this season is doing everything within its power to crown the flesh as the lord and king of our desire and decisions.

It is our responsibility not to allow this anti-Christ spirit to dominate our appetites and life's decisions. The flesh, meaning our old adamic nature, always seeks to take the front seat of our decisions. It seeks to be known, accepted, and celebrated regardless of how or where such praises come from.

The flesh seeks to be elevated, just as the Spirit of the Lord is currently calling the ecclesia to come up higher to that mountain of representation. We must learn to engage ourselves in activities that will govern the flesh to remain under the influence and authority of the redeemed spirit.

Therefore, if we truly represent the ways of the spirit, then we must depend on the authority received through the ministry of prayer, fasting, and the continual submission of our entire lifestyle to the ministry of the word of God.

We cannot depend on the power of the flesh to fight and correct the flesh; we will eventually be defeated by the same flesh. We must learn through the place of waiting in the Spirit to deepen our knowledge and wisdom in Christ, which can only be accessed through a lifestyle of deep spiritual brokenness that produces humility.

The Bible says a broken and contrite heart, the Lord will not despise. When our spirit is not truly broken, meaning that the enemy can easily use things, people, and circumstances to entice and manipulate us, then we know without doubt that we must give attention to the ascended ministry of fasting as soon as possible.

It is time to guard our spiritual atmosphere and environment in this season. We must not allow the enemy to sneak into our space, while sleeping, to corrupt the good seed the Lord has given us. The word of God says, while men were sleeping, the enemy came in and sowed the wrong seed.

There are enemies today sneaking into our space and empowering even believers with the ideas of the soulish knowledge and wisdom that comes through the fruit of the tree of the knowledge of Good and Evil.

We must deliberately shift away from depending on methodologies and the ways of this world we have accepted. We must flee from the lying spirit, which says investing in our spiritual development is a waste of time. This is the Battle of the last days, the Battle of who we will yield ourselves to in submission and obedience, and the battle has already commenced in full force.

If we yield ourselves to the desire of the flesh, we will reap corruption, but if we yield ourselves in obedience to the prompting of the Spirit, we will certainly produce the fruits of righteousness, peace, and joy in the Holy Spirit. As we understand what it means and how to live a life of the spirit, we will begin to gain profound ascendancy in the spirit and power of true kingdom advancement in the place of fasting.

CHAPTER 10

LASTLY, LET'S LOOK AT

16 ADVANTAGES OF FASTING

1. Fasting will awaken your slumbering spirit
2. Fasting will silence the voice of your flesh
3. Fasting can reawaken the dead voice of your conscience
4. Fasting will stir your heart to obedience
5. Fasting will awaken your heart to a new season of prayer lifestyle
6. Fasting will give you a new zeal and passion for the word of God.
7. Fasting will cause you to know and hear the voice of the Spirit in a new way for your life, family or ministry.
8. Fasting will sharpen your discernment, wisdom, understanding and prophetic insight
9. Fasting will give you access to divine leading and direction.
10. Fasting will open your spirit and mind to creativity and productivity
11. Fasting will enhance your spiritual authority in dealing with the forces of darkness.

12. Fasting will unite the hearts of men, particularly within the body of Christ.
13. Fasting keeps you fit, strong, and active spiritually.
14. Fasting can help you to know and become an active participant in the current emphasis of kingdom initiative.
15. Fasting give you the courage and boldness to stand for truth without compromising.
16. Fasting increases your measure of intimacy and the presence of the Father in your life.

To be updated in the future!

