

HOW TO FAST FOR FOR BREAKTHROUGH

A CHRISTIAN GUIDE TO
UNLOCKING MIRACLES THROUG
FASTING



DBA MINISTRIES

HOW TO FAST FOR BREAKTHROUGH

A Christian Guide to Unlocking Miracles Through Fasting

Table of Contents

1. **Jentezen Franklin: Fasting for Revival**
Story: His 21-day fasts became church-wide movements and personal turning points.
2. **David Yonggi Cho: Built World's Largest Church Through Fasting & Prayer**
Story: Fasted regularly before every major ministry move.
3. **Esther (Biblical): Saved a Nation with 3-Day Fast**
Story: Her courage and fasting shifted the king's heart.
4. **Mahesh Chavda: Saw the Dead Raised During a Fast**
Story: Miracles flowed through extended fasting and intercession.
5. **Heidi Baker: Received Vision and Healing While Fasting**
Story: Encounters during fast led to powerful missions in Mozambique.
6. **Lou Engle: Launched "The Call" Movements After 40-Day Fast**
Story: Used fasting to mobilize a generation for holiness.
7. **Daniel (Biblical): Changed Babylon With a Simple Fast**
Story: Demonstrated how even limited fasting yields results.

Chapter 8: 90-Day Breakthrough Fasting Guide

- Rotating 1-day and 3-day fasts
- Miracle-focused prayer points
- Journal to track results and revelations

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."