

## **FASTING**

***“Put your fasting with prayer on the days you have the least distractions so that you can focus on that which is Holy; do not make it a meaningless routine, for then it will have little impact.***

***You want to make this a special time of closeness and intercession with The Trinity, so that the wishes of your heart will be considered and heard and blessed. This needs to be a very special time for you, plan it as you would a vacation—and use the day of fasting as a wonderful opportunity to grow closer to your Father, The Son, and The Holy Spirit...and all else to whom you will be addressing your prayers and invocations, including your holy relatives.***



***Your fasting day is to be a highly spiritual day spent in reverence and growth in the spirit. You will be mightily blessed if you follow these instructions.”***

***Ruach HaKodesh***

—John Patmos

Later...“Shall I share this with everyone?”

The Holy Spirit responded, ***“Why would you want to keep this to yourself?”***

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**And when you fast**, be not as the hypocrites, sad. For they disfigure their faces, that they may appear unto men to fast. Amen I say to you, they have received their reward. But thou, when thou fastest anoint thy head, and wash thy face; That thou appear not to men to fast, but to thy Father who is in secret: and **thy Father who seeth in secret, will repay thee.** [Matthew 6: 16](#)

**Is not this rather the fast that I have chosen?** loose the bands of wickedness, undo the bundles that oppress, let them that are broken go free, and break asunder every burden. [Isaiah 58: 6](#)

**And we fasted**, and besought our God for this: and **it fell out prosperously** unto us. [Ezra 8: 23](#)

And therefore **we also having so great a cloud of witnesses over our head**, laying aside every weight and sin which surrounds us, **let us run by patience to the fight proposed to us:** [Hebrews 12: 1](#)

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