

This book is a  
Gift

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**FASTING,  
KEY TO DIVINE  
BREAKTHROUGH**

NELSON EMEONU

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All scripture quotations are taken from the king James Version of the Bible, unless stated.

NIV -NEW INTERNATIONAL VERSION  
NLT -NEW LIVING TRANSLATION  
MBCL -MESSAGE BIBLE IN CONTEMPORARY LANGUAGE  
RSV -REVISED STANDARD VERSION  
TLB -THE LIVING BIBLE  
BBE -BIBLE IN BASIC ENGLISH  
AMP -AMPLIFIED BIBLE  
NET -NEW ENGLISH TRANSLATION  
TEV -TODAY'S ENGLISH VERSION

## **FASTING: KEY TO DIVINE BREAKTHROUGH**

ISBN 978-35458-3-3

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## **DEDICATION**

This book is affectionately dedicated to Christians worldwide.

## **APPRECIATION**

I thank God for my Bishop, Rt. Revd Prof. Godwin Okpala (JP, OON) who wrote the forward of the comprehensive work when it was first published in the year of our Lord, Two thousand. May God bless His ministry.

I'm deeply indebted to the staff of the FRESHWORD CONCEPTS for their unselfish service in shaping this work and providing helpful comments and suggestions during the publication. Also, my good friend, Bro Okwuma Divine for designing and arranging the work. He is indeed a gift to my ministry.

I appreciate God for my dear humble wife, Nneka-who is my prayer partner and my disciplined children, Prince and Precious.

Finally, my ministry partners all over the world should share in the fruit of their labor for the successfulness of my ministry. Thanks for your encouragement to me. Eternity will reveal your good works. You are highly remembered in our prayer chamber on regular basis.

## **PREFACE**

Every door has a key. This means that a door responds to the right key. The usage of wrong instrument amounts to much struggle and pain. There are many spiritual principles revealed in the Word of God which are meant for Divine blessings and breakthrough. One of them is fasting. This is a much heard word but too dreaded by many people. One thing about life is that people want result and positive evidence in all they do but only few thought of paying the necessary prices.

The topic on 'Christian fast' is closed to a natural mind. For some Christians, they practice it but ignorantly. Some of them are yet to acquaint themselves with this spiritual exercise. There is a call for clarifications and information on the wrong and right way of effective fasting. Again, the issue of fasting were part of the keys that made the people of God in the scripture to walk in the supernatural. The blessings attached to fasting is more experienced than discussed. When one engages it, he will not be a stranger to blessings, favor, breakthrough and Godly benefits.

Fasting is not just abstinence of food. It is more than this. There are many things that are in the right method of fasting. When applied, the door of breakthrough is wide opened. Christians should embrace this spiritual key to their victory in life. It goes with praying which makes it a complete weapon for effectiveness. Fasting without praying and the study of the Word is just like a metal without a handle. There are cases which are solvable by them. This was revealed to us by Jesus Christ Himself. When you add fasting on your prayer life, be assured of Divine visitation. The trio which work effectively are Prayer, The Word and Fasting. When they are part of your Christian experience, you will embrace result in your undertakings.

This work is an eye-opener on the correct method to reach Heaven through the power of fasting. It may not be total but a contribution to the work of others. As you study or meditate on them, the Spirit of God will make His face shine on you and also help you to engage it always for your blessings in life.

## CHAPTER ONE

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### **Fasting: Your Key to Divine Breakthrough**

When one sees the need for prayer and God's promises for an easy success and breakthrough in life, there is a need to know other good aid to a prayer life-FASTING. Jesus said that certain problems cannot be solved except through prayer and fasting.

*"Howbeit this kind goeth not out but by prayer and fasting" (Matthew 17:21)*

*"But this kind of demon won't leave unless you have prayed and gone without food." (TLB)*

*"But this kind does not go out except by prayer and fasting" (AMP)*

#### **WHAT IS FASTING?**

Fasting is an abstinence from food for religious or medical reasons. It is the spiritual exercise which strengthens the intensity of prayer, working with faith to produce a positive result.

An anonymous writer said " Fasting is the exercise that places our natural appetites into a dormant condition, thus physical pleasures are not enjoyed while our flesh becomes sublimated. **Fasting will change a life of defeat into one of victory and will bring spiritual healing"**

Matthew Skariah said, "Fasting enables one to become a super conductor of spiritual power for either a blessing to others or bringing blessings to himself. Scriptural fasting with sincerity and respect to the Lord will positively break the yokes of sin and spiritual oppression"

Fasting is as old as the Jewish religion. In Leviticus 16:29-31, fasting marked the day of atonement for the people of God.

*"And this shall be a statute for ever unto you: that in the seventh month, on the tenth day of the month, ye shall afflict your souls, and do no work at all, whether it be one of your own country, or a stranger that sojourneth among you: For on that day shall the priest make an atonement for you, to cleanse you, that ye may be clean from all your sins before the Lord. It shall be a sabbath of rest unto you, and ye shall afflict your souls, by a statute for ever"*

The disciples of John in the New Testament also observed a fast.

*“Then came to him the disciples of John, saying, Why do we and the Pharisees fast oft, but thy disciples fast not?”  
(Matthew 9:14)*

However, from the above statement, you should also discover that Pharisees do fast. Jesus Christ also taught about fasting and observed it during His earthly ministry. It was one of the keys that helped Him to achieve maximally. This can be seen in Luke 4:2

*“Being forty days tempted of the devil. And in those days he did eat nothing: and when they were ended, he afterward hungered”  
(Luke 4:2)*

Fasting, being one of the spiritual exercise is different from prayer. It is not an avenue to bribe the all-seeing God but a key to Divine breakthrough and to procure God’s favour through abstinence and humility. A person can pray amiss as recorded in James 4:2-3 and equally fast amiss.

**Scriptural fasting should be with sincerity and respect to the Lord.** This is a medium to correct many ill-behaviours either collectively or individually. You can pray only as you want but cannot fast without praying. The two are inseparable. Anyone who fasts and avoid prayer puts himself into spiritual and physical danger. This is injurious to your prayer life. Many atimes, the person may receive counterfeit messages, solution and pictures, thinking they are from God. The source may be from the pit of hell. So, omitting prayer and studying of the word of God when fasting is like committing a spiritual suicide gradually.

Fasting is one of the major ways by which you can seek the presence of the Lord. Through it, you can obtain God’s anointing, blessings, protection and victory in your life ambition. He is around you always and at any time you engage in sincere fast. God honours effective fast. The life that fasts always is the one that recognizes the secret of walking in the realm of the supernatural. He receives from above.

Some people love to pray but eschew fasting programmes. It ought not to be so. Other people hate hearing their preacher mention, ‘praying and fasting’. To them, it is like adding a heavier load on their shoulders. Some people interpret it as an act meant for the Bible times only. This is the reason why some people are not witnessing the presence and manifestation of God in their lives and ministry. Precisely, there is no way you can deepen your prayer life without fasting. It is one of the ways by which physical pleasures and flesh are relegated, and not to rule.

The old and New covenant tells us the importance of fasting for your spiritual growth. Some people who abandon or dislike it is because it does not call for easy way, human effort and personal ego. Some people move away from it.

The old generals in the Word of God and some Christian faithfuls who lived in centuries ago prevailed in their walk with God because of their lives of sincere fastings. Many of them were blessed and favoured by God.

Hannah's prayer was answered when she added a fast. God gave her Samuel.

*“And as he did so year by year, when she went up to the house of the Lord, so she provoked her; therefore she wept, and did not eat. Then said Elkanah her husband to her, Hannah, why weepest thou? and why eatest thou not? and why is thy heart grieved? am not I better to thee than ten sons?  
(1 Samuel 1:7-8)*

Moses, the meekest man on the planet earth was at the presence of the Lord for 40 days.

*“And he was there with the Lord forty days and forty nights; he did neither eat bread, nor drink water. And he wrote upon the tables the words of the covenant, the ten commandments” (Exodus 34:28)*

David, the man after God's own heart fasted that Bathsheba's child should not die.

*“Thus saith the Lord, Behold, I will raise up evil against thee out of thine own house, and I will take thy wives before thine eyes, and give them unto thy neighbour, and he shall lie with thy wives in the sight of this sun. For thou didst it secretly: but I will do this thing before all Israel, and before the sun. And David said unto Nathan, I have sinned against the Lord. And Nathan said unto David, The Lord also hath put away thy sin; thou shalt not die. Howbeit, because by this deed thou hast given great occasion to the enemies of the Lord to blaspheme, the child also that is born unto thee shall surely die. And Nathan departed unto his house. And the Lord struck the child that Uriah's wife bare unto David, and it was very sick. David therefore besought God for the child; and David fasted, and went in, and lay all night upon the earth. And the elders of his house arose, and went to him, to raise him up from the earth: but he would not, neither did he eat bread with them”  
(2 Samuel 12:11-17)*

Joshua, the courageous man and Elijah, the commander of fire fasted for 40 days each.

*“And Moses rose up, and his minister Joshua: and Moses went up into the mount of God. And he said unto the elders, Tarry ye here for us, until we come again unto you: and, behold, Aaron and Hur are with you: if any man have any matters to do, let him come unto them. And Moses went up into the mount, and a cloud covered the mount. And the glory*