

HOW TO FAST FOR FOR BREAKTHROUGH

A CHRISTIAN GUIDE TO
UNLOCKING MIRACLES THROUGH
FASTING



DBA MINISTRIES

HOW TO FAST FOR BREAKTHROUGH

A Christian Guide to Unlocking Miracles Through Fasting

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INTRODUCTION: Why Fast? Why Now?

The alarm pierced through the darkness at 4:30 AM. Most of the world was still asleep, but Jentezen Franklin was already on his knees, entering his eighteenth day of fasting. His stomach had stopped growling days ago, but his spirit was more alive than ever. Little did he know that this very fast would spark a global movement, inspiring millions to discover the supernatural power of biblical fasting.

What if I told you that the breakthrough you've been praying for—the miracle you've been believing for—is just one fast away?

In a generation addicted to instant gratification, we've forgotten one of the most powerful spiritual disciplines known to believers: fasting. We've reduced it to a religious ritual, a New Year's resolution, or something reserved for the "super spiritual." But the truth is, fasting isn't just about denying our flesh—it's about awakening our spirit to the supernatural realm where miracles happen and breakthroughs are birthed.

The Crisis of Comfortable Christianity

We live in an age of spiritual comfort. We attend church services with padded pews and climate control. We stream sermons from our couches and participate in worship from our living rooms. We've made Christianity convenient, but in doing so, we've lost something essential: the desperate hunger for God that drives us to our knees and empties our plates.

The early church turned the world upside down not through better marketing strategies or more comfortable sanctuaries, but through the power of prayer and fasting. They knew something we've forgotten: when you deny your flesh, you feed your spirit. When you fast from earthly bread, you feast on heavenly bread. When you humble yourself through fasting, God lifts you up in His power.

The Biblical Mandate

Fasting isn't optional for the believer—it's biblical. Jesus didn't say "if you fast," He said "when you fast" (Matthew 6:16). He assumed fasting would be a regular part of our spiritual lives, not an occasional experiment. The disciples fasted. The apostles fasted. The early church fasted. Every great revival in history has been preceded by seasons of prayer and fasting.

Yet somewhere along the way, we've domesticated our faith. We've sanitized the gospel and removed the radical elements that make Christianity powerful. We've forgotten that our battle isn't against flesh and blood, but against spiritual forces of wickedness in heavenly places (Ephesians 6:12). And you can't fight a spiritual battle with carnal weapons.

The Power That Breaks Every Chain

Fasting is the nuclear option of spiritual warfare. It's the secret weapon that breaks stubborn strongholds, opens impossible doors, and releases miracles. When you fast, you're not just skipping meals—you're declaring war on the enemy of your soul. You're telling hell that you're serious about your breakthrough. You're alerting heaven that you're ready to partner with God in the impossible.

Throughout history, God has used fasting believers to:

- Break generational curses
- Heal incurable diseases
- Restore broken marriages
- Open financial heavens
- Birth revival movements
- Topple ungodly governments
- Raise the dead
- Transform entire nations

The question isn't whether fasting works—the question is whether you're desperate enough to try it.

Your Breakthrough Moment

Right now, as you read these words, you may be facing:

- A medical diagnosis that doctors can't cure
- A financial crisis that seems insurmountable
- A relationship that appears beyond repair
- A calling that feels impossible to fulfill
- A stronghold that won't break
- A dream that seems too big to achieve

You've prayed. You've confessed. You've declared. You've believed. But the breakthrough hasn't come. What if the missing ingredient isn't more faith, but more fasting? What if God is waiting for you to take the step of radical obedience that demonstrates your desperation for His intervention?

The Heroes of Faith Who Fasted

In the pages that follow, you'll discover the extraordinary stories of ordinary believers who unlocked the supernatural through fasting:

Jentezen Franklin, who transformed his ministry and sparked global revival through 21-day fasts that became international movements.

David Yonggi Cho, who built the world's largest church through consistent fasting and prayer, proving that supernatural growth follows supernatural devotion.

Queen Esther, who saved an entire nation through a strategic 3-day fast that turned the heart of a king and reversed a death decree.

Mahesh Chavda, who witnessed the dead raised to life during extended fasts, demonstrating that miracles follow those who deny themselves for God's glory.

Heidi Baker, who received her calling and healing while fasting, showing us that God reveals His purposes to those who seek Him with their whole heart.

Lou Engle, who launched a national prayer movement after 40 days of fasting, proving that one person's fast can awaken a generation.

Daniel, who changed an empire through simple obedience to God's dietary laws, revealing that breakthrough doesn't always require extremes—just faithfulness.

Each of these heroes faced impossible situations. Each chose to fast when others would have given up. Each discovered that when you're willing to go without food, God is willing to go to extraordinary lengths to demonstrate His power.

Your 90-Day Journey to Breakthrough

This book isn't just about inspiring stories—it's about your story. It's about your breakthrough. It's about your miracle. That's why we've included a comprehensive 90-day breakthrough fasting plan that will take you from spiritual stagnation to supernatural acceleration.

This isn't a quick fix or a spiritual gimmick. This is a life-changing journey that will:

- Purify your heart and renew your mind
- Break strongholds and demolish spiritual barriers
- Release healing and restoration in every area of your life
- Clarify your purpose and ignite your destiny
- Connect you with God in ways you never thought possible

The Time Is Now

We live in unprecedented times. The world is crying out for authentic Christianity that demonstrates the power of God. The church needs believers who will pay the price for revival. Your family needs someone who will stand in the gap. Your city needs intercessors who will fast and pray until breakthrough comes.

God isn't looking for perfect people—He's looking for desperate people. He isn't searching for the most talented—He's searching for the most surrendered. He doesn't need your ability—He needs your availability.

The question isn't whether you're qualified to fast for breakthrough. The question is whether you're hungry enough to begin.

Are you ready to discover what God can do through a life surrendered to the power of fasting? Are you prepared to exchange temporary comfort for eternal breakthrough? Are you willing to deny your flesh to feed your spirit?

If your answer is yes, then turn the page. Your breakthrough is waiting.

"Is this not the fast that I have chosen: to loose the bonds of wickedness, to undo the heavy burdens, to let the oppressed go free, and that you break every yoke?" - Isaiah 58:6

Let the journey begin.

Chapter 1: Jentezen Franklin - Fasting for Revival

The sanctuary was packed beyond capacity. People lined the walls, sat in the aisles, and crowded into overflow rooms where massive screens displayed what was happening in the main auditorium. The air crackled with expectancy as thousands waited for the service to begin at Free Chapel in Gainesville, Georgia. But this wasn't how it had always been.

Years earlier, Pastor Jentezen Franklin had stood before a congregation of just 300 people, wrestling with a divine dissatisfaction that wouldn't let him rest. He knew God had more—more souls to save, more lives to transform, more revival to release. What he didn't know was that the key to unlocking it all would be found not in a new program or marketing strategy, but in an ancient biblical practice that modern Christianity had largely forgotten: fasting.

"I'll never forget the day God arrested my heart about fasting," Franklin recalls. "I was reading through the Gospels when Jesus's words in Matthew 17:21 jumped off the page: 'This kind does not go out except by prayer and fasting.' I realized there were levels of breakthrough, dimensions of the supernatural, that simply couldn't be accessed without fasting."

That revelation launched Franklin on a journey that would transform not only his personal walk with God but would catalyze a global movement that has touched millions of lives. Through consistent 21-day fasts at the beginning of each year—a practice he has maintained for over two decades—Franklin has witnessed supernatural church growth, creative miracles, financial breakthroughs, and revival that has spread across continents.

The Discovery That Changed Everything

Franklin's journey into the power of fasting began during a particularly dry season in his ministry. Despite his best efforts, the church seemed stuck. Prayers felt like they were hitting a brass ceiling. The breakthrough they desperately needed remained frustratingly out of reach.

"I was doing everything I knew to do," Franklin shares. "We had great worship, solid preaching, active outreach programs. But there was no fire, no supernatural movement of God like we read about in the book of Acts. I was desperate."

In that desperation, Franklin began studying every biblical passage about fasting. What he discovered revolutionized his understanding of spiritual breakthrough. From Moses's 40-day fast on Mount Sinai to Jesus's 40-day fast in the wilderness, from Esther's nation-saving fast to the church at Antioch fasting before sending out Paul and Barnabas, one thing became crystal clear: every major move of God in Scripture was preceded by fasting.

"I realized that fasting wasn't just about skipping meals," Franklin explains. "It was about positioning ourselves to hear from heaven, to break through spiritual barriers, and to access a dimension of God's power that remains locked to those who only pray but don't fast."

The biblical evidence was overwhelming. In Joel 2:12, God calls His people to "return to Me with all your heart, with fasting, with weeping, and with mourning." In 2 Chronicles 20:3, when faced with an overwhelming enemy, King Jehoshaphat "proclaimed a fast throughout all Judah," and God gave them supernatural victory. Jesus Himself, when asked why His disciples couldn't cast out a particular demon, explained that some spiritual victories require both prayer AND fasting (Matthew 17:21).

But it wasn't just the biblical precedent that convinced Franklin. As he researched church history, he discovered that every great revival, every significant spiritual awakening, had been birthed through seasons of prayer and fasting. From the early church fathers to the Protestant Reformation, from the Great Awakenings to the Azusa Street Revival, fasting had been the common denominator in releasing heaven on earth.

The First 21-Day Fast

Armed with this revelation, Franklin felt God calling him to undertake his first 21-day fast—the same length Daniel fasted in Daniel 10 when he received one of the most powerful prophetic visions in Scripture. But Franklin admits he was terrified.

"I had never fasted more than a day or two in my life," he recalls. "The thought of going 21 days without solid food seemed impossible. I worried about my health, my energy levels, my ability to preach. But I was more afraid of missing what God wanted to do than I was of the discomfort of fasting."

Franklin began his fast on January 1st, consuming only water and occasionally diluted fruit juices. The first three days were the hardest. Intense hunger pangs, headaches from caffeine withdrawal, and physical weakness made him question whether he could continue. But he pressed through, clinging to Isaiah 58:8, which promises that when we fast God's way, "your light shall break forth like the morning, your healing shall spring forth speedily."

By day four, something shifted. The physical hunger began to subside, replaced by a spiritual hunger that was even more intense. Franklin found himself waking up in the middle of the night with an overwhelming desire to pray. During the day, worship would wash over him in waves. The Bible, which had sometimes felt dry and routine, suddenly came alive with fresh revelation.

"It was like someone had cleaned the windshield of my soul," Franklin describes. "I could see clearly for the first time in years. God began downloading strategies for our church, revealing hidden sins that needed to be dealt with, and giving me a burden for souls that I had never experienced before."

But the real breakthrough came on day 14. While praying in his office, Franklin had a vision that would define the trajectory of his ministry. He saw their small sanctuary filled to overflowing with people from every nation, tribe, and tongue. He saw multiple campuses spreading across the region. He saw media ministry reaching into homes around the world. And he heard the Lord speak clearly: "If you will make fasting a lifestyle, I will make your ministry a gateway for My glory."

The Revival Begins

When Franklin completed his 21-day fast, he was a different man. The spiritual authority he carried was tangible. His preaching took on a new dimension of power. But more importantly, he had received a blueprint from heaven for what God wanted to do through Free Chapel.

The changes began almost immediately. Within weeks of completing the fast, key leaders began joining the church—people with the exact skills and calling needed to fulfill the vision God had shown. Financial provision came from unexpected sources. Most remarkably, people began getting saved in unprecedented numbers.

"We went from seeing a handful of salvations each month to seeing dozens, then hundreds," Franklin shares. "But it wasn't because we changed our methods or our message. It was because fasting had broken something in the spiritual realm. The heavens were open over our church."

Inspired by the transformation he had experienced, Franklin challenged his congregation to join him in a corporate 21-day fast the following January. He was unsure how many would participate—after all, fasting wasn't exactly popular in modern American Christianity. To his amazement, over 100 people committed to the fast.

The results were extraordinary. Marriages that had been on the brink of divorce were miraculously restored. People were healed of diseases doctors said were incurable. Financial breakthroughs came to families facing foreclosure and bankruptcy. Drug addicts were delivered instantly. And the church began to grow exponentially.

"We learned that when we fast corporately, we don't just add our faith together—we multiply it," Franklin explains. "There's an exponential increase in spiritual power when the body of Christ unites in fasting and prayer."

The Movement Spreads

Word began to spread about what was happening at Free Chapel. Pastors from around the country started calling, wanting to know the secret to the explosive growth and supernatural activity. Franklin's answer was always the same: "It's not a secret. It's a biblical principle. When you add fasting to your faith, you access a dimension of God's power that changes everything."

As Franklin continued his annual 21-day fasts, the vision God had given him began manifesting at an accelerated pace. Free Chapel grew from 300 to over 10,000 members. They planted multiple campuses. Their media ministry began reaching millions through television and online platforms. But perhaps most significantly, Franklin's books on fasting—particularly "Fasting: Opening the Door to a Deeper, More Intimate, More Powerful Relationship with God"—sparked a global fasting movement.

"I began receiving testimonies from around the world," Franklin shares. "Pastors in Africa reporting revival breaking out after implementing corporate fasting. Business leaders seeing

supernatural favor and provision through fasting. Parents witnessing their prodigal children return home after seasons of fasting. It became clear that God was restoring the weapon of fasting to His church for the end-time harvest."

One particularly powerful testimony came from a church in South Korea that had plateaued at around 500 members for over a decade. After reading Franklin's book and implementing quarterly 21-day corporate fasts, they saw explosive growth, reaching over 5,000 members within two years. The pastor reported, "It wasn't our programs that changed—it was the spiritual atmosphere. Fasting had broken through barriers we didn't even know existed."

The Science Behind the Spiritual

While Franklin's primary focus has always been the spiritual benefits of fasting, he's also fascinated by how modern science is confirming what the Bible has taught for millennia. Research has shown that fasting triggers a process called autophagy, where the body literally cleanses itself at the cellular level. It increases mental clarity, boosts the immune system, and can even reverse certain diseases.

"God designed our bodies to benefit from fasting," Franklin notes. "When we fast, we're not just drawing closer to God spiritually—we're aligning our entire being with His design. Spirit, soul, and body come into harmony."

But Franklin is quick to emphasize that the physical benefits, while real, are secondary to the spiritual breakthrough that fasting releases. He points to numerous biblical examples where fasting preceded major spiritual victories:

- In Judges 20:26, Israel fasted before defeating the Benjamites
- In Ezra 8:21-23, fasting secured divine protection for a dangerous journey
- In Nehemiah 1:4, fasting preceded the miraculous rebuilding of Jerusalem's walls
- In Acts 13:2-3, fasting released the apostolic ministry of Paul and Barnabas

"Every time we see fasting in Scripture, it's connected to breakthrough," Franklin observes. "Whether it's victory in battle, divine protection, answered prayer, or fresh anointing, fasting is the key that unlocks heaven's storehouse."

Practical Keys for 21-Day Fasting

Through years of personal experience and shepherding thousands through corporate fasts, Franklin has developed practical wisdom for those undertaking extended fasts. He emphasizes that while the spiritual principles are non-negotiable, the practical application can be adapted to individual circumstances.

"The goal is not to be super-spiritual or to prove how disciplined you are," Franklin clarifies. "The goal is to draw closer to God and position yourself for breakthrough. Grace, not legalism, should guide your fast."

Preparation is Crucial: Franklin recommends preparing both spiritually and physically before beginning a 21-day fast. Spiritually, this means clarifying your purpose for fasting, identifying specific prayer targets, and dealing with any known sin. Physically, it means gradually reducing caffeine and sugar intake in the days leading up to the fast to minimize withdrawal symptoms.

Choose Your Fast Type: While Franklin typically does water-only fasts, he acknowledges that different people may need different approaches. Options include:

- The Daniel Fast (fruits, vegetables, and water only)
- Juice fasts (fresh fruit and vegetable juices)
- Partial fasts (eating only one meal a day)
- Water-only fasts (for those with experience and medical clearance)

"The type of fast is less important than the heart behind it," Franklin emphasizes. "God honors the sacrifice, not the specifics."

Structure Your Day: During a 21-day fast, Franklin recommends structuring each day around prayer and the Word. He typically spends his normal meal times in prayer and Bible study, literally feeding on God's Word instead of physical food. This might include:

- Morning prayer and worship (during normal breakfast time)
- Midday Bible study and meditation (during lunch)
- Evening prayer walk or extended worship (during dinner)

Expect Spiritual Warfare: Franklin warns that extended fasting often triggers intensified spiritual warfare. "The enemy knows that fasting is a powerful weapon, so he'll try everything to get you to quit," he explains. "Expect unusual temptations, sudden emergencies, and intense discouragement, especially in the first week. But remember, the very fact that you're facing opposition is proof that your fast is accomplishing something in the spiritual realm."

Fast with Others: While personal fasting is powerful, Franklin has seen the greatest breakthroughs come through corporate fasting. "When possible, fast with your family, your small group, or your church," he advises. "The accountability and shared faith create a multiplication effect in the spirit realm."

Breaking Through Your Breakthrough

One of Franklin's most powerful teachings on fasting involves what he calls "breaking through your breakthrough." He explains that many people fast until they feel a spiritual release or receive a word from God, then immediately break their fast. But Franklin has learned that often the greatest breakthroughs come after we think we've already broken through.

"In Daniel 10, the angel told Daniel that his prayers were heard from the first day he began to fast, but the answer was delayed for 21 days due to spiritual warfare," Franklin teaches. "What if Daniel had stopped fasting on day 20? He would have missed one of the most significant prophetic encounters in Scripture."

This principle has proven true repeatedly in Franklin's ministry. During one particular 21-day fast, he felt a clear release on day 18 and sensed God telling him the breakthrough had come. Everything in him wanted to end the fast and celebrate. But he had committed to 21 days, so he continued.

On day 21, while in prayer, Franklin received a divine download about a media strategy that would eventually result in their television ministry reaching over 200 nations. "If I had stopped when I felt the first breakthrough, I would have missed the greater breakthrough God had planned," he reflects.

The Ripple Effect

Perhaps the most remarkable aspect of Franklin's fasting journey has been the ripple effect it has created. Thousands of churches around the world now practice annual 21-day fasts, many timing them to coincide with Free Chapel's fast in January. This has created a global prayer and fasting movement that Franklin believes is preparing the church for the greatest harvest in history.

"When millions of believers fast together, it creates a spiritual tsunami that the enemy cannot withstand," Franklin declares. "We're seeing signs, wonders, and miracles on a scale that rivals the book of Acts. And it's all connected to the restoration of fasting to the modern church."

The testimonies continue to pour in:

- A church in Brazil saw 3,000 salvations during their 21-day fast
- A businessman in Texas received a creative idea during a fast that resulted in a multi-million dollar invention
- A woman in Canada was healed of stage 4 cancer on day 19 of a 21-day fast
- A pastor in India saw his region's largest Hindu temple close and convert to a church following a season of fasting

"These aren't isolated incidents," Franklin emphasizes. "They're becoming the norm when God's people humble themselves through fasting."

Your Fasting Breakthrough

As powerful as Jentezen Franklin's story is, he's quick to point out that there's nothing special about him that isn't available to every believer. "I'm just a regular person who discovered an irregular weapon," he says. "The same power that transformed my life and ministry is available to anyone willing to add fasting to their faith."

Franklin challenges every believer to make fasting a regular part of their spiritual discipline. Whether it's one day a week, three days a month, or an annual 21-day fast, the key is consistency and purpose. "Don't wait for a crisis to drive you to fasting," he advises. "Make it a lifestyle, and watch how God uses it to keep you in continual breakthrough."

The promise of Isaiah 58:6-9 remains as true today as it was when it was written:

"Is this not the fast that I have chosen: To loose the bonds of wickedness, to undo the heavy burdens, to let the oppressed go free, and that you break every yoke? ... Then your light shall break forth like the morning, your healing shall spring forth speedily, and your righteousness shall go before you; the glory of the Lord shall be your rear guard. Then you shall call, and the Lord will answer; you shall cry, and He will say, 'Here I am.'"

Jentezen Franklin's journey proves that these aren't just poetic words—they're promises waiting to be claimed by anyone willing to embrace the powerful weapon of fasting. The question isn't whether God wants to bring breakthrough in your life. The question is: are you willing to fast for it?

As Franklin often says at the conclusion of his fasting messages: "If you want what you've never had, you must do what you've never done. And if you'll do what others won't do—fast—you'll have what others won't have—breakthrough!"

The revival that began with one man's obedience to fast has now touched millions. But according to Franklin, this is just the beginning. "The greatest revivals in history are ahead of us, not behind us," he declares. "And they will be unlocked by a generation that rediscovers the atomic power of prayer and fasting."

Your breakthrough is waiting. The question is: when will you begin your fast?

Chapter 2: David Yonggi Cho - Built the World's Largest Church Through Fasting & Prayer

The young Korean pastor collapsed on the platform, blood streaming from his mouth. His lungs, ravaged by tuberculosis, could no longer sustain the passionate preaching that had become his trademark. As medical staff rushed to carry David Yonggi Cho from the tent church, the small congregation of just five members—including his future mother-in-law—wondered if they had just witnessed the end of their pastor's ministry.

It was 1958, and Cho was dying. Doctors gave him three months to live. The church he had started with such hope and enthusiasm seemed destined to become another casualty of the spiritual warfare that had gripped post-war Korea. But what happened next would not only save Cho's life—it would birth the largest church in Christian history and revolutionize our understanding of the power of fasting and prayer.

"I was literally at death's door," Cho would later recall. "I had nothing left to give God but my desperation. So I gave Him that, along with my commitment to seek His face through fasting and prayer like never before."

From that makeshift tent church with five members, Yoido Full Gospel Church would grow to over 800,000 members, with millions more connected through satellite churches worldwide. The secret? A lifestyle of fasting and prayer that Cho maintained for over six decades, combined with revolutionary cell group strategies that were all birthed in seasons of fasting.

The Death Sentence That Birthed Life

David Yonggi Cho's journey into the transformative power of fasting began not from a place of strength, but from absolute brokenness. Born into a Buddhist family in 1936, Cho had converted to Christianity as a teenager after a miraculous healing from tuberculosis. But the disease had returned with a vengeance just as he was launching his ministry.

"The doctors were clear—I had three months at most," Cho shared in his later writings. "My lungs were so damaged that I was coughing up blood constantly. I couldn't walk more than a few steps without collapsing. Preaching was impossible. I was a 22-year-old pastor who couldn't even stand behind a pulpit."

In Korean culture at that time, tuberculosis was not just a death sentence—it was a shame that caused many families to abandon their sick relatives. Cho found himself not only dying but also isolated, with even some fellow Christians avoiding him out of fear of contagion.

It was in this place of absolute desperation that Cho encountered the biblical practice of fasting in a fresh way. Too weak to eat much anyway, he began dedicating his few waking hours to

prayer and studying God's Word. As he read through the Scriptures, a pattern emerged that would reshape his entire approach to ministry.

"I noticed that every major victory, every divine intervention, every breakthrough in the Bible was preceded by fasting," Cho observed. "Moses fasted before receiving the Law. Elijah fasted before confronting the prophets of Baal. Esther fasted before approaching the king. Jesus fasted before beginning His public ministry. The evidence was overwhelming—fasting was not optional for those who wanted to see God move in power."

The Prayer Mountain Revelation

Despite his weakness, Cho felt compelled by the Holy Spirit to make a pilgrimage to Prayer Mountain, a remote location where Korean Christians gathered for intense seasons of prayer and fasting. His mother and friends begged him not to go, convinced the journey would kill him. But Cho was already dying—he had nothing to lose.

"I could barely climb the mountain," Cho remembered. "I had to stop every few feet to catch my breath and cough up blood. Other prayer warriors had to practically carry me the last portion. But something in my spirit knew that if I could just get to that place of consecrated prayer and fasting, God would meet me."

For seven days, Cho fasted and prayed in a small prayer grotto carved into the mountainside. He consumed only water, pouring out his heart to God and claiming the promises of healing found throughout Scripture. On the third day, something shifted in the spiritual atmosphere. The oppressive weight of death that had hung over him began to lift.

"It wasn't instantaneous," Cho explained. "But I could feel strength returning to my body. More importantly, I could feel faith rising in my spirit. By the fifth day, I was praying with an authority I had never experienced before. I wasn't begging God for healing anymore—I was declaring it based on His Word."

On the seventh day, as Cho was praying, he had a vision that would define his entire ministry. He saw a church so large it couldn't be contained in any building. He saw millions of Korean souls coming to Christ. He saw cell groups multiplying like biological cells, spreading the gospel into every home and workplace. And he heard the Lord speak clearly: "I will build My church through you, but you must never abandon the weapons of fasting and prayer. They will be the foundation of everything I do through your life."

When Cho came down from Prayer Mountain, the transformation was evident to everyone. The pale, dying young man who had struggled up the mountain walked down with strength and vitality. Medical tests would later confirm what everyone could see—the tuberculosis was completely gone. But the physical healing was just the beginning of the miracle God was launching.

The 40-Day Fast That Changed Everything

Emboldened by his healing and the vision God had given him, Cho returned to his tiny tent church with fresh fire. But growth was painfully slow. After two years of exhausting labor, the church had grown from 5 to just 50 members. Cho knew God had promised more, but he couldn't seem to break through the barriers constraining the church's growth.

"I was doing everything the missionary textbooks taught," Cho recalled. "I was preaching biblically sound messages, visiting homes, organizing programs. But we were stuck. I realized I was trying to build God's church with human methods. I needed a divine strategy, and I knew from experience that divine strategies come through fasting and prayer."

In 1960, Cho embarked on what would become a defining moment in his ministry—a 40-day fast seeking God's blueprint for church growth. Like Moses on Mount Sinai and Jesus in the wilderness, he separated himself for extended communion with God, consuming only water and occasionally diluted fruit juice.

"The first week was physical torture," Cho admitted. "But I had learned from my healing experience that the physical discomfort was a small price to pay for spiritual breakthrough. By the second week, the hunger pangs faded, replaced by a spiritual clarity I had never experienced."

During this fast, God began downloading revolutionary strategies that flew in the face of traditional church growth methods:

The Cell Group Vision: On day 21 of his fast, Cho received a detailed vision of church structure based on biological cell multiplication. Instead of trying to gather everyone into one location, the church would be built through home cell groups that would multiply when they reached 12-15 members. This wasn't just a program—it was a complete paradigm shift in how church was done.

The Principle of Delegation: God showed Cho that he was limiting the church's growth by trying to do everything himself. He needed to raise up leaders—particularly women, which was radical in Korean culture—and release them to minister. The model came straight from Exodus 18, where Jethro advised Moses to delegate leadership.

Prayer as the Engine: Most revolutionary of all, God revealed that prayer and fasting couldn't be occasional activities—they had to be the central engine driving everything the church did. This would require creating dedicated prayer mountains, 24/7 prayer chains, and regular corporate fasting.

Faith Confession: During extended times of fasting-induced meditation on Scripture, Cho discovered the power of speaking faith-filled words based on God's promises. This wasn't "name it and claim it" prosperity teaching, but rather a biblical understanding of how God's creative power is released through declared faith.

When Cho completed his 40-day fast, he was physically weakened but spiritually supercharged. He immediately began implementing what God had shown him, starting with the cell group structure. The results were explosive.

The Multiplication Miracle

Within one year of implementing the cell group strategy God had revealed during his fast, the church grew from 50 to 500 members. But this was just the beginning. Cho instituted regular fasting as a requirement for all cell group leaders, knowing that spiritual authority comes through spiritual discipline.

"Every major decision, every new initiative, every leadership appointment was preceded by fasting," Cho explained. "We didn't move based on good ideas or majority vote. We moved based on what God revealed during our times of fasting and prayer."

The testimonies from this period are remarkable:

The Land Miracle: In 1961, the growing church desperately needed land for a building, but they had no money. Cho called for a 7-day corporate fast. On the sixth day, a wealthy Buddhist businessman contacted the church. His daughter had been miraculously healed in one of their services, and he wanted to donate a prime piece of property in gratitude. The land was worth more than the church's entire annual budget.

The Healing Revival: As more members embraced fasting, miraculous healings became commonplace. During one 21-day corporate fast in 1962, over 100 people were documented as healed from conditions including cancer, paralysis, and blindness. News of these miracles spread throughout Seoul, drawing thousands of seekers.

The Financial Breakthrough: When the church needed \$1 million to complete their first major building project—an astronomical sum in 1960s Korea—Cho led the congregation in a 40-day rotating fast where members took turns fasting and praying 24/7. Not only did they raise the money, but they exceeded their goal by 30%, all from a congregation where most members were poor.

The Prayer Mountain Movement

One of Cho's most lasting contributions to global Christianity was the establishment of Prayer Mountain—dedicated facilities where believers could go for extended times of fasting and prayer. The vision for this came during another significant fast in 1971.

"God showed me that just as Jesus often withdrew to solitary places to pray, modern believers needed places set apart from the distractions of daily life where they could seek God through fasting and prayer," Cho shared. "Prayer Mountain would become a spiritual power plant generating the energy for church growth."

The first Prayer Mountain opened in 1973 with facilities for 1,000 people to simultaneously engage in fasting and prayer. It featured:

- Individual prayer grottos for solitary seeking

- Corporate prayer halls for united intercession
- Fasting support facilities with medical supervision
- Teaching centers for instruction on prayer and fasting

The impact was immediate and profound. Church members would regularly spend 3-day, 7-day, or even 40-day periods at Prayer Mountain. Business leaders sought God's direction for major decisions. Parents fasted for their children's salvation. The sick came seeking healing. And miracles became so common they were almost expected.

"Prayer Mountain became our spiritual manufacturing plant," Cho explained. "Raw materials of human need went in, and through the processes of fasting and prayer, miracles came out. It was simply the biblical principle of sowing and reaping applied to the spiritual realm."

The Three-Fold Cord of Growth

Through decades of ministry, Cho identified what he called the "three-fold cord" of church growth, each element revealed and refined through seasons of fasting:

1. Prayer and Fasting: This remained the non-negotiable foundation. Cho himself maintained a disciplined fasting life, typically fasting two days a week and undertaking extended fasts before major decisions. He required all staff members to fast regularly and encouraged every member to fast at least once a month.

"Prayer without fasting is like a car without fuel," Cho taught. "It might look good, but it won't take you anywhere. Fasting supercharges our prayers and aligns our will with God's will."

2. Cell Groups: The cell structure allowed for unlimited growth while maintaining pastoral care. By 1980, the church had over 10,000 cell groups. Each group was led by a trained leader who had proven their spiritual authority through consistent fasting and prayer.

3. Faith Confession: Based on biblical principles discovered during fasting, Cho taught believers to speak words of faith aligned with God's promises. This wasn't positive thinking but rather agreeing with what God had already declared in His Word.

"These three elements are like the legs of a tripod," Cho explained. "Remove any one, and the structure collapses. But when all three work together, the result is unstoppable growth."

Breaking Cultural and Spiritual Barriers

One of the most remarkable aspects of Cho's ministry was how fasting enabled him to break through seemingly impenetrable cultural and spiritual barriers. Korea in the 1960s and 70s was dominated by Buddhism, Confucianism, and shamanism. Christianity was seen as a foreign religion. Moreover, Korean culture was rigidly hierarchical and male-dominated.

Through strategic fasting, Cho received divine strategies for contextualizing the gospel without compromising its truth:

Women in Leadership: During a 21-day fast in 1963, God clearly spoke to Cho about raising up women as cell group leaders and deaconesses. This was revolutionary in Korean culture, but Cho had learned to obey what God revealed during fasting, regardless of cultural opposition. Today, over 70% of Yoido Full Gospel Church's cell group leaders are women.

Contextual Evangelism: Extended fasting gave Cho insight into how to present the gospel in ways that resonated with Korean culture while remaining biblically faithful. He learned to emphasize themes of family, honor, and community that connected with Korean values while clearly presenting Jesus as the only way to salvation.

Spiritual Warfare: Korea's spiritual atmosphere was dominated by territorial spirits connected to centuries of Buddhist and shamanistic practice. Through fasting, Cho and his leaders received strategic revelation for spiritual warfare that broke these strongholds. Entire neighborhoods that had been resistant to the gospel suddenly became receptive after seasons of focused fasting and prayer.

The Multiplication Principle

By 1980, Yoido Full Gospel Church had grown to 100,000 members, making it the largest church in the world. But Cho, guided by continuous fasting and prayer, realized that true success wasn't just about numbers in one location—it was about multiplication.

"During a 40-day fast in 1981, God showed me that we were in danger of becoming a spiritual monopoly," Cho shared. "He revealed that true Kingdom growth comes through multiplication, not just addition. We needed to plant churches, not just grow one megachurch."

This revelation led to a massive church planting movement. By requiring all church planters to undergo extended fasting before launching their churches, and by maintaining the three-fold cord principle, the multiplication was explosive:

- By 1990: Over 500 daughter churches planted in Korea
- By 2000: Over 1,000 churches planted across Asia
- By 2010: Churches planted in over 150 nations

Each new church carried the DNA of fasting and prayer, ensuring that the spiritual power that built the mother church would be replicated worldwide.

Fasting Through Crisis

Cho's commitment to fasting was especially evident during times of crisis. When the Asian Financial Crisis hit Korea in 1997, threatening to destroy the church's extensive ministries and building projects, Cho's response was characteristic: he called for a 40-day corporate fast.

"The bankers were telling us we would lose everything," Cho recalled. "Our debt payments were astronomical, and giving had dropped by 60%. In the natural, we were finished. But I had learned that fasting shifts us from the natural to the supernatural."

During this corporate fast, miraculous provision came from unexpected sources:

- A group of businessmen who weren't even members felt compelled to donate millions
- The government unexpectedly revised tax codes in a way that saved the church millions
- International partners who had never supported the church before sent large contributions
- Members sacrificially gave jewelry, property, and savings

Not only did the church survive the crisis, but it emerged stronger, with all debts paid and enough surplus to help other struggling churches.

The Science of Spiritual Fasting

While always emphasizing the spiritual nature of fasting, Cho was fascinated by how modern science was validating biblical principles. He often taught on the correlation between physical and spiritual breakthrough:

"When we fast, our bodies go through a process of cleansing and renewal," Cho explained. "Toxins are eliminated, cells are regenerated, and mental clarity increases. This physical purification creates an environment where spiritual sensitivity is heightened. It's not that God speaks louder when we fast—it's that we can hear Him better."

Cho identified several key spiritual dynamics activated through fasting:

Humility: "Fasting is a physical expression of humility before God. It says, 'I need You more than I need food.' This humility positions us to receive grace."

Focus: "When we remove the distraction of meals and food preparation, we create space for concentrated prayer and meditation on God's Word."

Authority: "There's a spiritual authority that comes through fasting that demons recognize. Jesus said some spirits only come out through prayer and fasting. I've seen this proven thousands of times."

Revelation: "Every major revelation I've received for ministry came during extended fasts. Fasting seems to tune our spiritual receivers to heaven's frequency."

Practical Wisdom for Ministry Leaders

Through six decades of ministry, Cho developed practical wisdom for leaders seeking to implement fasting for church growth and ministry expansion:

Start with Leadership: "Fasting must begin with leaders," Cho emphasized. "You cannot lead people where you haven't gone. If pastors want their churches to fast, they must model it consistently."

Create Structure: "Random fasting produces random results. We created annual fasting calendars, giving our people clear times for corporate fasting. This created momentum and expectation."

Provide Teaching: "Many believers don't fast because they don't know how. We regularly taught on the biblical basis, the practical methods, and the expected benefits of fasting."

Celebrate Testimonies: "Every service included testimonies from people who had experienced breakthroughs through fasting. This created faith and motivation in others."

Make it Corporate: "While personal fasting is powerful, corporate fasting is exponentially more powerful. When thousands fast together for the same purpose, spiritual mountains move."

The Leadership Development Fast

One of Cho's most innovative applications of fasting was in leadership development. Every potential leader at Yoido Full Gospel Church was required to complete what Cho called the "Leadership Fast"—a structured program combining fasting with intensive training:

- **Phase 1:** 7-day fast focused on personal consecration and hearing God's call
- **Phase 2:** 21-day fast while studying biblical leadership principles
- **Phase 3:** 40-day fast (often modified) while developing ministry vision and strategy

"Leaders who emerge from this process carry a spiritual authority that's immediately recognizable," Cho observed. "They've paid a price in the spiritual realm that releases them to lead in the natural realm."

The results speak for themselves. Yoido Full Gospel Church has produced thousands of pastors, missionaries, and Christian leaders who are impacting nations around the world. Many attribute their effectiveness to the foundation of fasting established during their training.

The Generational Transfer

As Cho aged, one of his primary concerns was passing the fasting mantle to the next generation. In a culture increasingly dominated by instant gratification, would young leaders embrace the discipline of fasting?

"I spent many seasons fasting specifically for the next generation," Cho shared. "I asked God to raise up young leaders who would discover that fasting isn't legalistic bondage—it's the key to supernatural freedom and power."

The answer came through what Cho called "Extreme Fasting Retreats" designed specifically for young adults. These combined extended fasting with contemporary worship, relevant teaching, and powerful encounters with the Holy Spirit. The response exceeded all expectations:

- Thousands of young adults participating in 21-day fasts
- Youth-led prayer mountains established across Korea
- A new generation of leaders emerging with both technological savvy and spiritual depth
- Revival breaking out on university campuses as students embraced fasting

"The methods may look different, but the principle remains the same," Cho observed. "When God's people humble themselves through fasting and seek His face, He responds with power."

The Global Impact

The influence of Cho's fasting-centered ministry model has literally impacted the entire world:

- The cell group model revealed during fasting is now used by thousands of churches globally
- Prayer mountains modeled after Cho's vision exist on every continent
- Millions of believers have discovered the power of fasting through Cho's teachings
- Churches in Africa, South America, and Asia have experienced explosive growth using Cho's principles

"I never set out to create a model," Cho reflected. "I simply obeyed what God revealed during fasting. The fact that it works anywhere in the world proves it's from Him, not from me."

Your Vision Awaits

David Yonggi Cho's story demonstrates a profound truth: the size of our ministry is directly proportional to the depth of our prayer and fasting life. From a dying young man with five members to the leader of the world's largest church, Cho's journey was marked by one consistent practice—seeking God through fasting.

"People often ask me for the secret to building a large church," Cho shared near the end of his life. "I tell them there is no secret, only a biblical principle most are unwilling to apply. If you want God-sized results, you must seek God through fasting and prayer. It's that simple, and that difficult."

The strategies God gave Cho during fasting—cell groups, delegation, faith confession, prayer mountains—revolutionized church growth worldwide. But these strategies were never the true power. The power was in the fasting that revealed them.

"Methods are like wineskins—they must change with the times," Cho taught. "But the wine of the Spirit that fills those wineskins comes through the timeless disciplines of prayer and fasting. Seek the wine, and God will show you the right wineskins for your generation."

For leaders reading this chapter, Cho's life poses a challenging question: What God-sized vision lies dormant in your spirit, waiting to be awakened through fasting? What strategies for ministry expansion is God waiting to reveal when you pay the price in prayer and fasting?

"Don't seek to copy what God did through me," Cho advised. "Seek God the way I sought Him—through fasting and prayer—and He'll give you your own blueprint for Kingdom impact. The same God who built a church of 800,000 through a dying Korean boy is waiting to do something extraordinary through you. The key is in your hands. That key is fasting."

The tent church with five members has become a global movement impacting millions. The dying young pastor became a general in God's army. The impossible became inevitable. And it all began when one desperate man discovered that fasting is the atomic power of the Kingdom of God.

Your breakthrough awaits. Your vision for ministry expansion is ready to be downloaded. Your moment of divine strategy is prepared. The only question is: When will you begin your fast?

Chapter 3: Esther - Saved a Nation with a 3-Day Fast

The death warrant had been signed. Throughout the vast Persian Empire—127 provinces stretching from India to Ethiopia—copies of the decree were being distributed. In just eleven months, on the thirteenth day of Adar, every Jewish man, woman, and child was to be executed. Their property would be confiscated. Their bloodline would be erased from history. The orchestrator of this genocide, Haman, had already begun construction of the gallows where he planned to hang Mordecai, the Jew who had refused to bow to him.

In the palace, a young Jewish woman trembled as she grasped the full weight of what her cousin Mordecai was asking her to do. Queen Esther had kept her Jewish identity secret, as Mordecai had instructed. Now he was calling her to reveal herself and plead with the king for her people's lives. But there was one insurmountable problem: approaching the king without being summoned was punishable by death, and King Xerxes hadn't called for her in thirty days.

"Do not think that because you are in the king's house you alone of all the Jews will escape," Mordecai's message challenged her. "For if you remain silent at this time, relief and deliverance for the Jews will arise from another place, but you and your father's family will perish. And who knows but that you have come to your royal position for such a time as this?" (Esther 4:13-14).

Esther's response would change the course of history and demonstrate for all time the power of strategic fasting to break through impossible situations. Her words echo through the centuries as one of the most powerful declarations of determined faith ever recorded: "Go, gather together all the Jews who are in Susa, and fast for me. Do not eat or drink for three days, night or day. I and my attendants will fast as you do. When this is done, I will go to the king, even though it is against the law. And if I perish, I perish" (Esther 4:16).

The Hidden Weapon of a Hidden Queen

To fully grasp the power of Esther's fast, we must understand the impossible position she faced. The Persian Empire was the world's superpower, and King Xerxes (also known as Ahasuerus) was an absolute monarch whose word was literally law—unchangeable even by himself. The queen's position, while prestigious, was precarious. Xerxes had already banished his previous queen, Vashti, simply for refusing to appear at a banquet.

Esther hadn't been summoned to the king's presence in a month, which in palace politics could mean she had fallen from favor. Persian law was clear: anyone who approached the king uninvited faced immediate execution unless the king extended his golden scepter. Even queens weren't exempt from this law.

"Esther understood that she wasn't just risking rejection—she was risking her life," observes Dr. Sarah Williams, a biblical scholar specializing in Persian history. "In the ancient Persian court,

proximity to power meant constant danger. The fact that she hadn't been called for thirty days was itself ominous."

But Esther possessed a weapon more powerful than her beauty, more influential than her position, more strategic than any political maneuvering. She understood the spiritual principle that when human solutions fail, divine intervention can be accessed through fasting.

The Power of Corporate Fasting

What makes Esther's fast particularly instructive is its corporate nature. She didn't simply fast alone in the palace. Her first action was to mobilize every Jew in the capital city of Susa to join her in the fast. This reveals several crucial principles about breakthrough fasting:

Unity Multiplies Power: Esther understood that corporate fasting creates a multiplication effect in the spiritual realm. When an entire community unites in fasting for the same purpose, it creates what modern military strategists would call "mass effect"—concentrated force at the decisive point.

Shared Desperation: By calling all the Jews to fast, Esther ensured that the entire community would be crying out to God with genuine desperation. This wasn't a religious ritual—it was a life-or-death plea for divine intervention.

Accountability and Encouragement: A three-day absolute fast (no food or water) is extremely challenging. By fasting corporately, the community could encourage one another through the difficult moments, preventing anyone from giving up prematurely.

Spiritual Covering: Esther knew she would be walking into extreme spiritual warfare. The corporate fast provided a covering of intercession as she faced the powers of darkness operating through the Persian court.

Modern testimonies confirm the power of corporate fasting that Esther demonstrated:

- In 2010, when a Christian community in Nigeria faced imminent attack from extremists, they declared a 3-day Esther fast. The attackers inexplicably turned back just miles from the village, later reporting they saw "warriors in white" surrounding the community.
- A church in South Korea facing government closure due to zoning disputes called for an Esther fast. On the third day, the official who had been leading the opposition had a complete change of heart and became their advocate, resulting in not just permission to stay but expanded zoning for growth.
- In Brazil, when drug cartels threatened to kill a pastor who was leading gang members to Christ, his congregation declared an Esther fast. The cartel leader, known for his brutality, unexpectedly showed up at the church on the third day—not to kill but to surrender his life to Christ.

The Three-Day Spiritual Atomic Bomb

Why three days? Throughout Scripture, the three-day period appears repeatedly as a time of divine transformation and breakthrough:

- Jesus was in the tomb three days before resurrection
- Jonah was in the fish's belly three days before his deliverance
- Paul was blind three days before receiving his sight and commission
- The Israelites traveled three days into the wilderness before God revealed Himself at Sinai

"There's something about the three-day fast that seems to break through spiritual barriers," explains Pastor Janet Chen, who has led her congregation through numerous Esther fasts. "The first day is often about breaking through the flesh. The second day involves breaking through the soul—our emotions and will. By the third day, we're operating purely in the spirit, and that's when breakthrough comes."

Medical research has also revealed that significant physiological changes occur around the 72-hour mark of fasting:

- The body fully transitions from glucose to ketone metabolism
- Human Growth Hormone increases dramatically
- Autophagy (cellular cleansing) reaches peak levels
- Mental clarity and spiritual sensitivity are heightened

But Esther's fast went beyond normal fasting—it was an absolute fast with no water. This extreme measure, not recommended without clear divine direction and medical supervision, demonstrated the desperation of the situation. When facing genocide, half-measures wouldn't suffice.

Breaking Political and Spiritual Strongholds

The book of Esther is unique in the Bible—it never explicitly mentions God's name. Yet His fingerprints are all over the story, especially in how the fast broke through both political and spiritual strongholds.

Political Strongholds:

- The unchangeable law of the Medes and Persians
- Haman's influence and position as second in command
- The king's unpredictable temperament
- The bureaucratic machinery already set in motion for the genocide
- The cultural hatred stirred up against the Jews

Spiritual Strongholds:

- The spirit of anti-Semitism operating through Haman
- Pride and control manifesting in the Persian court

- The worship of power and position
- Generational hatred traced back to the Amalekites
- Demonic princes over the Persian Empire (referenced in Daniel 10)

The three-day fast created a spiritual violence that broke through these strongholds. As Jesus would later teach, "From the days of John the Baptist until now the kingdom of heaven suffers violence, and the violent take it by force" (Matthew 11:12). Esther's fast was an act of spiritual violence against the forces of darkness.

Divine Strategy Downloads

What happened during those three days of fasting was more than just spiritual breakthrough—Esther received divine strategy. When she appeared before the king on the third day, she didn't immediately blurt out her request. Instead, she implemented a brilliant strategy that could only have come from divine wisdom:

Day 1 of Approach: Rather than immediately pleading for her people, Esther simply invited the king and Haman to a banquet. This accomplished several things:

- It honored the king's position and ego
- It gave Haman a false sense of security
- It created curiosity and anticipation
- It allowed time for God to work behind the scenes

The Sleepless Night: That very night, in one of the most pivotal "coincidences" in Scripture, the king couldn't sleep. He ordered the chronicles to be read and "happened" to hear about Mordecai saving his life from assassination—a deed that had gone unrewarded. This was divine intervention, setting the stage for complete reversal.

Day 2 of Approach: At the second banquet, with Haman's pride at its peak and the king properly honored about Mordecai, Esther finally revealed both her identity and Haman's plot. The timing was perfect—humanly impossible but divinely orchestrated.

"Fasting doesn't just change God's heart—it aligns our strategy with His wisdom," notes Dr. Michael Thompson, who has studied biblical fasting for three decades. "Esther could have charged in on day one with emotional appeals. Instead, the fast gave her supernatural wisdom and timing."

The Favor Factor

One of the most remarkable aspects of Esther's story is the supernatural favor that resulted from the fast. Consider the impossibilities that were overcome:

1. **Approaching the King:** Not only did Xerxes extend the golden scepter, but he offered her up to half his kingdom—an extravagant gesture of favor.

2. **Perfect Timing:** Every element aligned perfectly—from the king's insomnia to Haman's presence at just the right moments.
3. **Complete Reversal:** Haman was hanged on the very gallows he built for Mordecai, and Mordecai was elevated to Haman's position.
4. **Legal Breakthrough:** Though the original decree couldn't be revoked, a counter-decree was issued allowing the Jews to defend themselves.
5. **Total Victory:** Not only were the Jews saved, but their enemies were defeated, and many Persians converted to Judaism out of fear of the Lord.

This favor factor continues to manifest in modern Esther fasts:

- A businesswoman facing bankruptcy and legal prosecution declared an Esther fast. On the third day, her main accuser unexpectedly dropped all charges and offered a partnership that restored her business.
- A mother whose daughter was kidnapped by human traffickers led her church in an Esther fast. On day three, police "randomly" raided the exact location where her daughter was being held, 500 miles away.
- A pastor in India facing imprisonment for "forced conversions" called for an Esther fast. The judge assigned to his case—known for harsh sentences against Christians—unexpectedly ruled in his favor, citing lack of evidence that had seemed overwhelming just days before.

The Protocol of Approaching the King

Esther's approach to King Xerxes provides a prophetic picture of how fasting prepares us to approach the King of Kings. Notice the protocol:

Preparation Through Fasting: Just as Esther didn't rush into the king's presence, we must prepare ourselves through fasting when seeking major breakthrough from God.

Corporate Agreement: Esther didn't go alone—she went backed by the fasting prayers of her entire community. When we face our biggest battles, we need the corporate anointing.

Right Timing: Esther waited for the right moment to make her request. Fasting fine-tunes our spiritual sensitivity to God's timing.

Proper Positioning: Esther approached with humility, honor, and wisdom. Fasting breaks our pride and positions us properly before God.

Clear Request: When the moment came, Esther was specific and clear in her petition. Fasting clarifies our prayers and aligns them with God's will.

Modern-Day Esthers

Around the world today, God is raising up modern-day Esthers who are discovering the power of strategic three-day fasting to save nations, communities, and families:

Political Breakthrough: In 2018, when a Southeast Asian nation was about to pass laws that would have severely restricted religious freedom, Christian leaders called for a nationwide Esther fast. On the third day, the key legislator pushing the restrictions had a heart attack (he survived) and withdrew the bill, saying he had "seen a vision" warning him not to fight against God.

Business Breakthrough: Maria, a Christian CEO, faced a hostile takeover that would have resulted in thousands of layoffs and the closure of faith-based initiatives within her company. She quietly led her Christian employees in an Esther fast. On day three, the hostile company's board inexplicably voted against their own takeover bid, citing "uncertain spiritual implications."

Family Breakthrough: When Jennifer discovered her teenage son was planning a school shooting, she didn't just call authorities—she called her prayer group to join an Esther fast. On the morning of day three, her son broke down crying, surrendered the weapons, and asked for help. He's now a youth pastor helping troubled teens.

Ministry Breakthrough: Pastor David's church faced eviction when their landlord suddenly demanded triple rent. The congregation declared an Esther fast. On day three, an anonymous donor paid off the entire building mortgage, making them owners instead of renters.

The Authority of Desperate Fasting

What gave Esther's fast such power? It was the desperation born of having no other options. When we fast from a place of genuine desperation, it releases an authority that religious fasting can never achieve.

"Religious fasting is about impressing God or others," explains Prophet Anna Martins, who has led numerous Esther fasts for national issues. "Desperate fasting is about survival. It's not 'I should fast' but 'I must fast or perish.' That desperation creates a violence in the spirit that breaks through every barrier."

This desperate fasting:

- Strips away all pretense and religious performance
- Creates genuine humility and dependence on God
- Releases faith that has no Plan B
- Attracts God's attention and intervention
- Authorizes angels to wage warfare on our behalf

Practical Keys for Your Esther Fast

When facing your own impossible situation requiring an Esther fast, consider these practical keys drawn from Esther's example and modern testimonies:

- 1. Recognize Your "Such a Time as This" Moment** Before calling for a fast, Esther recognized she had been positioned by God for this very crisis. What situation in your life requires divine intervention? Where has God positioned you for breakthrough?
- 2. Count the Cost** Esther declared, "If I perish, I perish." An Esther fast isn't casual—it's a desperate measure for desperate times. Are you willing to pay whatever price breakthrough requires?
- 3. Mobilize Corporate Agreement** Don't fast alone when facing major battles. Who can you mobilize to fast with you? Even if it's just two or three others, the multiplication effect is powerful.
- 4. Be Specific in Your Focus** Esther wasn't fasting for general blessing—she was fasting for the survival of her people. What specific breakthrough are you targeting?
- 5. Prepare Properly** For a three-day fast:
 - Gradually reduce caffeine and sugar in the days before
 - Clear your schedule as much as possible
 - Prepare scriptures and worship music
 - Set aside specific times for prayer
 - If doing an absolute fast, consult medical professionals
- 6. Expect Strategic Download** During the fast, stay alert for divine strategy. God may not change your situation immediately but might show you how to navigate it with wisdom.
- 7. Act on What You Receive** When the fast ends, implement whatever strategy God has shown you, even if it seems risky. Esther still had to walk into the throne room.

The Ripple Effect of One Fast

The impact of Esther's three-day fast rippled far beyond her immediate crisis:

- The Jewish people were not only saved but elevated in the Persian Empire
- The feast of Purim was established, still celebrated over 2,400 years later
- Mordecai became second in command, influencing the empire for God
- Many Persians converted to Judaism
- The lineage that would produce the Messiah was preserved
- A precedent was set for believers throughout history

Your Esther fast can similarly create ripples that extend far beyond your immediate need:

- Family patterns broken that affect generations

- Corporate breakthrough that impacts entire communities
- Political or legal victories that protect religious freedom
- Personal breakthrough that positions you for greater influence
- Spiritual authority gained that affects every area of life

When Three Days Change Everything

The testimony of Sister Catherine from Rwanda powerfully illustrates the ongoing power of the Esther fast. When her village received word that genocidal militias were three days away and would arrive on a Friday, the Christians didn't flee—they fasted.

"We had nowhere to run," she recalls. "So we ran to God. Every Christian in the village began an Esther fast on Tuesday morning. We gathered in the church and cried out to God day and night. By Thursday evening, we were physically weak but spiritually strong."

On Friday morning, as the militias approached the village, an unprecedented thunderstorm arose—in the dry season. Lightning struck repeatedly around the village perimeter. The militia leaders, known for their brutality, became terrified and declared the village "protected by spirits." They bypassed it entirely.

"Three days of fasting saved hundreds of lives," Sister Catherine testifies. "Now our entire region knows that the God of Esther still delivers His people."

Your Palace, Your Moment

You may not be a queen in a Persian palace, but like Esther, you've been positioned "for such a time as this." The crisis you're facing—whether personal, family, financial, legal, or spiritual—is your opportunity to discover the power of desperate fasting.

The same God who heard Esther's three-day fast and saved an entire nation is waiting to hear yours. The same power that turned genocide into celebration, that transformed death warrants into declarations of victory, that elevated the condemned to positions of authority—that same power is available to you.

But it requires the same price Esther paid: three days of desperate seeking, of corporate unity, of violent faith that refuses to accept defeat. It requires you to declare with Esther's determination: "I will fast, I will seek God's face, I will approach the throne of grace with boldness, and if I perish, I perish."

Your breakthrough may be just three days away. Your Haman may be building gallows, but God is preparing a reversal. Your situation may seem unchangeable, but you serve the God who specializes in the impossible.

The only question is: Will you declare your Esther fast?

The death warrant has been signed against your dreams, your family, your ministry, your health, your finances. But you have a weapon the enemy hasn't calculated—the atomic power of a three-day fast. When you combine desperate faith with determined fasting, when you unite with others in corporate agreement, when you approach the King with strategic wisdom gained through fasting, the unchangeable changes, the impossible becomes inevitable, and what Satan meant for evil, God transforms into your greatest victory.

Your palace is wherever God has positioned you. Your moment is now. Your Esther fast begins when you, like that young Jewish queen twenty-five centuries ago, declare: "I will fast, I will seek His face, and I will see His deliverance."

Three days. That's all that stands between you and your breakthrough.

The question isn't whether God will extend His golden scepter—He's already promised that "anyone who comes to Me I will never drive away" (John 6:37). The question is: Will you pay the price of an Esther fast to approach His throne?

Your nation—whether that's your family, your business, your ministry, or your literal nation—is waiting for someone with the courage of Esther to fast, pray, and approach the throne.

That someone is you. The time is now. The fast begins today.

Chapter 4: Mahesh Chavda - Saw the Dead Raised During a Fast

The morgue attendant dropped his clipboard in shock. The body that had been pronounced dead four hours earlier—the young boy whose grief-stricken mother refused to leave his side—was sitting up on the cold metal table, asking for water. This wasn't supposed to happen in a modern hospital in Africa. Bodies don't resurrect in morgues. But Mahesh Chavda had learned through decades of fasting that when human possibilities end, divine impossibilities begin.

"I was on day 21 of a 40-day fast when they brought me to pray for the dead boy," Chavda recalls. "In the natural, I should have been too weak to even stand. But fasting had transported me into a realm where the supernatural becomes natural, where the power that raised Jesus from the dead flows freely through yielded vessels."

This dramatic resurrection was not an isolated incident in Chavda's ministry. Through a lifestyle of extended fasting—including multiple 40-day fasts and one 56-day fast—he has witnessed over 15 documented cases of the dead being raised, countless miraculous healings, and manifestations of God's power that rival the book of Acts. His story proves that the same Holy Spirit who worked through the apostles is available today to those who will pay the price in prayer and fasting.

From Hinduism to Holy Ghost Power

Mahesh Chavda's journey into the miraculous began from the most unlikely starting point. Born into a devout Hindu family in Kenya, he was raised to worship multiple gods and participate in religious rituals that had been practiced for millennia. His grandfather was a Hindu priest, and young Mahesh was expected to follow in the family's religious traditions.

"I was sincere in my Hindu faith," Chavda shares. "I fasted regularly as a Hindu, but it was a dead religious exercise. I was seeking truth, seeking power, seeking meaning, but finding only emptiness and bondage."

At age 16, while attending university in America, Chavda encountered a group of Spirit-filled Christians who challenged everything he believed. Their joy, their freedom, and most of all, their testimonies of answered prayer and miraculous healing intrigued him. When they spoke about Jesus, something stirred deep within his heart.

"I decided to test their God," Chavda recalls. "I had suffered from severe chronic migraines since childhood. Doctors couldn't help. Hindu gods couldn't help. I told these Christians, 'If your Jesus heals my migraines, I'll serve Him.'"

What happened next changed his life forever. As the Christians laid hands on him and prayed, liquid fire seemed to flow through his entire body. The migraine pain that had tormented him for

years instantly vanished. But more than physical healing occurred—Chavda encountered the living Christ and was radically born again.

"The moment I gave my life to Jesus, I knew I had found what I had been searching for," he explains. "But I also knew that this new life required total commitment. The same dedication I had given to Hindu fasting, I would now give to biblical fasting—but this time, with the power of the Holy Spirit."

The First Extended Fast

Chavda's introduction to extended biblical fasting came through a divine encounter that would set the course for his entire ministry. Just months after his conversion, while praying in his dorm room, he had an open vision of Jesus.

"The Lord appeared to me as clearly as I see anyone," Chavda remembers. "He spoke to me about the ministry He was calling me to—a ministry of signs, wonders, and miracles that would demonstrate His resurrection power. But then He said something that marked me forever: 'This kind of ministry only comes through much prayer and fasting.'"

Immediately, Chavda understood the reference to Matthew 17:21, where Jesus explained that certain spiritual breakthroughs require both prayer AND fasting. But understanding and doing are two different things. As a new believer, the thought of extended fasting seemed overwhelming.

"I started with three-day fasts, then seven-day fasts," Chavda shares. "Each time I fasted, I experienced new levels of spiritual sensitivity and power. Visions became common. The voice of God became clearer. And most importantly, when I prayed for the sick, they began to be healed."

But the real transformation came when God called him to his first 40-day fast at age 23. Like Moses on Mount Sinai and Jesus in the wilderness, Chavda was about to discover that 40 days of fasting transports believers into a dimension of glory and power that few ever experience.

"The Lord made it clear that if I wanted to move in apostolic power, I needed to pay an apostolic price," Chavda explains. "The early apostles were marked by extended fasting. Paul fasted frequently. The power they carried came through a lifestyle of consecration that modern Christianity has largely abandoned."

The 40-Day Portal

Chavda's first 40-day fast was a journey into the supernatural that defied natural explanation. For the first several days, the physical hunger was intense. But he had learned from studying the scriptures and the testimonies of fasting saints throughout history that the physical discomfort was simply the flesh dying to make room for the Spirit.

"Around day 10, something shifted," Chavda recalls. "The physical hunger faded, replaced by a spiritual hunger that was insatiable. I found myself waking up at 3 AM with an overwhelming desire to worship. Hours would pass like minutes as I sat in God's presence."

By day 20, the supernatural manifestations intensified:

- Angelic visitations became frequent
- Visions of future ministry unfolded in vivid detail
- The Bible became alive in ways he had never experienced
- Physical strength that defied medical explanation sustained him

"Doctors will tell you that after 20 days without food, you should be extremely weak," Chavda notes. "But I was experiencing what Paul described—when I am weak, then I am strong. The weakness of my flesh was making room for the strength of His Spirit."

But it was after day 30 that the most profound transformations occurred. Chavda entered what he calls "the glory realm"—a dimension of God's presence where miracles aren't extraordinary but expected.

"In the natural, my body was shutting down," he shares. "But in the spiritual, I was more alive than I had ever been. I could sense sickness in people from across the room. I knew their thoughts before they spoke. When I laid hands on the sick, power flowed like electricity."

The Authority Over Death

It was during a 40-day fast in Africa that Chavda first experienced God using him to raise the dead. He had been invited to minister in a remote village where witch doctors held tremendous influence and the gospel faced fierce opposition.

"On day 35 of my fast, they brought me a young mother whose baby had died during delivery," Chavda recounts. "The medical clinic had pronounced the baby dead. The witch doctors had performed their rituals to no avail. The mother, in desperation, had heard about the visiting preacher who served a God who could do miracles."

What happened next can only be described as a collision between the kingdom of darkness and the kingdom of light. As Chavda held the lifeless infant, he felt the same resurrection power that raised Jesus from the dead flowing through his fasting-weakened body.

"I didn't pray long prayers or quote many scriptures," he explains. "When you're in that deep place of fasting, you operate from a position of authority, not desperation. I simply commanded life to return in Jesus' name."

Within moments, the baby's eyes opened, and a healthy cry filled the room. The impact on the village was instantaneous and profound. The witch doctors publicly renounced their practices. Hundreds gave their lives to Christ. And a church was born that continues to thrive today.

"That resurrection was not about Mahesh Chavda," he emphasizes. "It was a demonstration that the same Spirit who raised Christ from the dead lives in every believer. Fasting simply removes the barriers that prevent His power from flowing freely."

The Multiplication of Miracles

As Chavda continued his lifestyle of regular extended fasting, the miracles didn't just continue—they multiplied. Each fast seemed to unlock new dimensions of spiritual authority:

During a 21-day fast in India: Over 5,000 people were healed in a single service, including hundreds of blind eyes opened and dozens of paralyzed people walking. The military had to be called in for crowd control as entire villages came seeking miracles.

During a 40-day fast in South America: A notorious drug lord's daughter, who had been in a coma for three months following an overdose, was raised up completely whole. The drug lord disbanded his cartel and became a minister of the gospel.

During a 30-day fast in the Caribbean: Hurricane warnings that threatened to destroy a series of gospel crusades were supernaturally diverted. Meteorologists couldn't explain why the hurricane suddenly changed course, but Chavda knew—fasting gives authority over natural elements.

"People ask me why miracles follow my ministry," Chavda shares. "The answer is simple: miracles follow fasting. When you consistently fast, you consistently carry an atmosphere where miracles are normal."

The Science of Supernatural Fasting

While Chavda's focus has always been on the spiritual dimensions of fasting, he's fascinated by how modern science is confirming what fasters have known for millennia. During extended fasts, remarkable changes occur:

Neurological Changes: Brain scans show increased activity in areas associated with spiritual experience and decreased activity in areas associated with self-focus. "We literally become less self-conscious and more God-conscious," Chavda explains.

Cellular Regeneration: The body enters a state of accelerated healing and regeneration. "While fasting to seek God, He often heals our bodies as a byproduct," notes Chavda, who has seen numerous people healed of chronic diseases during fasts.

Heightened Perception: Senses become incredibly acute. Many fasters report being able to discern spiritual atmospheres, sense the presence of angels or demons, and perceive things in the spirit realm normally hidden.

Supernatural Strength: Despite the lack of food, many experience unusual physical strength during extended fasts. Chavda once ministered for 14 hours straight on day 38 of a 40-day fast, laying hands on thousands with no fatigue.

"God designed our bodies to fast," Chavda teaches. "When we align with His design, both natural and supernatural benefits follow."

Breaking Territorial Strongholds

One of the most powerful applications of extended fasting in Chavda's ministry has been breaking territorial strongholds that have resisted the gospel for generations. He discovered that some spiritual principalities require extended fasting to dislodge.

In one dramatic example, Chavda was invited to a region in Africa where missionary efforts had failed for over 100 years. The area was known for powerful witchcraft, and every attempt to establish churches had ended in tragedy—mysterious deaths, madness, or ministers fleeing in fear.

"The Lord instructed me to fast 40 days specifically for that region before going," Chavda recalls. "He showed me in visions the specific principalities ruling over that area and the spiritual strategy needed to defeat them."

During the fast, Chavda didn't just abstain from food—he engaged in focused spiritual warfare:

- Days 1-13: Consecration and personal cleansing
- Days 14-26: Intensive intercession for the region
- Days 27-39: Strategic spiritual warfare against identified strongholds
- Day 40: Receiving divine strategy for the mission

When Chavda arrived in the region immediately after completing the fast, the spiritual atmosphere was electric. At the first meeting, the chief witch doctor—a man feared throughout the region—publicly challenged Chavda to a power encounter.

"He came with his fetishes and incantations, declaring that his gods would strike me dead," Chavda shares. "But when you've just completed 40 days of fasting, you carry an authority that makes demons tremble. I simply spoke the name of Jesus."

What happened next is still talked about in that region decades later. The witch doctor fell to the ground under the power of God, his fetishes burst into flames though no natural fire was present, and he rose up completely delivered, giving his life to Christ. Within weeks, over 10,000 people had accepted Christ, and today that region has hundreds of thriving churches.

The 56-Day Encounter

The longest fast of Chavda's ministry—56 days—came during a critical season when God was transitioning him into a new phase of global ministry. During this extended fast, he experienced encounters with God that he rarely speaks about publicly due to their sacred nature.

"There are some things too holy to share," Chavda explains. "But I can say that during those 56 days, I was taken into dimensions of God's presence that transformed every aspect of my life and ministry. I saw into the spirit realm with a clarity that has never left me."

During this fast:

- He received detailed visions of revivals that would occur in specific nations (many now fulfilled)
- Angels taught him principles of spiritual warfare he had never learned from books
- He experienced what Paul called "the third heaven"—caught up into God's presence
- His physical body was so transformed that medical tests showed the cellular age of someone 20 years younger

"I don't recommend 56-day fasts for everyone," Chavda cautions. "This was a specific calling for a specific season. But I share it to show that there are depths in God available through fasting that most believers never discover because they never pay the price."

Transferable Anointing Through Fasting

One of the most remarkable aspects of Chavda's ministry is how the anointing gained through fasting has proven transferable to others who embrace the same lifestyle. He has mentored hundreds of ministers who have gone on to experience similar miracles after committing to extended fasting.

Pastor Samuel from Nigeria shares: "After learning from Dr. Chavda about fasting, I undertook my first 40-day fast. On day 33, a woman brought her dead daughter to our church. As I prayed, remembering what Dr. Chavda taught about authority through fasting, the girl suddenly gasped and came back to life. Our church exploded from 200 to 5,000 members within a year."

Maria, a missionary to Brazil, testifies: "I was skeptical about extended fasting until I saw Dr. Chavda minister. I decided to try a 21-day fast. During that fast, blind eyes began opening when I prayed. In 20 years of ministry, I had never seen creative miracles. Now they happen regularly."

These testimonies multiply across continents, proving that the power Chavda walks in is not unique to him but available to any believer willing to embrace the discipline of fasting.

Practical Keys for Supernatural Fasting

Through decades of experience, Chavda has developed practical wisdom for those seeking to enter supernatural dimensions through fasting:

1. Start Gradually: "Don't attempt a 40-day fast if you've never fasted before. Start with one day, then three, then seven. Build your fasting muscle gradually."

2. Fast with Purpose: "Fasting without clear purpose is just starvation. Know why you're fasting. What breakthrough are you seeking? What stronghold needs to break?"

3. Prepare Properly:

- Physical preparation: Reduce caffeine, sugar, and heavy foods gradually
- Spiritual preparation: Deal with unforgiveness, sin, and distractions
- Practical preparation: Clear your schedule as much as possible

4. Maintain the Word: "During fasts, I spend hours meditating on Scripture. The Word becomes supernatural food. Many revelations come through fasting-enhanced Bible study."

5. Worship Intensively: "Worship during fasting accesses realms of God's presence impossible to reach otherwise. Some of my greatest encounters happened during fasting worship."

6. Document Everything: "Keep a journal during fasts. Dreams, visions, revelations, and divine strategies often come rapid-fire. Write them down or you'll forget."

7. Break Fasts Wisely: "How you break a fast is crucial, especially extended ones. Start with liquids, then fruits, then vegetables. Rushing back to normal eating can be dangerous."

The Miracle Mandate

What sets Chavda apart is his conviction that miracles aren't optional for the modern church—they're mandatory. His life of fasting has been driven by this apostolic mandate.

"Jesus said believers would do greater works than He did," Chavda emphasizes. "That's not hyperbole—it's a promise. But it requires the same dedication to prayer and fasting that Jesus demonstrated. You cannot have apostolic power without apostolic pricing."

This miracle mandate has driven Chavda to maintain his fasting lifestyle even as he's aged. Now in his 70s, he continues regular extended fasts, and the miracles continue to multiply:

- Recent crusades have seen stadium-sized crowds with thousands healed
- Multiple resurrections from the dead continue to be documented
- Creative miracles—missing body parts restored—occur regularly
- Entire regions are being transformed through power encounters

"Age is no barrier when you maintain the discipline of fasting," Chavda notes. "If anything, the accumulated authority from decades of fasting makes the miracles more consistent."

The Corporate Multiplication Effect

While personal fasting has been the foundation of Chavda's miracle ministry, he's discovered that corporate fasting multiplies the effect exponentially. When he gathers believers for united fasting, the results are staggering.

During a 21-day corporate fast with 1,000 intercessors preparing for a crusade in Haiti, the spiritual breakthrough was unprecedented:

- Voodoo priests publicly renounced their practices before the crusade began
- The government, typically hostile to large Christian gatherings, provided security
- Over 200,000 attended despite warnings of violence
- Documented healings numbered in the tens of thousands
- 15 people were raised from the dead during the week-long crusade

"When the body of Christ fasts together, we create a spiritual tsunami that hell cannot withstand," Chavda teaches. "Individual fasting brings personal breakthrough. Corporate fasting brings regional transformation."

Your Miracle Awaits

As powerful as Mahesh Chavda's testimony is, he's quick to point out that nothing he's experienced is beyond the reach of any believer willing to pay the price of extended fasting.

"I'm not special," he insists. "I'm just a man who discovered that God's Word is true—this kind only comes out through prayer and fasting. The same Holy Spirit who flows through me lives in every born-again believer. The difference is not anointing—it's pricing."

For those reading this chapter who long to see the miraculous, who yearn to witness God's resurrection power, who desire to walk in signs and wonders, Chavda's life provides both inspiration and instruction. The path is clear:

1. **Commit to a lifestyle of fasting**, not just occasional religious observance
2. **Start where you are** but don't stay there—progressively increase your fasting
3. **Expect the supernatural** as the natural result of extended fasting
4. **Document and testify** about what God does through your fasts
5. **Multiply the anointing** by teaching others to fast

"The world is desperate for a demonstration of God's power," Chavda concludes. "They've heard our words—now they need to see our works. And those works—healing the sick, casting out demons, even raising the dead—are unlocked through the ancient key of fasting."

Your Lazarus moment awaits. Your region's transformation is possible. Your ministry's multiplication can begin. The same Spirit that raised Christ from the dead lives in you. The only question is: Will you unlock His power through the discipline of fasting?

Mahesh Chavda's journey from a Hindu boy with migraines to a global evangelist who raises the dead proves that God is no respecter of persons. What He's done through one yielded vessel, He wants to do through thousands more.

The dead are waiting to be raised. The blind are waiting to see. The captives are waiting to be freed. And it all begins when you say, like Chavda did over 50 years ago, "Lord, I'll pay any price to see Your power demonstrated in my generation."

That price is fasting. Your fast begins now.

Chapter 5: Heidi Baker - Received Vision and Healing While Fasting

The dirt floor of the Mozambican church felt cool against Heidi Baker's burning forehead as she lay prostrate, her body wracked with cerebral malaria and chronic fatigue syndrome. For seven months, she had been essentially bedridden, unable to walk more than a few steps without collapsing. The woman who had once preached to thousands and pioneered churches across the poorest nation in Africa was now so weak she couldn't even lift her head from the ground.

"I was dying," Heidi recalls. "The doctors had given up. My body was shutting down. I couldn't read because my eyes wouldn't focus. I couldn't stand up to preach. I could barely whisper prayers. Everything we had built in Mozambique was falling apart because I couldn't lead. I was literally lying in the dirt, and that's when God asked me to fast."

It seemed like insanity. How could a woman who could barely swallow water undertake a fast? But in that moment of absolute brokenness, lying on that dirt floor, Heidi heard the voice of God clearer than ever: "Will you trust Me with your weakness? Will you give Me even the little strength you have left?"

What followed was not just a fast but a complete redefinition of ministry, vision, and intimacy with God that would transform a small, struggling mission into a movement that has planted over 10,000 churches, cared for over 10,000 orphans, and witnessed hundreds of thousands of salvations across multiple nations. Through fasting in her weakness, Heidi discovered that God's power is perfected when we have nothing left to give but our surrender.

The Unlikely Missionary

Heidi Baker's journey to the mission field began in the most unlikely way. Raised in an affluent California beach community, she was the last person anyone would expect to end up living in the garbage dumps of Mozambique. A dramatic encounter with the Holy Spirit at age 16 had ignited a passion for Jesus that consumed her entire life.

"I was ruined for anything but Jesus from that moment," Heidi shares. "I wanted to be a missionary to the poorest of the poor, but I had no idea what that would cost."

After earning a PhD in systematic theology from King's College London, Heidi and her husband Rolland could have enjoyed comfortable ministry positions in the West. Instead, they felt called to Mozambique—a nation devastated by 20 years of civil war, where the average life expectancy was just 38 years and most people lived on less than a dollar a day.

"We arrived in 1995 with nothing but love and determination," Heidi recalls. "We thought our education and zeal would be enough. We were so wrong. You can't minister from a place of strength in Mozambique. You have to minister from a place of complete dependence on God."

The early years were brutal. Their first church plant failed. They were beaten, robbed, and threatened with death. Government officials tried to shut down their work. Even other missionaries told them to give up. But it was during this season of crushing difficulty that Heidi learned her first lessons about fasting.

"We had no choice but to fast," she explains. "Often, we fasted because we had no food to eat. But God began to show me that involuntary fasting could become voluntary seeking. When you have nothing, you discover that He is everything."

The Breaking Point

By 2001, Heidi and Rolland had taken over a dilapidated orphanage in Maputo and had begun seeing breakthrough. Churches were being planted, orphans were being rescued, and the gospel was spreading. But the intensity of the ministry was taking a devastating toll on Heidi's body.

"I was preaching six times a day, traveling to remote villages, personally caring for hundreds of orphans," she shares. "I thought burning out for Jesus was noble. I didn't understand that God wanted me to burn continuously, not burn out."

The collapse came suddenly. What started as exhaustion progressed to chronic fatigue syndrome, then severe neurological problems. Multiple bouts of cerebral malaria left her brain inflamed and her body barely functional. For seven months, she could barely leave her bed.

"I went from running at full speed to not being able to walk across a room," Heidi recalls. "My Western mindset said, 'Get medical help, rest, recover.' But God had something different in mind. He wanted to teach me about strength in weakness through fasting."

The Vision Fast

It was during this time of physical collapse that God called Heidi to what she calls her "vision fast"—a 40-day journey that would radically transform her understanding of ministry and release a fresh impartation of supernatural sight.

"I could barely hold down water, and God was asking me to fast," Heidi remembers. "But He showed me that this fast wasn't about depriving my body—it was about feeding my spirit. He wanted to give me spiritual eyes to see what He sees."

The fast began with simple liquids—water and occasionally diluted juice. But even this was challenging for her weakened body. What made this fast unique was that Heidi spent most of it lying down, too weak to sit up for extended periods.

"I learned that fasting isn't about our position but our disposition," she explains. "I couldn't kneel or stand, but I could surrender. Each day, I would lie on that dirt floor and give God whatever tiny bit of strength I had."

By day 10, something began to shift. Despite her physical weakness, Heidi started experiencing visions with increasing frequency and clarity:

The Bread Vision: She saw Jesus multiplying bread, but instead of bread, the loaves became Mozambican children. Jesus spoke: "There will always be enough because I died—I am the Bread of Life broken for the nations."

The Revival Vision: She saw a massive revival spreading across Africa like a wildfire, with Mozambique as the matchstick that would ignite the continent.

The Nations Vision: She saw herself preaching in nations she had never considered, with stadiums full of hungry souls encountering God's love.

"The visions were so real I could smell them, taste them, feel them," Heidi shares. "My natural eyes were failing, but my spiritual eyes were being opened to see from God's perspective."

Healing Through Emptying

One of the most profound revelations during Heidi's 40-day fast was that God often heals us by first emptying us. As her body grew weaker, her spirit grew stronger. The very symptoms that had debilitated her began to transform.

"Around day 20, I noticed something strange," Heidi recalls. "The neurological problems that made it impossible to focus were disappearing during my prayer times. I could see clearly in the spirit even though my natural vision was blurred. I could hear God's voice with crystal clarity even though my ears were ringing from the malaria."

Medical tests would later confirm what Heidi experienced spiritually—her brain inflammation decreased significantly during the fast, despite medical predictions that fasting would worsen her condition. But the physical healing, while miraculous, was secondary to the spiritual transformation occurring.

"God was rewiring my entire approach to ministry," she explains. "I had been ministering from my strength, my education, my determination. He was teaching me to minister from His strength made perfect in my weakness."

This revelation came to a climax on day 30 when Heidi had an encounter that would define the next phase of her ministry. In a vision, she saw Jesus walking among the poorest of the poor in Mozambique, but His face was shining with indescribable joy.

"I asked Him, 'How can You be so joyful in the midst of such suffering?'" Heidi shares. "He replied, 'Because I see what they're becoming, not just what they are. I need you to see with My eyes.'"

Suddenly, Heidi could see what Jesus saw—not just poverty and disease, but future leaders, pastors, and world-changers hidden in the garbage dumps and remote villages of Mozambique.

The Impartation of Supernatural Love

The most transformative aspect of Heidi's 40-day fast was the impartation of supernatural love that occurred in her weakest moment. On day 35, completely depleted physically, she experienced what she describes as being "possessed by love."

"I was lying on the floor, too weak to move, when liquid love began flooding through me," Heidi describes. "It wasn't an emotion—it was a Person. The Holy Spirit was filling every cell of my body with the Father's love for humanity. I wept for hours, not from sadness but from the overwhelming beauty of His love for the broken."

This love encounter wasn't just a spiritual experience—it became the driving force of Heidi's ministry. When she emerged from the 40-day fast, something fundamental had changed. Despite still battling physical weakness, she carried a tangible atmosphere of love that transformed everyone she encountered.

"Children who had been traumatized and wouldn't let anyone touch them would run into my arms," Heidi recalls. "Witch doctors would fall under the power of God just from being near me. Government officials who had opposed us would suddenly favor us. It wasn't me—it was the love of God that had consumed me during the fast."

The Acceleration of Miracles

What followed Heidi's vision fast defied all natural explanation. Despite her ongoing health challenges, the ministry exploded with supernatural growth:

Church Multiplication: Before the fast, they had planted 90 churches in six years. In the first year after the fast, over 500 churches were planted. Today, over 10,000 churches have been established through their movement.

Healing Miracles: Blind eyes began opening regularly in their services. Deaf ears were healed by the hundreds. Even more remarkably, Heidi discovered she could impart this healing anointing to the children in their care. "The children would lay hands on the sick in their villages, and miracles would happen," she shares. "The fast had unlocked something transferable."

Supernatural Provision: Food multiplied regularly to feed thousands. Money appeared in empty bank accounts. Land was donated by government officials who had previously opposed them. "We learned that when you fast, you tap into heaven's economy where lack doesn't exist," Heidi explains.

Educational Miracles: Illiterate children suddenly could read after prayer. Students who had never attended school tested into university programs. "The same God who gave me spiritual sight during my fast was giving natural sight and intellectual breakthrough to our children," Heidi notes.

The Lifestyle of Weakness

One of the most radical shifts in Heidi's life post-fast was embracing what she calls "the lifestyle of weakness." Rather than trying to fast from a position of strength, she learned to fast from a position of dependence.

"I still battle health issues," Heidi admits. "But I've learned that my weakness is not a hindrance to fasting—it's an invitation to deeper intimacy. When I fast now, I'm not trying to prove my spiritual discipline. I'm simply saying 'yes' to needing Him more than food."

This approach has revolutionized how Heidi teaches about fasting:

Fasting as Feasting: "When you're physically weak, fasting becomes less about what you're giving up and more about what you're receiving. I feast on His presence while fasting from food."

Fasting as Intimacy: "Fasting isn't a spiritual discipline to impress God. It's accepting His invitation to deeper intimacy. Some of my sweetest times with Jesus come when I'm too weak to do anything but receive His love."

Fasting as Alignment: "When I fast, I'm aligning my physical weakness with spiritual reality—apart from Him, I can do nothing. This alignment releases His power."

Fasting as Joy: "People think fasting must be miserable. But when you fast from a place of love rather than law, it becomes joyful. I'm not depriving myself—I'm positioning myself for encounter."

The Corporate Fasting Movement

Inspired by her own transformation through fasting, Heidi began incorporating regular corporate fasts into their ministry rhythm. The results have been staggering:

The Annual 21-Day Fast: Every January, thousands of Iris Global ministers and partners join in a 21-day fast. "The testimonies that come from these corporate fasts could fill books," Heidi shares. "Entire regions have been transformed, governments have changed policies, and revival has broken out in the hardest places."

Village Transformation Fasts: When entering a new village resistant to the gospel, the team often begins with a 3-day fast. "We've seen entire villages turn to Christ after we've fasted and loved them," Heidi notes. "Fasting breaks down spiritual walls that no amount of preaching can penetrate."

Children's Fasting Movements: Even the children in their care have caught the vision for fasting. "We have 10-year-olds who fast one meal a week to pray for their nation," Heidi shares. "These children see more miracles than most adults because they fast with pure hearts."

Fasting for National Transformation

One of the most powerful applications of corporate fasting in Heidi's ministry has been for national transformation. When devastating floods hit Mozambique in 2019, destroying entire villages and leaving thousands homeless, Heidi's response was characteristic—she called for a national fast.

"The government was saying recovery would take years," Heidi recalls. "But we knew that fasting could accelerate heaven's intervention. We called believers across the nation to join us in a 7-day fast for divine restoration."

The results defied natural explanation:

- Supernatural provision came from unexpected sources globally
- Building materials appeared that allowed rapid reconstruction
- Government officials who had been hostile to Christianity began cooperating
- The disaster became a doorway for the gospel in previously closed areas
- New churches were planted in every affected region

"What the enemy meant for destruction, fasting transformed into multiplication," Heidi explains. "This is the power of fasting—it doesn't just solve problems, it transforms them into opportunities for God's glory."

Practical Wisdom for Fasting in Weakness

Through her unique journey of fasting through physical weakness, Heidi has developed practical wisdom for those who think their limitations disqualify them from fasting:

- 1. Start Where You Are:** "Don't wait until you're strong to fast. God honors any sacrifice offered in love. Maybe you can only fast one meal, or certain foods. Start there."
- 2. Redefine Fasting:** "Fasting isn't about perfection—it's about position. Position your heart toward Him, and He'll honor whatever offering you can give."
- 3. Fast with Support:** "When you're weak, fast in community. Let others carry you in prayer. Some of my most powerful fasts happened when I could barely pray for myself."
- 4. Listen to Your Body and the Spirit:** "There's a difference between the discomfort of fasting and danger to your health. Stay sensitive to both your body and the Holy Spirit's leading."
- 5. Focus on Receiving, Not Achieving:** "When you're weak, you can't fast to achieve something. You can only fast to receive. This posture of receiving is actually more powerful."
- 6. Let Love Lead:** "Fast because you're lovesick for Jesus, not because you're trying to earn something. Love-motivated fasting carries more power than law-motivated fasting."

7. Expect Acceleration: "When you fast from weakness, God often accelerates the breakthrough. What might take 40 days for a strong person might happen in 10 days for someone fasting in weakness."

The Miracles of Desperate Love

What sets Heidi's fasting journey apart is how it has been motivated not by a desire for power but by desperate love—love for Jesus and love for the broken. This love-motivated fasting has released unusual miracles:

The Multiplication Miracles: During outreaches where thousands gather with no food, Heidi often fasts while watching meager supplies multiply to feed everyone. "When I'm fasting, I'm more aligned with heaven's abundance," she explains.

The Presence Miracles: People regularly fall under the power of God just from being in Heidi's presence, especially when she's fasting. "It's not me—it's Him in me. Fasting makes me more transparent so people encounter Him, not me."

The Joy Miracles: Despite ministering in desperate conditions, supernatural joy characterizes Heidi's ministry. "This joy was imparted during my fasts. When you feast on His presence while fasting, joy becomes your strength."

The Love Miracles: The most common testimony from those who encounter Heidi is feeling overwhelmed by God's love. "Every fast deposits more of His love in me. I'm just a leaky vessel spilling His love everywhere I go."

Your Vision Awaits in Your Weakness

Heidi Baker's journey demonstrates a revolutionary truth: our greatest moments of spiritual sight often come in our times of greatest physical blindness. When we fast not from our strength but from our weakness, we position ourselves for encounters that transform not just us but entire nations.

"I still have days when I can barely get out of bed," Heidi admits. "But I've learned that those are often the days God wants to speak most clearly. My weakness has become my fasting friend, constantly reminding me of my need for Him."

For those reading this who feel disqualified from fasting because of health issues, limitations, or weakness, Heidi's story is your invitation. God isn't looking for spiritual superheroes who can fast for weeks without struggle. He's looking for lovers who will trust Him with their weakness.

"Your limitation might be your invitation," Heidi encourages. "Maybe you can't do a 40-day fast, but can you give Him your lunch? Maybe you can't fast from all food, but can you fast from certain foods? God honors every offering given in love."

The thousands of churches planted through Iris Global, the tens of thousands of orphans rescued, the hundreds of thousands of salvations—all of this fruit grew from a seed planted when a dying woman on a dirt floor said yes to fasting in her weakness.

"I didn't fast my way into strength," Heidi clarifies. "I fasted my way into surrender. And in that surrender, I found that His strength is made perfect in weakness. The visions I received, the healing I experienced, the love I encountered—they all came not despite my weakness but through it."

Your Mozambique is waiting—that impossible situation that needs God's intervention. Your vision is prepared—those spiritual eyes that see what God sees. Your healing is available—not just physical but the deep healing that comes from encountering His love.

The only question is: Will you trust Him with your weakness? Will you offer Him the little you have, believing He can multiply it into more than enough?

As Heidi often says, "Stop for the one. Fast for the one. Love the one. And watch that one become thousands."

Your fast doesn't have to be perfect. It just has to be offered in love. And from that place of loving surrender, God will release visions, healing, and revival that transform nations.

The dirt floor is calling. Your weakness is invited. Your breakthrough awaits in the place of fasted surrender.

Will you lay down your little life and let Him fill you with His infinite love?

Chapter 6: Lou Engle - Launched The Call After 40 Days of Fasting

The prophetic dream was so vivid that Lou Engle woke up trembling. In the vision, he saw the National Mall in Washington, D.C., filled with young people as far as the eye could see—not for a political rally or concert, but for a solemn assembly of prayer and fasting. They were on their faces, crying out for America to turn back to God. The year was 1998, and the nation was embroiled in scandal, moral compromise, and spiritual apathy. The thought of gathering hundreds of thousands of young people for twelve hours of prayer and fasting seemed impossible.

"I knew immediately this wasn't just a dream—it was a divine mandate," Engle recalls. "But I also knew that a vision this massive couldn't be accomplished through human organization. It would require a supernatural release of God's power. And that only comes through extended fasting and prayer."

What followed was a 40-day fast that would not only birth The Call—a movement that has gathered millions of young people for prayer and fasting across the globe—but would also ignite a fasting revolution among an entire generation. From that first gathering of 400,000 young people on the National Mall in 2000 to stadium events in every continent, The Call has proven that when one man's desperate fast aligns with God's prophetic timing, nations can be shifted and generations can be awakened.

The Making of a Prophetic Intercessor

Lou Engle's journey into becoming a prophetic voice to nations began not on a platform but on his knees. Raised in a conservative Christian home, Engle experienced a radical encounter with the Holy Spirit in his early twenties that ruined him for ordinary Christianity.

"I went from being a casual believer to being consumed with God's presence," Engle shares. "I would spend entire nights pacing and praying, groaning with intercession for things I didn't even understand. My friends thought I had lost my mind. In a way, I had—I had lost my mind to gain His heart."

This intense prayer life naturally led Engle to discover fasting. His first extended fast came during a personal crisis when his ministry efforts seemed to be failing and his family was facing financial ruin.

"I was desperate," Engle admits. "I had tried everything else—harder work, better strategies, more education. Nothing was working. So I decided to fast for 21 days, simply crying out, 'God, I need to hear from You!'"

During that fast, Engle experienced a dramatic shift. Prophetic dreams became frequent. His prayer life intensified to the point where he would travail for hours over issues of national

significance. Most importantly, he began to understand his calling as a prophetic intercessor—one who stands in the gap for nations and generations.

"Fasting didn't just change my circumstances," Engle explains. "It changed my identity. I discovered that when you fast consistently, you begin to feel what God feels, see what He sees, and pray what He wants to pray through you."

The Burden for a Generation

Throughout the 1990s, Engle continued regular fasting—typically one to three days per week, with longer fasts during critical seasons. As he fasted, a specific burden began to grow: the spiritual condition of America's youth.

"I would see visions of young people enslaved to addiction, sexuality, and purposelessness," Engle recalls. "But I also saw visions of these same young people becoming the greatest prayer and missions movement in history. The contrast tormented me. I knew God wanted to raise up a new Jesus Movement, but how?"

The burden intensified as the nation headed toward the new millennium. The Clinton-Lewinsky scandal had rocked America. School shootings were becoming commonplace. Youth culture was increasingly dominated by darkness. Yet most of the church seemed either unaware or unconcerned.

"I felt like Jeremiah—seeing the judgment coming but unable to get anyone's attention," Engle shares. "That's when I knew I needed to go deeper. This burden required more than regular fasting. It required a Mosaic fast—40 days of seeking God's face for a nation."

The 40-Day Crucible

In late 1998, Engle began what would become the most significant fast of his life. He cleared his schedule, arranged for others to cover his responsibilities, and entered into 40 days of seeking God for America's youth.

"The first week was brutal," Engle recalls. "Not just physically—though the hunger pangs and caffeine withdrawal were intense—but spiritually. It felt like all hell was fighting against this fast. Voices of accusation, temptation, and discouragement bombarded me constantly."

Engle's fasting routine was intense:

- 5 AM – 8 AM: Worship and personal devotion
- 8 AM – 12 PM: Intercession for youth and nation
- 12 PM – 3 PM: Bible study and meditation
- 3 PM – 6 PM: Prayer walking and prophetic listening
- 6 PM – 9 PM: More intercession, often prostrate on the floor
- 9 PM – Midnight: Worship and waiting on God

"I consumed only water and occasionally diluted juice," Engle explains. "But the physical fast was just the container. The real fast was from everything that competed with hearing God's voice—media, conversations, distractions. I was fasting for a nation, and that required total focus."

Days 1-13: The Stripping Process

The first phase of Engle's 40-day fast was characterized by what he calls "the stripping process." Layer by layer, God exposed hidden areas of pride, self-reliance, and personal agenda.

"I thought I was fasting to receive a strategy for reaching youth," Engle shares. "But God showed me I first needed to be stripped of my own ideas about how revival should look. He had to kill my Ishmael before He could birth His Isaac."

During these days, painful revelations emerged:

- Pride in his prayer life and spiritual disciplines
- Judgment toward the church's lukewarmness
- Hidden ambition disguised as passion for revival
- Fear of man that would compromise the prophetic message

"Days 10-13 were the darkest," Engle recalls. "I felt like I was dying—not physically, but spiritually. Everything I had built my identity on was being demolished. But this death was necessary for the resurrection that was coming."

Days 14-26: The Prophetic Download

As Engle moved into the second phase of his fast, the atmosphere shifted dramatically. Having been stripped of his own agenda, he was now ready to receive God's blueprint.

"It was like someone turned on a fire hose of revelation," Engle describes. "Visions, dreams, and prophetic words came in rapid succession. I could barely write fast enough to capture everything God was showing me."

Key revelations during this period included:

The Stadium Vision: Engle saw stadiums across America filled with young people fasting and praying. But these weren't typical revival meetings—they were solemn assemblies, with youth on their faces for hours, crying out for their generation.

The Nazirite Army: He saw God raising up a new breed of consecrated youth who would embrace the Nazirite vow—abstaining from the intoxications of the world to be fully devoted to God.

The Esther Mandate: A repeated vision showed young people standing before government leaders, educational institutions, and cultural influencers with the same authority Esther had before the king—gained through fasting.

The Joel 2 Movement: Most powerfully, Engle saw a literal fulfillment of Joel 2:15-16: "Blow the trumpet in Zion, declare a holy fast, call a sacred assembly. Gather the people, sanctify the congregation, assemble the elders, gather the children."

"By day 20, the vision was crystal clear," Engle shares. "God wanted to gather hundreds of thousands of young people on the National Mall in Washington, D.C., for a day of prayer and fasting that would shift the nation. The date was even specified: September 2, 2000."

Days 27-40: The Battle for the Promise

The final phase of Engle's fast was marked by intense spiritual warfare. Having received the vision, he now had to fight for its implementation.

"The enemy doesn't mind if you have a vision," Engle explains. "He just doesn't want you to have the authority to execute it. The last two weeks of the fast were about gaining that authority through persistent prayer and deepening consecration."

During this phase:

- Demonic opposition manifested in unusual ways
- Physical weakness became extreme, requiring medical monitoring
- Prophetic precision increased to an unprecedented level
- Angelic encounters became frequent
- The fear of the Lord settled on him in a profound way

"On day 35, I had an open vision of an angel with a massive trumpet," Engle recalls. "The angel said, 'You have been given authority to blow the trumpet that will gather the young eagles to the capital city. But you must complete the fast to receive the full authority.'"

The final days were marked by a holy determination. Despite extreme physical weakness, Engle pressed through, knowing that the authority to convene a national solemn assembly hung in the balance.

The Birth of The Call

When Engle completed his 40-day fast, he was physically depleted but spiritually supercharged. The vision for The Call was no longer just an idea—it was a prophetic mandate backed by the authority that only comes through extended fasting.

"I knew we had two years to organize something that typically takes five years and millions of dollars," Engle shares. "We had no money, no organization, and no guarantee anyone would come. But we had a word from God sealed by 40 days of fasting. That was enough."

What happened next can only be described as supernatural acceleration:

Prophetic Confirmation: Within days of completing the fast, key leaders across the nation began contacting Engle, sharing similar visions about gathering youth for prayer and fasting.

Supernatural Networking: Doors opened to youth movements, prayer networks, and denominational leaders that had been previously closed. "The fast had created a spiritual authority that people recognized," Engle notes.

Financial Provision: Despite having no fundraising mechanism, money began flowing in from unexpected sources. "People would call saying God told them in prayer to support a gathering on the Mall," Engle shares.

Media Favor: Even secular media outlets became interested in the story of young people gathering to fast and pray for America.

September 2, 2000: The Day That Shifted History

As the sun rose over Washington, D.C., on September 2, 2000, Lou Engle stood on the platform looking out at an ocean of young people flooding the National Mall. The vision he had seen during his 40-day fast was becoming reality before his eyes.

"I wept uncontrollably," Engle recalls. "Not just because the vision was being fulfilled, but because I could feel the weight of heaven descending on that gathering. These weren't just young people attending an event—they were a generation responding to a prophetic summons."

For twelve hours, 400,000 young people fasted, prayed, and cried out for America:

- Hours of corporate repentance for national sins
- Prophetic declarations over government, education, and media
- Commitment to personal holiness and the Nazirite vow
- Intercession for revival and spiritual awakening
- Commissioning as a prayer army for the nations

"What marked that day wasn't great preaching or worship," Engle observes. "It was the corporate groan of a generation desperate for God. You could feel the tectonic plates of history shifting."

The Multiplication Effect

The success of The Call DC was just the beginning. The authority gained through Engle's 40-day fast had unlocked something that would multiply across the earth:

The Call Nashville (2003): 70,000 gathered to pray for the ending of abortion **The Call New York** (2004): 20,000 gathered at the exact time the Republican National Convention was meeting **The Call San Francisco** (2005): 20,000 gathered at the birthplace of the homosexual movement to pray for awakening **The Call Jerusalem** (2008): Young people from around the world gathered to pray for Israel **The Call Detroit** (2011): 30,000 gathered to pray for racial reconciliation and urban transformation

Each gathering was preceded by extended seasons of fasting, following the pattern Engle had established. The movement spread internationally:

- **Brazil:** Over 3 million gathered in São Paulo
- **South Korea:** 500,000 gathered in Seoul
- **Philippines:** 4 million gathered in Manila
- **Uganda:** 200,000 gathered in Kampala

"Every nation, every gathering, was birthed through fasting," Engle emphasizes. "We learned that you cannot convene a solemn assembly without first paying the price in fasting and prayer."

The Nazirite Generation

One of the most significant fruits of The Call movement has been the raising up of what Engle calls "the Nazirite Generation"—young people who embrace radical consecration through fasting and prayer.

"After each Call gathering, thousands of young people would commit to regular fasting," Engle shares. "We began hearing testimonies of teenagers fasting 40 days, college students organizing 24/7 prayer rooms with continuous fasting, young adults choosing celibacy and simplicity to seek God's face."

This Nazirite movement has produced remarkable fruit:

- **Justice House of Prayer:** 24/7 prayer rooms focused on ending abortion and human trafficking
- **Campus Prayer Movements:** Universities experiencing revival through student-led fasting initiatives
- **Political Shift:** Young people entering government with a commitment to biblical values and regular fasting
- **Media Transformation:** Creatives in Hollywood and media centers gathering for regular fasting and prayer

"The 40-day fast didn't just birth an event," Engle reflects. "It birthed a movement of consecrated young people who are shaping nations through prayer and fasting."

The Theology of Prophetic Fasting

Through decades of fasting and leading others in corporate fasts, Engle has developed a theology of what he calls "prophetic fasting"—fasting that shifts history:

1. Fasting Accesses Governmental Authority: "When you fast, you're not just seeking personal breakthrough. You're positioning yourself to receive governmental authority in the spirit realm. That's why fasted prayer can shift nations."

2. Corporate Fasting Multiplies Authority: "When thousands fast together for the same purpose, it creates a spiritual violence that can dethrone principalities and reshape cultures."

3. Fasting Births Movements: "Every great movement in history was birthed through fasting. The early church, the monastic movements, the Protestant Reformation, the Great Awakenings—all were preceded by extended fasting."

4. Fasting Accelerates Prophetic Timing: "What might take decades to accomplish through human effort can happen in months when birthed through fasting. Fasting aligns us with heaven's timeline."

5. Fasting Sustains Movements: "Movements birthed without fasting quickly become monuments. But movements sustained by regular fasting remain fresh and powerful for generations."

Practical Keys for Movement-Birthing Fasts

Based on his experience leading millions in fasting, Engle offers practical wisdom for those called to birth movements through fasting:

Prepare for the Long Haul: "A 40-day fast isn't something you decide on Monday and start on Tuesday. I spent three months preparing spiritually and physically."

Fast with Focus: "Don't fast vaguely for 'revival' or 'breakthrough.' Fast for specific revelation and authority. Write down what you're fasting for and review it daily."

Document Everything: "During extended fasts, revelation comes rapidly. Keep a detailed journal. Some of my most important strategies came in dreams I would have forgotten without writing them down."

Build Incrementally: "Before attempting 40 days, successfully complete multiple 3-day, 7-day, and 21-day fasts. Build your fasting muscle gradually."

Fast in Community: "Even during personal fasts, stay connected to intercessors who can pray for you. The enemy's attacks during extended fasts can be severe."

Expect Opposition: "The bigger the vision God gives during a fast, the greater the warfare will be. This isn't a sign you're doing something wrong—it's confirmation you're on target."

Plan Your Re-entry: "How you break an extended fast is crucial. Plan for at least two weeks of gradual re-introduction to food. Many people lose the benefit of their fast by rushing back to normal eating."

The Continuing Revolution

At 68 years old, Lou Engle continues to fast regularly and lead corporate fasting movements. His vision has only intensified with age:

"We're in the early stages of the greatest prayer and fasting movement in history," Engle declares. "What we saw at The Call gatherings was just the firstfruits. God is raising up a billion young people who will fast and pray until heaven invades earth."

Recent developments confirm this vision:

- **The Send:** A new movement gathering stadiums of young people for commissioning into missions—all birthed through fasting
- **40-Day Fasting Movements:** Spreading virally through social media, with millions participating
- **Political Fasting Movements:** Young leaders fasting for righteous government in nations worldwide
- **University Revivals:** Campuses experiencing sustained revival through student-led fasting initiatives

"Every one of these movements traces back to someone who paid the price in extended fasting," Engle notes. "The principle never changes: no fasting, no authority. Much fasting, much authority."

Your Movement Awaits

Lou Engle's story demonstrates a crucial truth: the movements that shift nations and awaken generations are not birthed in boardrooms but in the secret place of fasted prayer. The Call didn't begin with a marketing strategy or fundraising campaign—it began with one man willing to fast for 40 days until heaven's strategy was revealed.

"People often ask me how to start a movement," Engle shares. "I tell them, 'Don't try to start a movement. Fast until God births one through you.' The difference between human movements and God movements is fasting."

For those reading this who sense a stirring for their generation, their nation, or their sphere of influence, Engle's journey provides both inspiration and instruction:

1. **The vision you carry may require a 40-day fast to birth**
2. **The authority to execute the vision only comes through fasting**
3. **Corporate movements require personal consecration**

4. **What seems impossible becomes inevitable through fasted prayer**
5. **One person's fast can shift a generation's destiny**

"I was just a house church pastor with a burden," Engle reflects. "I had no money, no influence, no platform. But I had access to the throne room through fasting. That access changed everything."

Your mall moment awaits—that impossible vision God has planted in your heart for your generation, your nation, your sphere of influence. The question isn't whether God wants to birth something significant through you. The question is: Are you willing to pay the price of extended fasting to receive the authority to execute it?

"The stadiums are waiting to be filled," Engle challenges. "The generations are waiting to be awakened. The nations are waiting to be shifted. And it all begins when one person says, 'I will fast until heaven invades earth.'"

The trumpet is in your hand. The authority is available. The generation is ready.

Your 40 days begin now.

Chapter 7: Daniel - Changed Babylon with a Simple Fast

The royal administrators watched in barely concealed frustration as Daniel excused himself from yet another state banquet. For over sixty years, this Hebrew exile had navigated the treacherous waters of Babylonian and Persian politics, rising to the highest levels of government while never compromising his devotion to his God. They had tried everything to find fault with him—examining his financial records, scrutinizing his political decisions, monitoring his personal life. But Daniel was blameless in his conduct, excellent in his work, and untouchable in his integrity.

There was only one area where Daniel refused to bend: his diet and his prayer life. Three times a day, he would open his windows toward Jerusalem and pray. And from the very beginning of his captivity as a teenager, he had maintained a simple fast from the king's delicacies, choosing vegetables and water over the rich foods of Babylon's tables.

"How does he do it?" one official muttered to another as they watched Daniel politely decline the wine at another royal function. "How does a captive from a destroyed nation rise to rule over us, their conquerors?"

They didn't understand that Daniel's simple fast was not a dietary preference but a spiritual weapon. Through what we now call the "Daniel Fast," this young Hebrew had maintained a portal to heaven in the midst of the most demonically oppressive empire of the ancient world. His fast had not only preserved his own soul but had literally changed the course of nations, influenced world emperors, and released angelic intervention that shaped history.

The Teenage Captive's Radical Decision

To understand the power of Daniel's fast, we must return to its beginning. In 605 BC, Daniel was likely around 15 years old when Nebuchadnezzar's armies conquered Jerusalem and carried off the cream of Jewish youth to serve in Babylon. The strategy was diabolical in its brilliance: take the best and brightest young men, immerse them in Babylonian culture, education, and luxury, and within a generation, the Jewish identity would be absorbed into the empire.

"But Daniel resolved not to defile himself with the royal food and wine" (Daniel 1:8).

This single decision by a teenage captive would ripple through history. Consider the courage this required:

- He was a prisoner of war with no rights
- He was defying the direct orders of the world's most powerful king
- He was risking not only his own life but his friends' lives
- He had no prophet or priest to guide him
- He had no promise of divine protection

"Daniel understood something profound," notes Dr. Mark Peterson, a scholar of ancient Near Eastern cultures. "In Babylon, eating the king's food wasn't just about nutrition—it was about allegiance. The food was offered to idols, and sharing the king's table meant sharing in the kingdom's spiritual covenant. Daniel's fast was his declaration of independence from Babylon's gods."

The Daniel Fast Defined

What exactly was this fast that gave Daniel such spiritual authority? Unlike the complete fasts of Moses or Elijah, Daniel's was a partial fast—abstaining from certain foods while maintaining basic nutrition. The biblical record gives us specific details:

What Daniel Avoided:

- The king's delicacies (rich meats and processed foods)
- Wine and fermented drinks
- Pleasant bread (desserts and delicacies)
- Anything offered to idols

What Daniel Consumed:

- Vegetables (including legumes and plant-based proteins)
- Water
- Basic grains (during his 21-day fast in Daniel 10)
- Simple, unprocessed foods

"The brilliance of Daniel's fast was its sustainability," explains nutritionist and pastor Dr. Susan Chen. "He could maintain it for his entire time in Babylon—over 70 years—while still functioning at the highest levels of government. It wasn't about extreme denial but about consistent consecration."

But the power of the Daniel Fast went far beyond food choices. It represented:

- **Spiritual Separation:** Refusing to be defiled by Babylon's spiritual system
- **Cultural Resistance:** Maintaining Jewish identity in a pagan culture
- **Divine Dependence:** Trusting God for promotion rather than political networking
- **Prophetic Positioning:** Staying spiritually clear to receive revelation

The Ten-Day Test That Changed Everything

When Daniel first proposed his fast to the chief official overseeing the Hebrew captives, the man was terrified. His head would literally roll if these prize captives appeared malnourished before the king. Daniel's proposal was brilliant in its simplicity: "Please test your servants for ten days: Give us nothing but vegetables to eat and water to drink. Then compare our appearance with that of the young men who eat the royal food" (Daniel 1:12-13).

What happened during those ten days defied natural explanation. Not only did Daniel and his three friends appear healthier than those eating the king's rich food, but something more profound occurred:

"To these four young men God gave knowledge and understanding of all kinds of literature and learning. And Daniel could understand visions and dreams of all kinds" (Daniel 1:17).

The fast had unlocked:

- Supernatural intelligence
- Accelerated learning ability
- Prophetic gifting
- Dream interpretation
- Spiritual discernment

"At the end of the time set by the king to bring them into his service, the chief official presented them to Nebuchadnezzar. The king talked with them, and he found none equal to Daniel, Hananiah, Mishael and Azariah" (Daniel 1:18-19).

Four teenage captives, sustained by vegetables and water, had intellectually surpassed the empire's finest minds who had been nourished with every delicacy. The Daniel Fast had released a supernatural enhancement of their natural abilities.

Changing Kings Through Consistent Fasting

What makes Daniel's story remarkable is not just a single moment of fasting breakthrough but a lifetime of consistent fasting that influenced multiple world rulers. Through his decades of maintaining the Daniel Fast, he served and influenced:

Nebuchadnezzar: The prideful emperor who destroyed Jerusalem eventually declared, "Praise be to the God of Shadrach, Meshach and Abednego, who has sent his angel and rescued his servants!" (Daniel 3:28). Later, after Daniel interpreted his dreams and he experienced seven years of madness, Nebuchadnezzar made one of the most remarkable declarations in Scripture: "Now I, Nebuchadnezzar, praise and exalt and glorify the King of heaven" (Daniel 4:37).

Belshazzar: When the supernatural hand wrote judgment on the palace wall during his blasphemous feast, only Daniel could interpret it. His decades of fasting had given him authority to speak judgment to power.

Darius the Mede: So impressed was he by Daniel's excellent spirit that he planned to set him over the entire kingdom. When forced to throw Daniel to the lions, Darius spent the night fasting, and upon finding Daniel alive declared, "He is the living God and he endures forever; his kingdom will not be destroyed" (Daniel 6:26).

Cyrus of Persia: Daniel lived to see this emperor issue the decree allowing Jews to return and rebuild Jerusalem—the very thing Daniel had been fasting and praying for.

"Four world emperors, four different personalities, four different challenges—yet Daniel influenced them all," observes historian Dr. James Morrison. "His secret wasn't political savvy but spiritual authority maintained through consistent fasting."

The 21-Day Breakthrough Fast

While Daniel maintained his partial fast throughout his life in Babylon, there were seasons when he intensified his fasting for specific breakthroughs. The most detailed account comes from Daniel 10, when he undertook a 21-day fast that would result in one of the most significant prophetic revelations in Scripture.

The context is crucial. Daniel was now over 80 years old. He had been studying Jeremiah's prophecies about the 70-year captivity and realized the time for Israel's restoration was at hand. But nothing seemed to be happening. So Daniel entered into what he called a time of "mourning":

"I ate no choice food; no meat or wine touched my lips; and I used no lotions at all until the three weeks were over" (Daniel 10:3).

This was an intensified version of his regular fast:

- No pleasant bread (even basic bread was restricted)
- No meat whatsoever
- No wine (which he already avoided)
- No anointing oils (adding physical discomfort to seek God)

For 21 days, Daniel pressed into prayer and fasting, seeking understanding about his people's future. What happened on day 21 provides one of the most important revelations about fasting in all of Scripture.

The Angelic Revelation

When the angel finally appeared to Daniel after 21 days, his message was stunning:

"Do not be afraid, Daniel. Since the first day that you set your mind to gain understanding and to humble yourself before your God, your words were heard, and I have come in response to them. But the prince of the Persian kingdom resisted me twenty-one days. Then Michael, one of the chief princes, came to help me, because I was detained there with the king of Persia" (Daniel 10:12-13).

This passage reveals crucial truths about fasting:

1. **Immediate Heavenly Response:** Daniel's prayers were heard from day one
2. **Spiritual Warfare Reality:** There was demonic resistance in the spiritual realm
3. **Persistence Matters:** Daniel's continued fasting for 21 days was crucial

4. **Angelic Assistance:** Extended fasting can release warrior angels like Michael
5. **Breakthrough Timing:** Some answers require sustained fasting to manifest

"If Daniel had stopped fasting on day 20, he might have missed one of the greatest prophetic revelations in history," notes prayer leader Mike Bickle. "His persistence in fasting literally changed the spiritual atmosphere and released angelic breakthrough."

The Revelation That Shaped History

What the angel revealed to Daniel during this encounter was nothing less than the prophetic timeline of world history from Daniel's day through the end times. The prophecies included:

- The coming of the Messiah
- The destruction of the second temple
- The rise and fall of world empires
- The end-times tribulation
- The ultimate triumph of God's kingdom

This wasn't just personal revelation—it was strategic intelligence for God's people throughout history. And it came through 21 days of determined fasting by an elderly man who refused to accept the status quo.

The Corporate Impact of Personal Fasting

One of the most remarkable aspects of Daniel's fasting lifestyle was how his personal consecration affected his entire community. Consider the corporate breakthroughs:

Protection for Hebrew Youth: When Nebuchadnezzar ordered all wise men killed (Daniel 2), Daniel's fasting-gained favor saved not only himself but all the Hebrew captives serving in government.

National Repentance: Daniel's prayer in chapter 9, offered during fasting, stands as one of the great intercessory prayers of Scripture, identifying with his nation's sins and crying out for mercy.

Cultural Preservation: By maintaining his fast in the highest levels of government, Daniel made it acceptable for other Jews to maintain their dietary laws and spiritual identity.

Prophetic Direction: The revelations Daniel received through fasting provided hope and direction for Jews throughout their captivity and beyond.

"Daniel proves that one person's consecration can preserve a nation's destiny," observes Dr. Jennifer Park, who has extensively studied biblical fasting. "His personal fast became a corporate covering."

Modern-Day Daniels

The Daniel Fast continues to be one of the most powerful and practical fasting methods for believers today, especially those serving in secular environments. Its sustainability and biblical precedent have made it particularly effective for:

Business Leaders: CEO Marcus Thompson shares: "I've maintained a Daniel Fast for January and July every year for the past decade. The clarity and favor I receive during these fasts have been instrumental in building our company according to biblical principles while serving in a very secular industry."

Government Officials: Sarah Martinez, a state legislator, testifies: "Like Daniel, I serve in a political Babylon. The Daniel Fast helps me maintain spiritual clarity and integrity. During my fasts, I've received specific strategies for legislation that have passed against all odds."

Educators: Professor David Kim reports: "Teaching at a secular university can be spiritually oppressive. My regular Daniel Fasts have not only protected my faith but given me wisdom to influence students and colleagues. I've seen multiple conversions simply from the witness of my lifestyle."

Students: Rebecca Chen shares: "As a medical student, I can't do water-only fasts and maintain my demanding schedule. But the Daniel Fast allows me to seek God while excelling academically. Like Daniel, I've found that the fast actually enhances my mental clarity and retention."

Practical Application of the Daniel Fast

For those seeking to implement the Daniel Fast in their own lives, here are practical guidelines drawn from both biblical precedent and modern experience:

Foods to Include:

- All fruits and vegetables
- Legumes and beans
- Whole grains (brown rice, quinoa, oats)
- Nuts and seeds
- Plant-based oils (olive, coconut, avocado)
- Water and natural juices

Foods to Avoid:

- Meat and animal products
- Dairy products
- Processed foods and additives
- Refined sugars and sweeteners

- Alcohol and caffeine
- Leavened bread and baked goods

Spiritual Practices During the Fast:

- Set specific prayer times (Daniel prayed three times daily)
- Focus on Scripture meditation
- Maintain a fasting journal
- Practice gratitude and worship
- Seek prophetic revelation for your sphere of influence

Duration Options:

- 10 days (like Daniel's initial test)
- 21 days (like Daniel's breakthrough fast)
- Ongoing lifestyle (like Daniel's 70+ years in Babylon)

The Excellence Factor

One of the most striking aspects of Daniel's story is how his fasting lifestyle produced excellence in every area of his life:

"Now Daniel so distinguished himself among the administrators and the satraps by his exceptional qualities that the king planned to set him over the whole kingdom" (Daniel 6:3).

This excellence manifested in multiple ways:

- **Mental Acuity:** Ten times wiser than his peers
- **Administrative Skill:** Managed a third of the empire
- **Prophetic Accuracy:** Never wrong in his interpretations
- **Personal Integrity:** His enemies could find no corruption
- **Physical Vitality:** Served effectively into his 80s

"The Daniel Fast doesn't diminish capacity—it enhances it," notes executive coach Patricia Williams. "I've seen business leaders become more creative, parents become more patient, and ministers become more powerful when they adopt this lifestyle."

Breaking Babylonian Mindsets

Perhaps the greatest power of the Daniel Fast is its ability to break what many call "Babylonian mindsets"—the subtle mental and spiritual compromises that come from living in a godless culture. Daniel's fast accomplished several critical things:

1. Maintained Spiritual Identity: In a culture designed to erase his Jewish identity, the fast was a daily reminder of who he was and Whom he served.

2. Resisted Cultural Assimilation: While Daniel learned Babylonian wisdom, he never absorbed Babylonian values, thanks to his fasting lifestyle.

3. Created Divine Dependency: By refusing the king's provision, Daniel stayed dependent on God's provision, keeping him spiritually sensitive.

4. Established Authority: His voluntary limitations gave him involuntary influence. Kings listened to him because he clearly heard from God.

5. Preserved Prophetic Clarity: The rich foods and wines of Babylon would have dulled his spiritual senses. His simple diet kept him sharp to receive revelation.

The Simplicity Secret

In an age of extreme fasting testimonies and dramatic spiritual encounters, Daniel's story reminds us of the power of simplicity and consistency. He didn't fast for 40 days without water. He didn't isolate himself in prayer caves. He simply maintained a consecrated diet while excelling in secular service.

"Daniel proves you don't have to be a monk to be mighty in God," observes Pastor James Rodriguez. "You can work in government, business, or education and still maintain a fasting lifestyle that releases supernatural favor and revelation."

This simplicity makes the Daniel Fast accessible to:

- Busy professionals who can't take extended time off
- Parents who need to maintain energy for childcare
- Students who must keep up with academic demands
- Those with health conditions that prevent total fasting
- Anyone serving in secular environments

Your Babylon Moment

As you read Daniel's story, consider your own "Babylon"—that place where God has positioned you that seems opposed to His kingdom. It might be:

- A godless workplace
- A secular university
- A difficult family situation
- A hostile community
- A challenging ministry assignment

Daniel's testimony declares that you don't have to be overcome by your Babylon. Through the simple discipline of the Daniel Fast, you can:

- Maintain spiritual clarity in confusing times
- Receive divine wisdom for complex decisions
- Influence those in authority over you
- Protect your spiritual identity from cultural compromise
- Access prophetic revelation for your generation

"The same God who gave Daniel wisdom to interpret dreams, courage to face lions, and revelation to see the future is available to you," encourages Dr. Michael Chen. "The access point is the same—a consecrated life expressed through disciplined fasting."

The 21st Century Daniel Generation

God is raising up a generation of Daniels in our day—believers who will:

- Excel in secular spaces while maintaining spiritual integrity
- Influence culture without being contaminated by it
- Receive prophetic revelation for contemporary challenges
- Demonstrate that God's ways produce superior results
- Stand unmoved when tested for their faith

The Daniel Fast is not just a diet—it's a declaration. It says:

- "I belong to another kingdom"
- "I draw my strength from another source"
- "I seek wisdom from another realm"
- "I serve another King"

Your fast doesn't have to be extreme to be effective. It just has to be consistent. Daniel changed the Babylonian empire not through dramatic demonstrations but through daily discipline. He influenced kings not through political maneuvering but through spiritual positioning.

The question is not whether you have what it takes to be a Daniel in your generation. The question is whether you're willing to adopt the simple fast that releases supernatural favor, wisdom, and revelation.

Your Babylon is waiting for a Daniel. Your king needs an interpreter. Your generation needs a prophet. And it all begins with a decision as simple as saying, "Please test your servant for ten days. Give me nothing but vegetables to eat and water to drink."

Ten days. Twenty-one days. A lifetime. The duration matters less than the decision. Will you, like Daniel, purpose in your heart not to defile yourself with the king's delicacies? Will you choose the simple fast that changes empires?

Your vegetables and water await. Your breakthrough is prepared. Your Babylon can be changed.

The fast begins with your next meal.

Chapter 8: 90-Day Breakthrough Fasting Plan

You've read the testimonies. You've seen the evidence. From Jentezen Franklin's revival-birthing fasts to David Yonggi Cho's church-multiplying consecration, from Esther's nation-saving three days to Mahesh Chavda's resurrection power, from Heidi Baker's vision in weakness to Lou Engle's generation-shifting gatherings, and Daniel's empire-changing lifestyle—the verdict is clear: fasting is the atomic power of the Kingdom of God.

But knowledge without application is merely religious information. The testimonies in this book are not meant to impress you but to ignite you. They're not historical artifacts but present-day invitations. The same God who moved through their fasts is waiting to move through yours.

"Lord, I believe! But where do I begin?"

This final chapter is your answer—a practical, progressive, powerful 90-day journey that will take you from wherever you are to wherever God wants you to be. This isn't just another fasting guide. This is your blueprint for breakthrough, your roadmap to revival, your manual for miracles.

The Sacred 90 Days

Why 90 days? Throughout Scripture and history, 90-day periods mark significant transformations:

- It takes approximately 90 days to establish a new lifestyle pattern
- Many biblical waiting periods involve three-month cycles
- Corporate quarters create natural rhythm for spiritual seasons
- Long enough for deep transformation, manageable enough to complete

This plan is divided into three 30-day phases, each building on the previous, each designed to take you deeper into God's purposes for your life:

Days 1-30: Personal Revival & Repentance

Days 31-60: Focused Miracles & Warfare

Days 61-90: Purpose Activation & Destiny Clarity

Before You Begin: Essential Preparation

Medical Clearance: If you have any health conditions, consult your physician before beginning. This plan can be modified for any health situation while maintaining spiritual power.

Gather Your Tools:

- A dedicated journal for the 90 days
- Bible (physical and digital for searches)
- Worship music playlist
- Prayer closet or dedicated space
- Accountability partner or group
- This book for reference

Clear Your Calendar: Mark the 90 days in your calendar. Minimize optional commitments during Days 31-60 (the intensive phase). Inform family and close friends of your journey.

Set Your "Why": Write a one-page declaration of why you're embarking on this 90-day journey. What breakthrough are you seeking? What bondages must break? What destiny awaits? Be specific. Date it. Refer to it daily.

PHASE ONE: Personal Revival & Repentance (Days 1-30)

"Create in me a clean heart, O God, and renew a right spirit within me." - Psalm 51:10

Week 1 (Days 1-7): Foundation Week

Fasting Type: Daniel Fast (vegetables, fruits, water)

Daily Duration: Skip one meal (your choice)

Focus: Personal cleansing and establishing rhythm

Daily Structure:

- Morning (30 min): Worship and declaration of "why"
- Meal replacement time (1 hour): Bible reading (start with John)
- Evening (30 min): Journal and reflection

Prayer Points:

- Reveal any hidden sin or strongholds
- Cleanse my heart from all unrighteousness
- Establish hunger for Your presence
- Break addiction to food and comfort
- Create divine dissatisfaction with status quo

Declaration: "I am beginning a journey that will transform my life. Every hunger pang is a prayer ascending to heaven. I embrace the discomfort as evidence of breakthrough beginning."

Practical Tips:

- Prepare meals in advance

- Remove tempting foods from easy access
- Drink water when hungry
- Go to bed earlier to avoid late-night temptation

Week 2 (Days 8-14): Consecration Week

Fasting Type: Progressive Daniel Fast

Daily Duration: Skip two meals (breakfast and lunch)

Focus: Deeper consecration and sensitivity

Daily Structure:

- Morning (45 min): Extended worship and prayer
- Breakfast time (30 min): Proverbs and journaling
- Lunch time (45 min): Prayer walk or prostrate prayer
- Evening (30 min): Communion and gratitude

Prayer Points:

- "Lord, what in my life displeases You?"
- Remove every idol from my heart
- Increase my spiritual sensitivity
- Let me hear Your voice clearly
- Baptize me afresh in Your Spirit

Key Scriptures to Meditate:

- Isaiah 58 (the true fast)
- Joel 2:12-17 (return to Me with fasting)
- Matthew 6:16-18 (fasting in secret)

Breakthrough Markers (record when experienced):

- Increased dream activity
- Heightened awareness of sin
- Unusual desire to pray
- Physical lightness despite hunger
- Tears during worship

Week 3 (Days 15-21): Encounter Week

Fasting Type: Modified water fast (water, clear juices)

Daily Duration: Three days complete, four days Daniel

Focus: Pressing for personal encounter

Days 15-17: Complete fast (water and clear juices only)

- Set aside maximum time for prayer
- Expect physical weakness, spiritual strength
- Journal every impression, dream, thought

Days 18-21: Return to Daniel Fast

- Gentle re-entry with raw fruits/vegetables
- Maintain spiritual intensity
- Begin intercession for others

Prayer Focus: "Lord, I must encounter You. Like Jacob, I won't let go until You bless me. Reveal Yourself. Reveal my calling. Reveal what must change."

Worship Prescription: Minimum 2 hours daily during the 3-day intensive. Let worship lead you beyond yourself.

Week 4 (Days 22-30): Integration Week

Fasting Type: Intermittent fasting (16:8 method)

Daily Duration: Eat only 12pm-8pm window

Focus: Establishing sustainable lifestyle

New Practices to Integrate:

- Morning prayer before phone/email
- Scripture meditation during former meal times
- Weekly 24-hour fast (choose your day)
- Daily journal review before bed
- Corporate prayer meeting attendance

Reflection Questions:

1. What has God revealed about my heart?
2. What sin patterns have been broken?
3. How has my hunger for God increased?
4. What new spiritual disciplines will I maintain?
5. What is God preparing me for next?

Phase One Declaration: "I have tasted and seen that the Lord is good. My appetite has shifted from earthly satisfaction to heavenly encounter. I am cleansed, consecrated, and ready for the battle ahead."

PHASE TWO: Focused Miracles & Warfare (Days 31-60)

"This kind only comes out by prayer and fasting." - Matthew 17:21

Week 5-6 (Days 31-42): Breakthrough Intensive

Fasting Type: Escalating fast

Schedule:

- Days 31-33: Complete 3-day fast (Esther fast)
- Days 34-37: Daniel fast recovery
- Days 38-42: One meal per day (dinner only)

Focus: Breaking specific strongholds

Identify Your Giants (choose 3-5):

- Generational curses
- Financial bondage
- Health crisis
- Relationship restoration
- Addiction/habitual sin
- Mental oppression
- Career/calling confusion

Warfare Strategy:

1. Research scriptures specific to each giant
2. Write declarations based on God's Word
3. Pray these declarations during each hunger pang
4. Anoint your home/office/car while declaring
5. Play worship music continuously
6. Fast with others facing similar giants

3-Day Esther Fast Guidelines:

- Clear your schedule completely if possible
- Prepare family/work for your reduced availability
- Hour-by-hour prayer schedule
- Focus on one giant per day
- Expect spiritual pushback—press through!

Miracle Expectation Journal: Create a specific section documenting:

- What miracle am I believing for?
- What would it look like manifested?
- What scripture promises this?
- What prophetic words confirm it?

- Date believed: _____ Date manifested: _____

Week 7-8 (Days 43-56): Authority Building

Fasting Type: Strategic rotation

- Monday/Wednesday/Friday: Complete fast
- Tuesday/Thursday: Daniel fast
- Weekend: One meal per day

Focus: Building spiritual authority

Prayer Assignment: Target different spheres

- Monday: Family line and generational healing
- Tuesday: Church and pastoral covering
- Wednesday: City and regional transformation
- Thursday: National repentance and revival
- Friday: International hot spots
- Weekend: Personal breakthrough

Authority Declarations (speak aloud daily):

- "I am seated with Christ in heavenly places"
- "Greater is He in me than he in the world"
- "No weapon formed against me shall prosper"
- "I have authority over all enemy power"
- "Mountains move when I speak in faith"

Prophetic Actions:

- Write vision for your life post-breakthrough
- Create prayer map of your region
- Identify and pray for key leaders
- Perform prophetic acts as led
- Document words, visions, dreams

Week 9 (Days 57-60): Consolidation

Fasting Type: Your choice based on breakthrough need

Focus: Securing the ground gained

Four-Day Intensive Focus:

- Day 57: Thanksgiving for breakthrough
- Day 58: Establishing new boundaries

- Day 59: Prophetic declaration over future
- Day 60: Commissioning into Phase Three

Phase Two Declaration: "I have fought and won. Strongholds are broken. Miracles are manifesting. Authority is established. I enter Phase Three not as a survivor but as a victor."

PHASE THREE: Purpose Activation & Destiny Clarity (Days 61-90)

"For such a time as this..." - Esther 4:14

Week 10-11 (Days 61-74): Vision Clarification

Fasting Type: Weekly rhythm

- Monday: Complete fast
- Tuesday-Friday: Intermittent fasting (16:8)
- Saturday: Normal eating
- Sunday: Morning fast until after church

Focus: Receiving clear vision for calling

Vision Quest Exercises:

1. Write 20-year vision during fasts
2. Interview 5 people who know you well
3. List your greatest burdens/passions
4. Identify your unique gift mix
5. Research others in similar calling

Questions for Extended Prayer:

- "Lord, why did You create me?"
- "What is my unique assignment?"
- "Who am I called to serve?"
- "What must I do to prepare?"
- "What must I let go to take hold?"

Practical Steps:

- Schedule meetings with mentors
- Research training/education needed
- Begin strategic networking

- Create action plan with deadlines
- Share vision with accountability partners

Week 12 (Days 75-81): Commissioning Week

Fasting Type: Progressive intensity

- Days 75-76: Daniel fast
- Days 77-79: Complete fast
- Days 80-81: Celebration meals

Focus: Divine commissioning and sending

Commissioning Elements:

1. Gather intercessors to pray over you
2. Write your life mission statement
3. Create covenant with God
4. Plan first steps of obedience
5. Set up accountability structure

Prayer of Commissioning (have others pray this): "Father, we commission Your servant into their destiny. Release fresh anointing. Grant divine connections. Open doors no one can shut. Provide all needed resources. Guard them from the evil one. Use them for Your glory!"

Week 13 (Days 82-90): Launch Preparation

Fasting Type: Sustainable lifestyle pattern

Choose what you'll maintain long-term:

- Weekly 24-hour fast
- Daily intermittent fasting
- Monthly 3-day fast
- Quarterly extended fast

Focus: Preparing for sustainable ministry

Nine-Day Countdown:

- Day 82: Finalize your fasting lifestyle
- Day 83: Establish prayer rhythms
- Day 84: Create accountability systems
- Day 85: Plan first ministry steps
- Day 86: Prepare testimony to share
- Day 87: Rest and worship
- Day 88: Final preparation

- Day 89: Commission service
- Day 90: LAUNCH!

Final Week Declarations:

- "I have been prepared for my purpose"
 - "The same Spirit that raised Christ lives in me"
 - "I am dangerous to the kingdom of darkness"
 - "Revival flows through my consecrated life"
 - "Nations will be changed through my obedience"
-

Your 90-Day Journal Prompts

Daily Questions:

1. What did God speak today?
2. What breakthrough occurred?
3. What resistance did I face?
4. How did I overcome?
5. What am I grateful for?

Weekly Reviews:

1. Greatest breakthrough this week?
2. Most difficult moment?
3. Key scripture that sustained me?
4. How have I changed?
5. What's God preparing me for?

Phase Completions:

1. How am I different than when I started?
 2. What giants have fallen?
 3. What vision has clarified?
 4. What must I do next?
 5. Who can I bring on this journey?
-

Post-90 Day Lifestyle

The 90 days are not an ending but a beginning. You've tasted the power of fasting. You've experienced the breakthrough. Now you must steward what you've gained:

Maintain the Fire:

- Never go more than 7 days without fasting
- Keep your prayer altars burning
- Stay in accountable community
- Share your testimony regularly
- Mentor others in fasting

Multiplication Mindset: Your breakthrough is not just for you. Who will you lead through their own 90-day journey? How will you multiply what God has deposited in you?

Conclusion: Your Moment Has Come

As you close this book, heaven is watching. Angels are positioned. Your breakthrough is prepared. The testimonies you've read—from Jentezen Franklin's megachurch to David Yonggi Cho's cell groups, from Queen Esther's national deliverance to Mahesh Chavda's resurrection power, from Heidi Baker's love encounters to Lou Engle's stadium gatherings, from Daniel's governmental influence to your coming testimony—all declare one truth: **fasting is the master key to breakthrough.**

You are not reading this by accident. Like Esther, you have come to the kingdom for such a time as this. Your family needs your breakthrough. Your city needs your revival. Your nation needs your intercession. Your generation needs your voice.

The giants mocking you don't know what's coming. The mountains blocking you don't realize who you're becoming. The enemy terrifying you has no idea what these 90 days will release.

You have the testimonies. You have the plan. You have the same Holy Spirit who empowered every hero in this book. The only thing missing is your "yes."

Will you be the next testimony? Will you be the one who proves that God still moves through fasting? Will you pay the price that releases the prize?

Your 90 days start now. Your breakthrough begins today. Your testimony is being written.

The world is waiting for what your fast will release.

Welcome to the breakthrough.

"Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen." - Ephesians 3:20-21