

WHAT IS FASTING

- **FASTING** IS REFRAINING FROM FOOD FOR A SPIRITUAL PURPOSE
- **DIETING** IS REFRAINING FROM FOOD TO LOSE WEIGHT
- **CLEANSING / DETOXING** IS REFRAINING FROM FOOD TO CLEANSE THE BODY FROM TOXINS

WHEN PEOPLE
PRAY AND FAST,
THERE'S AN
INCREASE OF HOLY
SPIRIT ACTIVITY.

That's a fact.

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Search Daniel Fast Recipes on internet

www.jentzenfranklin.com/fastingmovement
for more tips and scriptures



12 *Victories*
You Can Gain
through
Fasting



FASTING & PRAYER

We do not fast to earn anything from God. Honor is the currency of the Kingdom.

Fasting is a heart issue and is relationship-inspired.

Here are 12 victories to gain through fasting:

1. Growth – fasting tunes out the noise and static of the world which causes growth. He'll search your heart, He'll teach you keys to help you walk in faith and show you areas of disobedience.
2. Love for God-You will fall in love with what you focus on, through fasting you will see Him more clearly and grow deeper in your love for Him.
3. Purity – He will purify your heart and life if you'll let Him. This is important if you are bound up in any type of sexual sin. "Behold the Lamb who takes away the sin of the world. We get to BEHOLD Him. He will take it away.
4. Personal Victory – victory in patterns in our thought life or hindrances that have been holding us back. Hurts, struggles in thinking, ruled by our emotions and need to break habits, he will help us walk in freedom through this time.
5. Breakthrough – Fasting can sometimes be the thing to push you over the edge of the miracle you have been praying for for a very long time. It increases your faith. It causes you to pray and pray and pray and helps you know who God is.
6. Finding your calling – He encountered Saul and turned him into Paul. He encountered Matthew the tax collector and called him to be a disciple. He changed Peter from a fisherman to a shepherd of men.

Program

7. Provision – God has many promises in His word and some come with conditions. –Obey His commands, ask and ask again, seek, knock, ask with the right heart and believe what you are asking for. It purifies your life and helps you yield to the work of the Holy Spirit, and breaks your heart for what breaks His.

8. Miracles – God may send you out to do something for His kingdom and as He sends you He backs up His word with signs, wonders and miracles. Fasting increases your level of faith, obedience and intimacy with God which produces boldness.

9. Strength in intercession – When you draw near to God, He will give you His heart. We fall in love with Jesus and want to do what He wants.

10. Health and healing: Healing was already purchased but your understanding of what was done for you can increase. We rid ourselves of unforgiveness, disobedience and doubt and our body gets reset.

11. Personal revival – Reclaiming our first love is a big deal. This spiritual weapon of fasting combats the coldness and replaces it with passionate fire for Him.

12. Vindication – Psalm 91:15-16

- you will call upon the Lord
- He will answer you
- He will be with you, when you are in trouble
- He will deliver you and
- He will honor you