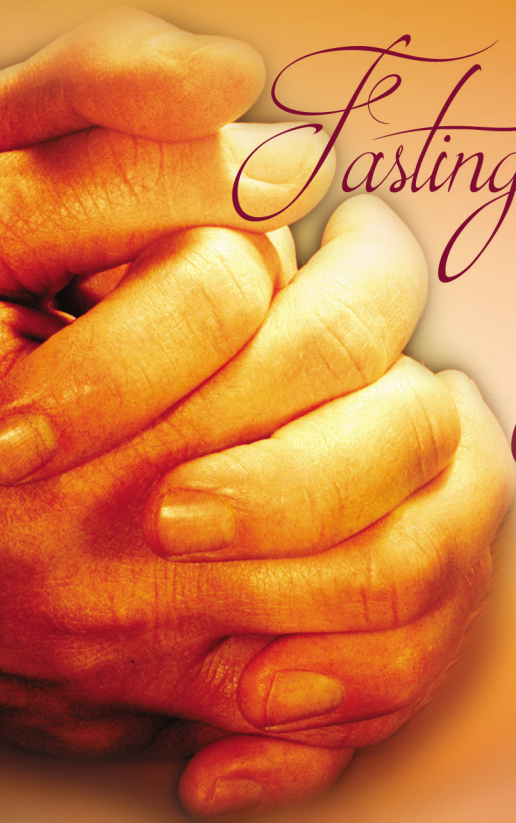
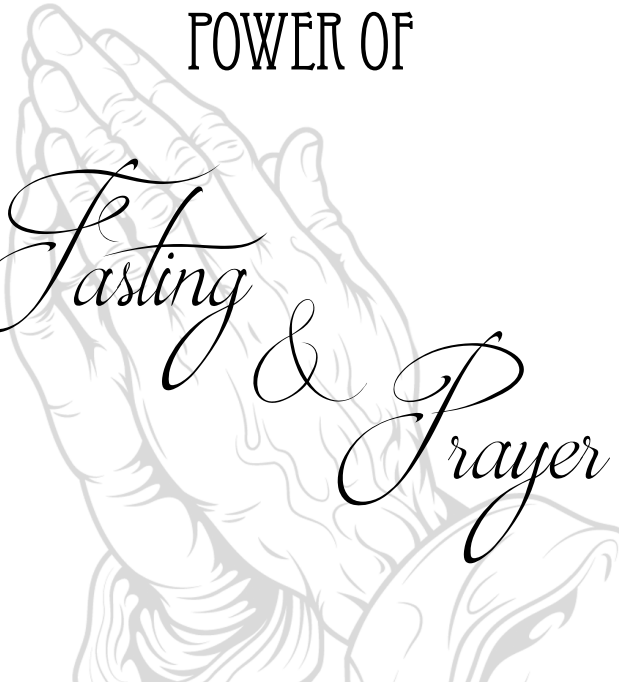


Power of Fasting & Prayer



Bro Samuel Victor
Global Prayer Network &
Christ for World Ministries

A detailed line drawing of two hands clasped together in a prayerful gesture, with fingers interlaced and palms facing each other. The drawing is rendered in a light gray tone, serving as a background for the text.

POWER OF
Fasting & Prayer

Bro. Samuel Victor
Global Prayer Network

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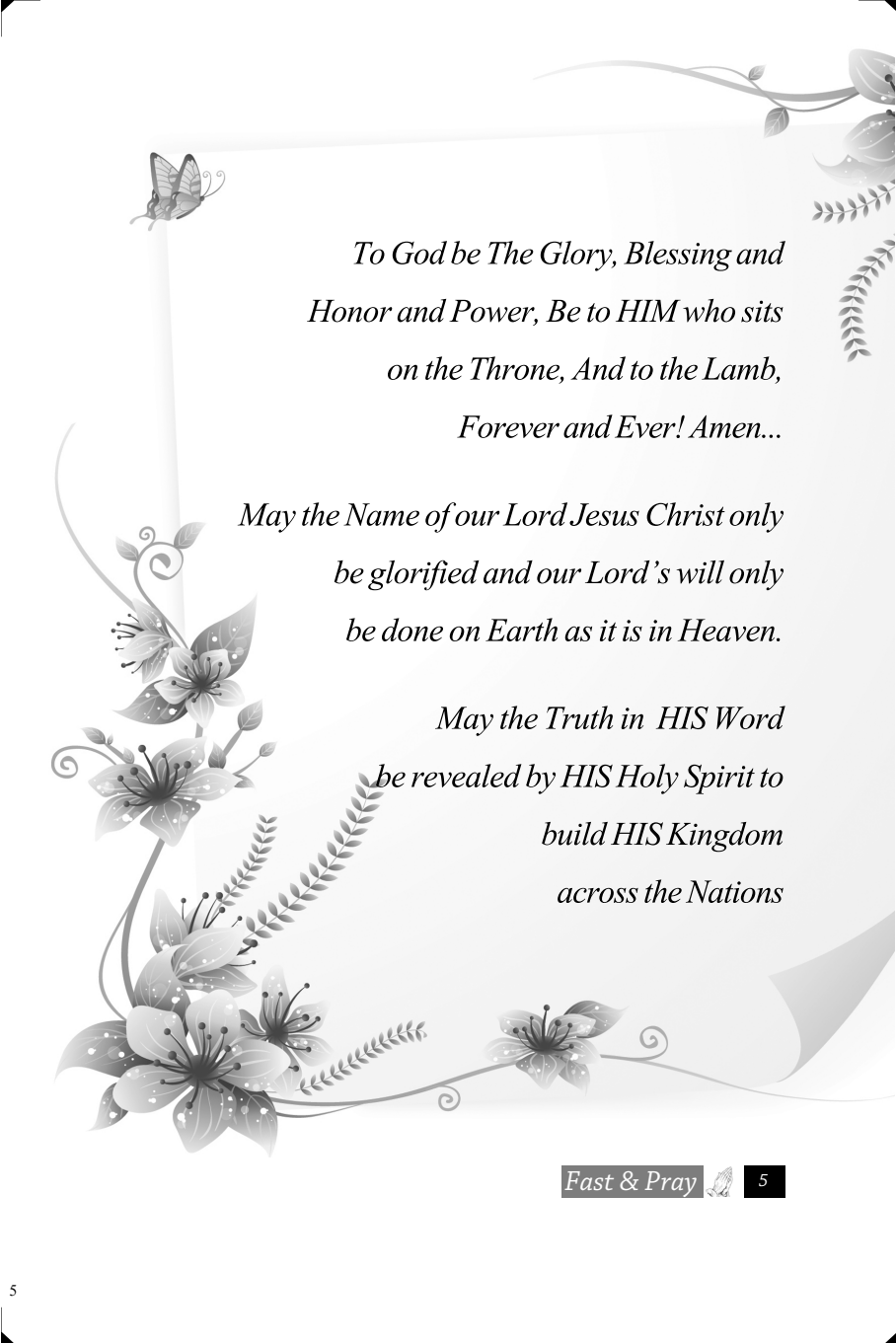
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*To God be The Glory, Blessing and
Honor and Power, Be to HIM who sits
on the Throne, And to the Lamb,
Forever and Ever! Amen...*

*May the Name of our Lord Jesus Christ only
be glorified and our Lord's will only
be done on Earth as it is in Heaven.*

*May the Truth in HIS Word
be revealed by HIS Holy Spirit to
build HIS Kingdom
across the Nations*

**UNITED WE STAND IN ONE ACCORD
ACROSS NATIONS, AS ONE BODY IN
CHRIST FOR THE SAKE OF GOSPEL,
WHERE LORD JESUS CHRIST IS THE
HEAD OF THE CHURCH**

Global Prayer Network





Late Rev. A. C. Victor Sundararaj

(2nd June 1940 - 10th Oct 2014)

*“The Lord gave, and the Lord has taken away;
Blessed be the Name of the Lord” – Job 1:21*

Remembering my loving dad and dearest friend, a man on his knees in prayers and a great support, who sold his life for the sake of the Gospel of Christ till his last breath, the one behind many Missions and growth of our Lord's Kingdom, a humble Servant of Christ, a Prophet and an Apostle, who lived by example, touched many souls, led many to Christ and raised many Leaders in His Kingdom yet his work seemed unknown until he left this world

Also remembering my dear and loving mom Mrs. Susila Victor, who all along with my dad and now to have this book come out for the expansion of His Kingdom

Samuel Victor



Pastor Jonathan Mathew

In an age where many Christians are in search of and are in need of irrefutable manifestation of the presence and power of God in their lives my brother in Christ Bro.Samuel Victor, sets forth a more excellent work on the spiritual discipline and exercise of fasting. It will call all readers to conviction, commitment, personal change and growth.

A biblical key to a breakthrough in our prayer lives is to join fasting with prayer. Jesus told His disciples on one occasion that the reason they could not cast out a particular spirit of infirmity from a demonized lad was because of their unbelief (See: Matthew 17:20-21). A few verses later, He added these words: "But this kind does not go out except by prayer and fasting." The point is that prayer and fasting combined can debunk our unbelief and re-empower our prayer lives. When prayer alone does not work, fasting and prayer will bring the breakthrough. Jesus fasted and he instructed his followers to fast and pray. The word of God gives testimony to the fact that



our Lord himself found fasting essential to a faithful walk in the will of God and the work of ministry. To truly be the Lord's disciple, Christians must seek to emulate His manner of living in the present age.

The power and anointing of the Holy Spirit is readily felt as one examines Samuel Victor's explanation and exhortation on the subject of fasting. If you desire to go to the next level of identifying God's destiny for your lives through fasting, this book will be the most beneficial read. It will be my earnest prayer that this book receives the attention and interest that it deserves and that its message may be a rich blessing to thousands of readers.

Pastor Jonathan Mathew
Messiah Prayer House



Dr. Sam Jebadurai

Experience the release of spiritual power through the age-old wonders of fasting and prayer!

When it comes to Fasting and Prayer, Bro. Samuel Victor has lived his message, in this book. He shares practical guidelines for fasting and prayer, what does it mean to fast and pray? Different forms of fasting, the do's and don'ts of fasting.

Tremendous power is released to the believer who is hungry to go deeper with God. Even if you have not experienced success with fasting before, this book will inspire faith in your spirit to believe for God's extra measure of grace to fast.

Embrace what the Word of God teaches concerning fasting combined with fervent prayer, be a hearer and a doer of the Word of God, and the power of God will flow through you to see even the most impossible prayers answered and countless other needs and desires met!"



Join Bro.Samuel Victor, in this book and experience for yourself the infusion of power that Fasting and Prayer will bring to your Christian walk!

*Dr. J. Sam Jebadurai, Founder,
Elim Glorious Revival Church & Antantulla Appam Ministries*



Pastor Osborne Jebadurai . . .

A fasting & Prayer is an opportunity for you as an individual to seek the face of God

This book is a tool that will help you focus your season of prayer and fasting. It is a guide to help you during fasting. Fasting and Prayer is spiritual discipline is not a gimmick or a spiritual fad, although its neglect in recent decades makes it a new discovery for many Christians.

Bro.Samuel Victor, explains prayer and fasting is a Scripture-ordained act of obedience—a means of humbling ourselves before God, drawing closer to Him, and making room for Him to speak and act in our lives.

Heaven is ready to receive your prayers empowered by your fasting. Make a decision to participate as a child of God, commit to hearing His voice. He will speak to you through the word, dreams, visions and in many other ways. Be alert and expectant as He honors your expectation.

Pastor Osborne Jebadurai
Elim Glorious Revival Church





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01

Preface

The Spirit of God led me to write this book about "**Fasting and Prayer**", I surrender and obey Him with all reverence and write this book with much prayer. May the truth in His Word be manifested and revealed to everyone with the help of His Holy Spirit and may His will only be done on earth as it is in Heaven through this book.

It was not an easy path to complete writing this book. The enemy does not want you to read this book so he might bring you many hindrances or

problems while reading this Book to test your faith. He very well knows that our Lord will sharpen you and will use you powerfully for His work after you read and surrender your life completely to Christ. So do not worry if you go through such problems or issues while our Lord prepares you for His work. This is part of the package. Read this book with much prayer and may our Lord use you to pull down the roots and plans of the enemy in Jesus Name. With this thought and an open mind, let us prepare ourselves to have a deeper understanding of Fasting and Prayer.

Samuel Victor





O2

Introduction

What is Prayer?

In simple words, Prayer means having conversation with God or talking to God from our heart. It need not to be in any specific format, at any specific place or in any specific position or at any specific time. Like talking to anyone, when we talk to our Lord from our heart it is called Prayer.

A person without Prayer makes him or her weak and powerless before God. It is easy to plan things and to preach, but very tough to pray sincerely because enemy knows the

Power of Prayer. Our Lord Jesus Christ expects at least ONE HOUR (1 hour) every day from every one, to pray and wait at His feet. He asked the same to his disciple Peter as we read in Mathew 26:40. This applies to every believer and mandatory for every child of God, apart from the time we meditate on the Word of God.

As part of our spiritual growth, our Lord leads us in different stages in our Prayer life. He teaches us how to pray, when to pray and for what to pray? Then He also teaches us how to fast and pray, which will be next level in our prayer life. So it is very important for every believer to know about Fasting and Prayer. Unless we know and understand the importance of Fasting and Prayer, we can never do it the right way. The enemy does not want us to know this because the day we fast and pray, we become a powerful weapon against Satan to pull his roots down. This is the reason Satan does not want us to know and do Fasting and Prayer regularly.

Before getting into details on Fasting and Prayer, let us first understand the difference between Starving and Fasting.

What is “Starving”?

When a person skips a meal they starve. There will always be an urge to quench the appetite due to starvation. In other words, the physical body looks for ways to feed the demanding taste buds and the hungry stomach. This is normal and every human being goes through this.



What is “Fasting”?

When a person skips one or more meals and sits at Lord’s feet and prays to our Lord Jesus Christ, it is called as Fasting and Prayer. Fast in short. There is a very thin line between Starving and Fasting. When we do not understand this very clearly, the enemy will cheat us. If we fast and do not pray, then it is not fasting. It is a kind of starving. Sometimes when we fast, we spend time only reading the word and not praying. The most important thing is to pray when you fast but the enemy does not want you to pray. The more our knees are bent, knelt, scratched, rubbed on floor, eyes filled with tears, fasting, praying and humbling ourselves more before God, we can see a great move of God in our Life which will be a blessing for many around us. When we fast, our food or manna is the Word of God to satisfy the spiritual appetite of our soul. When we read and meditate on the Word of God (The Holy Bible), His Word will strengthen us, but only when we pray our Lord moves and does miracles through Prayer. When every believer understands this our Lord will use him or her to fulfill His work in this world.

Here are few verses from the Bible that can help us to understand more about Prayer,

- *Prayer can change hearts of people and bring Salvation to everyone by His Grace and Mercy (Psalms 3:8, Mathew 7:7, 8)*

- *Prayer brings people together
(Mathew 7:7, 8)*
- *Prayer brings Denominations together
(Mathew 7:7, 8)*
- *Prayer brings unity among everyone
and Nations (Joel 1:14, 2 Chronicles 7:14)*
- *Prayer only brings revival among
families, Churches, Communities and in
Nations (Mathew 7:7-8, Joel 1:14,
2 Chronicles 7:14)*
- *Prayer only brings healing to Nations
(Joel 1:14, 2 Chronicles 7:14)*
- *Prayer changes destiny of any Nation
(Joel 1:14, 2 Chronicles 7:14)*
- *Prayer brings Peace of Christ in every
family, in every Church, in every
Community and in every Nation
(John 14:27)*
- *Fasting and Prayer only breaks the
plans of enemy (Mathew 21:22, John
14:13-14, Mathew 18:18-19, Mathew
17:21, Luke 10:19, Mark 16:18)*
- *Fasting and Prayer only pulls the roots
of enemy and gives victory in Jesus
Name (Mathew 21:22, John 14:13-14,*



*Mathew 18:18-19, Mathew 17:21,
Luke 10:19, Mark 16:18)*

Are we still crawling in our own comfort zone taking God's grace for granted?? Let us ask God to pour out HIS Spirit of Prayer every day in our lives. There is a PRICE to be PAID to PRAY as we sacrifice our time and sit at HIS feet. PLAN to spend more time with God, PRAY without ceasing and PARTICIPATE in HIS Kingdom expansion.

Lord JESUS CHRIST is our ONLY example or Role model

The Bible says in Eph.5:1, "**Be Imitators of God**" and in 1 Corinth 11:1 Paul the Apostle said, "**Imitate me, just as I also Imitate Christ**". Our only example or role model in this world is our Lord Jesus Christ. If you keep anyone else in His place, you will be a failure for sure. Jesus Christ lived a sinless and holy life in this world. No one is perfect like our Lord Jesus Christ. He is the only person we look up to. There was no need for Him to be baptized, but still Jesus did it to fulfill Father God's will and exemplified Himself as a role model for us. Our only sinless and powerful God who fasted and prayed for forty days set himself as the living role model. So when we fast and pray, the Holy Spirit will search us, cleanse us by His precious blood and sanctify us to grow closer to Him. Paul the Apostle was able to follow Christ completely. Hence Paul said, "Imitate me". No one, other

than Paul the Apostle not even His own disciple was the right person to emphasize it so confidently. The prayer of Jesus is given in John 17. Jesus Christ prayed for Himself, for His disciples, for His Ministry and for others. Here are few references from the Word of God which clearly explains how our Lord Jesus Christ prayed when He lived in this world.

When did our Lord Jesus Pray?

In Mark 1:35, the Bible says "**Early Morning**". In Mathew 14:23, the Bible says "**Evening**" and in Luke 6:12, the Bible says "**Night (whole night)**". From this we clearly understand our Lord Jesus Christ prayed whenever He had time. There was no specific time. He had regular communication with God the Father, to complete the mission that was given to Him during His existence in this world. The same way we can also pray to our Lord Jesus anytime of the day. But spending time with our Lord Jesus early in the morning will be more precious since there will be less distractions and we will be able to spend more time at His feet.

Where did our Lord Jesus Pray?

In Luke 5:16, the Bible says "**in the wilderness**". In Luke 9:28, the Bible says "**on the mountain**". In Luke 22:39, the Bible says "**in the Garden of Gethsemane**". In most of these situations we find our Lord Jesus secluded himself from this world, His disciples and spent most of His time alone with God the Father. This is the secret of His Ministry.



The same way we can seclude ourselves from our worldly pleasures and distractions and spend more time with our Lord Jesus one on one. Our Lord will speak to us and use us for His glory, more in the days to come.

How did our Lord Jesus Pray?

In Luke 22:41, the Bible says "**He knelt down and prayed**". In Mathew 26:39, the Bible says "**He fell on His face and prayed**". In Luke 22:44, the Bible says "**He prayed in agony, more earnestly with sweat and blood**". The same way we can pray to our Lord Jesus in any posture. There is no standard posture we need to follow or neither is given in the Bible to pray. But it will be good to kneel down and pray like how Jesus did since He is our only example or role model

How long do we need to Pray?

To live a holy life till the last day we live, we need our Lord's grace to sustain us till the end (after receiving the Gift of Salvation). Our Lord explained this to His disciples, so that they do not get into temptation. So every believer should at least pray for an hour every day to live a holy life in this world for His glory as it is mentioned in Mathew 26:40,41,46. This is mandatory apart from the time we mediate on the Word of God

Why do we need to Pray?

There are few reasons for why we need to pray....

- *It is our Lords will that we need to pray without ceasing (1 Thes 5:16-18)*
- *To avoid temptation (Luke 22:40, 41, 46)*
- *To take the Armor of God (Eph 6:18)*
- *If anyone is suffering let him Pray (James 5:13)*
- *To intercede for others problems as Jesus did for Peter (Luke 22:31-32)*
- *To pull down the roots of devil with Fasting & Prayer (Mathew 17:20-21)*

This will help us understand the reasons why we need to pray.

What we need to pray?

- *We need to pray for the Saints of God. The Holy Spirit does intercession for His people on behalf of us (Rom 8:26-27)*
- *Need to pray for all things, believing that in Prayer we will receive through Jesus Name so The Father in Heaven will be glorified (Mathew 21:22, John 14:13-14)*
- *His Will (Fathers Will) to be done on earth as it is in Heaven (Mathew 6:9-13, Luke 11:2-4)*



- *Ask Him (God The Father through our Lord Jesus Christ) to forgive our sins and make us HIS child (Mathew 6:9-13, Luke 11:2-4)*

Why God does not answer our prayers sometimes?

The Bible says in James 4:3, "*You ask and do not receive, because you ask amiss, that you may spend it on your pleasures*" and also in Mathew 6:8, "*Father knows your need before you ask Him*". Sometimes we ask him against His will, which might be for our own pleasures and not for the glory of God. Our Lord knows our heart and for what reason we ask Him. Sometimes He will not answer our prayers since He knows what is good for us at that moment and later while looking back, we will know it was for good only. So first understand what Lord's will is for your life and then ask Him accordingly so that His Name will be glorified through you. Amen.

Our Lord also teaches about Prayer in Mathew 6:5-15 and Luke 11:2-4, *But you, when you pray, go into your room, and when you have shut your door, pray to your Father who is in the secret place; and your Father who sees in secret will reward you openly. In this manner, therefore, pray: "Our Father in Heaven, Hallowed be Your name. Your kingdom come. Your will be done On earth as it is in Heaven. Give us this day our daily bread. And forgive us our debts, As we forgive our debtors. And do not lead us into*

temptation, But deliver us from the evil one. For Yours is the kingdom and the power and the glory forever Amen"

Also our Lord mentioned that His House should be called "**The House of Prayer**". We read this in Mark 11:17, Isaiah 56:7, Luke 19:46, Mathew 21:13. He does not want His house to be a house of merchandise (as we read in John 2:16). His house should be a House of Prayer where Praise, Worship and Prayer alone dwells all the time and not anything else. This is very important and every church leader, pastor should clearly understand. When we do not give priority for prayer in our local churches, we will find issues springing up. The only solution to get rid of issues is to bring prayer back in our local churches, allowing God to work among us. Nothing works except prayer to fix issues in local Churches. Our intelligence, our education, our position, our management skills will not solve problems or bring church's growth (the Body of Christ even one inch) unless the Holy Spirit works and this happens only through Prayer. Hence the Lord's house is called as the "**THE HOUSE OF PRAYER**".

Recent days, many local churches love to name their local church as "The House of Prayer" but they do not give priority to our Lord and also to prayer. What is the use of just having the local church named "The House of Prayer"? Are we raising prayer warriors in our churches? **As church leaders and pastors, are we setting examples first by coming together and pray. If we do not come together for prayer and set an example, then how can we expect our local**



church members to come for prayer? Many outsource prayer to some other group who do it faithfully. Our Lord Jesus Christ never outsourced prayer from His life and His ministry. He set Himself as an example and prayed more than anyone when He lived in this world. We are the best judge for ourselves. As leaders in the Body of Christ, if we have failed in this, let us recommit our lives to God to serve Him faithfully for the calling our Lord has called us for (as given in Eph 4:1-6)

Now let us understand more about Fasting and Prayer...

First of all let us ask one question, are we fasting to follow traditions or fast being led by the Spirit of God? We read in Zechariah 7:1-7, the word of God came to Zechariah asking the people of the land and the priests, *'When you fasted and mourned in the fifth and seventh months for the past seventy years, was it really for me that you fasted?'* In verse 7 the Bible says, they followed fasting without obeying God's word. Our Lord is not interested in fasting and prayer from people who do not follow Him or live a life that is not acceptable to Him or not following His Words and His Commandments. This is very basic and an important one to start with. At times, we do not understand this and we do fasting without having the right relationship with Christ. Our Lord is not interested with such sacrifices. He looks at our heart and not at our deeds that we do to please others or follow traditions.

Attending corporate fasting and prayer in local churches

or elsewhere for few days are good and very much needed. But this is a training given by our Lord and not everything. If we are really satisfied with such events then we will get self-contained and will never grow more in our spiritual life. More than corporate prayers, we need to really learn and cultivate the habit of fasting and prayer individually, which will help us build a very strong bonding and a one on one relationship with Christ. This should be part of our lifestyle and we should start doing it regularly. When we fast and pray, we humble ourselves before our Lord (Psalm 35:13, Joel 2:12). The more we humble ourselves before our Lord, He will cleanse us with His precious Blood and we will get closer to Him. When we get closer to Him then the Bible says, He will come closer to us (James 4:8). Our Lord will speak to us, break us, mould us and will use us for His glory.

The Bible says in Rev 5:8, *“And when he had taken it, the four living creatures and the twenty-four elders fell down before the Lamb. Each one had a harp and they were holding golden bowls full of incense, which are the prayers of God’s people.”* The prayer of God’s people or believers (whose life is acceptable by Christ) is like incense (like sweet aroma carried before twenty four elders) in the presence of Holy Living God. Amen. What a blessing! Our Lord dwells in the midst of these prayers and answers them as per His sovereignty.





03

Kinds of Fasting or Fast

Let us understand the kinds of Fasting. There are 3 kinds of fasting.

ABSOLUTE (or) TOTAL FAST

This is one kind of fast where we do not take any food and drink. This is also called "**Total fasting**". We read in Exodus 34:28 where Moses was with our Lord. He ate no food and did not drink anything to get the Ten Commandments from Holy God. This is called as "**Absolute Fast or Total Fast**"

NORMAL FAST

This is another kind of fast where we do not take any solid food but can take any liquid drink. We read in Luke 4:2 where Christ was led by the Spirit of God to fast for forty days. He was hungry after 40th day since He did not eat anything. The Bible never mentions that He did not drink anything (both in Mathew 4 and Luke 4), so He might have been on "Normal fast" during those days. During **Normal fast**, some take water or juices or other hot or cold beverages

PARTIAL FAST (Vegetarian diet or food)

This is another kind of fast where we do not take some specific kind of food. We can also call this fasting as "*Daniel fast*". We read in *Daniel 1:12 (NKJV)*, "*Please test your servants for ten days, and let them give us vegetables to eat and water to drink*". Here Daniel was fasting for ten days where he did not take any non-vegetarian food or meat but took only vegetables and water. This is called as "**Partial fast**".

We can be in any kind of fast as our Lord leads us and there is no hard and fast rule that we should follow. Our Lord will give us His special grace, His zeal and good health to do these kinds of fasting, so that we will be able to spend more time with Him and complete fast without any difficulty for His glory.





04

Days of Fasting

Secondly, let us understand how many days His people fasted that we see in the Bible. Again there is no hard and fast rule on this. The Spirit of God will lead and urge us to do so. We can do as our Lord leads us

One day

We can be on fast for one day and pray if our Lord leads. We read in 1 Samuel 7:6, *“On that day they fasted and there they confessed, we have sinned against the LORD.”* Here we see the people of Israel fasted for a

day and prayed to God. Also in Judges 20:26, *"Then all the Israelites, the whole army, went up to Bethel, and there they sat weeping before the LORD. They fasted that day until evening and presented burnt offerings and fellowship offerings to the LORD"*

Three days

We can also fast for three days and pray if our Lord leads us. We read in Mark 8: 1-3, *"In those days, the multitude being very great and having nothing to eat, Jesus called His disciples to Him and said to them, I have compassion on the multitude, because they have now continued with Me three days and have nothing to eat"*. Our Lord preached for three days and multitude followed Him without eating. He was moved with compassion and asked His disciples to bring food and later Jesus performed a miracle. Here our Lord Jesus Christ, His disciples and the multitude did not eat for three days. But they were at the feet of Christ listening to His Word. We also read about Jonah in the chapter of Jonah 1:17-2:1 (he had no food) and also about Saul (later changed as Paul) in Acts 9:9, 19 (he had no food and drink)

Seven days

We can also fast for seven days and pray if our Lord leads us. We read in 1 Chronicles 10:12, *"all their valiant men went and took the bodies of Saul and his sons and brought them to Jabesh. Then they buried their bones under the great tree in Jabesh, and they fasted seven days"*



Ten days

We can also fast for ten days and pray if our Lord leads us. We read in Daniel 1:12-16, Daniel was on partial fast for ten days

Twenty One days

We can also fast for twenty one days and pray if our Lord leads. We read in Daniel 10:2-3, *"In those days I, Daniel, was mourning three full weeks. I ate no pleasant food, no meat or wine came into my mouth, nor did I anoint myself at all, till three whole weeks were fulfilled"*. Daniel was on fast for 21 days. Most of Daniel fasting was partial fasting since he was working in parallel. Our Lord looks at our heart and our intention more than our act or traditions

Forty days

We can also fast for forty days and pray if our Lord leads us. We read about our Lord Jesus Christ in Luke 4:1-11 and in Mathew 4:1-11 and also about Moses in Exodus 34:28 and in Exodus 24:12, 18. Jesus did before He started His ministry in this world. Father God prepared our Lord Jesus and anointed Him during those days. Our Lord prepared and guided Moses to lead the people of Israel by giving Ten Commandments. Today many Nations Judicial systems are based on Ten Commandments. One man's obedience has blessed many nations and generations.

Some days

We can also fast for some days and pray if our Lord leads us. There is no rule as such. We read in Nehemiah 1:4, *"When I heard these things, I sat down and wept. For some days I mourned and fasted and prayed before the God of heaven"*. Also in Jonah 3:4-10, the Nineveh people did not eat or drink for some days. We are not sure for how many days they fasted (Jonah 3:5 and Jonah 4:5)

Lifetime

We can also fast continuously and pray if our Lord leads us. We read in Luke 2:37, *"and then was a widow until she was eighty-four. She never left the temple but worshiped night and day, fasting and praying"*. Anna, a prophetess, the daughter of Phanuel served God with fasting and prayers, day and night in the temple. The Bible says, she gave thanks to the Lord, and spoke of Him to all those who looked for redemption in Jerusalem

So we can do what our Lord wants us to do and there is no laid condition for the number of days to fast. We read in the Bible that based on situations we find our Lord preparing His people for His purpose or His work as they spend more time in fasting and prayers





05

Physical Health

Many have questions on health condition when they decide to take up fasting and praying. This becomes a major hindrance for people to do fasting. Many think by fasting, their health will get affected and do not continue to do so. When we really fast and pray, read the word of God, nothing will happen to us, but our body will be strengthened more physically, mentally and spiritually. The Bible says in Mathew 4:4, *'Man shall not live by bread alone, but by every word that proceeds from the mouth of God.'* The Word of God will

strengthen us during these times. This will be our spiritual food for our physical body. The more we meditate and pray, our Lord gives us His special grace to keep us in good health. But when we do not pray and read the Word of God, then we might feel hungry and tired. The Word of God is our strength and our spiritual food that does not perish

Initially, the first two days might be little challenging because our body or system gets adapted to new ways of fasting avoiding food. Some might get headache during these initial two days or feel very hungry. The first two days are the most challenging. The enemy tempts and wants us to break the fast by all means. But after two days, we will not have such issues or problems. The body gets adjusted with new system and we might not feel hungry as we add days to our fast. Our Lord's grace will be sufficient for us during this time

In the middle of the fast, if we break (by having some food) and start again, we might have the same problem we had during the first two days. So it is better we do not break the fast till the end and keep moving with our Lord's grace (also by reading His Word). Even though we have not taken any food, the digestion and exit system of our body will work well. There will not be any change unless we get dehydrated without having water or liquids (this is mainly for people who are not going on total fast). There might be changes in our body weight and appearance after tenth day, since our body consumes extra fat from existing system. There might be



loss of weight physically. But mentally and spiritually we will grow more and become stronger. We will be able to concentrate more and better during these times. The enemy will bring lot of problems, issues, temptations during this time but do not focus on them. Focus on our Lord Jesus Christ only since He is our **SOLID ROCK**. The physical changes in the body may vary from person to person and is normally noticed after the tenth day

There is no age limit or restriction for fasting. We can fast at any age. Our Lord's grace is sufficient for us. If we are not sure about our health, then let us start with partial fast and later on, we can go with other kinds of fasting as the Lord leads us. We can also consult our doctor if we are under medications (before starting fast). Even if you are diabetic or have heart problems or cancer or any health related issues, you can still fast and pray. Based on our health conditions, we can decide the type and days of fast as the Lord leads us. Our Lord looks at our heart more than our actions. He knows our intention. Many get divine healing when they spend more time with God during fasting and prayer. You are the best judge for your health and do what the Lord leads you to do





06

Plan and Schedule Before Doing Fasting

Whenever we want to fast for more than three days, we should plan well in advance unless the Lord leads us to start immediately. There are so many factors to be considered before we start fasting. First we need to plan on dates otherwise it might overlap with other appointments. If you have a family, then you need to consider the schedule of your other family members. It is easy to do fasting when we are not married and live alone. But when we have a family there are many things to be considered. The better we plan, the better we will be able to do

fasting without much concern. Our family members who stay with us play an important role during our time of fast because they undergo a lot of sacrifices both physically and mentally. Our Lord's special grace will be upon them as well to help us and our family. His special blessing will also be on our family since we obey and do this according to His will only

Plan in such a way that you do not go out or travel during this time so you can spend more time with our Lord. Make sure the dates do not fall on some relative's marriage or some family function (like birthdays or anniversaries) or some festivals where your family celebrates. If we do not plan well the enemy will bring unnecessary confusion during that time. After you plan dates, make sure you discuss with your family members or spouse and get their consent because they will also need to adjust with you and change their schedule accordingly to help and support you. This is very important

Plan a daily schedule well defined so that you strictly follow them. You can plan to pray for you and your health for few days, your family for few days, local Church for few days, your work for few days, Lord's Ministry for few days, revival of nations for few days (or) if our Lord leads you to pray for only one thing, then be focused to pray only for that prayer point. Spend more time in Prayer and reading the Lord's Word. If you have a family, make sure to support and spend time with them also by all means so that your regular family schedule does not get affected. Planning plays an



important role in having a balanced life to avoid having issues. If you work during long fast, then plan well with additional consideration. Make sure you are not at a crucial stage of your project or work or else you might starve and will not be able to fast and pray. These are some basic planning to be done from your end so that our Lord will help you to fast and pray. Many do not plan well and later put the blame on God if they are unable to fast and pray as they intended.





07

Role of your Family

The role of our family members and especially our spouse during the fasting period is very important. They also need God's grace, to help us during fast. It is not an easy thing. Sometimes they might have to totally adjust, sacrifice and go through mental pressure and physical stress. They might have to take extra work and do them on our behalf. If they are born again, they will be able to understand otherwise it might be another big challenge. If they are non-believers, they will not understand the importance

of fasting and prayer. In that case, do not explain in detail to non-believer about fasting and prayer, but make sure they understand your schedule. Pray for them regularly so they can help you. You need extra special grace from our Lord when you have a spouse who is not a believer





08

Pre - Conditions before Fasting

Plan well in advance with your family and decide on dates.

Check with your doctors on your medical conditions (if needed) while going on a long fast. It is your personal preference. Some do not want to check with any doctor and will go ahead with total faith. This is totally fine. Do what is comfortable for you and what our Lord leads you

Even before you start a fast, start praying for this fasting which you have scheduled. Bind all the spirits of darkness which is acting against fasting

and ask the Holy Spirit to take complete control of this fast. Claim the promises given in Mathew 21:22, John 14:13-14, Mathew 18:18-19, Mathew 17:21, Luke 10:19, Mark 16:18 before you start fasting. Pray that our Lord would give special grace and strength, for you and your family during these special moments

It is good to have two friends or prayer warriors as mentors who can fast and pray with you during that time. As we read in Exodus 17:12, *"But Moses hands became heavy; so they took a stone and put it under him, and he sat on it. And Aaron and Hur supported his hands, one on one side, and the other on the other side; and his hands were steady until the going down of the sun"*. Moses needed two people to support him during the time of war. The same way it is good to have two prayerful friends who can stand with you during this fast season. All they need to do is to fast and pray for you alone, now and then, from their own place to support you. Make sure they do not tell anyone about your fasting. It is good to have them start with you for initial three days and also join with you during last three days of your fast. Those are the days the enemy will try to fail you to receive our Lord's blessings. His aim is to break the fast and not build our Lord's Kingdom. So it is good to identify and have such prayerful friends. Your spouse, your kids, your parents or your pastor or your prayer group friends can be one of them. You can decide and select whom you are comfortable with



praying and sharing. Make sure they have same burden as you and same vision to do Lord's work otherwise they will become a burden to you.

The bible says in Matthew 6:16, "*When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting*" and also in Matthew 6:17, 18, "*But when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you*". Make sure you have a good place or separate room to fast and pray, so that others do not disturb you or you do not disturb others. You might like to use some music player to listen to worship songs during prayer time, so plan to have such music system. Make sure you wash your face often and apply oil regularly, so you look fresh. Others should not find or notice that you are fasting while seeing you. Make sure you have water or hot beverages inside your room, so you do not need not go out often and waste time talking to others when you are supposed to be praying. Have a calendar and an alarm clock in your room





09

During Fasting and Prayer

Lord will lead you; the Holy Spirit will teach and guide you during this time. They both will help you in every stage of Fasting and Prayer. When you are led by the Spirit of God, He will help and teach for what you need to pray. If our Lord has anointed you and given you the gift of speaking in tongues, you can pray with our Lord's anointing. You might not know for what you are praying for, but the Spirit of God will be interceding for His Saints. You can also intercede and pray for others like Daniel and Moses did (Prayer of Intercession – Daniel 9:3-5, Exodus 32:11, 14)

The two important things you should do, is to pray and meditate on the Word of God. Avoid conversing with your personal friends or relatives or neighbors but spend more time with our Lord. Avoid going to outside places unless it is mandatory. Spend time only with God and your family only. If you work during that time, you can still pray when you are at work (in your heart and meditate on the Word which you read from the Bible)

Ask our Lord to cleanse you every moment by His precious Blood and ask Him to break you more, empty you more before His presence and fill you more with His power and His anointing. More you allow the Holy Spirit to work in you and humble you; He will take control of your life and will give you a clear direction in everything. Allow our Lord to take control of your life so that His will be done through you. Ask God to give you the Gifts of the Holy Spirit so that you can be a powerful vessel for Him in the days to come. The Bible says in Mathew 7:7, "*Ask and it shall be given*". Whatever you want you can ask, so that the Lord's name is glorified through that

When you meditate on the Word of God, the Holy Spirit will clearly speak to you especially from few verses in the Bible. They might be promises giving you direction for the ministry He called or might be answers for your questions. Note them in a book, mark them, so you can revisit them anytime later, when going through troubles or walk in valley of death. These verses will comfort us and strengthen our



faith in Christ. Never take them lightly. Mark them and read them daily. Pray with those verses and claim those promises in Jesus Name every day

When you are in long fast, sometimes you might feel our Lord is not speaking to you. You might have not got any clear direction from the Holy Spirit (or) any word from the Bible. You might even think whether it is really God who led you to fast and pray? Do not worry. These are thoughts given by enemy. Our Lord will test us and check how faithful we are to Him and later He will speak to us. So do not break the fast during that time. Keep praying and keep reading the Word of God

Sometimes our Lord will speak to us through visions or dreams during that time. The Holy Spirit will explain to us clearly about the vision and dream and also will confirm through the Word of God. We need to always test whether these visions and dreams are from God or not. If you do not have a confirmation through the Word of God, then it is not from Him. Our Lord is not a God of confusion. He will always confirm His message or His plan through His Word. We can see the same in Mathew 1:20-21, when Christ was born, the message was given to Joseph by a dream. But the same was confirmed earlier through prophet Isaiah (Isaiah 7:14, Isaiah 9:6). When you get visions and dreams, our Lord will speak and give clear direction to you to do His work. So do not take these visions and dreams lightly. Pray that you have clear understanding about these visions and dreams confirming

through His word. The Bible says in Acts 2:17, 18 that our Lord will speak through visions and dreams when He pours out His Spirit upon us. Amen





10

Finally... My Role and Commitment

Now it is your time to decide, prepare, commit and surrender to our Lord's will, so that He can use you powerfully for His work and for His Glory. There are no rules set to fast and pray, but here are a few things which you can plan and follow to grow stronger in our Lord

If you are a born again believer, you should at least skip one meal in a week, fast and pray for you and your family. In these last days, the enemy's plan is to break families and it is your responsibility to pray for your family, your grandchildren and your generation

Secondly, at least one day in a month you should fast and pray for your local church, outreaches happening in and around your place, mission organizations, missionaries and also for salvation of souls in nations where you were born and currently you live

If you are a Church leader or Pastor or Missionary or Christian leader or an Evangelist or a Prophet or an Apostle or Pastorate committee member / Board member of any Church / Mission organization, then you should at least fast and pray for three days every month. You can do as our Lord leads you (based on my suggestion). We need our Lord's clear guidance for His Church and His ministry. Unless we sit at the Lord's feet to receive His new anointing and plan for His work, we will not be able to complete His will and purpose. We cannot walk with the same anointing we received ten years back or few months back to do His work today. Unless we start doing this, we will not see fruit in His ministry. Maybe we can conduct events but unless our Lord works nothing will happen, not one soul will be reached. So it is very much necessary to do fasting and prayer every month to do His work faithfully. Doing Lord's work without fasting and prayer will be of no use to anyone (including us, our Lord Jesus Christ and His Holy Spirit)

Also, if our Lord open doors for us to share the gospel in a local church or anywhere, then we should fast and pray to get His word from the Holy Spirit and then preach. Every



preacher should understand this. The Holy Spirit knows the exact need of every person who comes to the local church or meetings and will give right message to preach. When we do so, we will see our Lord working in a mighty way, else it is another event. We do not want events in God's kingdom but want His Holy Spirit to move and work among us. If we are not able to wait at our Lord's feet with fasting and receive the right word from our Lord, we should not preach. We do not want to preach any man's doctrine or theology. During these last days, we want the Spirit of God to move and souls to be saved

If our Lord is leading you to come into full time ministry as Pastor or Missionary or leads you to start a local church or any mission organization or leads you to open a local church branch or opens door for any new ministry, then wait at His feet, fast and pray as our Lord leads maybe forty days or twenty one days. Our Lord Jesus Christ did the same. He fasted and prayed for forty days before He started His own ministry so He can be an example or a role model for us. Moses waited at our Lord's feet twice for forty days. Our Lord honored his faith, sacrifice and very clearly gave Moses His plan. Today many generations are blessed because of Moses' sacrifice. If you want our Lord to use you the same way, then wait at His feet, get a clear blueprint or plan from our Lord and then do His work so that you can fulfill His will and purpose for you

If you are already an Evangelist or a Pastor or a

Missionary, and have started a new local church or mission organization without having time to sit at His feet to understand God's will, then you can still do it now. Our Lord is ready to speak to you, give you a clear plan for His work to be done through you when you sit at His feet to fast and pray like Moses did. He will equip you with His anointing, with His power and will use you for the work He has called you for. Through you many generations, nations will be saved and be blessed. You will be a powerful vessel for His glory

Finally, the bible says in Acts 13:2-3, *"While they were worshipping the Lord and fasting, the Holy Spirit said, Set apart for me Barnabas and Saul for the work to which I have called them So after they had fasted and prayed, they placed their hands on them and sent them off"* and also in Acts 14:23, *"Paul and Barnabas appointed elders for them in each church and, with prayer and fasting, committed them to the Lord, in whom they had put their trust"*. If you are planning to select Board members or Pastorate committee members or Mission leaders or Ministry leaders, first fast and pray. The Bible clearly says, in the early church, they fasted and prayed, and then chose the right people for His work. It is not our work. It is not our ministry. It is Lord's ministry through us. So when we fast and pray, our Lord will clearly guide us and tell, who we should select and use for His work. He will bring the right chosen vessel, so that His ministry and His will be done on earth as it is in Heaven



May our Lord use each and every one of us who reads this message and this book. As you plan to spend time at our Lord's feet with fasting and prayer, may our Lord Jesus Christ mould you, anoint you with His power and use you powerfully in the days to come, to expand His Kingdom during these last days.

Do not keep this book idle. Pass this book to everyone in your family, to every believer, to your prayer group members, to members in your local church so that everyone will know and understand the importance of fasting and prayer.

May all Praise, Glory and Honor be to God the Father, our Lord Jesus Christ and HIS Holy Spirit only for ever and ever. Amen



***“But as for me and my house,
we will serve the LORD”- Joshua 24:15***

I thank my Lord Jesus Christ,
for my loving and wonderful family
(wife **Priya** and daughters **Sherene** and **Sharon**)
to be part of this journey
and to do His will till our last breathe.

May His Name only be glorified
through us, in all we do,
for the expansion of His Kingdom’s work

Samuel Victor



- ☞ *Prayer can change hearts of PEOPLE and bring Salvation to everyone by HIS Grace and Mercy (Psalms 3:8, Mathew 7:7, 8)*
- ☞ *Prayer brings people together (Mathew 7:7, 8)*
- ☞ *Prayer brings Denominations together (Mathew 7:7, 8)*
- ☞ *Prayer brings Unity among everyone & Nations (Joel 1:14, 2 Chronicles 7:14)*
- ☞ *Prayer only brings Revival among families, Churches, Communities & in Nations (Mathew 7:7-8, Joel 1:14, 2 Chronicles 7:14)*
- ☞ *Prayer only brings healing to Nations (Joel 1:14, 2 Chronicles 7:14)*
- ☞ *Prayer changes destiny of any Nation (Joel 1:14, 2 Chronicles 7:14)*
- ☞ *Prayer brings Peace of Christ in every family, in every Church, in every Community & in every Nation (John 14:27)*
- ☞ *Fasting & Prayer only breaks the plans of enemy (Mathew 21:22, John 14:13-14, Mathew 18:18-19, Mathew 17:21, Luke 10:19, Mark 16:18)*
- ☞ *Fasting & Prayer only pulls the roots of enemy and gives Victory in Jesus Name (Mathew 21:22, John 14:13-14, Mathew 18:18-19, Mathew 17:21, Luke 10:19, Mark 16:18)*

Fast & Pray

Are we still crawling in our own comfort zone taking God's grace for granted?? Let us ask God to pour out HIS Spirit of Prayer daily in our lives. There is a PRICE to be PAID to PRAY (to sacrifice our time and sit at HIS feet). PLAN to spend more time with God, PRAY without ceasing & PARTICIPATE in HIS Kingdom expansion