

JOIN FASTING "THE MOVEMENT" | QUICK TIPS FOR FASTING  
FLIES IN THE OINTMENT | RECIPES FOR FASTING | MIRACLE TESTIMONIES | GOOD FOR THE BODY?

# CONNECTION

WITH JENTEZEN FRANKLIN

## WHY DO WE FAST?

What it Really Means to Develop a True Hunger for God

JENTEZEN FRANKLIN  
MINISTRIES



# PURPOSE TODAY

TO MAKE FASTING A REGULAR PART OF YOUR CHRISTIAN WALK THEN WATCH AS  
THE LORD REVEALS HIMSELF TO YOU IN MIRACULOUS AND WONDERFUL WAYS.

JENTEZEN FRANKLIN  
MINISTRIES

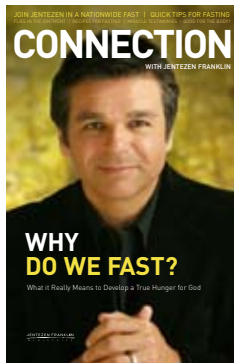


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## WHY DO WE FAST?

A Jentezen Franklin Ministries Publication

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# WHY DO WE FAST?

IF JESUS COULD HAVE ACCOMPLISHED  
ALL HE CAME TO DO WITHOUT FASTING,  
WHY DID HE FAST?

## WHY SHOULD WE?

**D**uring the years that Jesus walked this earth, He devoted time to teaching His disciples the principles of the Kingdom of God, principles that conflict with those of this world. In the Beatitudes, specifically in Matthew 6, Jesus provided the pattern by which each of us is to live as a child of God. That pattern specifically addressed three specific duties of a Christian: Giving, Praying and Fasting. Jesus said, “*When you give*”... “*And when you pray*”... “*And when you fast.*” He made it clear that fasting, like giving and praying, was a normal part of Christian life. As much attention should be given to fasting as is given to giving and to praying.

Could we be missing our greatest breakthroughs because we fail to fast? Remember the thirty, sixty and one-hundredfold return that Jesus spoke of in Mark 4:8-20? Look at it this way: When you pray, you can release that thirtyfold return. When both prayer and giving are part of your life, I believe that releases the sixtyfold blessing. But when all three—giving, praying and fasting—are part of your life, I believe that is when hundredfold return can be released!



## VICTORIES ARE NOT WON IN PUBLIC, BUT IN PRIVATE.

Jesus, while being a very public figure, was actually a very private person. He did not pray in public nearly as much as He prayed in private. Out of those private times that Jesus spent alone with His Father came an enormous outpouring of public demonstration of God's power poured forth in healings, raising the dead, abundance and more. Likewise, fasting, whether done corporately or individually, is a private discipline.

If that is the case, you have to wonder what blessings aren't being released... what answers to prayer are not getting through... what bondages are not being broken... because we fail to fast.

### THE SON OF GOD FASTED BECAUSE HE KNEW THERE WERE SUPERNATURAL THINGS THAT COULD ONLY BE RELEASED THAT WAY. HOW MUCH MORE SHOULD FASTING BE COMMON PRACTICE IN OUR LIVES?

According to the words of Jesus, it is the duty of every disciple, every believer, to fast. When addressing the Pharisees as to why His disciples did not fast, Jesus replied, "Can you make the friends of the bridegroom fast while the bridegroom is with them? But the days will come when the bridegroom will be taken away from them; then they will fast in those days" (Luke 5:34-35 NKJV).

*Then* they will fast. Jesus didn't expect His disciples to do something He hadn't done. Jesus fasted, and according to the words of Peter, Jesus is our example in all things (see 1 Peter 2:21). "A disciple is not above his teacher, but everyone who is perfectly trained will be like his teacher" (Luke 6:40 NKJV).

There's another vital point I want you to see in Matthew 6. God delights in rewards. Not only that, when giving, praying and fasting are practiced in your life, He says He will "reward you openly." Jesus said, **Whenever you fast**, do not put on a gloomy face as the hypocrites do, for they neglect their appearance so that they will be noticed by men when

they are fasting. Truly I say to you, they have their reward in full. But you, **when you fast**, anoint your head and wash your face so that your fasting will not be noticed by men, but by your Father who is in secret; and your Father who sees what is done in secret will reward you" (Matthew 6:16-18 NASU).

Every year our entire congregation at Free Chapel participates in a 21-day fast. The pages of this publication cannot contain all of the marvelous, miraculous testimonies of God's "open reward" of those who participate, but we have shared a few to encourage you in your journey of fasting. After all, if in 21 days you can be a new person, why go the rest of your life feeling sick, weak, being overweight and run-down? Why not take a radical step of faith?

### DON'T LOSE HEART IF YOU FIND IT TO BE A BATTLE. DETHRONING "KING STOMACH" IS NO EASY TASK.

Your stomach has been "in charge" since the Garden of Eden. The Bible records, "The LORD God planted a garden eastward in Eden, and there He put the man whom He had formed. And out of the ground the LORD God made every tree grow that is pleasant to the sight and good for food. The tree of life was also in the midst of the garden, and the tree of the knowledge of good and evil... And the LORD God commanded the man, saying, 'Of every tree of the garden you may freely eat; but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall surely die.'"

Seems straightforward enough, right? But the serpent was cunning, and convinced Eve she should eat from the forbidden tree, assuring her that she

would not die. "So when she saw that the tree was good for food... she took of its fruit and ate. She also gave to her husband with her, and he ate." With that one meal, Adam and Eve immediately went from peacefully enjoying God's presence in the cool of the garden to fearfully hiding from His presence among the trees of the garden (see Genesis 2 and 3).

They literally ate themselves out of house and home. Their stomachs were temporarily satisfied, but by eating the fruit of 'the tree of the knowledge of good and evil' they literally "ate" themselves out of the will of God for their lives... out of God's provision and plan... and out of His magnificent presence. And we still suffer the consequences of their appetites today.

### FASTING CAN BECOME EASIER AS YOU MAKE IT A PRIVATE DISCIPLINE IN YOUR LIFE.

Once you make that decision to fast, even if it's just for a day, God sees the desire of your heart. He will provide you with the grace to endure and see the breakthroughs you need come to pass. We only have one life to give to God; let's get control of our bodies and go for God with the best we have!

(Portions excerpted from *Fasting: The Private Discipline that brings Public Reward*, Jentezen Franklin)



# fasting

## QUICK TIPS:

MOST OF THE FASTS MENTIONED IN THE BIBLE WERE PUBLIC FASTS INITIATED BY THE PRIESTS; JESUS GAVE US THE MODEL FOR PRIVATE FASTS IN MATTHEW 6:16-18; 9:14-15.

WHETHER YOU ARE BEGINNING A PRIVATE FAST, OR FASTING CORPORATELY AS WE DO EACH YEAR AT FREE CHAPEL, YOU WILL FIND THESE TIPS HELPFUL.

### PREPARING SPIRITUALLY

Confess your sins to God. Ask the Holy Spirit to reveal areas of weakness. Forgive all who have offended you and ask forgiveness from those you may have offended (Mark 11:25; Luke 11:4; 17:3-4). Surrender your life fully to Jesus Christ and reject the worldly desires that try to hinder you (Romans 12:1-2).

You are following Jesus' example when you fast. Spend time listening to praise and worship music. Pray as often as you can throughout the day. Get away from the normal distractions as much as possible and keep your heart and mind set on seeking God's face.

### PREPARING PHYSICALLY

If you have health concerns, consult your doctor prior to beginning a fast and explain what you plan to do. This is especially important if you take prescription medications or have a chronic ailment. Some people should never fast without professional supervision.

**HOW TO BEGIN** Start with a clear goal. Why are you fasting? Do you need direction, healing, restoration of marriage or family issues? Are you fasting for the salvation of loved ones? Are you facing financial difficulties? Ask the Holy Spirit for guidance. Pray daily and read the Bible.

### DECIDING WHAT TO FAST

What you fast is up to you. It may be a full fast in which you only drink liquids, or you may desire to fast like Daniel, who only abstained from breads and meats, and drank only water. There are a few other things to focus on during this time that will help you maintain a "clean vessel." For example, you should refrain from critical speaking, spreading

## WHY ARE YOU FASTING?

negative words about or to anyone else. Also, consider limiting how much you watch TV, and how much time you spend on things that are distracting. Remember to replace that time with prayer and Bible study. That time with Jesus will produce dramatic change in your life.

**DECIDING HOW LONG** Most people can easily fast from one to three days, but you may feel the grace to go longer, even as much as 21 to 40 days. Use wisdom and pray for guidance. Beginners are advised to start slow.

**WHAT TO EXPECT** When you fast, your body detoxifies, eliminating toxins from your system. This can cause mild discomfort such as headaches and irritability during withdrawal from caffeine and sugars. And naturally, you will have hunger pangs. Limit your activity as much as possible, and exercise moderately. Take time to rest. Fasting brings about miraculous results.

**HOW TO END** Don't overeat when the time comes to end your fast. Begin eating solid foods gradually and eat smaller portions or snacks.



T Y P E

OF FASTS

THE TYPE OF FAST YOU CHOOSE IS BETWEEN YOU AND GOD. HE WILL HONOR YOUR BEST SACRIFICE. YOU MAY WANT TO INCLUDE A COMBINATION OF FASTS. FOR EXAMPLE, YOU MAY WANT TO PARTICIPATE IN A FULL FAST FOR 1-3 DAYS AND THEN CONTINUE WITH A DANIEL FAST



FULL FAST:

Drink only liquids; water, 100% juice and clear broth (you establish number of days). *Consult your doctor.*

DANIEL FAST:

Eat no meat, no sweets and no bread. Eat fruits and vegetables and drink only water.

3-DAY FAST:

This fast can be any type of fast (Full Fast, Daniel’s Fast, or you can give up one item of food).

PARTIAL FAST:

This fast is from 6 a.m. to 3 p.m. or from sun-up to sundown. A partial fast can also be any type of fast.

SCRIPTURE REFERENCES FOR FASTING:	RELATION TO PRAYER AND READING OF THE WORD:	CORPORATE FASTING:
MATTHEW 6:16-18	1 SAMUEL 1:6-8, 17-18	1 SAMUEL 7:5-6
MATTHEW 9:14-15	NEHEMIAH 1:4	2 CHRONICLES 20:34
LUKE 18: 9-14	DANIEL 9:3,20	EZRA 8:21-23
	JOEL 2:12	NEHEMIAH 9:1-3
	LUKE 2:37	JOEL 2:15-16
	ACTS 10:30	JONAH 3:5-10
	ACTS 13:2	ACTS 27:33-37
	1 CORINTHIANS 7:5	

[REMEMBER] that it is the attitude of a heart sincerely seeking Him to which God responds with a blessing (Isaiah 58; Jeremiah 14:12; 1Corinthians 8:8). May God greatly bless you as you fast!





# FLIES

## IN THE OINTMENT

### THE LORD OF THE FLIES

One of the Biblical names for Satan is “Beelzebub,” which means “lord of the flies.” In the Bible, flies and pests are representative of demon spirits. Demon spirits such as generational curses, bondages and strongholds of the mind can attach themselves to our lives, persistently buzzing around in our heads like irritating flies. We swat them but they just keep coming back.

Are you tormented by certain “flies” or reoccurring problems and temptations in your life? If you want the victory once and for all, the Lord has given you a strategy for triumph—fasting. If you will consecrate a period of time for special sacrifice and intimacy with the Lord, you will experience deliverance from “flies” you’ve tried to get rid of for years.



# ERADICATE THE FLIES

Scientists have discovered something interesting about killing flies. To completely eradicate them, you must spray insecticides for a period of forty days because that is the length of a fly's reproductive cycle. If you spray consistently over a 40-day cycle, you will not only kill the present flies but will wipe out future generations.

In the same way, you can eliminate evil spirits from your life and your children's lives with a season of consecrated, continual prayer. Satan is a short-term skirmisher. Demons cannot stand the power of the Holy Ghost and intimate presence of Jesus that happens when you pray and fast.

# FASTING THAT PRODUCES RESULTS

The Bible records many different circumstances, types and lengths of fasts. It was during a forty-day fast that Moses received the Ten Commandments (Ex 34:27-28). When Haman ordered the annihilation and plunder of all Jews, Esther called for all the Jews of her city to join her on a three-day fast from all food and water. As a result, the Jews were spared, Haman's vile plan was exposed, and he was hanged on his own gallows! (See Esther 4-7.) Hannah, greatly distressed over not being able to bear a child, "wept and did not eat,"

as recorded in 1 Samuel 1:7. God heard her plea and the prophet Samuel was soon born. Joshua fasted 40 days and of course, we know that Jesus fasted 40 days in the wilderness.

Don't be discouraged if you think you cannot fast for forty days. Don't bite off more than you can handle. There's no need to be heroic and attempt a 40-day fast if you've never fasted a day in your life. Just start. Once you discover the benefits, you'll be on your way to making it a life-practice. Daniel partially fasted 21 days and often fasted one day at a time. The results of his 21-day fast in which he only abstained from breads and meat, and drank only water were powerful enough in the spirit realm to get the attention of the Archangel, Michael (Daniel 10:2-3). It's recorded that the apostle Paul was on at least two fasts, one for 3 days and one for 14 days. Peter fasted for 3 days. Judah, Ezra, the people of Nineveh, Nehemiah, David and Anna are also among those whose fasts are noted in the Word. God will honor the sacrifice made in His Name.

# THE PRICE OF DELIVERANCE

If you seek complete deliverance, healing and restoration, you must be willing to pay the price. Denying the flesh is difficult, but the Presence of God is more than worth it. There's nothing like His Presence and there's nothing like being free from "flies."

(Portions excerpted from the *Embracing God Journal*, and *Fasting: A Private Discipline that Brings Public Reward*, Jentezen Franklin)

# QUESTIONS:



- Q1:** What are some of the "flies" (problems) that are tormenting you?
- Q2:** What other methods have you used to try to eliminate these problems?
- Q3:** Ask God to show you activities in your life that should be laid aside during this time of seeking Him.





# GOOD FOR THE BODY?

*We know that fasting has spiritual benefits,  
but what about physical benefits?*

**S**olomon said, "That which has been is what will be, that which is done is what will be done, and there is nothing new under the sun" (Eccl 1:9 NKJV).

Though men and women of God have fasted since ancient times, today we have many new books on the shelves touting the healthy physical benefits of the practice. Even the Greek physician Hippocrates (approximately 460-377 BC), known as the "father of modern medicine," and whose concepts have influenced the development of medical practices for centuries, believed fasting was very healthy for the body.

In his book, *101 Reasons to Fast*, Pastor Bob Rodgers sites many statements from Hippocrates and others who discovered the many medical benefits fasting can have on the body. Fasting cleans your body. As you begin a fast, you will notice a sort of coating on your tongue for a few days.

It is a sign the fast is helping your body eliminate toxins. Tests have proven the average American consumes and assimilates 4 lbs. of chemical preservatives, coloring, stabilizers, flavorings and other additives each year. These build up in our bodies and cause illness and disease. Periodic fasts are necessary to flush out the poisons. Fasting gives your body time to heal itself. It relieves nervousness and tension and gives your digestive system a rest. Fasting lowers your blood pressure and can lower your cholesterol. [[Bob Rodgers, *101 Reasons to Fast*, (Louisville, KY, 1995).]]

Don Colbert, M.D., is a medical doctor who has researched and studied the body's need to rid itself of toxins which



cause illness, disease, fatigue and many other ailments. While I do not attempt to cover every medical aspect and benefit of fasting in this book, I would recommend his book, *Toxic Relief*, for specific medical guidelines for fasting. His chapter, "Finding Healing Through Fasting," is an excel-

organs, allergies such as hay fever and other eye diseases." [[Bob Rodgers, *101 Reasons to Fast*, (Louisville, KY, 1995).]]

To test the results of fasting on the human body, Dr. Tanner, another medical doctor, decided at the age of 50, to fast 43 days without food. He did

ing agent in fasting. One of the signs these toxins and poisons are being eliminated can be seen by the concentration of toxins in our urine. These toxins may be ten times higher than normal when you're fasting. The urine turns darker because the poisons, the toxins that are locked into your

**Fasting slows your aging process. Moses fasted often, including two forty-day fasts, and the Bible said in Deuteronomy 34:7, "Moses was 120 years old when he died and his eyes were not dim, nor his natural vigor abated."**

lent source of information and cautions. He says, "Fasting not only prevents sickness, if done correctly, fasting holds amazing healing benefits to those of us who suffer illness and disease. From colds and flu to heart disease, fasting is a mighty key to healing the body." [[Don Colbert, MD (Lake Mary, FL: Siloam Press, 2003) 155.]]

Dr. Oda H. F. Birchinger, who supervised more than 70,000 fasts, stated, "Fasting is a royal road to healing, for anyone who agrees to take it, for recovery and regeneration of the body, mind, and spirit." He went on to say, "Fasting can heal and help rheumatism in the joints and muscles, diseases of the heart, circulation, blood vessels, stress-related exhaustion, skin diseases—including pimples and complexion problems, irregular menstrual cycles and hot flashes, disease of respiratory

so under strict medical supervision. At the conclusion of the fast, he was much healthier. At age 60 he fasted 50 days. In the middle of his fast he said he saw the unspeakable glories of God. At age 77, Dr. Tanner fasted 53 days and among other things, his once thin, gray hair was replaced by new black hair! It was the same color that it was when he was a young man. What's more, Dr. Tanner lived to be 93 years old. [[Bob Rodgers, *101 Reasons to Fast*, (Louisville, KY, 1995).]]

Fasting slows your aging process. Moses fasted often, including two forty-day fasts, and the Bible said in Deuteronomy 34:7, "Moses was 120 years old when he died and his eyes were not dim, nor his natural vigor abated." Doctor Tanner passed on some advice from his own experiences, stating, "When you fast, drink plenty of water." Water is the great flush-

body that cause all of the diseases that plague us as Americans because of our terrible diet, begin to be washed out. [[Bob Rodgers, *101 Reasons to Fast*, (Louisville, KY, 1995).]]

It is also proven that fasting sharpens your mental processes, aides and improves your sight, hearing, taste, touch, smell and all sense faculties. Fasting breaks the addiction to junk food. Fasting can break the power of an uncontrollable appetite. Some are bound by nicotine, alcohol, drugs, but fasting can help break those addictions. [[Bob Rodgers, *101 Reasons to Fast*, (Louisville, KY, 1995).]] Clearly, fasting has benefits not only for your spirit, but for your body as well!

(Portions excerpted from *Fasting: A Private Discipline that Brings Public Reward*, Jentezen Franklin)



# RECIPES FOR FASTING

## JUICE RECIPES

VERY MERRY BERRY

TROPICAL TANGO

GAZPACHO BLEND

GREEN CUISINE

POTASSIUM BROTH

BREAKFAST SUPER JUICE

## PARTIAL FAST (DANIEL FAST) RECIPES

LENTILS WITH A TANGY  
TOMATO SAUCE

LEMON AND GARLIC POTATO

SPINACH WITH DILL

PINTO BEANS – FASTING STYLE

LENTIL STEW

KALE SOUP



## JUICE RECIPES:

### VERY MERRY BERRY

► In blender combine:

- 1/2 - 3/4 cup berries (any combination)
- 1/3 Banana - you can add more, but remember, they have lots of sugar
- 2 scoops whey (or other) protein powder
- 1/3 - 1/2 juice combo (you can combine – EXAMPLE: orange and pomegranate)
- 1/8 small avocado
- 4 - 5 cubes ice
- Blend until smooth, enjoy!

### TROPICAL TANGO

► In blender combine:

- 1/2 - 3/4 cup pineapple & mango
- 1/3 Banana
- 2 scoops whey (or other) protein powder
- 1/3 - 1/2 cup orange juice
- 1/8 small avocado
- 4 - 5 cubes ice
- Blend until smooth, enjoy!

### POTASSIUM BROTH

► Makes a 2-day supply.

Cover with water in a soup pot, Add approximately:

- 3 to 4 Carrots
- 3 Stalks Celery
- 2 turnips or beets with skin, halved
- 1/2 Head Red Cabbage
- 1 Onion
- Simmer, covered, 30 minutes or so Strain and discard solids
- Optional: Add 2 teaspoons Bragg's Liquid Aminos or 1 teaspoon miso for taste
- Store covered in the refrigerator.

## JUICE RECIPES:

### BREAKFAST SUPER JUICE

► This is an excellent juice first thing in the morning. It helps boost energy levels and get you ready to start the day.

Mix it 50/50 with distilled water and drink it slowly.

► You will need a vegetable/fruit juicer for this recipe.

- 1 whole cucumber unpeeled (but washed well)
- 3 Stalks Celery
- 2-4 handfuls of spinach
- 8 green lettuce leaves (no iceberg lettuce)
- Add any other greens such as parsley or fresh alfalfa sprouts
- You can also add the juice of a lemon for a more tart juice

### CARROT CABBAGE JUICE RECIPE

► This drink is good for cleansing.

Juice the following in your juicer and drink immediately (cabbage juice loses its effectiveness almost immediately)

- 3 medium carrots
- 1/4 head of cabbage
- 1 stalk of celery
- 5 cherries, pitted

### GREEN CUISINE

► You will need a vegetable/fruit juicer for this recipe.

Juice Ingredients to obtain:

- 1 cup spinach juice
- 1 cup cucumber juice
- 1/2 cup bell pepper juice
- 1/2 cup celery juice
- 3/4 cup carrot juice
- 1 teaspoon salt
- Avocado - as much or as little as you like
- Extract your juices, then blend all ingredients together
- Makes 1 quart - Dilute if you wish

### GAZPACHO BLEND

► In blender combine:

- 1 medium tomato
- 1 cucumber, peeled & seeded
- 1/4 small white onion
- 1/2 - 1 serrano chile (optional - depends on how hot you like it)
- 1 small or 1/2 large red or orange bell pepper - cored & seeded
- 1/2 - 3/4 teaspoon salt
- 1/8 avocado

- Blend together everything except the avocado, then strain.
- Add avocado and re-blend
- Gazpacho can be diluted and is delicious over ice (use small pieces).





## PARTIAL FAST (DANIEL FAST) RECIPES

### KALE SOUP

- 2 large cans of chicken broth
- 1 can of water – use chicken broth can to measure
- 1 chopped onion
- 1 Tablespoon chopped fresh garlic
- Simmer 30 minutes
- Add 1 large pack of Kale
- Simmer additional minutes.
- *Option: sauté onion and garlic in olive oil before adding chicken broth and water*

### LEMON AND GARLIC POTATO SALAD

- ~ Serves 5
- 2-1/2 pounds red potatoes
- 1/2 cup chopped parsley
- 1 clove garlic, minced
- Juice of 2 lemons
- 1 Tablespoon vegetable oil
- Salt and pepper to taste
- *Boil potatoes, and cool. Add remaining ingredients and mix well. Chill and serve.*



### LENTIL STEW

- 2 cans diced tomatoes
- 2 cans water (14.5 oz cans)
- 2 Teaspoons of soy sauce
- 1 cup lentils
- 1 bag frozen spinach
- 1 bag frozen carrots, or peas and carrots
- Chopped celery
- Chopped onion (optional)
- *Cook in 4 qt. sauce pan until done. For a vegetable soup-follow same directions, omit lentils and use vegetables of choice.*

*After fast option: Serve over brown rice.*

## PARTIAL FAST (DANIEL FAST) RECIPES

### LENTILS WITH A TANGY TOMATO SAUCE

- 2 cans diced tomatoes
- 2 cans water (14.5 oz cans)
- 2 Teaspoons of soy sauce
- 1 cup lentils
- 1 bag frozen spinach
- 1 bag frozen carrots, or peas and carrots
- Chopped celery
- Chopped onion (optional)

• *Rinse lentils and put them in a pot, covering them with water, and bring to a boil. Then simmer on low heat until almost all water is absorbed and lentils are well cooked. Add extra water if longer time is needed. To make the sauce, first saute the garlic in 1 Tablespoon oil until golden. Add both cans of tomatoes and simmer 10-15 minutes. Add water and vinegar and bring to a boil. Remove from heat immediately and add salt to taste. Finally, slice onion in thin, small pieces and saute in remaining 1 Tablespoon oil until brown and crispy.*

*Spoon lentils onto plate. Pour sauce over lentils, sprinkle with onions and serve. After the fast option: Cook 1/2 cup of brown rice according to directions. Arrange dish with a layer of lentils (on the bottom), followed by a layer of rice, then another layer of lentils and another layer of rice. Sprinkle the onions and the sauce on top and serve.*

### SPINACH WITH DILL

- ~ Serves 4 *A delicious dish prepared with ground beef, which I omitted.*
- 1 medium onion, chopped
- 1 Tablespoon vegetable oil
- 2 garlic cloves, chopped
- 2 Tablespoons chopped fresh dill
- 15-ounce can tomato sauce
- 10 ounces frozen, thawed spinach
- 1/2 cup water
- Salt and pepper to taste
- *Sauté onions in oil. Add garlic and dill to saucepan and continue to saute for two minutes. Add tomato sauce and bring to a boil. Simmer for 10 minutes on low heat. Add spinach and water, then bring to a boil again. Cover and simmer on low heat for 15 minutes.*

*Serve warm over baked potato.*

*After fast option: Serve warm over rice.*

### PINTO BEANS – FASTING STYLE

- One 16-ounce can cooked Pinto beans
- 1 large onion, chopped
- 1 large tomato, diced
- 1-1/2 Tablespoons olive oil
- 1 teaspoon cumin powder
- 1/4 cup parsley, chopped
- Juice of 2 lemons
- Salt, pepper and red chili pepper to taste
- *Cook on low for 20-30 minutes.*

**DO YOU HAVE RECIPES TO SHARE?  
LET US KNOW.** [fastingrecipes@freechapel.org](mailto:fastingrecipes@freechapel.org)





# FASTING TESTIMONIES

//////// THE GARDNER FAMILY, OHIO |  
PRIVATE DISCIPLINE...OPEN REWARD THE  
PILLAY FAMILY, AUSTRALIA | MONTHS OF  
ABUNDANT BLESSINGS THE WILLIAMS FAMILY  
| MIRACLE AFTER MIRACLE THE ANDINO  
FAMILY, PENNSYLVANIA | HEALING BROKEN  
BONES PENNY | THEY WERE NO LONGER  
THERE THE DEPIETROPOLO FAMILY | GREAT  
PHYSICIAN //////////////////////////////////////



## Private Discipline... Open Reward



I just had to let you know how God blessed our family as a result of the 21-day Daniel fast we participated in with Free Chapel. A season of difficult circumstances left us paying seven different medical bills a month, not to mention credit card bills, car and house payments. My husband sometimes works 60 hours a week and because he is salaried, doesn't receive overtime pay. When it looked

like he was being overlooked for a raise, he considered leaving, but God prevented him from doing anything at that time.

Soon after, my husband was called in for an employee review, which he hadn't had in four years. His boss told him that he was amazed at how much he was able to accomplish and that his work had been wonderful. His boss then handed him his bonus check and told him he'd see a raise on his check that week.

Praise God! We have always prayed that God would allow us to be debt free when He sets us out into full-time ministry. As a result of this fast, we are encouraged to believe this will happen! We are so excited and so blessed by what He has done. Thank you for being obedient to call the fast...I honestly believe that if we hadn't been obedient to follow it, God would not have moved like He did!

**The Gardner Family, Ohio** //////////////////////////////////////

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In January my husband and I decided to join Free Chapel Church on the 21-day fast. We started our fast on January 7 and ended January 28. This was a truly amazing experience for us as we have never undertaken fasting over such a long period.

In February, my husband and I went to the South Island of New Zealand to celebrate our twenty-fifth wedding anniversary. We arranged for a hired car during our holiday, but to our surprise a couple from our friend's church let us use their brand new four-wheel-drive for our two-week holiday.

During that time the elderly couple that lived across the road from us were moving into a retirement village, so they sold their car to our son for just \$1000. This helped us considerably since my son previously used my car for college.

Within a week of returning from our holiday, my husband's work bought him a new All Wheel Drive vehicle.

In March, our twenty-four-year old daughter Vanelle was appointed to a management accountant position at a large Christian establishment on the Gold Coast. She had been interviewed for this particular job nine months ago and was told at that stage she was too young for the position. This second time around she was hired on the spot and with a grand increase in salary.

In April, our son, who is currently studying Quantity Surveying and Building Management, was working part-time for a building company. The company offered him a full cadetship with a good salary and is also paying for his study time as well.

In May, I was invited to open an orphanage in Hyderabad, India. We have been working on this project since November 2005. The first stage of the orphanage was completed and is now home to forty-seven children.

I truly can testify that the fast has changed a whole lot in our lives!

//////////////////////////////////// **The Pillay Family, Australia**

*Months of  
Abundant Blessings*



## MIRACLE AFTER MIRACLE//////////

I am so excited about what the Lord is doing in our lives I just had to share it! My husband and I felt the Lord lead us to do the 21-day Daniel fast along with your church—and let me tell you, it has been miracle after miracle.

After 48 years of smoking cigarettes, my mother quit! Then, my brother called and has decided to give church another try after 30 years! My husband and I heard the call of God to begin a ministry for troubled young girls. Friends of ours who were going to divorce are trying to work things out...and the list continues to include deliverance from an eating disorder, deliverance from shame and guilt due to childhood “issues”, healing of a colon and digestive system just to name a few!

God is so good! Seek God earnestly and watch what happens. Thank you again for your messages that speak to our hearts!

The Williams Family

## //////////HEALING BROKEN BONES

While I was on the 21 day fast with Free Chapel, my 20-month old son fractured the fibula on his right leg. The hospital told me that I would have to take him to Shriner’s Children’s Hospital so he could be fitted for a cast. When I got home from the hospital my husband, myself and my other two sons (7 & 3) anointed him and prayed over him. Then next morning my husband took him to Children’s Hospital. They looked at the x-rays and they did another examination but they could not find anything wrong. I believe with my whole heart God healed him! I have told everyone about this miracle. I also have the x-rays as proof, so some day my son will see what God did for him! God is not just good—He is awesome!

The Andino Family, Pennsylvania

## //////////THEY WERE NO LONGER THERE

For about 9 months I had severe pain in my abdomen, with vomiting. My husband finally talked me into seeing a doctor. I had a CT scan that showed ruptured ovarian cysts. It also showed that I had four more on one ovary and five on the other. They did a D&C to remove the particle that had ruptured and sent me to my GYN for an ultrasound.

About ten days later when my GYN reviewed the CT scan, he scheduled surgery to remove the cysts and possibly a hysterectomy—before he ever did the ultrasound. Thankfully, my GYN is a God-fearing man who knows the healing power of our Lord Jesus Christ. So as he did the ultrasound, he asked me if I saw anything unusual. I only saw gray areas. Then he informed me that was because there was nothing on my ovaries—the cysts were gone! We immediately started to praise the Lord for the healing and removing of the cysts.

It was during that ten-day waiting period between the CT scan and the ultrasound that my husband began to fast and pray. We stood in agreement for my healing. I contacted all the prayer warriors that are in my life—and the heavens starting opening up. I knew that my purpose had not been completed on this earth and that God still had lots of plans for me. I am healed and have never felt better. Ready to get back into serving my Lord and His Kingdom. I give all the Glory and Praise to God—He is Awesome.

Penny

## GREAT PHYSICIAN////////

Last year, I began the 21-day fast with Free Chapel, believing God for my wife’s healing. She had been diagnosed with non-Hodgkins lymphoma cancer two years prior, an “incurable” cancer which prevents the body from making red blood cells. Her red blood counts were low and there were no iron stores in her bone marrow. Although I have previously fasted for periods of 24 hours, I have never fasted for an extended period of time. We attended the Healing Service and were overcome by the presence of the Holy Spirit.

The following August, my wife’s oncologist recommended another bone marrow biopsy. Though her blood tests showed signs of a more aggressive cancer, we continued to pray, knowing that God has the power to heal in the blink of an eye. Later that month we went back to the oncologist’s office for the results of the biopsy. The doctor had great news—there was no evidence of any cancer! Immediately, my wife and I said “Thank you Jesus!” Not only was the “incurable” cancer gone, but there were also iron stores in her bone marrow. God is the Great Physician who has blessed us.

We wanted to share this testimony with you because we firmly believe that the 21-day fast, the laying of hands and prayers were integral parts of my wife’s miracle. I never thought I would be saying this, but I can’t wait until the fast this January!

The DePietropolo Family

*Join the fellowship of Free Chapel in our annual January fast, or start any time during the year.*



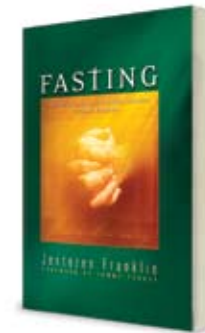
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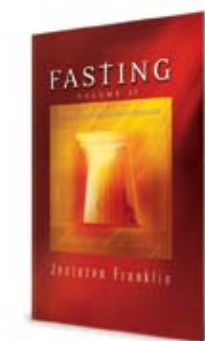
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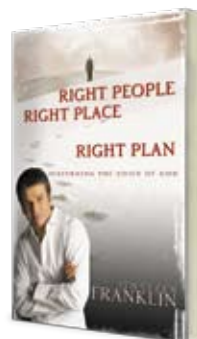


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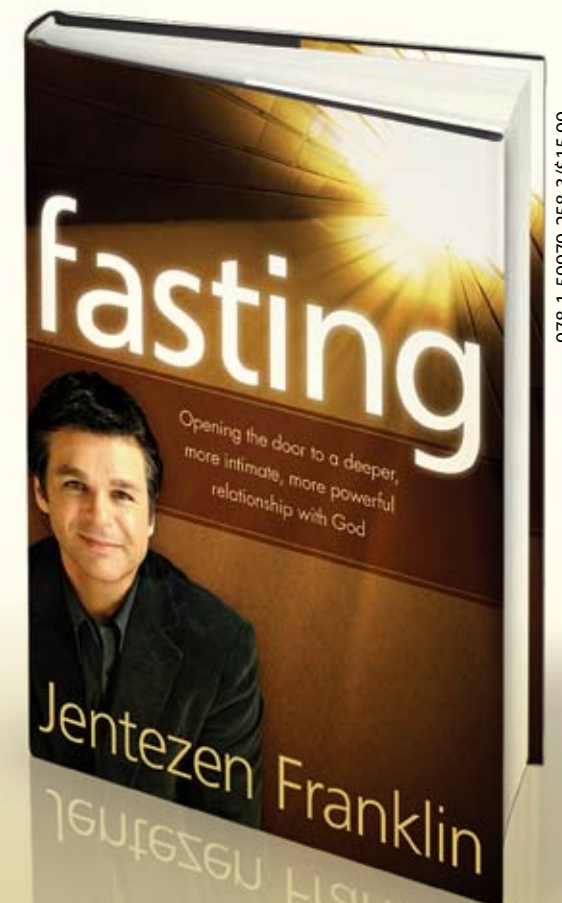
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The Church Channel	Sunday at 2:30 pm PST
God TV USA	Wednesday at 9:30 pm EST

### LOCAL CHANNELS

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WGCL 46: Atlanta, GA (CBS)	Sunday at 7:00 am EST
WNEG: Northeast Georgia	Sunday at 7:00 am EST
Charter 23: Gainesville/ Hall County, GA	Sunday at 7:00 pm EST
Charter 23: Gwinnett County, GA	Saturday at 8:30 pm EST
WAGA: Atlanta, GA (FOX 5)	Sunday at 8:30 am EST
KCAL: Los Angeles, CA (CBS 9)	Sunday at 9:30 am PST
Comcast 25: Forsyth/Bartow/ Cherokee County, GA	Monday at 8:00 pm EST

### INTERNATIONAL CHANNELS

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