

‘Duck Dynasty’ Robertson Family Says the Real Reason America Is Falling Apart Is Spiritual, Not Political

Fasting is not a trendy spiritual exercise or a religious add-on for especially motivated believers. Scripture presents it as a normal, expected discipline for those who want to draw nearer to God.

Jesus did not say if you fast, but when you fast, assuming His followers would practice it as part of a healthy spiritual life. Throughout the Bible, fasting is tied to repentance, clarity, breakthrough, humility and deeper dependence on the Lord. It is meant to quiet the flesh so the spirit can hear more clearly.

That perspective is at the heart of a recent teaching by Vlad Savchuk, pastor and founder of HungryGen. In a message focused on what believers should do after they begin a fast, Savchuk emphasizes that fasting is not just about what you stop doing, but what you intentionally replace it with. His approach is practical, pastoral and rooted in Scripture, aiming to help believers avoid missing the spiritual purpose of the fast altogether.

Below are the five key principles he encourages Christians to do during a fast:

1. Replace food with God’s Word

Savchuk stresses that fasting creates space, and that space must be filled with Scripture and prayer. Hunger becomes a reminder to pause, pray and feed on the Word rather than on

food. Reading, meditating on, and even writing out Scripture helps realign the heart with God's voice and purpose. Worship also plays a role, creating an atmosphere where the Holy Spirit can guide and speak more clearly.

2. Handle physical weakness with wisdom

Fasting affects the body, and Savchuk encourages believers not to ignore that reality. Staying hydrated, resting when needed, and reducing intense physical activity are all part of fasting wisely. The focus shifts away from physical performance and toward spiritual pursuit. While the body may feel weaker, the spirit grows stronger through dependence on God.



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3. Cut out distractions and noise

One of the most common mistakes during fasting, according to Savchuk, is keeping the same level of entertainment and media intake. Constant noise from social media, television and nonstop content can drown out God's voice. Fasting is meant to be a reset, a spiritual and soulful detox that clears away distractions so sensitivity to the Holy Spirit can increase.

4. Fast with humility, not visibility

Savchuk warns against turning fasting into a public display. The goal is not recognition from people but humility before God. While there is nothing wrong with acknowledging a fast when necessary, making it a focal point or seeking attention undermines its purpose. Fasting is meant to draw God's attention, not applause from others.

5. Persevere through discomfort and

finish strong

Finally, Savchuk highlights the importance of endurance. Starting a fast may come from passion, but finishing it requires discipline. Most of the battle takes place in the mind, not the body. Pushing through discomfort builds spiritual strength, mental resilience and obedience. Breakthrough often follows perseverance, not quitting early.

Fasting is not about perfection or performance. It is about pursuit. It strips away reliance on comfort and trains the heart to lean more fully on God. When approached with humility, focus and perseverance, fasting becomes a powerful invitation to renewal. It sharpens spiritual sensitivity, strengthens resolve and reminds believers that true sustenance comes not from bread alone, but from every word that proceeds from the mouth of God.

James Lasher, a seasoned writer and editor at Charisma Media, combines faith and storytelling with a background in journalism from Otterbein University and ministry experience in Guatemala and the LA Dream Center. A Marine Corps and Air Force veteran, he is the author of The Revelation of Jesus: A Common Man's Commentary and a contributor to Charisma magazine.

Scott Adams, Creator of 'Dilbert,' Says He Will Convert to Christianity in

His Final Days

Scott Adams' recent comments about converting to Christianity land with both hope and unease. Hope, because a man facing the end of his life is finally looking beyond this world and asking eternal questions. Unease, because the way he speaks about faith sounds less like surrender and more like calculation.

The Dilbert creator and political commentator, now in the final stages of a battle with cancer, has said he plans to convert to Christianity. He speaks kindly of believers who cared enough to urge him toward Christ and acknowledges that it is never too late to turn to God. That matters. Eternity matters.

Yet Christianity is not a contingency plan. Heaven is not something earned by "living a good life," nor is salvation secured by weighing odds and outcomes. Scripture is clear that eternal life is not a wager to be won, but a gift of grace received through repentance and faith in Jesus Christ.

Scott Adams' Statement on Conversion

"So I have great respect for people who care enough that they want me to convert and go out of their way to try and convince me. So, you're going to hear for the first time today that it is my plan to convert.

So, I still have time. My understanding is you're never too late. And on top of that, I think any skepticism I have about reality would certainly be instantly answered if I wake up in heaven.

I do believe that the dominant Christian theory is that I would wake up in heaven if I have a good life ... and so, to my Christian friends, yes, it is coming. You don't have to talk me into it. I am now convinced that the risk/reward is

completely smart. If it turns out that there's nothing there, I've lost nothing. But I've respected your wishes ... if it turns out there is something there and the Christian model is the closest to it, I win.

So, with your permission, I promise you that I will convert ... Argument made, argument accepted."

I appreciate the outpouring of suggestions and questions, but what happens next is between me and Jesus. I won't be responding to your well-intentioned messages on this topic. (There are a lot!)

I hope you understand.

And thank you.

– Scott Adams (@ScottAdamsSays) January 4, 2026

These words reveal a man still standing at the doorway, reasoning his way toward God rather than falling at the feet of our Savior. Logic has its place, but no one reasons their way into the kingdom. Salvation comes when pride is laid down, sin is acknowledged and trust is placed fully in Christ and His finished work on the cross.



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Time is a fragile thing. No one knows the hour or the day.

The right response now is prayer. Prayer that Scott Adams does not merely adopt Christianity as an idea, but encounters Jesus as the living, risen Lord. Prayer that his heart moves beyond analysis to repentance, beyond probability to faith and beyond belief in a system to a real, personal relationship with Jesus

Christ.

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Joy Villa Leaves Church of Scientology and Returns to Jesus After 15 Years

For singer Joy Villa, walking away from Scientology marked the end of a long chapter and the beginning of something she describes as far more important.

Villa spent 15 years inside the Church of Scientology, living at the Celebrity Centre in Hollywood, training at the highest levels, and becoming one of the organization's most visible public figures.

"From the outside, my life inside Scientology looked like a success story," she wrote in an op-ed for the magazine *Evie*. "Inside, it was slowly destroying me."

Villa said she gave everything she had to the organization. "I had given my time, my labor, my voice, my platform, and my influence." Her image was widely used. "My face was everywhere. Posters of me lined Scientology churches. I was used as proof that it 'worked.'"

During that time, Villa says her career reached heights many artists never experience. She walked the Grammy Awards red carpet multiple times, had Billboard No. 1 hits, and appeared on national and international news outlets.

“I was visible, successful and influential,” she wrote. “And Scientology took credit for all of it.”

Villa says she was raised Christian and loved Jesus. She says Scientology told her she could keep Him. Over time, she wrote, the framework around success changed.

“Every achievement was attributed not to God, not to talent, not to perseverance, but to auditing, donations and loyalty to the organization.”



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She says the financial toll was significant, estimating she was drained of nearly \$2 million by the time she left. She also described an assignment working for the organization in the United Kingdom that left her “deeply depressed” and ultimately led to her decision to leave permanently.

Her assessment of the experience is direct. “Scientology is not a self-help system,” she wrote. “It’s a control system.”

After Villa made her departure public, the Church of Scientology released a statement responding to her claims via the Daily Mail.

“When Ms. Villa came to the Church, she was grappling with profound personal difficulties,” the statement said. “She was given counseling and community support to rebuild her troubled life.”

The organization also accused her of financial motives. “She

now seeks to exploit those who supported her during her darkest moments in hopes of making a buck,” the statement read. “How un-Christian.”

The church urged Villa to “move forward with her life and cease these false claims.”

Villa closed her essay by reflecting on what leaving ultimately meant for her.

“Leaving cost me years I will never get back,” she wrote. “But it gave me something infinitely more valuable. My soul. My faith. My freedom in Jesus Christ. And I will never go back.”

Her words frame the story not as a dispute, but as a testimony. She describes a return to faith, a reclaimed sense of purpose, and a renewed commitment to Jesus Christ.

Villa does not present her decision as a temporary break or a personal rebrand. She presents it as a permanent turning point.

And in her own words, it is one she has no intention of reversing.

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What Comes Next for America, Israel and the Middle East in 2026?