

Jentezen Franklin: Fasting Is for Everyone

Perhaps you're thinking, "I still don't know how fasting can really be for me." According to the words of Jesus, it is the duty of every disciple and 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).

Then they will fast. Jesus didn't expect His disciples to do something He hadn't done as well. Jesus fasted, and according to the words of Peter, Jesus is our example in all things (1 Pet. 2:21).

There's another vital point that I want you to see in Matthew 6: God delights in giving rewards. Not only that, but He says that when giving, praying, and fasting are practiced in your life, He will "reward you openly." A good example of such open reward can be found in Daniel. While in Babylonian captivity, his fasting—even partial fasting of certain foods—brought about the open reward of God, who blessed Daniel with wisdom beyond that of anyone else in that empire.

Later, in chapter 10, Daniel was grieved and burdened with the revelation he had received for Israel. He ate no choice breads or meats and drank no wine for three weeks. Then he describes the angel that was sent to him—which had been *delayed* by the prince of Persia for twenty-one days—with the answers Daniel sought. His fast broke the power of the delayer and released the angels of God so that God's purposes could be revealed and served.

This is just the tip of the iceberg. Do you desire to know

God's will for your life, who you should marry, or what you should do in a critical situation? Fasting brings you to a place of being able to clearly hear God's will. Fasting also causes God to target your children.

You would be amazed at the testimonies we have heard about fasting. It also brings health and healing to your body, as well as financial prosperity and the blessings of God. Whether you desire to be closer to God or are in need of great breakthroughs in your life, remember that nothing shall be impossible to you. Fasting is truly a secret source of power!

The preceding is an excerpt from Jentzen Franklin's book, Fasting. The book can be purchased at , or .

For a previous excerpt from Fasting, click here.