



## Devotional Thoughts :: FASTING & PRAYER

### FASTING & PRAYER - posted by Lysa (), on: 2014/12/29 8:43

I was looking around SI and this topic was spread out a bit. After talking to Colin, I said, "Let's get away from talking about prophets and talk about being called to be an intercessor because I can speak about my own struggles in this area!" His reply was, "I would love to as that is direction I am being led..."

This isn't "my" thread, so please if you have a testimony of what fasting has done in your life (or hasn't done in your life) and you feel led, please share.

If you have any quotes or articles on fasting, post them as well, anything to do with fasting and types of fasting. The Body of Christ will surely benefit from it!

God bless you all,  
Lisa

### Re: FASTING & PRAYER - posted by Lysa (), on: 2014/12/29 9:05

Teacher: Derek Prince  
Series: Bend the Church & Bow the World  
Sermon: Self-Humbling through Prayer (4/6)  
<https://www.youtube.com/watch?v=0oxqZoblKAg>

### Re: FASTING & PRAYER - posted by InTheLight (), on: 2014/12/29 10:27

I have some notes from a study that I did on fasting and prayer from Isaiah 58, this is the best place to start when considering fasting.

I have been fasting one day a week for many years; unfortunately it started with a wrong motive, I was kind of bargaining with God. After this study in Isaiah the Lord showed me the proper motives for fasting and I have continued in it with great blessing.

#### A STUDY ON FASTING AND PRAYER - Reading Isaiah 58

##### 1) Improper reasons for fasting

⌘ Fasting just to get God's attention (v. 3a)

⌘ Fasting without focusing on the Lord, fasting had become a mere physical exercise with no affliction of soul or seeking after God. (v.3b)

⌘ Fasting without accompanying humility of heart. Fasting is not a way of impressing God, it is a way to humble ourselves before Him. (v.4)

⌘ Fasting for a brief external show of religion. Israel fasted merely for outward show. (v. 5)

##### 2) Proper reasons for fasting

⌘ To bring liberation from the bonds of wickedness and to set the oppressed free. Fasting prepares our hearts to hear what God has to say about issues in our life where we need victory. (v.6)

â€¢ To relieve us of heavy burdens, replacing our burdens of every-day life with His burdens.(v.6)(see Matthew 11:28-30)

â€¢ To increase our sensitivity towards the needs of others, remember not to stay focused on self, but love one another as Jesus loves you.(v. 7)

â€¢ To invest ourselves into our physical and spiritual families, becoming more responsive to the needs of brothers and sisters, husbands and wives.(v.7)

3)God's promises to those who fast

â€¢ Insight and understanding(v.8). God will give wisdom to solve problems and behave with discretion. (see Jeremiah 33:3)

â€¢ Positive changes in physical well-being (v.8)

â€¢ A deep sense of what is right (v.8 "your righteousness will go before you")

â€¢ A sense of immediate access to God in your prayer life(v.9). We do not pray to get God's attention we pray because we have His attention. Sometimes the world and sin can disrupt our fellowship with God, Setting aside time to pray and fast can bring us face to face with whatever has crept into our lives.(see Psalm 66:18 and 1John 1:9)

â€¢ Release from spiritual oppression (v.10) and a return to being strengthened by the joy of the Lord.

â€¢ Moment by moment guidance from the Lord (v.11). Prayer and fasting will heighten our awareness of God's presence and guidance.

â€¢ Peace through difficult times (v.11)

In Christ,

**Re: - posted by InTheLight (), on: 2014/12/29 10:30**

I would also like to add some notes that I took from a Paul Washer interview where he spoke on fasting;

In Matthew 6 Jesus expected certain acts of piety from His followers:

- 1) They would be generous to the needy (v.3-5)
- 2) They would be a praying people (v. 5-7)
- 3) They would be a fasting people (v.16-18)

But we must be careful that these things are done for the glory of God and the good of others.

Fasting is not a means of manipulating God. It is not to be a self inflicted suffering.

It is about one passion driving out another passion. The passion for our Savior, and His will to be done, should be the motive that drives the passion for earthly things into nothingness in comparison. In this way it does not turn into legalism.

Let every pang of physical hunger turn our hearts and focus unto God.

The point of fasting is that we have a hunger for God and His will that drives out every other hunger.

Food is to be enjoyed but at the same time it must be taken in good sense and for good health.

There should be a sense of joy in fasting because it brings me closer to Christ.

**Re: - posted by MrBillPro (), on: 2014/12/29 10:41**

Lysa, is it possible to talk about fasting and what it's done in our lives, without possibly announcing it with fanfare?

**Re: FASTING & PRAYER - posted by rufnrust (), on: 2014/12/29 14:26**

I wish to answer Mr Bill with a yes on Lisa's behalf since for example we would never have any teaching on humility since we would be proud if we did. Teaching or testifying on a godly virtue or gracing doesn't mean we are 'sounding our trumpet' to impress everyone.

My wife and I have 5 children which has sent me to the prayer closet in fasting many times. Countless times we have seen breakthrough in our children when nobody knew we were humbling ourselves before God in secret. We have cried out for our enemies and people causing us trouble to see the LORD of Hosts pull down the strongholds over lives and relationships.

Faith and dependence grow when you have nothing else to draw from but Him. Taking the Word as your food and gaining strength in spirit while the flesh dies out is an amazing realm of pleasure in the Presence of God.

Now that my children are becoming adults, I have seen them turn to the Lord in fasting and prayer often. It gives me great joy as I have seen God 'show up' in their lives on many occasions.

Fasting is an important part of our life as disciples of Jesus. There doesn't have to be a crisis to prompt us. We may just want to spend the day with Jesus, His Word and some water just to be intimate with Him.

Russell

**Re: MrBillPro - posted by Lysa (), on: 2014/12/29 15:03**

MrBillPro,

Like rufnrust said, yes, it is possible! Thank you rufnrust! I also think that this topic is one of the topics that NEED to be talked about from new and young Christians to old Christians but people are afraid they will be tooting their own horn, so to speak.

I've heard people brag about fasting (and brag about how many times they read the Bible through and through) and so what if someone comes on here and brags? :) Won't we still learn from it? (Learn how not to brag? :) ) Love covers a multitude of sins!!

I started this topic to learn from others how fasting has or hasn't worked in their lives. And how people incorporate prayer into a day, days or a weeks of fasting - like how much more do they pray?! Things like that, simple things that we take advantage of knowing and doing that others might benefit from!

Praise God we have a forum where we can post and learn!

Thank you InTheLight for your notes!!

God bless,  
Lisa

**Re: - posted by murrclor (), on: 2014/12/29 17:18**

I used to practice what is called the fasted life usually when I was away working, everyday I would miss a meal and during that meal time I spent it with God.

As an encouragement to others the first time I started it I had asked God to do something specific in my life during the annual conference that the church used to have...

It was very difficult as there was a lot of warfare against my mind trying to get me to quit and give up and that I was crazy for trying. But I persevered through those attacks and God answered my prayers during the conference exactly as I requested.. I can remember to this day the joy that was released in me as I just sat and laughed.. The devil is a liar, he will try and discourage you but stick with it and pray through to victory...

Edit - spelling

**Re: - posted by MrBillPro (), on: 2014/12/29 20:12**

What a powerful and needed thread, thank you Lysa for allowing God to work through you to start it, and thank you all, for such sweet spirited discussion. May God continue to Bless these forums with these heartfelt discussions, I know personally I can use all these type discussions I can get. God Bless!

**Re: - posted by mama27, on: 2014/12/29 23:48**

I do not fast "well"....I most always get a migraine headache, and become shorter-tempered than is my normal way. I have fasted a number of times for breakthroughs with my family and children. Only a few times have I received specific verses from the Lord pertaining to given situations. I feel like a "failure" most times. Often I see no change in my circumstances or in seemingly emergency situations. I recently re-read Isaiah 58 several times. I am moved on my next fast to pray for change in ME...clearer eyes to see in ME...I have nothing helpful or profound to share, but perhaps others have a struggle in this area. Still, I continue to fast b/c it is a given in Scripture, and b/c it acknowledges my total humility and dependence on the Lord. I am glad people are sharing...

**Re: - posted by murrcoir (), on: 2014/12/30 4:29**

mama27 - your not a failure, the devil is a liar and he will always try and discourage you...

Try the Daniel fast where you don't consume the finest of foods, I usually stick to vegetables, it amazing how sweet a carrot can taste. At the start of the fast you set out what your going to eat and what you are going to fast from. It might help you with the migraine headaches and it will for sure help with the short temperedness - so your not the mamabear...

But we can fast from many things it doesn't just have to be food...

The most important thing is that we are humbling ourselves before God.

Edit - spelling

**Re: - posted by TMK (), on: 2014/12/30 6:23**

Someone noted that we don't fast to "manipulate God."

I guess I am going to disagree with this, to a degree. I think that when we fast we DO manipulate God. We are trying to get his attention. We want to show him we are serious.

There are many passages in scripture where God's people are told to fast to get God to move; I think of the fast that Esther called.

People have noted that they fast for a "breakthrough" in a certain situation. What is that other than trying to get God to move? There is nothing wrong with that! He WANTS to move on our behalf. I guess i kind of look at fasting as an exclamation point to our prayers, or bold font and underlining. The symptoms we experience when we fast, which can be pretty irritating, show God that we really mean it.

**Re: - posted by mama27, on: 2014/12/30 12:01**

I like the thought that fasting is an exclamation point to our prayers....then I wonder if I am not praying with enough faith, b/c I seldom see the breakthroughs I am seeking....

I should also note that b/c of my migraines, I never do a water fast, but always a juice fast. Haven't thought to try the vegetables...thanks for the suggestion!

**Re: mama27 - posted by Lysa (), on: 2014/12/30 13:45**

mama27

I was encouraged by reading your post! You are NOT a failure. I wanted to encourage you in your Isaiah 58 fast! The statement you made that spoke to me was, "I am moved on my next fast to pray for change in ME...clearer eyes to see in ME..."

YES!! That "is" profound my friend! That's what I want to see too, amen sister: 'change me o God, renew a right spirit within me...'

God bless,  
Lisa

**Re: - posted by mama27, on: 2014/12/30 14:18**

Well, thank you Lisa. My family is imploding, and I can barely LIVE in the state of tension and carnality and turning away from the God they were taught and professed....My motivation to pray for the change in ME is that I will surely die if this goes on much longer. Still, I am begging God for a breakthrough in THEM....and until He does, I need a change in ME...perhaps you know of what I speak. (It is the lack of breakthrough after much fasting that has caused me to feel that I am a failure at fasting)... Any prayers appreciated!

And as someone else mentioned, I have had to confess that at times I have fasted out of works, expecting results :(

**Re: - posted by TMK (), on: 2014/12/30 16:01**

Mama27 wrote: "at times I have fasted out of works, expecting results :("

But we are SUPPOSED to expect results when we pray and fast. Any great writer on prayer (Bounds, Murray, Spurgeon) will say this. It is not something to apologize about!

We are to ask like little children. When a child asks something reasonable from his parents (like something to eat) he expects to get it. If he feels guilty for expecting his parents to act, shame on the parents.

**Re: - posted by mama27, on: 2014/12/30 17:50**

Expecting results, yes, when we fast in the Spirit. But when it is just a duty, a checking off the list type of thing, I don't think God honors that...It's like our 6-year old just "working us" to get something from us, and not having a spirit of love or obedience or connecting with us....it's like wanting the gift and not the Giver....

**Re: - posted by TMK (), on: 2014/12/30 19:11**

I agree we shouldn't fast just to say we fasted.

**Re: - posted by rufnrust (), on: 2014/12/31 0:23**

I love this topic and ALL I am reading!

A note to MAMA27 on the family situation. I recommend something I learned from Watchman Nee on prayer. So simple but profound. We pray to God, for people, and against the enemy. For our family 'Thy kingdom come Thy will be done' etc... Then against the enemy, a good start is Psalm 35 1-10 or so. Crying out to our God 'Let our enemy be confounded' 'Arise O Lord and let the enemy be scattered!' etc... There are many Psalms that give us authority to pray this way.

I always like hearing from you here MAMA and will be praying with you on this.

Russell

**Re: - posted by mama27, on: 2014/12/31 0:52**

Thank you Rufnrust for the prayer suggestions (AND the prayers).

Fasted today with Times Square Church....no breakthrough in THEM (my family) OR in ME. Well, maybe I can see that after listening to the featured sermon by Zac Poonen, that I am more yielded to "what do you want me to do Lord?" Surely He has heard my many cries, and will act in His time.

As an aside, when people fast, do you just sit in your chair all day (or days) and pray and read your Bible? I find that very difficult to do as a mother in a house with many people. I will read Scripture more than on a regular day, and I am focused on some reason I am fasting, and praying without ceasing, but I am not just set aside from work totally. Just wondering what others do?

**Re: - posted by TMK (), on: 2014/12/31 6:20**

I still go to work and go about the duties of the day, but I spend the time I would have spent eating or fixin' to eat in prayer or Bible reading or worship. I definitely am more intentional about worship; on my commutes to and from work I would have worship music on instead of news, etc.

mama27-- I read this in "Streams in the Desert" yesterday- thought you might find it encouraging:

"Emergencies call for intense prayer. When the man becomes the prayer nothing can resist its touch. Elijah on Carmel, bowed down on the ground, with his face between his knees, that was prayer--the man himself.

No words are mentioned. Prayer can be too tense for words. The man's whole being was in touch with God, and was set with God against the powers of evil. They couldn't withstand such praying. There's more of this embodied praying needed.

--The Bent-knee Time

"Groanings which cannot be uttered are often prayers which cannot be refused."

--C. H. Spurgeon"

**Re: - posted by mama27, on: 2014/12/31 9:39**

I saw this also in Streams yesterday - your posting it affirms that it is a word from the Lord to me, and reminds me of Rom. 8:26 - when we do not know how to pray as we ought, the Spirit intercedes for us with groanings too deep for words... thank you for your encouragement.

Also, when I asked if people go about their work while fasting, I now there are times when one goes up to the mountaintop so to speak for an extended period of days to fast and seek God. I was more talking about somewhat routine fasting.

...

**The Power of Fasting by Shane Idleman - posted by Lysa (), on: 2015/1/8 11:00**

I just listened to this sermon, wow! Very good....

Here is the video - SI doesn't have the mp3....

<https://www.sermonindex.net/modules/myvideo/photo.php?lid=3723>

**Re: FASTING & PRAYER - posted by Lysa (), on: 2015/3/20 0:20**

I am reading a book by Arthur Wallis called...

"God's Chosen Fast: A Spiritual and Practical Guide to Fasting." I bought it on amazon for .99.

Here's a quote...

"Fasting is important---more important, perhaps, than many of us have supposed, as I trust this book will reveal...when e

exercised with a pure heart, and a right motive, fasting may provide us with a key to unlock doors where other keys have failed; a window opening up new horizons in the unseen world; a spiritual weapon of God's providing, "mighty to the pulling down of strongholds." May God use this book to awaken many of his people to all the spiritual possibilities latent in the fast that God has chosen." - Arthur Wallis

God bless,  
Lisa

**Re: BillPro - posted by Lysa (), on: 2015/3/20 5:43**

Quote:

-----by MrBillPro on 2014/12/29 10:41:17

Lysa, is it possible to talk about fasting and what it's done in our lives, without possibly announcing it with fanfare?  
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Bro Bill,

Sorry, I just saw this tucked in all the responses. I believe it is possible to talk about it without bragging. I don't know what the exact parameters are for it but the Holy Spirit knows and allows us to share. I believe one of the parameters is the "intent" of our heart, is it to be seen of men for them to praise us or to point to the Lord?

I talk about fasting with others a lot more than I talk about signs and wonders! (hehehe, sorry I couldn't help it! :) ) I try not to tell how often or how long I've fasted \*nor\* do I ask others because that could lead to a urinating contest. But I do talk more to the girls at jail about it because I do want them to learn to seek the Lord. The jail is so structured that we talk about ways they can fast.

My friends, how do you encourage or talk to other Christians to learn and practice this lost art of the church? Can you help Bro Bill?

God bless,  
Lisa

**Re: - posted by Theophila (), on: 2015/3/20 11:36**

Hi All,  
Just wanted to offer my 2 cents.  
A few years ago, DH and I decided to do a 40-day veggie fast in the new year. Now I have fasted on and off sporadically in the past but never a long fast like that.  
It was literally as though I was carried along throughout that fast. I didn't have any headaches or other bodily misery. We felt spiritually refreshed afterwards.  
Now fast forward a few months later, we tried to do the same fast but boy, were we miserable! Everything hurt. We gave up before the 40 days were over.

In these times, I do believe it is to our advantage to make a regular habit of fasting. I typically do a veggie fast i.e. eat 2 veggie-only meals a day to provide some physical energy so I can actually talk to the Lord without my tummy grumbling. Fasting does sharpen our spiritual antennae and helps us to be more sensitive to the Lord and to other people.

Now that I have a tad more understanding, I glad for this thread and look forward to fasting regularly again.

**Re: - posted by Lysa (), on: 2015/3/24 9:06**

I was watching this guy on youtube talk about his water fast at a place called True Blue that helps people do medically supervised water fasts for long periods of time and other nutritional types of things. If you look up "Day 14 Water Fast Update," you should find his video.

But my point is for a secular guy he states at 1 min and 20 sec that there is a "mental side of fasting" and that he's found out that people who don't succeed "don't know how to rest." He said also that an intern there told him that "fasting favors a calm mind and if you can put your focus on one thing at a time instead of it being scatter



ed, that that was going to be the person who does best on a fast.â€

I found those statements very interesting and thought how they could apply to Christians.

I think that for the most part, he is correct. I have remembered back when I wasnâ€™t focused on the Lord and fasting for whatever reason, I lasted less than a day maybe two. I just wanted to put this forth to us who have tried and are trying to fast for the Lord and see if anyone else had thoughts about this.

God bless,  
Lisa

**Re: - posted by Lysa (), on: 2015/3/24 9:41**

Quote:

-----Theophila wrote:

In these times, I do believe it is to our advantage to make a regular habit of fasting.

I listened to a sermon on fasting by Derek Prince a couple of years ago and in it he stated that from the time he came to the Lord he felt compelled to fast one day a week. that was in the 1940's. He kept fasting one day a week until he died. He said that he had no doubt that the faithfulness of fasting one day a week led to his ministry that God gave him.

To be honest, after listening to that sermon, I was like, "yeah, I'm going to start fasting one day a week!" LOLOL that lasted less than a week!

But I can see more clearly now after listening to that youtube video (1MIN a DAY), I can see the single-mindedness that Derek had to have to be able to do that.

Anyway, I know that I will have to pray to be more focused on the task at hand to fast regularly.

God bless,  
Lisa

**Re: - posted by Theophila (), on: 2015/3/24 10:56**

To return to regular weekly fasts, I would probably choose my least busy day, and would probably only skip one meal, just so I have physical energy to carry on with the day, instead of being reduced to one crabby mess. I would also make lots of soup, from scratch.

When non-followers of Jesus speak of fasting, I tend to back up a bit. Mainly because fasting for them is a soulless activity, that further establishes them in darkness. Most serious devotees of all false religions fast regularly.

**Re: the source - posted by Jeremy221, on: 2015/3/24 11:56**

Hi Lisa,

I would commend relistening to that message. More often than not, we miss the preparation and elements of things like this. We hear of the result but don't pick up the cause.

I remember a similar incident to the experience you described after hearing Prince's testimony. I was having supper with a group of Christians and the issue of self-control was brought up. Someone recommended fasting and testified how they had been able to fast for periods that would naturally wear them out if the Lord led. The one seeking advice about developing self-control concluded that a fast was in order. I was lead to reprove him and go over the conditions that lead to these successful fasts.

I know that if I fast because it is something I believe I should do, I give in very easily. However, if I am lead, I'm usually directed beforehand, reminded at the beginning and sustained throughout. His yoke is easy and His burden is light.



**Re: - posted by Jeremy221, on: 2015/3/24 15:29**

Regarding my previous comments about the conditions of Derek Prince's weekly fast, he talks about it starting at the 35 minute mark.

Tell us what you see...

<https://www.sermonindex.net/modules/myvideo/photo.php?lid=3578>

**Re: - posted by Lysa (), on: 2015/4/4 7:53**

Quote:

-----Theophila wrote:

When non-followers of Jesus speak of fasting, I tend to back up a bit. Mainly because fasting for them is a soulish activity, that further establishes the m in darkness. Most serious devotees of all false religions fast regularly.

The man in the video was fasting for health and nothing more. Did you watch that portion of the video to see what I was talking about? it was only a min or two long.

I was just comparing the findings of his healthful fast to a follower of Christ's fasting. I know that I've failed in my fastings because my mind was all over the place and not on Christ and the reason I was fasting. I thought it was very ironic that a secular person would find out that any person who was going to fast for whatever reasons needed to make up their mind to do it.

I believe that God speaks through anyone if we want to hear it, maybe that little blurb he spoke was only for me!!

God bless,  
Lisa

**Re: Derek Prince on fasting - posted by Jeremy221, on: 2015/4/4 9:40**

Lisa said,

Quote:

-----I listened to a sermon on fasting by Derek Prince a couple of years ago and in it he stated that from the time he came to the Lord he felt compelled to fast one day a week. that was in the 1940's. He kept fasting one day a week until he died. He said that he had no doubt that the faithfulness of fasting one day a week led to his ministry that God gave him.

Sorry, I missed this comment. There is another thing he mentions later about a period where he got so busy he stopped fasting for awhile and his ministry lost unction as he was doing for God rather than with God for that period. (As I remember but I'll double check in case.)

In regards to being scattered, I think this is perhaps a symptom of self focus and pride. When I am walking in the Spirit I am very focused but can be painfully scattered and easily distracted when in the flesh.

**Re: - posted by Lysa (), on: 2015/4/4 21:03**

Quote:

-----Lysa wrote:

I listened to a sermon on fasting by Derek Prince a couple of years ago and in it he stated that from the time he came to the Lord he felt compelled to fast one day a week. that was in the 1940's. He kept fasting one day a week until he died. He said that he had no doubt that the faithfulness of fasting one day a week led to his ministry that God gave him.

Jeremy221 wrote back:

Sorry, I missed this comment. There is another thing he mentions later about a period where he got so busy he stopped fasting for awhile and his ministry lost unction as he was doing for God rather than with God for that period. (As I remember but I'll double check in case.)

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About Derek Prince... Great minds think alike! (hehehe)

Yes, I remember the part about him not having enough time to fast, so he didn't!! It's around the 37 min mark. He said "... the results were so disastrous that I decided that I could never be too busy to fast." Then he said, "I'm talking about something that I've experienced, do you understand? I believe passionately in what I'm telling you."

I believe that he proves that we do NOT have to "feel" like the Lord wants us fast, we just need to be obedient in it, especially if we have a ministry that we want to see God operate in.

I'm not saying it's easy, this is what I was trying to say about the secular guy talking about staying focused on the task at hand. A Christian's task at hand is Christ and what He wants done.

God bless,  
Lisa

**Re: , on: 2015/4/5 3:12**

I know this is a bit more natural but some science is saying intermittent fasting can be dramatically beneficial to the body and brain.

If the fast is truly a fast, I think a weekly fast is a novel idea for me right now.

The Orthodox church has regiment fasting schedules which provoked some interest for myself and I was intrigued by it but...I never was motivated to change my tradition (AoG) to Orthodox.

I will be in prayer about this. Thanks guys. This thread has been a blessing. :)

**Re: FASTING & PRAYER - posted by Lysa (), on: 2015/4/26 6:15**

Quote:

“More than any other discipline, FASTING reveals the things that control us.” - Richard Foster

**Re: FASTING & PRAYER - posted by Lysa (), on: 2015/4/26 6:41**

I have been listening to this book:

Fasting for Spiritual Breakthrough by Elmer Towns and WOW is all I can say! It's very thorough.

If you need help for any kind of addictions, to get closer to God, I highly recommend this book. Amazon has the paperback for .01 plus 3.00 shipping.

[http://www.amazon.com/Fasting-Spiritual-Breakthrough-Elmer-Towns-ebook/dp/B00LA9LSUG/ref=sr\\_1\\_1?s=books&ie=UTF8&qid=1430043888&sr=1-1&keywords=fasting+for+spiritual+breakthrough](http://www.amazon.com/Fasting-Spiritual-Breakthrough-Elmer-Towns-ebook/dp/B00LA9LSUG/ref=sr_1_1?s=books&ie=UTF8&qid=1430043888&sr=1-1&keywords=fasting+for+spiritual+breakthrough)

**Re: , on: 2015/4/26 18:43**

Lysa thanks for sharing that resource. I've looked at a lot of fasting books but I don't think I've ever ran across this one before. It looks like a gem after reading some reviews. I don't think there are many quality books on fasting, this one looks like a different breed. Thanks!!

**Re: FASTING & PRAYER - posted by Lysa (), on: 2018/8/13 5:58**

Well, I'm back again!! I wanted to share what I believe the Lord led me to (about 4 or 5 months back), called, "Atomic Power with God, Through Fasting and Prayer" which led me to another book called Addiction control by the same author, Franklin Hall.

(Before you look him up on the internet, he is a spirit-filled believer but his main points are not on that, his main points are getting the children of God free from what ails them! I'm sure you'll find something wrong with him, but if you have ears to hear, you'll also find solid truths in what he is writing.)

/// The addiction creature to which most addicted slaves are hooked. The addict's fourfold appetite turns to the worship of this untamed 6-headed snake-like, more deadly than beasts, organ. It dominates and hooks the unwary. (See James chap 3) (see back cover).

This is man's 28 to 30 foot long digestive, intestinal tract. His tongue, at the beginning of this 30 feet long creature contains the seat of Taste Lust buds, where these six heads gratify the FOUR TASTES. The Four Taste Flavors are: (1) sweet things (2) salt (3) sour and (4) bitter things. (See cover)

Man has only four appetites. Three are carnal and is spiritual. He has (1) hunger (2) sex and (3) greed - the carnal appetites. Then the fourth, is the spiritual appetite. He must have God to be happy...

Acquired appetite and the kindling of new desires become more deep seated than realized.

Most remedies and treatises on this subject only scratch the surface and do not really get to the bottom of the situation. To work on the cure of any bad habit, one must go to its source. In this case WE FIND THAT BOTH GOOD AND BAD HABITS ARE LOCATED IN THE GASTRO INTESTINAL CANAL. We must work at its roots outwardly instead of from the surface inwardly.

THE DEEP-ROOTED SMOKING HABIT, TABACCO, ALCOHOLIC, DRUGS AND SEX, ETC. are most quickly and easily eliminated by working on the hunger organ, which is identical with the digestive tract.

Your adverse habit can be completely and quickly be done away with because the author is showing you very plainly and in no uncertain terms how to hit the habit right on the head. To do this is to kill the habit.

From the short pamphlet (book), Addiction Control by Franklin Hall (Results of 40 years of research), 1974. ///

Lisa here. My main take away: when you bring your gut under subjection, you'll bring your lusts under subjection. When you bring your gut under subjection, you'll bring your drug addiction under subjection. When you bring your gut under subjection, you'll bring your religion under subjection.

You want to get free from what plagues you morning, noon and night? Fast with water only, and see how much your kick-back you get from your flesh.

But more on that later!

God bless you all as we seek His holy face!!

Lisa