

FASTING: ATOMIC POWER WITH GOD

BY FRANKLIN HALL

(Edited by Rev. Dr. Winston Watson)

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INTRODUCTION

World-Wide Fasting-Prayer Crusade

January 1946

In 1946 a group of saints came together in San Diego, from various denominations, to hear the teaching of Jesus Christ's Gospel concerning prayer and fasting. Many of these Christians entered into consecration fasts. A real test was made as to the efficacy of fasting. Some of these fasts were from twenty-one to more than sixty days in continuous duration, without food. They were burdened to see the Lord move in a special spiritual way. These and many others wanted to see a world-wide revival for the salvation and healing of mankind and the restoration of the gifts of the Spirit.

The amazing results as these scores of Christians united in fasting and praying were stupendous! Many miracles of healing were performed by the Holy Spirit in the Name of Jesus. Demons were cast out, lunatics healed, cancers disappeared, the blind saw, the crippled walked, stomach ulcers disappeared, palsy was quieted, tuberculosis healed, asthma, bronchitis, the smoking and drinking habits were given up and many more sicknesses vanished. Scores of folk were baptized at the altars.

In this revival auditorium that the author was temporarily in charge of, we were privileged to see a thousand souls find Jesus that year. These converts were mostly service men from various parts of the nation. They also helped to carry the message across the seas.

A continuous chain of fasting, and all night prayer meetings conducted by Sister Helen Hall, went on for many months. She writes, "I went into 21 days of fasting. In the next revival meeting after this fast, we saw over 3,000 souls saved. I could lay hands on the sick and they would recover, arthritis, **T.B.**, etc." It was in the midst of these fasting prayer revivals that this volume was born. From then on *God burdened the author to launch a fasting and prayer crusade*. Soon many other ministers and spiritual saints of God became burdened to encourage and teach prayer and fasting in a greater way. Folk began fasting in Los Angeles and Southern California and then it spread throughout the west, and north into Canada. Folk began fasting and praying across the nation. Soon this most powerful message had gone throughout the world. Men and women travailed in the most powerful prayer prayed under the influence of a consecration fast. Such soul hunger and travail moved the hand of God and opened the windows of Heaven and God poured out His Spirit and Power in a mighty way.

Many calls, yes thousands of letters would pour in from all parts of the world asking for information on the deeper fastings, for truth that would take them deeper and deeper with the Lord and open the doors so they could have more of the Holy Spirit and His gifts. Even before "Atomic Power with God" was off the press, orders had come in for approximately five thousand copies, and requests for thousands of pieces of literature. This was a major financial problem, but our Lord supplied the need and members of the

body of Jesus made it possible to print millions of tracts on a subject sadly neglected and overlooked, yet at our very finger tips.

Thousands of wonderful testimonies poured in from all over the world verifying the mighty power of fasting and prayer. They testified to all kinds of remarkable answers to fasting prayer: that the fasting type of prayer is far more effectual than ordinary prayer.

The author launched fasting and prayer revivals throughout the nation. Auditoriums were filled with crowds varying from a thousand to fourteen thousand. These were non-sectarian—for all churches. (See author's book, "The Fasting Prayer—Price \$2.25). This started thousands of people fasting and praying for a world-wide revival. This mighty tide of fasting preceded, and was a prelude to the major evangelistic healing campaigns that are stirring Christendom today, in which hundreds and even thousands are converted in a single campaign.

We wish to express our appreciation to Christians everywhere for helping to do their part in spreading, world-wide, this glorious part of our Jesus' message, fasting and prayer.

EVANGELIST T. L. OSBORN

(As given to the author while visiting with Brother and Sister Osborn in their new house trailer during their wonderful tent-cathedral campaign in Reading, Pa., where 3,000 souls found Jesus as their Savior and many hundreds were healed from all manner of diseases. The East was stirred by this campaign. Thousands were packed around the tent.)

We were happy to let you know that we feel our lives have been revolutionized by fasting and praying to Jesus. It was by reading your books that we were enabled to go into many days and weeks fasting and praying. Both my wife and I have had many deep fasting and prayer experiences. My life was so changed that God began using me in the healing ministry. As I began to exercise the ministry of praying for the sick, more and more folks were healed.

One day while in deep consecration the Spirit spoke thus: "My son, as I was with Price, Wigglesworth and others, so will I be with thee. They are dead, but now it is time for you to arise, to go and do likewise. You can cast out devils; YOU heal the sick; YOU raise the dead; YOU cleanse the lepers. Behold I give you power over all the power of the enemy. Be not afraid. Be strong. Be of good courage. I am with thee, as I was with them. No evil power shall be able to stand before THEE all the days of thy life, as you get the people to believe my Word. I used those men in their day; now I desire to use THEE."

The challenge of this commission, given directly from the Lord, caused me to tremble exceedingly, but I knew God meant every word He had spoken.

More days and weeks of fasting and prayer followed this tremendous commission, and more healings and miracles were the result.

We have been able to conduct Healing Campaigns already in over a dozen of our states and on the island of Jamaica, B. W. I. In a single campaign which we conducted, as many as one hundred and twenty-five deaf-mutes, ninety totally blind, and hundreds of other equally miraculous deliverances have resulted. Happy and joyful conversions have numbered as many as nine thousand in one revival.

We found people all over the island acquainted with your books and tracts. Many were fasting and praying for this revival before we came.

Brother Hall, we wanted you to know, we do appreciate your vision, and the tremendous way you have STIRRED THE WORLD with FASTING AND PRAYER. We shall do all we can to push that part of the Gospel. We are going to handle your books in our meetings and shall order them in large quantities. You may send me one thousand of your, "Because of Your Unbelief," revival booklets.

Yours in Christ for the DELIVERANCE OF ALL,

T. L. OSBORN
Box 4231, Tulsa 9, Oklahoma.

TESTIMONY FROM EVANGELISTS—M. A. DAOUD

**B. p. 1113 (Analakely) Tananar'ive,
Madagascar**

Dear Brother and Sister Hall:

Through some of our workers we learned that you are planning a missionary trip to this area. . . . We have used your books and practiced consecrate fasting for years and have enjoyed them so much. We have taught the natives from them and hundreds have benefited from fasting and the teachings of these truths. We will be happy to translate them into the Malagasy language in this French Colony.

Our new tabernacle seats six thousand and you will be able to minister to an overflow crowd in the building. Nearby we have facilities to accommodate over forty thousand people. Your deliverance, fasting and prayer ministry should stir the island. We have the only Pentecostal church on the island of more than six million. When we first came here in 1961, the crowds reached even to fifty thousand people. Please write us your wishes as

soon as you can, so we can start to work on it. We are looking forward with joy in having you minister with us in Madagascar.

Sincerely in Him,

Brother and Sister M. A. Daoud

HYMAN APPELMAN

**7339 Broadway
Kansas City, Mo.**

January 8, 1965

Dear Brother Hall:

Someone was kind 'enough to give me your book, "Atomic Power With God Through Fasting." It is tremendous. Most publishers, across the years, in a half dozen different languages, send me their books for review, knowing that my reviews will reach clientele that no other medium can touch.

May I impose upon you by asking you to send me for review any other of your books that you would like for me to read and to hold.

Thank you very much for your undoubted courtesy in this matter.

Faithfully and gratefully yours,

Hyman Appelman

"We believe that there is a great truth in prayer and fasting, since Jesus, when speaking of the devil in the lunatic child, whom the disciples could not heal, declared, 'This kind cometh not out but by prayer and fasting.' We do realize that fasting to be seen of men for self-aggrandizement is futile and profitless. But fasting with prayer has a place, as the Scriptures plainly teach. We know of no writer whom God has so signally used to bring out Scriptural truth on fasting, as Evangelist Franklin Hall. *We feel that 'Atomic Power with God' is the book of the hour for believers.* We trust that this book will be a special help to those whose prayers, for one reason or another, have not been answered.

“Many of the associates of ‘The Voice of Healing’ magazine, like myself, feel that fasting and prayer should have an important place in a successful salvation-healing ministry.”

Brother Gordon Lindsay
Shreveport, La.

BOY EVANGELIST

Little David was born in Phoenix, Arizona, Sept. 20, 1934. He sang his first song at two years of age. He prayed his first prayer at three years of age! At five Little David was about to go blind. He went on a three-day fast with prayer, going into the woods with some other little boys to pray. Satan talked to him and tried to discourage him the first day, but he kept praying and fasting. On the third day he went into the woods again and his prayer became more intense; the fast became prayer too. The windows of heaven opened and he received the Holy Spirit after the Bible pattern, and instantly he was completely healed and came home shouting! At the age of six he had another wonderful experience. At seven he was injured by a taxicab and again healed in answer to prayer. At nine years of age he was called to preach. At that age his spirit left the body and *for five hours Little David was in heaven*; a great light flashed in front of him, and he was called into the ministry. “Jesus told me to go, open my mouth, and He would fill it. I also received knowledge of many things that are going to come to pass,” stated Little David.

There is much more to this remarkable story of Little David than appears on the surface. Let us go back before he was born. Little David’s father, Brother Jack Walker, was not seeing souls saved; he became heavily burdened, crying out to God almost night and day, and still he was not satisfied. Then he undertook a fast in almost ceaseless agony and prayer for lost men and women. He received, from the somber heavens above, a ray of hope, although he did not know what it was all about. This much he did know, and that was that God had answered his prayer. He felt that victory was his without a shadow of doubt. His fast and prayer lasted for fourteen days. *Immediately at the conclusion of this fast, a soul was given to the parents, and nine months later his son David was born.* This child evangelist was to do more than his father could ever do, and was very definitely given in answer to most fervent prayers and FASTING.

Child and women preachers are last-day signs that Bible prophecy is being fulfilled. See Joel 2:28.

The Lord Jesus has been waiting two thousand or more years for some group, small or large, to actually be willing to RECEIVE the fullness of this purchased price complete redemption work~ Happily, the Man-Child is the first group to actually believe, qualifying themselves to RECEIVE the full, perfect redemption which Jesus provided.

The greatest Ministry of all time is emerging. The full bought, redemption-salvation ingredients are now coming forth, emerging, not from the popular deliverance and fundamental group of ministers and church systems, but out of a small dressing room, maternity ward chamber, so to speak. The man-child will end up with the Kingdom of Heaven stone, grown into a mountain kingdom, drawn for and around Jesus Christ, the King of Glory in His Everlasting Kingdom.

Glory of the Cross

FASTING enables the Lord's people to properly DISCERN THE LORD'S BODY (1 Cor. 11:29,30) The Lord's glory body from attaining the glory of the cross from His ascension back up in glory. His expedient return to glory that He could bring it back to us through the Holy Spirit full baptism.

Only one part of our salvation has seemingly been taught. The sin problem, eliminated by Jesus' shed blood. The "SHORTNESS OF GLORY" portion (See Romans 3:23) "For all have sinned, (this portion taught over and over) and come short of the glory of God;" The latter portion is the most important for full redemption attainment, yet it has deplorably been left out.

Attention was called to the reader above. At least three persons who fasted much did enter into a portion if not all of the "shortness of glory" covering Comforter Baptism of Holy Ghost Fire! The restoration of lost Garments of Adam and Eve. "The Garments of Salvation" (Is. 61:10) The "glory that is seen upon one" (Is. 60:1-5, 21, 22) also the protective ingredients (illustrated above) outlined in Isaiah 4:5: (1) CLOUD, (2) SMOKE, (3) FIRE, (4) and LIGHT.

THIS IS THE MOST IMPORTANT TEACHING IN THIS VOLUME OF FASTING RESULTS:

Fasting properly unto our Lord brings forth the glory of the cross, enabling God's people to come into full realization that we may also obtain a fundamental Body felt as well as the fundamental Heartfelt salvation experience. THE PROMISE OF THE FATHER TO COME UPON US. (Lk. 24:49, Acts 1:4,8; 2:3, 17, 19, Rev.3:17, 18 etc.) Salvation in our heart is not enough. Salvation upon us heals, protects from all harm and is accident sickness prevention!

THE ULTIMATE GOAL AND ACCOMPLISHMENT OF THE CROSS HAS NEVER BEEN REACHED BECAUSE... ONLY THE SHAME OF THE CROSS-HAS EVER DARED TO BE PREACHED

THE THREE MEN, RECORDED, TO HAVE FASTED 40 **DAYS DEMONSTRATED**
THE GLORY OF THE CROSS! Moses received Body felt Salvation

SUBSTANCE GLORY OF THE LORD UPON HIS PERSON. Elijah received the Glory of the Cross Substance so mightily upon himself that he was translated without seeing death. Jesus Christ, who found it necessary to empty Himself first of His Shekinah Glory, paying the **COST-PRICE SHAME OF THE CROSS**, then afterwards arose from the dead; **BUT HIS RESURRECTION WAS NOT ENOUGH**, it was likewise necessary for him to get back up into His glory and be thereby reestablished in it that we too may possess the protective glory of the cross substance which is the kingdom of Heaven Glory.

Chapter I

ATOMIC POWER WITH GOD

Fear and hatred stalk the world today. No one knows to what use men will put the newly discovered force of atomic energy. Many other devices of power would bring to pass the signs preceding the second coming of Christ as foretold in Luke 21:26: "Men's hearts failing them for fear, for the powers of heaven shall be shaken." And the cause of it all is the sad fact that man's spiritual development has lagged far behind his scientific development, with his many inventions and discoveries of the physical forces of nature.

Spiritually and emotionally, mankind as a whole is not far removed from the jungles, and is therefore, incapable of handling the forces of nature that science has unleashed. Physical power, sufficient to disintegrate the entire world, is at the fingertips of a few, but there has been almost no development of spiritual power to control it. We have been wandering in the wilderness.

This spiritual power is actually within the reach of all followers of Christ. It is not so much that it has been forgotten, but rather that it has never been taught and learned. "The message of the Gospel is the power of God unto Salvation." Rom. 1:16. But we have overlooked a certain fundamental part of the Gospel message.

The writer shall endeavor to present a spiritual atomic power far greater than the physical force of all the atoms in the universe. Jesus Christ has made this power available to all His people, who will follow His Gospel pattern.

In 1848 A.D. the Aquarian Age was introduced to the world. The era of invention began and the machine came into being, along with the age of SPEED. Space and time began to shrink with the modern automobile, steam engine, and airplane. Distance ceased to be a barrier. More progress in scientific achievement was made in two generations than had been accomplished in the preceding two thousand years.

What about spiritual power? Except for a sprinkling here and there of the power of the Holy Spirit, scientific achievement has far out-distanced man's gains in things of the Spirit.

In the natural we have the automobile to speed us on our way. We have the steam engine shortening distance and also the airplane making distance no longer a barrier, etc. Radar and television bring distant objects nearer.

Surely if man's scientific achievement has increased in momentum, there must also be something to be found somewhere in the Word of God that will accelerate his SPIRITUAL PROGRESS. Like most scriptural truths, there is something; but only the

wise shall understand it. The seemingly insignificance and misunderstanding may have been cause for its neglect. This latent power is FASTING AND PRAYER. This is a prayer that is prayed under the influence of fasting. Our spiritual progress will be like supersonic speed.

Thank God there is something which makes for Spiritual progress that is more scientific than anything man has accomplished to date, and which accomplishes wonders for our Spiritual welfare in a very short time. Without this knowledge, this goal might not be attained for many years, or perhaps NEVER. That something is FASTING AND PRAYER.

Our ultimate aim and desire should be the EXALTING OF JESUS CHRIST and the GLORIFYING OF HIM. Without prayer and fasting every Christian will more or less mark time and fail in their purpose. The most successful and the quickest method is through PRAYER AND FASTING; this pleases Jesus and in pleasing HIM we are availing ourselves of GREAT OPPORTUNITIES. "Delight thyself in the Lord; and He shall give thee the desires of thine heart." Ps. 37:4.

FASTING AND PRAYER make it far easier to DELIGHT OURSELVES IN THE LORD, it will give us the light ON THIS POWER. SPACE AND TIME TO GOD WILL SHRINK AND DISTANCE WILL CEASE TO BE, when one receives the potential light and puts it into practice.

If, as many believe, the unleashing of atomic energy is the prelude to the end of the earth, and if the seal judgments, the trumpet judgments, and the vial judgments of Revelation will soon be upon us, then the few who know and experience the saving power of God will do well to protect themselves against the day of His wrath, by a last great awakening through fasting and prayer. It will be the beginning of a new age for good, if the power of the Spirit is developed to a high degree by many through the use of the most powerful agent known to man, *fasting and prayer*. Without fasting, prayer becomes ineffectual. Fasting restores and amplifies prayer power.

A twenty-one, or forty-day prayer and fast will most assuredly hasten the Christian to such a deep and wonderful experience with God that twenty-one days will equal twenty-one years. Forty days will equal forty years. Experience shows that the forty-day period brings far greater results than a shorter time. It will bring one closer to God more quickly than any other way known.

Like the doctrine of divine healing, the doctrine of the Holy Spirit, etc., the truth of fasting has been sadly neglected. Many other forgotten Bible truths have been temporarily lost, only to be revived again in these "latter days" of this dispensation, the transition period between this and the millennial dispensation. The truth of fasting is being *revealed to us now that we may secure the greater things of God, that we may receive the gifts of the Spirit,* and that a mighty world-wide revival of spiritual power will sweep over the world, with major signs and miracles in these last days. Fasting is the

most potent power of the universe, and is placed at the disposal of every believer. A transformation in the body of Christ will begin, as Christians fast and pray.

The practice of fasting is as old as humanity. More than two thousand years ago, fasting was a custom advocated by the school of the natural philosopher, Asclepiades, for curative purposes. The Roman historian, Plutarch, said, "Instead of using medicine, fast a day." Traces of ancient fasting are to be found in ancient Chinese and Hindu writings, The Indians also practiced it. It was used for religious purposes, as well as a method of restoring health. In the olden days they recognized the value of a fast, but today people look on fasting as a certain way to the grave. When a person speaks of fasting ten days, twenty-one days or more, many think it something horrible. It is through a lack of definite knowledge on the part of many, that this subject is so much misunderstood.

Fasting is a CORNERSTONE of the Christian religion, yet there is seldom, if ever, a complete sermon on the subject. Moreover, it is an important, basic truth of the Bible; yet we so often overlook its value.

So important is fasting in the Mohammedan religion, that they claim it to be *one of the four pillars* of the Mohammedan faith. This explains one of the reasons why there is more fervor and zeal in their religion, than in the Catholic or Protestant religions. Many Mohammedans take a thirty-day fast every year. Fervor and zeal are definitely a result of the fast. This is sadly lacking in **our** church of today. Fasting is mentioned in the Scriptures approximately one-third as much as prayer, yet our present day church member places it insignificantly in the background.

If Christians realized what great power and blessings they are missing, they would be only too eager and happy to fast. One of the reasons Satan cheats them out of this glorious experience, is through the misunderstanding and confusion that is so generally prevalent in regard to fasting.

Here is a testimony of a certain man who fasted fourteen days in one of my meetings. This was in 1945, when the world-wide fasting crusade was first launched.

UNDERWEIGHT—GAINS 29 POUNDS AFTER FASTING

"On the thirty-first day of December, 1945, after hearing Rev. Franidin Hall give some enlightening teaching on fasting, I started a consecration fast. I partook of no food during the entire fast of fourteen days. Water was taken for the purpose of cleaning out the system. I was a heavy smoker, and it seemed impossible to give it up, but on the third day of the fast *I had no further desire for smoking. On the fourth day of the fast, hunger left me entirely. A little later all weakness left;* and to my surprise I began feeling better and stronger day by day. **I could pray more earnestly,** and with greater results. Several days later, *I received the glorious baptism of the Holy Ghost.* I kept busy with my work which was not heavy. The fasting did not bother me much. What Brother Hall tells you about

fasting is true, in our new spiritual consciousness our eyes are opened to discern the true nature of our former natural environment. And it worked out just that way in my life. It was a glorious experience.

“When I began the fast, I weighed one hundred and forty pounds. This was twenty-nine pounds underweight. At the conclusion of the fast, fourteen days later, I had lost sixteen pounds, for I weighed a hundred and twenty-four pounds. Sixty days later *I had not only regained the lost weight, but also gained twenty-nine pounds more*, which was exactly what a man of my age should weigh, to the pound, that is, one hundred and sixty-nine pounds.

Everyone told me that I looked better than they had ever seen me look, and I do *feel better than I have felt for twenty years*. All of my nervousness is gone, and I have better complexion, and best of all, I have received the Holy Ghost, and have a much deeper experience with the **RECEIVES THE** Lord.

“My fast was shorter than many of the other brothers

and sisters, but some day I hope to take a forty-day fast, as it certainly was a glorious experience to fast fourteen days. People do not know what they are missing.”

Charles Wilson

San Diego, California.

When we speak of “**ATOMIC POWER WITH GOD**” **we are using a** term expressing something GREAT, and “Atomic Power” is as good an expression as we could possibly find to fill the bill. We are not exaggerating in the least when we compare “FASTING AND PRAYING” with the power of the *atomic bomb*, because, to the Christian, fasting will truly bring *atomic spiritual power*.

ATOMIC BOMB

Robert deVore in Collier’s, quotes some of the figures released by the mission of investigation in Japan, on *the atomic bomb*. (The Nagasaki and Hiroshima bombs probably detonated at about 1800 feet altitude.)

“At 2,500 feet from point of impact—if bomb had reached earth—NOT from the point of explosion, 1,800 feet above, which would be farther— the pressure exerted was approximately **SIX TONS TO THE SQUARE FOOT**.

“At 4,200 feet, the pressure was a little more than **ONE TON PER SQUARE FOOT**.

“The first pressure noted above, is equivalent to a gale force of wind at 150 miles per hour, multiplied by 133, which equals the pressure of a wind blowing 20,000 miles per hour.

“The second pressure noted, is equivalent to 24 times the pressure of a 150-mile gale. Equals pressure of a 3,600-mile-per-hour hurricane.

“These enormous pressures are not wholly instantaneous, but are slightly delayed in their application, giving the water time to partially yield, and hence build up enormous wave effects. A vast, cone-shaped vortex is created, with a terrific “out-thrust,” and subsequent return, of the displaced waters. No one can possibly calculate the true extent of this effect, but some physicists have stated that a wave of great height will be created.

“Consider the effect on water of the temperatures developed. The temperature of the atomic ‘SUN’ is estimated at FOUR MILLION DEGREES Fahrenheit. Combustible materials of all kinds will burn at 1.4 miles distance. The ground temperature below the burst (at 1,800 feet altitude) was certainly more than 1,500 degrees Centigrade. WATER WAS INSTANTLY VAPORIZED,” says DeVore. “Forests were scorched at 8,000 feet distance. All these facts point to the instantaneous vaporization of MILLIONS OF TONS OF WATER, to be thrown far into the upper atmosphere, and thence precipitated in torrential rains in distant parts of the world.”

“This isn’t a bomb at all,” says General Farrell.

“These are the Fires of the Universe,” says physicist Walter Graham.

This is the GREAT NATURAL POWER that man has discovered.

But greater still, and more potent, is the *spiritual atomic power with God*, that lies available to every Christian. The scientist can now use and harness the power of the material atom, but the Christian can use and harness the dynamic power of the great Creator of the atom. As the Creator is greater than that which He has created, so is the power wielded by the Christian, through fasting and prayer, greater than that wielded by the atomic scientist. It is the purpose of this volume to show the Christian a sure method, whereby he may obtain this mighty power, and may be able to move the omnipotent hand of God. This will be our spiritual, atomic jet-propulsion power.

Chapter II

WHAT IS FASTING?

Let us see what the word *fast* means. I believe misunderstanding here causes much of our trouble about the subject of fasting. It is here that Satan deceives the average Christian.

Webster's, and also the Bible Dictionary, define fasting as, "abstinence from food. Especially as a religious observance." (FAST: "To abstain from food."). Now what does Webster say about water, as a food; or we may ask the question, "Is water food?"

First, we will consider Webster's definition of food, and it reads as follows: "Food: nutriment; nourishment in solid form."

Food and water-drinking are two different things. To do without water results in thirsting, and thirsting means, "a great desire to drink." Fasting will be understood better if we recognize these facts. One should not associate abstinence from water, with the subject of fasting; thus, we see the contradistinction between food and water.

The confusion that exists in the mind of the Christian who believes that he is not to drink water in a fast, **MUST** be overcome. This has prevented many people from fasting over a period of several days. Therefore they **have been deprived of some of the very greatest blessings.**

We will describe the protracted fast, or a "Complete Fast." We are dealing with the type of fast taken by the Lord Jesus Christ. A fast like that of Paul, or Daniel: "Bible Fast." A complete fast is a fast from the time hunger leaves, until the time hunger returns. Such a fast may continue from twenty-one to forty days, depending on the individual, and also on the amount of time it takes you to get your prayers through to Heaven.

Fasting and Starvation are also two entirely different things.

DRINK WATER WHEN FASTING

To take a fast of this particular type, one must of necessity drink water. It is absurd for people to think about fasting and prayer without drinking water. Those who do this, do it in ignorance, and should be corrected by some constructive teaching. However, one may attempt a fast of a few days without drinking water, and find these facts to be immaterial.

Your body is the temple of the Holy Spirit, and to attempt a major fast without water, would defile and pollute the body. Scripture states: "If any man defile the temple of God, him shall God destroy." I Cor. **3:17.**

Instructions are given by Christ in the Sermon on the Mount (Matt. 6:16-18) that “when thou fastest, anoint thine head, and *wash thy face*; that thou appear not unto men to fast, but unto thy Father, which is in secret, and thy Father which seeth in secret, *shall reward thee openly*.” Washing the face is a sign of cleanliness. If it is good to wash your face to keep the toxic stains from face and body (washing being a type of cleanliness before God), then how much more logical it is to put water in your mouth, to clean out the corruption in the stomach. The stomach becomes deflated, collapsed, and depressed, when water is withheld long enough, and a person gets into bad shape. Without water, when fasting, the system will choke up, and *the body becomes filthy*, internally. The tongue, which is the upper part of the stomach, becomes heavily coated when fasting, showing visibly a part of the pollution that is in the stomach. Some doctors maintain that some food particles remain in the intestinal tract for more than a month, until putrefaction is worse than any garbage pail.

For the first few days of the fast, the stomach, tongue, and body, become heavily laden with the corruption that is trying to loosen itself. These particles that have remained in the stomach unassimilated, with other fecal matter, *require a great deal of water to break them down and help soften this material so that it can be eliminated*. Cramps, displeasure, misery, and other discomforts, are frequently experienced during this initial period. Water aids in the loosening and softening of this fecal matter without which the corruption will harden; the worms and bugs, which are nearly always present to some extent, will dry up on the intestines, the tongue will eventually thicken, and if the thirsting fast is prolonged, the individual will die, unless the Lord intervenes.

Paul knew the difference between “thirsting” and “fasting.” He distinguishes them in II Cor. **11:27**, “in hunger and thirst, IN FASTINGS OFTEN.” If “hunger and thirst” were the same thing as “fasting,” he would not have repeated the same thing, any more than “cold” and “nakedness” are the same. Please note that a comma is inserted between each phrase. Paul was also educated.

A person should not only recognize the value of the fast, but whether your fast continues ten days, two weeks, forty days, or longer, your bowels should move every few days. If a person does not drink water while the fast is in progress, how can these channels of elimination function properly? The drinking of water will continue the process of cleaning while the fast continues. If the bowels do not move, please do not worry; there is no cause for alarm. Some folks’ bowels do not move at all during the entire fast.

The drinking of water does not prevent one from drawing closer to God. Water is pure, and is a type of Salvation, and of the Holy Spirit. (John 4:14.) Water, unlike corruptible food, evaporates into the atmosphere, while food goes back to the earth. Water is not stimulating, while food is. Food feeds the appetites of carnality; water does not.

When an individual fasts, his pores become laden with toxins, especially his hands and face, therefore, he should bathe externally as often as possible.

In about two weeks, more or less, the average individual will have most of the wastes, poisons, toxins, fecal materials, etc., eliminated. That is, unless this individual has a deep-seated functional ailment. Even if this be the case, this should be relieved and healed if the fast is continued.

It is quite evident that Jesus took water while fasting forty days. There are four things that bear evidence in this regard. Shall we study our Lord's fast?

1. Matthew 4:2-11: "When he had fasted." We pointed that the *definition of fasting* does not exclude water drinking, and it does not mention that Jesus thirsted forty days, in the Scriptures. It is called a fast, and not a thirst.

2. "He was afterward an hungered." It does not say that He afterward thirsted. When a person does without both food and drink, water means far more to him than food. A man can go days without food, but this same individual can go but a very short time without water. Especially is this true in a hot and torrid climate.

It seems very evident that Jesus did drink water. For at the time of the feeding the 4,000 (Mark 8:3), bread and fishes were offered after they had been fasting for three days, and Jesus, according to Scripture, did not offer them water, because they had no need of it. Water was available in the springs and brooks nearby.

3. Satan knew that He wasn't thirsty, because he did not tempt Him with water. He said, "Command that these stones be made bread."

4. The answer that the Son of God gave to Satan, is very evident. "Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God." This seems to prove that He had partaken of water, for we must notice, in this connection, the failure to mention water.

You may ask if the fast that Jesus took was a supernatural one. No, this fast was not in any way a supernatural fast, for fasting is not supernatural, whether it is done by our Lord, or by the ones for whose salvation He paid the great price. "FASTING IS A SCIENCE." Anyone can fast for long periods of time, but only the Christian can expect supernatural results. The fast of Jesus can be said to be natural, on the ground that after His fast, He hungered. The natural hunger that had left his body for a time, returned again. This is true in any fast, if the fast is prolonged to its normal completion, when true hunger returns.

Critics who say that only Jesus could fast forty days, and that no one else can do so, are condemning something they know nothing about. They are in need of trying a fast themselves, then they would realize with a great awakening, the value of fasting.

The argument is brought to us that Moses fasted forty days. Please tell me what Scripture states this? In Exodus **34:28-29**, we read, "And *he was there with the Lord forty days and forty nights*; he did neither eat bread, nor drink water." This abstinence was not

called FASTING HERE, as failing to drink water is outside the meaning of the word. Why change the meaning of the word FASTING? On the mount, Moses was “there with the Lord for forty days”—this explains why Moses did not drink water—he was with the Lord, literally with the Lord. I am certain that if we were allowed to stand in His presence and be with God, we would neither have to eat, drink, or breathe, whether we were with Him forty days, or forty years. Actually the Lord Himself is our Food, Drink and Sustainer. This was true with Moses, because (Vs. 29) —“The skin of his face shone while he talked with Him.” The children of Israel were actually afraid of Moses. For he had received supernatural radiation that was far more real than food and drink. He had to veil his face to talk to them. When Moses died, he had the strength and constitution of a young man: “His eye was not dim, nor his natural force abated.”⁷ Deut. 34:7.

The world’s largest alligator farm is in Los Angeles. Almost **2000** alligators are in captivity. Upon a recent visit, I learned that the creatures enter into a suspended animation for six months out of every year. They do not eat, drink or even breathe for six months out of the year. When it gets warm, they come out of their “anti-world” environment and gradually break into eating again. They have learned the art of eating, drinking and breathing that is incomparable to anything we humans can do. This suspended animation may be comparable to Moses’ forty-day food-abstention without both food and water.

If any person fasts without taking water, and he can do so if he wishes, I must say, “Amen.” However, any person can take short fasts of several days only, without water, as well as food, and still receive spiritual benefits for their sacrifice. See Esther 4:16, “Fast ye for me, and neither eat nor drink three days.”

Doing without food will give you that spiritual uplift and power, with or without water. This has been proven many times. This fact is true in the fast of a few days, but we are now dealing with the long fast, which will give one power to do mighty things, seemingly the impossible, the fast that will break down denominational barriers and restore the body of Christ to its place of power and into the unity of the faith.

Dr. Tanner, who fasted over forty days on three occasions, declared that in the second half of each of the three fasts, the unspeakable glories of the world beyond were revealed to him. Dr. Tanner lived to be ninety-two years of age, and gave credit to fasting for his longevity of life. In Dr. Tanners’ day they ridiculed Christ’s fast, saying, “nobody could fast that long.” Dr. Tanner challenged them. His first fast lasted over forty days, and was under observation by his disbelievers. He was weighed and checked daily; thus he broke down the ridicule of fasting in his time. Dr. Tanner was a physician as well as a Christian. His first fast was so glorious, **BLACK HAIR REPLACES** that later on he took additional fasts of over forty days. After his last fast a *crop of new black hair appeared in place of the grey hair.*

Luther fasted for days at a time, while translating the Bible, and herein un doubtedly lies the secret of his unrivaled translation, and it is also responsible for bringing the reformation revival of his time. His great faith was likewise largely through the revelation

of God's presence, which is revealed through PRAYER AND FASTING. Thank God for men that get a vision, who will go all out.

LUST HUNGER

“And they tempted God in their heart by asking meat for their lust. Yea, they spake against God; they said, Can God furnish a table in the wilderness?” God at first did not readily give them food as they did not actually need it. This food was wanted to satisfy an appetite of LUST which is habit hunger.

God did, however, give them “angel's food” and “sent them meat to the full. He gave them their own desire.” And they were destroyed. “He gave them their request; but sent leanness into their soul.” See Ps. 78:29-34.

A close study of the Scriptures will show clearly that sin is sin. The partaking of an over-amount of food is classed in the category of sin, because the same damage is done to the body, as by alcohol, tobacco, dope, etc. This fact is also emphasized by Jesus Christ when He was tempted by Satan for forty days. He was tempted to command the stones to become food. Jesus' answer was very effective, “MAN SHALL NOT LIVE BY BREAD ALONE, BUT BY EVERY WORD THAT PROCEEDETH OUT OF THE MOUTH OF GOD.” See Deut. 8:3 and Matt. 4:4. Again Jesus shows what value the world will place on food when “The Son of Man cometh. For as in the days that were before the flood, they were EATING AND DRINKING. So shall also the coming of the Son of Man be.” Jesus is not criticizing the eating to live. But He is greatly condemning the “living to eat,” that is so prevalent everywhere. It is a sign of the last days. The sign that tells us that the coming of our Lord draweth nigh.

In Matt. 24:37, 38, and Luke **21:34**, eating is placed ahead of drinking.

Chapter III

THE BACKGROUND FOR REVIVAL

“SANCTIFY A FAST, CALL A SOLEMN ASSEMBLY:” Joel 2:15.

To see our loved ones saved, souls converted and a sweeping revival come in our midst; to have God work miracles, and heal our diseases, and pour out His Holy Spirit, we must start a fast and prayer in the home. “LORD, let it begin in me!” Even if you are the only converted member of the family, you can get hold of God in such a way, by **FASTING AND PRAYER** that Jesus, seeing your fervor and zeal developing the faith for the salvation of your loved ones, will most certainly hear your prayer and convert them. Many times a person has done this, and not only were the loved ones converted, but the Lord so rewarded them that an “old-fashioned” revival swept the whole community, saving, healing, and blessing mightily with the Spirit.

In 1932 the Holy Spirit led the author into his first revival meeting. He knew only three families in the Oklahoma oil town, Nowata. One of these families believed and practiced *fasting and prayer*. Together we prayed and fasted ahead of time for the meeting that we knew God was going to give us. The foundation was properly laid for a revival, and a revival we certainly did have. There was no building big enough to take care of the crowd, so we secured three acres of ground and had an open air meeting (this was in July). People packed the place from the first service. We kept building seats, and the crowd continued to increase every evening. People gathered from all over Northeastern Oklahoma and Southeastern Kansas for the meetings. Scores of people were healed of all types of afflictions. One lady who had been in a car wreck with broken ribs, was carried to the services on pillows; she was instantly healed. A deaf and dumb boy was enabled to hear and speak. A man who could not lift his arm, and had been paralyzed, was healed of his paralysis and was able to lift his arm. Many more received notable healings. Folks were under the power of His Spirit. Many were baptized.

Within three months from the time we started the meeting, we built a church, and got it paid for, so that the people could

continue to have a place to worship in truth and in Spirit. **ALL OF THESE RESULTS WERE TRACED DIRECTLY TO**

PRAYER AND FASTING. My brother assisted me in the meeting. The church is still progressing for the glory of God to this

day.

FASTING FOR THE HOME

If church leaders and parents, the heads of churches and homes, do not live up to ‘~the faith which was once delivered unto the saints,’ how can we expect our children to be saved? FASTING WAS AS SURELY A PART OF THE FAITH that was once delivered unto the saints as anything else. Fasting is one of the great foundation piers of the Christian religion. The structure of the Christian religion is built upon the vital truth of prayer and fasting. It was a vital part of the early church. Therefore, the great results that accompanied it were seen in those early days.

The lack of fasting explains the great “falling away,” the “losing their first love,” because man cares more for his “desire-nature,” than for the fortification of his soul. People have failed to follow the complete pattern of the *faith formula* of Christ, given in Matthew, chapter seventeen, or Mark 9:29. They not only failed to have power to do the impossible, but after the days of the apostles the church became powerless, and eventually began to say that the days of healing were over; that the miracles were not for them anymore; the Holy Spirit, after the Bible pattern, was forsaken, and the power of the apostolic age was lost. Many splits soon divided the church of Jesus Christ. The men of old that had fasted and prayed, and who had power with God to perform miracles of healing, had either died, or had been martyred. The younger generations discontinued the use of fasting.

Matt. 9:15: “The days will come, when the Bridegroom shall be taken away from them, and then shall they fast. How many “Children of the Bridegroom” are obeying Christ’s command, “then shall they fast”? It is here that our Lord lays upon us, as the children of the bridegroom the duty of fasting: “*When the Bridegroom shall be taken from them, then shall they fast.*” And as long as our Bridegroom tarries, just so long should we continue to fast, until that happy day when He returns and fasting need be no more.

It wasn’t as necessary to fast while Jesus was here on earth, because He had fasted to obtain the more perfect faith. After He left we could have had through FASTING the same power and FAITH that His visible presence gave.

INDIAN TRIBES PRACTICE FASTING

Many, if not all, the American Indian tribes sought revelation of the Great Spirit through Prayer and Fasting. When they had famines, food shortages, lack of rain, etc., the Great Spirit was sought through prayer and fasting, and their prayers were answered. In certain tribes nearly all Indian children who came to the age of puberty were set aside in prayer CHILDREN FAST and a *fast of seven ‘to ten days*, to burn out, so to speak, the evil sex desires, so that they would have high moral thoughts, and live a high spiritual life. As they grew and developed into manhood or womanhood the practice of fasting was continued. Is not this a lesson for the American home of today? If this method were

taught and put into practice in our day, we would not see as many disobedient sons and daughters who are the source of such grief and heartaches to their parents.

A survey was recently disclosed by a writer of the well-known periodical, the "Presbyterian," which reveals facts that are alarming: Out of 49,000,000 young people in the United States, 36,000,000 have never set foot inside any church, of any creed. This same writer in another survey, learned from questionnaires sent to 55,000 children of school age, that 16,000 of them had never heard of the Ten Commandments, let alone quote the Lord's prayer.

FASTING FOR CHILDREN

Fasting is beneficial to children. When a child becomes ill, very often several meals, or several days fasting, will fix up everything. Many children as they grow and eat rich foods, develop a pimpled complexion. The source of the condition is in the stomach. The stomach tries to unload its poisonous material in the blood, and to some extent through the skin. Only a few days of fasting will eradicate all traces of the symptoms. If proper eating is undertaken, it should not return. Scores of minor and major ailments of young people could be whipped by a short fast. Girls would not find it necessary to wear "make-up," if they would fast and pray more. A natural, healthy complexion would be the result.

Babies quite frequently suffer from over-feeding rather than under-feeding. If one considers how small a baby is, and analyzes the great quantity of food that is given to him, in proportion to the food of an adult, one would find it enormous. Adults would have to drink twenty-one quarts of milk daily, to be the equivalent of a baby's food. The "colic," "gases in the stomach," "belching," "vomiting," "diarrhea," and many other baby disturbances can be quickly eliminated by a fast of one or more meals.

METHODIST MINISTER GETS CHURCHES REVIVED

Dear Brother Hall:

I am a Methodist minister who received your book two years ago.

After fasting and praying ten days for a revival in three Methodist churches that I am in charge of, God stirred and sent revivals in our midst. The Lord richly blessed us in many ways. A Roman Catholic and his Protestant wife were among those gloriously saved.

In one of my churches an Italian lady to whom I gave one of your books, went on a fast of twenty-three days for her old Catholic mother who came from the old country, was blind, and about to die. She was praying to beads and images. She became interested in Jesus and learned how to pray to the Lord. Finally she was gloriously saved.

The lady who fasted twenty-three days was hopelessly afflicted with kidney stones. The doctor could do nothing for her, and said an operation would be necessary. Well praise the Lord, she has not had an attack since her fast two years ago.

Before I became acquainted with fasting, my people said, "We have never heard of fasting." I said, "Bless your heart, have you never read your Bible?"

Pray for me as I work in these Methodist churches, and kindly send a good supply of pamphlets on fasting.

Yours in Him,

R. B. Krape, Woodhine,

R.F.D. No. 1. Eldora, N. J.

We urge you to obtain the author's book, '*Glorified Fasting*,' This is volume two of the set of five different books. "Glorified Fasting" gives the "whys," "whats," "whens," and "wherefores" of Fasting. It goes completely into this subject in a different manner and approaches it from a different

viewpoint. NOTE: The above set, with subscription to the great magazine "Miracle Word" will be sent to you for offering of \$15.00 P.P.

Chapter 4

JESUS' FAST

Three of the most highly developed spiritual giants of the Bible are three who fasted for the full length of FORTY DAYS. First and foremost is our Lord Jesus Christ who “was led up of the Spirit into the wilderness, and when He had fasted forty days and forty nights . . .” Second, we have the mightiest spiritual giant of the entire Old Testament, Moses, who “was there with the Lord forty days and forty nights; he did neither eat bread, nor drink water,” and who, on a second occasion, “fell down before the Lord forty days and forty nights; I did neither eat bread, nor drink water.” And third, we have the mighty prophet Elijah, that called down the “fire of the Lord that consumed the burnt sacrifice,” and “who prayed earnestly that it might not rain, and it rained not on the earth by the space of three years and six months,” and we read of him that he went without eating, “in the strength of that meat forty days and forty nights unto Horeb the mount of God.” When the apostle James wanted to select a man who was an example of “effectual fervent prayer,” he chooses Elijah, a man who could go for forty days without eating. It is the man who fasts, who has the spiritual character that can pray through on a really big job. When God said that He would destroy the whole Israelite nation for their sin, it is “Moses His chosen,” who fasted forty days, and “stood before Him in the breach, to turn away His wrath, lest He should destroy them.” Psalm 106:23.

Other folk of great importance and high spirituality that fasted during long periods when they were under great mental strain and tribulation, are Anna the prophetess, David, Daniel, John the Baptist, and Paul. A close study of their lives shows they gained great spiritual strength by fasting and prayer, that otherwise they would not have received.

Fasting was part and parcel of the very life of Christ, and yet this very essential part of Christian life has been ignored by many Christians as if it were an unsolved mystery. It was never meant to be hidden, and should never have been so overlooked. This may explain why we have not had a more complete outpouring of the latter rain. Surely such a stupendous truth cannot continue to be a secret hidden in plain sight for over nineteen hundred years. The strides and progress of man in other channels have been so enlightening and progressive. Surely we feel that it is time, long past due, for all to “labor for Christ,” in whom are hidden all treasures of wisdom and knowledge. Try this truth that gives such a treasure-house of riches and strength. We do not fast to merit favor from God or as a penance.

We read that “Jesus was led up of the Spirit into the wilderness to be tempted of the devil.” And the very next sentence tells us that He fasted. Why did He fast at the very time He was being tempted? For we read in Luke’s Gospel that He was “forty days tempted,” and in those same forty days “He did eat nothing.” What is the connection between *temptation* and *fasting*? Is it not that fasting is the mightiest possible preparation of soul, to insure victory over temptation? And would we not do well to follow our Lord’s example, and avail ourselves of this mighty weapon with which to meet and overcome him “who goeth about as a roaring lion, seeking whom he may devour”?

We are not told in Matthew, chapter four, the reason for His fast. But in Matthew, chapter seventeen, Jesus explains it. Before this time His disciples were not able to bear this teaching. The great revelation of why He fasted, was shown when He healed this lunatic boy, and answered the question that the disciples had asked Him: “Why could not we cast him out?” Matt. 17:19. Please remember that Christ, as well as being God, was also in the flesh as man.

It seemed that the disciples had become a reproach, or disgrace to Christ, because they could not heal this individual. They apparently were ashamed of themselves so they came to Jesus secretly, to ask of Him the reason why they were not able to cast out the demons. Then the secret of Jesus’ fast was revealed, and He showed to them and to us what “*Super-Atomic Power*” one can have. Anyone can have that power, thank the Lord. All can have it who will follow the instructions given by Him, and plainly taught throughout the Bible. “*Have Faith* as a grain of mustard seed . . . and nothing shall be impossible unto you . . . by prayer and fasting.” Matt. 17:20, 21.

The disciples were helpless. No one could give help in this major prayer problem except One. That Person had fasted forty days and forty nights, and He was the only one in the midst who had so fasted. Praise His name!

However, Jesus clearly shows that anyone who had had a prayer and fasting experience, could cast out the evil spirit, for He says, “This kind cometh out by prayer and fasting.” Our Lord teaches here the big difference between prayer alone, and *prayer, combined with fasting*.

In that momentous struggle of forty days of fasting JESUS had AVAILED HIMSELF OF THE MOST POWERFUL AID AT HIS DISPOSAL. Jesus

fasted in order to secure His perfect faith from His humanity side, and He urged fasting upon His disciples to remedy their weak faith. He declared that *they would fast*, using the words, “Then will they fast,” and gave directions in Matthew chapter six, which are intended to insure to all of His followers the same benefits of fasting which He obtained. The disuse of fasting is in direct opposition to the practice, example, and the teaching, of Christ.

There is no record of Christ healing the sick, or performing any miracle, until after he had fasted forty days and forty nights. After this mighty fast, and not before, He was fully

equipped, capable, and prepared for any and all emergencies. *At this moment, how much Faith have you at your disposal, to meet any obstacle?*

When Jesus was twenty-one years old the record shows He had not yet performed a miracle. At twenty-five, he still had no healings, miracles, and no manifestation of His Divine Sonship. He became twenty-six, twenty-seven, twenty-eight and twenty-nine years of age, and yet, no miracles or manifestations. Why? He had not received the fullness of the Holy Spirit, and had not spent forty days fasting. It was necessary for Jesus to be prepared and have all the spiritual equipment, before He went forth to perform His mighty works.

Satan's rage knew no bounds at the conclusion of Christ's fast, and he sought ways and means to subdue Him. Christ could not have been tempted by something He did not need. But we read that "when He had fasted forty days and forty nights, He was afterward an hungered." Now, Jesus could turn these stones into bread and yield to an appetite similar to the one Eve yielded to in the Garden of Eden. The answer that Jesus gave was not only an answer to Satan, but throws a challenge to all humanity: "Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God." Matt. 4:4.

Jesus received the Holy Spirit, but this did not seem sufficient. It requires fasting and prayer to operate the Holy Ghost.

Jesus, at thirty years of age, only after praying and fasting forty days and forty nights, began to manifest Himself as the Son of God with all power, signs, and wonders. There was such an awakening! Fasting is the most powerful means at the disposal of every child of God. Fasting literally becomes prayer to the praying Christian, prayer that is as different as an atomic bomb compared to an ordinary bomb. Prayer alone is like the ordinary bomb, and the fast with prayer, is comparable to the Super-Atomic Bomb.

Jesus knew the positive value of prayer and fasting, and was confident that they were the only means to the end that He sought. Jesus fasted in order that prayer might become prayer in the highest sense—might reach its highest intensity. He blazed the way that we are to follow. Although Jesus knew He was the Son of God, this assurance was stamped more indelibly upon Him by the prayer and fasting of forty days.

Satan was not too much interested in Christ until He was ready to MANIFEST HIS SONSHIP. Then and only then, after His forty-day fast, was Satan right on the job, ready to assail Him in every way that he could. If Christ was immune, and could not have sinned or yielded to Satan at this time, then this would have been the greatest farce that the world has ever seen. Surely, Christ could have yielded to this temptation. Satan knew that He could, and set about to try Him. Jesus Christ, with fasting back of Him, was well prepared for the attack. We are so thankful that although Jesus was tempted and tried in every manner, as we are, yet He did not yield to temptation; He victoriously overcame Satan. We can likewise be an over-comer.

Fasting and praying, then, aids us in overcoming temptations and trials, and prepares us to meet the attacks of the enemy.

When we fast and pray, we should never lose sight of the fact that our FAST must be for THE GLORY OF GOD, that Jesus shall continually have ALL PRAISE, HONOR, AND GLORY. A continual PRAISE, along with our PRAYERS, SHOULD ALWAYS BE IN OUR HEARTS TO OBTAIN THE FULLEST SPIRITUAL RESULTS. In other words, make it a time of FASTING AND PRAISE FOR THE GLORY OF GOD. Jesus, our MEDIATOR, is the ONE WHO WILL SEE THAT WE ARE RICHLY REWARDED. THE ONE WHO “BOUGHT US WITH HIS OWN BLOOD” IS CERTAINLY WORTHY OF MUCH PRAISE AND HONOR. A PRAISE THAT CONTINUALLY FLOWS FROM THE HEART IS LIKE INCENSE THAT RISES TO THE THRONE OF GOD. The four beautiful LIVING CREATURES of Rev. 4:8, ‘*REST NOT DAY AND NIGHT, SAYING, HOLY, HOLY, HOLY, LORD GOD ALMIGHTY, WHICH WAS, AND IS, AND IS TO COME.*’ This may sound very foolish to the sinner, but to the child of God it sounds like, “HALLELUJAH !” AMEN.

FASTS 40 DAYS—SEES MIGHTY DETROIT REVIVAL

At nineteen years of age I was dying with the flu. My temperature was 106 degrees! It was on this death bed that I surrendered completely to God. I promised the Lord I would preach the Gospel, if He would heal me. Then I was caught up to heaven for twelve hours, and saw the glories of that wondrous land. When I came back I was perfectly healed, ready to work for Him who raised me up so miraculously. Praise His name!

Even at that young age, God said, “If I would be faithful in fasting and praying, He would raise up workers all over the world in their own tongues.” He also gave me Mark 10:29-30 as a call to travel and do exploits in His name. I was shown many other things as I started my life with fastings and praying like Paul. Many times my fastings were from three days to a week and longer. In some of my fasts the Lord gave me much revelation concerning the time we live. In the beginning of my Christian experience, while on a two-weeks’ fast, I cried and prayed until Jesus became so real that one night He appeared in my room. The room was all lighted up, brighter than the sun! Jesus stood at the foot of my bed, and around Him was a light much brighter than the sun. This great experience was very impressive and for a long time I seemed to be walking on air. Shortly after that, while fasting five days, the Lord filled me with a peculiar experience. A missionary from Rome told me that I was speaking a message, and glorifying and praising the Lord in his Italian language. Yet I had never spoken Italian before. It must have been the Holy Spirit talking. The missionary interpreted what I was saying into English.

After giving up my job, I went on a partial fast for three months, eating only once a day. The Lord gave me intercession for souls.

After praying and fasting seven days to see sinners converted, and to ask the wonderful Lord to give me more of Him, the Lord sent a revival meeting to Dayton, Ohio, where the Lord healed a multitude of sick folk and converted many souls. My prayer was also answered in another way when a lady gave me Dr. Franklin Hall's book on fasting and prayer. This deeper fasting experience was what I wanted. I was now able to fast longer than a week or two. I was so burdened for sinners, and that their bodies might be healed, that I could hardly sleep at night. With my longer fasting I could get greater victories for my intercession. I could see what God will do when multitudes begin to fast. Jesus showed me that before long there would be workers all over the world who would fast and travail for souls. This would bring great revivals, yes, greater than the world has ever seen, even greater than when Jesus was here. It would seem unbelievable in the natural, if it were not for this Word: "The works that I do shall ye do also; and greater works than these shall ye do; because .I go unto my Father." John 14:12.

After fasting forty days without food, with Jesus strengthening me, I saw many more miracles and demonstrations of the Holy Spirit. I saw the "dry bones" of Ezekiel take life. As I continued to agonize and weep for lost souls, the spirit of heaviness was upon me to such an extent that it seemed that my spirit would leave the body. I saw, in a vision, thirty thousand souls appear before me, finding Christ as their Saviour, in a coliseum in Detroit, Michigan. (SINCE THIS REVELATION TO BROTHER BARTH, THERE HAVE COME TO DETROIT SOME MIGHTY HEALING-SALVATION-OUTPOURINGS, through Sister Beal, Brother Win. Branham, Brother T. Osborn, Brother G. Lindsay, Brother F. Bosworth and LITTLE DAVID.) I saw, in a vision, another 10,000 find Jesus in an open field. Many churches, auditoriums and big tents were packed. A mighty revival is coming through fasting and prayer, but I was shown how the wealthy Laodicean churches were dealt out judgment. Their false leaders were given the judgment of Ananias and Sapphira, when they lied to the Holy Spirit.

When I was reading Brother Hall's books on fasting, the sweetest incense came down from heaven, setting a seal of approval upon them. They present a teaching of Jesus Christ that, if followed, will truly bring a world revival among dying and lost humanity. I believe this is Jesus Christ's truth, and it is the message of the hour for cold, sleepy and backslidden Christians.

Your Brother in Christ,

Leonard Barth, 1776 Cherry St.

Youngstown 8, Ohio.

FASTING CAUSES CHANGE IN ENVIRONMENT

“And He humbled thee, *and suffered thee to hunger*, and fed thee with manna, which thou knewest not, neither did thy fathers know; that He might *make thee know that man doth not live by bread only*, but by every word that proceedeth out of the mouth of the Lord doth man live.” Deut. 8:3. This depicts in a wonderful manner how God sought to change the environment of the children of Israel that they might be transformed from the habits and lusts of the old environment of the land of Egypt, and made ready for the new environment of the land of Canaan. Much spiritual preparation was needed before they would be prepared to enter the new land of promise. The bondage of Egyptian environment was rooted in their minds, bodies and souls. They still lusted after the old things of sin, their old habits, and the traditions of the world. Because they failed to accept the forced fast that was put upon them by an all-loving and wise Lord, they were required to break down this environment the hard, long way. By failing to fast and break down the bondage of environment in a few days time, and then march right into the promised land, they were consequently compelled to *march around in circles for forty years*, as many of us are doing today, that the flesh might be broken, and that the old stubborn, bound individuals might die, before taking the promised land.

We too can miraculously change our Christian environment in ten days or more of fasting. It would otherwise require many long years. It might be doubtful if much progress could be made, the long way.

ENVIRONMENT CHANGED—SPIRITUAL GIFTS RECEIVED

Dear Brother Hall:

I can never tell you in words what the teaching of fasting and prayer, as set forth in your book, “Atomic Power with God,” has meant to me. I was earnestly seeking more on this subject, when this book fell into my hands. I simply devoured its great truth, backed by the Word of God. Immediately I went on a consecration fast; God came on the scene, and shortly I received gifts of healing.

I feel that you have the message of the hour, the one that will awaken the sleeping church, and cause men and women to become stirred to the realization that Jesus is coming soon. God is- pouring out His gifts of the Spirit in these days. I attribute the success of my ministry to the message God gave you on fasting and prayer, that you so generously made ‘many sacrifices to give to the body of Jesus Christ.

Your Sister in His service,

Evangelist Thelma Nickel, 405 5. Wheeling Ave., Tulsa 4, Oklahoma.

DAVID'S FAST

All Christians are delighted to read the Psalms; they encourage us to press onward. They are filled with scores of promises and blessings for believers. The Psalms are a product of Fasting and Prayer. The sublime utterances in the Psalms are not exaggerations, as has been asserted by some. Only in the realm of higher receptivity made possible by prayer and fasting, is the soul able to receive such revelations as Psalms 35:13; 69:10; Psalm 78:18-32; 107:17-18 and 109:22-26; II Sam. 12:16-23.

David sought God in long fasts; in fact he fasted so long at times, that he looked like a skeleton. Psalm **109:23**, "I am tossed up and down as the locust. My knees are weak through fasting; and my flesh faileth of fatness. I became a reproach unto them: when they looked upon me, they shook their heads." So much fat was lost that he actually became a reproach to look at; his friends and neighbors shook their heads. No doubt some ceased to be his friends and began criticizing; this is just what happens today when an individual seeks GOD long enough in fasting and prayer. Some people say we should always go into the desert or wilderness to fast, like Moses and Christ. That is good, but here is an instance in which David did not care who saw him. (This fast is also prophetic of Christ's 40-day fast.)

David must have fasted forty days or longer, to have lost so much weight. David was not interested in what people thought of his appearance. He fasted in mourning and humbleness; he was only interested in how he could please God, and reach HIM. I have seen many folk who fasted longer than forty days, yet they looked better than this description of David.

As certain as we "labor for the meat above," we shall not stand in very high favor with the world. When we enter into the spirit of fasting and prayer, we are not interested in what others say about us. We are after that which is worth more than silver and gold. If you fast and pray, and really get into the spirit of it, your prayers may seem more difficult at times, than when you are praying without fasting. The main victories are usually attained after fasting. In the battle you are progressing further, with higher mountains to climb, darker places to penetrate, higher walls to surmount, and deeper depths to plow through. (See Chart No. VII, Hindrances and Obstacles.) Psalm 35:13: "I humbled my soul with FASTING; and my PRAYER RETURNED INTO MY BOSOM." Fasting is not something to glory in, or to be puffed up about. Along with the fast we are to go down into humility, disregarding what people think and say. It should be a time of real weeping and mourning. Our unworthiness should be realized, and the farther down we go, the higher will our Christian experience rise. It will be a great spiritual fight all the way through.

I wish to state that some children of the Lord fail to press into the proper place of prayer, along with the fast, just because they find it difficult to pray. But that is no reason for not praying. Your prayers will absolutely blast through to heaven, if you settle down to do it, and labor at the job, and "ask" and "seek" and "knock," as Jesus told us to do. The Devil will be around to hinder, and prevent you from accomplishing your purpose, but PRAY

THROUGH, FAST THROUGH, and press your way through till you open heaven. Shorter prayers under the influence of fasting, are far more effective than longer prayers when off the fast. We are in a channel of prayer, while fasting, that leads directly to the throne. The ear of God is open to hear the prayer of His fasting saint.

Usually, the first few days of a fast are the most difficult time to pray, because the weakness of the body has not gone, and the body has not been cleansed. Pray as much as possible, as long as possible, and as fervently as possible, regardless of lack of strength, and when you get over "*the hump*," it becomes easier to fast and pray; generally speaking, you get stronger physically. You can gradually put yourself into it, devoting more time to prayer; then the fast itself actually becomes prayer. Please bear this in mind when fasting. A Christian then has such power, that these obstacles mentioned will seem easier and easier to surmount, as one presses on to more and greater obstacles, all of which will be victoriously overcome, and a continual growing power, greater than ever, will be felt by the person, as long as he or she stays in the center of God's will.

Those employed, or who are working at various jobs, will find it difficult to spend all the time seeking God in prayer. But you can still secure very desirable results, and the Lord will bless you much, if you can keep in a spirit of prayer while you work. If one's work is extremely burdensome, it will be difficult to fast and concentrate in prayer. Sometimes a person on a job has begun a fast, and a time of prayer, and has become so lost in the spirit of prayer that nothing matters but Jesus Christ, and they lose interest in their work, and everything else around them, to such an extent that they receive a special call of God for their life work.

Some years ago, a shoe cobbler did this very thing. He was living in Denver, Colorado. After fasting and praying for forty days, the power of God became so real and precious, that he gave up his shoe business, started preaching on the street corners, and blessing sick people through the healing ministry of Christ. Hundreds of sick people were prayed for daily, and many miraculously healed. Blind eyes were opened; deaf ears were unstopped; deaf and dumb spoke; ulcers, cancers, arthritis, and tuberculosis cases, were gloriously healed. The lame leaped for joy. Wheel chairs, beds, crutches and braces were left behind by the ones that were healed in Jesus' name. All this in answer to the prayers of an individual who caught a revelation through prayer and fasting for forty days.

Every minister owes it to his congregation to be at his best; every evangelist owes it to the people in each revival; every teacher owes it to his pupils; and every Christian to his brethren, to be at his best spiritually; and we have seen that this can only be attained through prayer with fasting. Prayer becomes illuminated, and fasting makes prayer as powerful as dynamite.

SHOULD I WAIT FOR GOD TO LAY A FAST BURDEN UPON ME?

No, not necessarily, for the simple reason that if we waited for God to lay a fasting burden upon us, there probably would be no fasting, or very little. Fasting is like praying. We pray when there is a need, without waiting for a burden of prayer. We should also fast when there is a need, and because it is our Christian duty. In Mark 2:20, Jesus has already laid a fast upon us in these words, "Then shall they fast in those days."

Chapter 5

THE FOUR APPETITES

Humanity is confronted with four appetites. One or more of these major appetites can get the best of us, if we allow them to do so. Intemperance and extreme indulgence can so easily overcome us if we fail to maintain self-control. The Bible admonishes us to be “Temperate in all things.” The four appetites are:

1. The Spiritual Appetite
2. The Hunger Appetite
3. The Appetite Of Sex
4. The Appetite Of Greed (Covetousness)

The appetite of hunger will be discussed first, as it holds the key to the other two. Food stimulates both sex and greed.

The lust of sin can be gratified in one or more of these appetites. Three of them are carnal or worldly, while one is religious or spiritual. Even a sinner has a spiritual or religious nature, regardless of whether or not that sinner serves the true and living God.

It was through yielding to temptation that Eve gave way in satisfying her “desire” nature, by gratifying these same appetites. The temptation of Jesus Christ was similar to Eve’s temptation, and it was exactly these same four appetites through which Satan chose to tempt Jesus. First, hunger—”Command that these stones be made bread.” Matt. 4:3-10. Did Jesus please Satan and yield to the appetite of hunger by using His spiritual power to perform a miracle? The spiritual appetite intercepts the natural appetites in the way and manner in which these are gratified.

SEX APPETITE

When a person tries to commit suicide or kill another, or tempts God along the line of suicide or murder, we find that it is related to the sex nature, as sex and death, or life and death, are kindred. Through our creative forces God gives us life and health, and also our offspring that we love.

The ancients, and the Magi, and the wise men of the Bible, so considered the creative forces of man to be related to death. They, too, knew that an individual with an irrational sex nature sometimes had a suicidal mania, and also that sex was one of the contributing

causes to ruthless, bloody crimes of torture and killing. The life giving forces of nature can be used as a blessing, or misused for destructive purposes.

In the zodiacal sign, “Scorpio,” which is the eighth sign of the Zodiac, we have a picture of a scorpion with its stinger lifted ready to strike. This is the sign of death, and is supposed to govern the sex area. Just before this sign in the heavens, there is a sign of the Judge, Jesus, who is the giver of LIFE. Jesus proceeds toward death and pulls the STING OUT OF DEATH. “O, death, where is thy sting? O, grave, where is thy victory ?” Likewise, today among students, it is generally understood that the creative forces of man are kindred to both life and death in the natural. However, it is not difficult for any of us to understand that the proper care of the creative physical forces of man leads to long life, and the improper abuse of them is a speedy way to the grave.

When Satan tempted Christ, “Then the devil taketh Him up into the Holy City, and setteth Him on a pinnacle of the temple, and saith unto Him, ‘If thou be the Son of God, cast thyself down: for it is written, “He shall give His angels charge concerning thee: and in their hands they shall bear thee up, lest at any time thou dash thy foot against a stone” ‘.” Matt. 4:5, 6. Satan’s rage knew no bounds. Jesus Christ was now coming into the full manifestation of His sonship. He was now prepared to begin His ministry. He had won the victory. Satan had previously failed to destroy Christ, when He was a baby, through King Herod; now Satan sought to overcome Him by these temptations. Satan was trying to get Christ to do something foolish; this temptation could have been a means of suicidal destruction. No! Satan did not destroy Jesus here, for Jesus did not yield to this temptation.

It is very important that the reader have these four appetites fixed firmly in mind. A clear understanding of them will give one a richer knowledge of the Bible, and a better understanding of the purpose of fasting. A more vivid understanding of the whole temptation of Christ will be clearly seen. We also are tempted through these same appetites.

The covetous appetite of GREED, which is No. 4, was perhaps Satan’s trump card. His greatest offer to Christ was to “show Him all the kingdoms of the world, and the glory of them; and saith unto Him, ‘All these things will I give thee, if thou wilt fall down and worship me’.” Matt. 4:8, 9. The appetite of covetous greed is an appetite of abnormal desire. Desire for possessions, property, money, wealth, power, or for any kind of worldly possession, even for clothes. These desires, when placed above our love for God, turn the covetous appetite into sin. All of these appetites are normal in their proper places. Here, as in the two other major temptations, Satan was calling on Jesus to use, or rather misuse, His Spiritual appetite to worship Satan himself, in exchange for the kingdoms of this world. Many, sad to say, have sold out for worldly possessions.

The possession of these kingdoms and power would lead to the gratification of the desire—of greed. He could have had possession of these kingdoms, had He yielded to the greed nature. This, thank the Lord, He did not do

—Satan was badly defeated. Satan did have it in his power, then and now, to offer Christ the kingdoms of this world, because now he is “the god of this world.” But Satan is a usurper. His power will not last for long. In Revelation 5:7, we see Jesus rising from the right hand of the Father, and taking the title deed to the world, the “book.” Soon Satan will be evicted from the heavens and the earth, then Jesus’ throne will be set up.

Thus the four appetites of man have been shown herewith, so that we can better realize what happens spiritually, when we fast. Every person has these four appetites. Perhaps one or another is more intensified in some respects —more intensified than is shown on the chart “before fasting.” But, nevertheless, whether or not we realize it, the spiritual appetite is insufficiently developed, compared to the carnal appetites of the flesh.

Christians with everyday cares of business, job, and home, are usually so out of tune with the spiritual realm, that it seems practically impossible to get into communion with God. Therefore they are not in a position to contact God about the major problems of their life, without fasting and praying.

THREE APPETITES LEAVE

Now herein lies a WONDER that seems like a miracle. *After several days of the fast have passed, the hunger appetite actually leaves.* If the fast is prolonged, in a few days, possibly a week or ten days more, *the weakness leaves, and the average individual feels even stronger* than he did before he began the fast. (It takes longer for the weakness to leave older people.)

The next thing that is noticed, and this is noticeable during the first of the fast, is that appetite, No. 3, sex desire, leaves.

Then, finally, as the one who is fasting proceeds to pray and commune with God, and earnestly seeks the God of Heaven, the greed appetite No. 4, or the appetite that is the over anxious driving force which causes man to work hard at his job, and worry over his home affairs and his business, becomes so diminished that it seems insignificant. It usually requires many days of fasting before the greed appetite diminishes. This explains why a long fast is sometimes necessary. The chief interest now is in seeking God in prayer and fasting. One becomes indifferent to natural things. It is wonderful when one is glorifying God in his whole body, soul, and spirit, with all his members focused toward heaven. As Sister Mary Sommerville writes, “It was so wonderful I never wanted to eat again. The unspeakable glories of heaven were all around me; I felt as if I were sailing all the time.” So glorious an ecstasy is this marvelous experience, that our every faculty can at last be extended toward heaven for the glory of Jesus Christ. The precious Holy Spirit may at last have His way with our lives in every way and detail. We hear His voice, as our spirit is attuned to heavenly things.

If God's people could for one moment realize what a tremendous thing this fasting truth is, there would be thousands more who would fast. As a result, we would see major miracles performed, and a great NATIONAL REVIVAL. The dead would arise, demons would be cast out, thousands of incurable diseases healed, all in the name of Jesus. Will you do your part?

Now your attention is called to the chart, showing the appetites *after* a fast (Chart VI, four appetites after fasting). Notice that appetite No. 1 takes predominance over the other appetites. Our entire nature seems to be loosed from the clutches of the natural, and we take on a new environment. We see the Body of Christ as one. We are no longer bound.

Heavy trials and tribulations will be present, and many burdens and obstacles seem to come across our pathway. At times it seems that there is a wall against us which our prayers cannot penetrate. Do not be discouraged. If you do not give up, certain victory lies ahead. You are in a great spiritual battle. At other times while praying, it will seem that you are in heaven. Visions and revelations from God may be yours.

Generally speaking, fasting will be a heavy, burdensome experience, because Satan does not want you to obtain the great "FAITH" that is promised to one who fasts. You will be fighting against spiritual forces of darkness.

Chapter 6

THE FOUR GREAT ESSENTIALS

There are four things necessary to human life. They are placed herewith in order of importance:

1. THE FIRST GREAT ESSENTIAL TO LIFE IS AIR, NOT FOOD.
2. THE SECOND IS NOT FOOD, AS SOME WOULD SUPPOSE, BUT WATER.
3. THE THIRD, IS STILL NOT FOOD, BUT SLEEP.
4. FOOD IS THE FOURTH GREAT ESSENTIAL.

Of the four great essentials, food is generally put first, because we have to pay for it; while air, water and sleep are available on a “when-needed” basis, without cost.

For illustration, little animals, tested in the laboratories, have taught us some interesting things. These animals, deprived of food, but not water, for twenty days, lost more than half their weight, yet were afterwards saved by judicious feeding. But when they were completely deprived of sleep, even while getting more careful feeding and other attention, they died within five days.

The human being reacts similarly. In a protracted fast, extending into weeks of time, a person can rest and sleep properly, and come out feeling fine. *The longest period of authentic wakefulness on record is not quite ten days.* Legends of prolonged insomnia are heard from time to time, but as they have never been verified, they continue as mere legends; consequently, food is proven to be less important than sleep.

Food is less important than water because a man in a hot desert sun will die in a few hours, or several days at the most, if he has no water to drink; (this is more fully explained elsewhere). Food is less important than the air we breathe, because, if we could not breathe, thereby getting fresh air into our lungs, we would die in a few moments. So food does not have as important a place in life, as most of us are inclined to believe. Although a person can continue weeks, and sometimes even months, without anything to eat, which is much longer than he could live without any of the other essentials, yet food has a very important place in the physical welfare and is one of the four essentials. Please see the chapter following this one on how long a person can fast. We have just shown how important, in their respective order, the FOUR GREAT ESSENTIALS are to the physical man. There are other essentials, for the SPIRITUAL LIFE OF MAN, that far overshadow the above mentioned physical essentials.

THE FOUR SPIRITUAL ESSENTIALS

(1) The greatest of all ESSENTIALS for man is THE LORD JESUS CHRIST. He is our ETERNAL LIFE. In HIM we have “THE BREAD OF LIFE,” which is the source of all essentials. This is our FIRST ESSENTIAL.

(2) The second great spiritual essential is the Baptism of the Holy Spirit, Holy Ghost and fire. “Have you received THE HOLY GHOST SINCE YB BELIEVED?” (Acts 19:2.) “The Holy Ghost fell on them, as on us at the beginning.” “And God, which knoweth the hearts, bear them witness, giving them the Holy Ghost, even as He did unto us.” So IMPORTANT AN ESSENTIAL IS THIS THAT IT IS A COMMANDMENT: “Commanded them to wait for the promise of the Father.” Clothing of power.

(3) The third great essential is also from our Lord. This is Spiritual DIVINE HEALING, in answer to the prayer of FAITH. See James, chapter five. If we do not have enough FAITH to obtain healing, it is definitely pointed out in Mark 9:29 that the reason why we do not have FAITH is because we do not FAST with our prayers: “By nothing, but by prayer and fasting.” One reason FASTING is not understood, is because it is so nearly like FAITH. **MAN’S DIGESTIVE TRACT BECOMES OUR FAITH ORGAN.**

(4) The last GREAT ESSENTIAL for the believer is: JESUS MUST RETURN “SO THAT THE DEAD IN CHRIST SHALL RISE, AND WE WHICH ARE ALIVE AND REMAIN SHALL BE CAUGHT UP TOGETHER WITH THEM IN THE CLOUDS, TO MEET THE LORD IN THE AIR: AND SO SHALL WE EVER BE WITH THE LORD.” I Thess. 4:17.

Before MAN can be adapted to the spiritual realm, and see Heaven, he must be born again, and be like Jesus Christ. He cannot enter heaven in his present bodily condition. Supreme Intelligence designed the human body for the physical conditions of the planet “Earth,” and it is perfect for that environment. It would be just as much out of order for worms to live in the air, and birds to live in the earth, as for man to live in heaven without this new birth. Man’s natural body is not designed for life in heaven, or life on any other planet. Suppose you should desire to go to the neighboring planet, “Mercury.” You could not take your body there, as it is seven-tenths fluid. Water boils at 212 degrees Fahrenheit, and Mercury, being so near to the sun, has a temperature of 750 degrees Fahrenheit! In a couple of hours you would be buried under a stone with this inscription: “*Well done! thou good and faithful servant.*” Indeed you would be well done. You would be burned to a crisp.

To further illustrate, let us see what life would be like on the planet Neptune. It requires one hundred and sixty-five years for the planet Neptune to make the complete zodiacal circuit around the sun; that is, one year on Neptune equals one hundred and sixty-five earth years. The temperature is about 400 degrees below zero, Fahrenheit! In less than thirty minutes you would be a solid block of ice, and not even the heat of Mercury could thaw you back to life again. In short, there is no other heavenly body in our solar system, on which your present body could remain alive. Lack of atmosphere, absence of water

and food, and difference in temperature and gravity, make it absolutely impossible for the human body to survive anywhere except on the planet Earth. How could your natural body live in Heaven, as Heaven lies far beyond our solar system?

The NEW BIRTH now, and a glorified body later, IS THE ANSWER. “When this mortal shall put on immortality,” we shall possess a glorified, redeemed body, fitted to live in the glory of heaven.

The four Gospels and the Epistles teach these fundamental spiritual essentials. It is the main teaching of Jesus Christ and the apostles. Fasting and prayer will enable us to more fully realize them, and appropriate them into our lives.

The four Spiritual essentials come to us through GOD in HIS THREEFOLD PERSONALITY, PLUS THE MAN NATURE THAT JESUS CHRIST TOOK UPON HIMSELF THAT MAN MIGHT BE REDEEMED; they are:

1. God the father
2. God the son (the son of man)
3. God the spirit
4. God the man

Jesus became man as well as God.

For a clearer picture, please *see charts x and xi*, the body renovated (man diagrammed) and the wells of living water, in the next chapter.

This leads us to the **four essentials of man (as a christian):**

1. Body
2. Soul “new man,” life
3. Spirit eternal
4. New birth or the;

The four essentials of unregenerate man:

1. Body
2. Spirit
3. Soul
4. Death

You are personally invited by brother hall to travel with him into a deeper climate of faith so that your faith too will become acclimated — new realms of riches, heretofore unreached, will be yours to enjoy. “holy, lord god almighty.”

Chapter 7

HOW TO FAST

Speaking of food, one does not realize the huge quantity which is consumed in the course of a month by an ordinary individual, until one fasts. Most of the American people consume far too much food. According to health experts, the American people as a whole suffer more or less with auto-intoxication. The Scriptures show us plainly that we should be temperate in all things. A study of Psalm 78, along with other Scriptures, shows us vividly how much God dislikes the glutton. "So they did eat and were well filled: for He gave them their own desire. They were not estranged from their lust. But while their meat was yet in their mouths, the wrath of God came upon them." "He gave them their request but sent leanness into their souls."

Some people wear out one set of teeth digging their way to the grave. Then they buy a second set to finish eating themselves to death.

William Penn, the founder of Pennsylvania, has said concerning temperance:

"To this a spare diet contributes much. Eat therefore to live, and do not live to eat. That's like a man, but this below a beast."

It is very important to point out here for emphasis, that fasting and starvation are two entirely different things. Fasting is a physiological process. Whereas fasting is beneficial, and will rid the body of most diseases, starvation is detrimental, and if continued long enough, ends in death. (This could seldom if ever happen, before from **fifty** to a hundred days.) The difference between these two processes is fundamental.

The appetite of hunger will have to be overcome and overruled for the time being, with extreme will power, and assistance from the Lord. The first days of the fast are very, very difficult. Sometimes several attempts will be necessary before the candidate will have fasted long enough for hunger to leave. Not only does the body crave food at stated and regular times, by reason of long-continued habit, but the mind likewise becomes restless and continues to remind one that food would be relished. The battle is both mental and physical.

One never realizes until he begins a fast, how important a factor food really is, to his mental frame of mind, as well as to his physical and spiritual being. As long as the body is continually nourished, one does not think of food to any great extent, but as soon as it is withheld, it begins to occupy an important part in the mental life; one has a constant tendency to think of food. He anticipates, even at the very beginning of the fast, the day when abstinence will terminate, and when eating will again become possible. This craving of the body can be overcome only by immediate distraction to other activities, and by keeping in the spirit of prayer. A glass or two of water will alleviate the

immediate gnawing symptoms, which usually develop in the region of the stomach. These sensations are produced by the rhythmic activity of the muscles in and about the stomach, and are present when food is first withheld, and when the thought of food occupies the mind. As soon as this thought is banished, by concentration upon Christ, these rhythmical muscular contractions (known as the *peristaltic action*), soon subside. After a short time, these acute sensations of hunger will pass away, probably to occur again later, perhaps at the next regular meal time. A repetition of the water drinking, and prompt distraction of attention, will again dispose of these symptoms. After three or four days, it will be found that real hunger will not return again until the return of natural hunger at the conclusion of the fast. Habit hunger, which is different, will often make its appearance, and leave just as unexpectedly as it came.

SALT WATER FLUSH

If one wishes to hasten the effects of fasting at the beginning, a salt water flush can be used to flush out the colon. (This should NOT be used after the first several days.) To one quart of hot water, add two level teaspoons of salt, and drink. This may be done at any other time on an empty stomach, when not fasting, for cleansing purposes.

Very often during a fast, one will become highly sensitive to the taste of water. The taste sense becomes very acute, as well as all of the senses, and one will detect flavors and metallic tastes never noticed before. Bottled, or other pure water, is preferable to ordinary hydrant water.

To avoid cramps in the stomach, and some other unpleasantness, hot or warm water should be drunk instead of cold water, unless the cold water is taken very, very slowly. This is more important if a person is thin, or the fast taken in cold weather.

One of the greatest obstacles to be overcome by practically all who undertake this unusually beneficial experience, will be the persuasion of over-solicitous relatives and friends, who invariably endeavor to tempt him to break his fast prematurely, on a false alarm that he is injuring his body, or he is starving to death! These persuasions of over-solicitous relatives become very strong and insidious, and he may fall by the wayside, and give in to a tempting dish. If he does, he should not be discouraged, because frequently many efforts, and much will power, will have to be exerted.

A common belief that one must remain indoors, and perhaps in bed, throughout a fast of any duration, is entirely erroneous and is based on the assumption that we derive our strength and energy directly from the food consumed. A certain feeling of languor may be present during the early or latter days of a fast. A working man can continue working if his work is not overly strenuous. His prayer, however, will not likely be as concentrated, or as effective. Sylvia McVay writes on her 42-day fast: "I did all my housework, cooked three meals a day for my husband and four children, washed our clothes on a washboard, and attended church every night."

Before arising in the morning, one should exercise gently in bed and breathe deeply. This will counteract any dizziness and any other strange feelings that may occur at first. Plenty of water should be taken; this should be taken slowly. Usually these symptoms are felt during the first few days only, and disappear entirely later on (When hunger returns, the weakness experienced will be real and will not pass away as the earlier symptoms did). Never rise from any position suddenly. The purpose of rising slowly is to get the blood in free circulation, so that you will not experience fainting.

After the body toxins have been consumed, eliminated, and oxidized, one will feel stronger mentally and physically. Pains, dizziness, weakness, and peculiar feelings, will have disappeared. All of the various organs and parts of the body, as well as the sense faculties, will be revitalized. Spiritually, one will feel as if the demons of hell are turned against him. It is doubtful if you will ever have such trials as the strange ones that show up while fasting, or at the close of the fasting period. The trials encountered at this time are numerous; naturally, the Devil will fight to prevent a child of God making headway toward FAITH. It simply means defeat for Satan. Jesus' greatest testing came *after* He had fasted forty days and forty nights. BEFORE

HE PERFORMED A SINGLE MIRACLE, HE FASTED. FASTING AND PRAYER DRIVES OUT ALL UNBELIEF AND DOUBT. Read Luke 4, Psalm **109:22-31**, and Psalm 3>:13.

You will be rewarded. THERE IS NOT SUCH A GRAND, GLORIOUS and WONDERFUL EXPERIENCE IN ALL THE WORLD, AS THE MARVELLOUS VICTORY BROUGHT BY PRAYING AND FASTING. WORDS CANNOT DESCRIBE THE BLESSINGS. PRAYERS THAT YOU HAVE BEEN PRAYING FOR YEARS, WILL BE ANSWERED. YOUR DISEASES, OR THE SICKNESS OF OTHERS FOR WHOM YOU HAVE BEEN SO LONG PRAYING WILL DISAPPEAR. Your loved ones will be saved.

MISERIES OF FASTING

Although various complications, many of which have been enumerated, appear while fasting, such as fainting, fever, dizziness, headaches, a tendency to vomit, severe sharp pains in the abdomen, weak knees, short breath, sleeplessness, or sleepiness all the time, nervousness, vexation, foul breath, watery nose, sneezing, backache, burning kidneys, side-ache, etc. THESE DO NOT all appear at one time. PERHAPS ONLY ONE OR TWO may be noticed by any one individual in an entire fast. Please do not be alarmed, as this is just a natural result of the fast, and in nearly all cases is experienced only during the first part of the fast. Usually hot water drinking, enemas and exercise will stop the condition. After the body is cleansed, the condition will subside. Pains in abdomen are often caused by drinking cold water too fast. A change to hot water will remedy the condition. Oxidation of waste material in the intestines causes the *fever*. Large enemas wherever necessary, are helpful. The enema bag should be elevated high. Some medical

advisers, however, state that it is not always necessary for the bowels to move when fasting—that enemas are not always necessary.

HOW LONG SHOULD WE FAST?

Until we definitely know that God has heard our prayer, so that we acquire “THE POWER” that Jesus speaks of, to do the seemingly “impossible.” We should continue to fast and pray, regardless of whether or not this requires one meal, seven days, or a complete fast of several weeks, forty days, or until true hunger returns, which usually takes several weeks or sometimes longer. It is our glorious privilege and duty to fast through to a victorious experience. However, we do not buy God’s favor by this work

It is more difficult for an older person to fast, although from a physical standpoint they may need it more. It takes a much longer time for weakness to leave; sometimes fainting tendencies may be felt, and due to this condition, it is advisable that an older person be with another individual, who can help if necessary, until weakness leaves. Sometimes several fasts of a week or ten days may be better at first, before a long one is undertaken.

A few days after hunger leaves, or within a week or two, depending on age, the weakness that you have felt generally leaves, and fasting becomes much easier. (In some instances it may take much longer.)

After these first eight, ten or fifteen days, more or less, fasting becomes a matter of routine and actually becomes easier. You should now concentrate in prayer, seek an answer from heaven, a revelation, a healing, or some spiritual operation of God, in your life.

After fasting and praying for what is God’s will for us to have, then discontinue your praying for the objective sought. Continued praying for things that are already promised us, results in prayer of unbelief. Those prayers are not answered. Please lay claim on it now, by fixing a time for your faith to explode, and from there on, always thank Jesus for it. You will be a possessor. From now on “confess it.” Study carefully Romans 10:9, 10. This Scripture applies to anything we may want from God.

**PASTOR FASTS TEN DAYS AND 300 CONVERTED
MEN ARE LEARNING HOW TO RECEIVE GIFTS**

Dear Brother Hall: June 14, 1949

Some time ago a friend sent me one of your books, "Atomic Power with God." I was only a little interested when I first received it, but it grew on me. The anointing of God was upon your message.

Just recently I fasted into my tenth day, and along with my Bible I kept your book near. The Lord met me in a wonderful way during this fast; however I was forced to quit far too soon. My pastoral work took up too much of my time. When I fast again I expect to take it during my vacation, so that I can devote my full time to waiting on God.

The above book was studied during a recent fast by a friend of mine. In ONE

WEEK'S REVIVAL SINCE THESE FASTS, THREE HUNDRED PEOPLE WENI INTO OUR PRAYER ROOMS FOR SALVATION. I HAVE SEEN MORE OF GOD'S POWER MANIFESTED, SINCE YOU HAVE WRIT. TEN YOUR BOOKS, AND MORE MEN LEARMNG HOW TO GET HOLD OF GOD FOR SPIRITUAL GIFTS, THAN AT ANY OTHER PERIOD I KNOW OF SINCE THE TIME OF CHRIST.

Please send me your other books

Yours very truly.

Pastor Harvey L Smith Pascagoula, Miss.

Chapter 8

FASTING IN RELATION TO THE PHYSICAL BODY

Is fasting harmful to the physical body? This question has been raised more than any other question concerning the subject of fasting. In the light of modern medical science we can state with assurance that fasting is not in the least harmful. Fasting purifies and cleanses the body; it permits a balancing of the circulation, absolutely essential to good health; it allows the various eliminating organs to dispose of the effete material from the system, and to oxidize, or burn up, the useless matter which has accumulated, like ashes in a grate.

When a fast is begun, the first things which are oxidized and eliminated are those useless materials floating about in the form of mal-assimilated food material, which sometimes choke the small blood vessels and congest the lymph vessels. In other words, **THE VERY THINGS WHICH WE WISH TO ELIMINATE FROM THE SYSTEM, ARE THOSE WHICH NATURE ACTUALLY DISPOSES OF FIRST OF ALL.** Fasting is house-cleaning of the body. The Holy Spirit, then, is given a clean temple in which to dwell. Cleanliness is also godliness. When assimilation stops, the processes of elimination are greatly accelerated. We will show four methods used in this process.

THE FOUR MEANS USED IN HOUSE CLEANING

(1) The **SKIN**, through its millions of pores, is one channel through which much toxic waste is eliminated. Much more waste is removed through our pores during a fast, than at any other time. This is one reason Jesus said, "When thou fastest . . . wash thy face." It is also a good practice to bathe frequently to keep the excreted material washed away, and the pores open.

(2) The **KIDNEYS**: Much water drinking is highly beneficial. It dilutes the urine which constantly washes out the poisons that are poured into the kidneys. Water drinking is a "MUST," during a fast. Drink at least six glasses of water daily, or enough to satisfy thirst.

(3) The **LUNGS** play an important part in this house cleaning process. It would seem almost unbelievable that loads of poison are exhaled in the fast through the nostrils, from

the oxygenation of the blood. The same amount of poison is released through the nostrils and lungs, as through the kidneys, bowels and skin. All persons smell alike during the first part of the fast, and a person familiar with fasting will recognize the odor as that of a brother or sister, fasting, and instead of criticizing, will rejoice in his or her heart that his brother or sister is fulfilling some of the works of the Lord. If a person is praying and fasting as he should, the odor will not bother him. If you do not wish to have an obnoxious breath around your neighbor, get some menthol crystals at the drug store. A very fine crystal particle will dissolve on the tip of your tongue, so that your breath will not be noticed for a long time; there will be such a small amount in the tiny crystal, that it will not get back of your tongue far enough to get into the stomach. The reason that I mention this point, is that some folks have chewed gum when fasting, and the amount of sugar in the gum would it almost enough to break the fast. The menthol crystal will be stronger than gum, more lasting in the breath, and too small to reach the stomach. This is only a suggestion. Bad breath is a good sign that the house cleaning process is going on. This vapor that comes from the lungs will clear up later on in the fast, and the breath, as well as the taste in the mouth, will become as CLEAN AND ODORLESS as that of a baby, believe it or not

(4) The BOWELS are the fourth channel of elimination. It would be well if they would move every day or two, but often they move with less frequency while on the fast, but do not be alarmed if they should not move very often.

Since all four of these methods of elimination are at work, is it any wonder that fasting us a way towards health? If in good health, this is a method for preventing sickness.

Fasting is the most powerful, and the quickest agent known, for curing functional ailments. Especially is this true of stomach disorders. That is why it is so very necessary to break the fast carefully with fruit juices, followed by fresh fruit, for several days.

If a person is in an adverse state of health, his eyes, throat, liver, glands, blood, and a little later even his kidneys become REJUVENATED and greatly benefitted. This is a natural law, designed by God, and this physical aspect is touched upon so that we may realize that fasting and prayer to God is harmless to the body. Would it not be unreasonable to think that Christ would ask us to fast, if it would hurt us physically? We have a good God, and He asks us to do nothing that will hurt or harm us. One can FAST for a long period of time, and secure GREAT SPIRITUAL RESULTS WITHOUT BODILY HARM, and in addition receive much physical benefit.

If one is afraid that he is harming himself, and full of fear, he cannot obtain the best spiritual results from the fast. The Lord certainly does not want us to come to Him in fear, but rather in a spirit of trust. Fear is one thing that must absolutely be dismissed from the mind entirely.

IS FASTING STARVATION?

Absolutely not!

Fasting and starvation are two entirely different things.

To illustrate: The complete fast begins at the time you omit one meal, and it ends after a large part of the body weight is lost, usually when true hunger returns (Matt. 4:1-4). It may last several weeks or longer. Jesus' fast lasted forty days, before true hunger returned: "He was afterward an hungered." In His fast, He fasted naturally, just as you or I would. When a man has a KEEN APPETITE, and is really *hungry* at the end of a long fast, as Jesus was, it is an indication of good health. Any physician will tell you that a man with a good appetite is in good health.

At the end of a complete fast, hunger sets in; at this point starvation begins, if the fast is continued after true hunger returns. It was when starvation had just begun, at the end of Jesus' fast, that the devil sought to take advantage of the hunger, by tempting Him. Satan fears to see God's children fast with prayer, because it means his quicker defeat. Fasting is like "dynamiting" Satan.

Starvation begins after most of the body weight is lost. It usually starts after true hunger returns, which is seldom less than twenty-one days, and may be as long as forty, or even sixty days. It is difficult to state the exact time when starvation sets in. It varies with different individuals. Fat people can fast much longer than thin ones, as the body can continue for weeks, living on the superfluous fat material.

The end of starvation is death. Death occurs when an individual has continued a fast long after true hunger has returned, and usually long after starvation sets in. Some confusion exists here. When you hear that someone died of starvation in a sea-wrecked vessel in two or three days, there is some mistake. A person might easily get cold, or become frightened to death, in a few hours time, or a few days time, but cannot possibly starve to death in such a short period if he has water to drink. He might also worry to death in a short time.

A human being is like a vital electric plant that is so constructed that it is ordinarily supplied with power from the dynamo, but may run for a considerable length of time on the battery current. For each of the millions of cells of the body is a cell similar to the most perfect cell of a storage battery. Fasting stops the dynamo, and automatically turns the switch to the battery current, which is just as capable of sustaining life as the current from the dynamo. The physically healthy individual has more storage capacity than one with a weak constitution.

In Yeo's *Physiology*, we find the longest case on record. "The patient, suffering from a gunshot wound in the abdomen, lived *four months without any food*. His weight decreased from 159 to 60 pounds. Every function was almost dormant. Thought was unimpaired; *the brain was unusually clear*" (this is always the case with anyone fasting)

“and the brain was found to have suffered no loss in size.” The percentage of decrease of different parts of the organism, including other cases considered, is given by Mr. Yeo:

FAT	97%	BLOOD	17%
SPLEEN	63%	LIVER	56%
MUSCLE	30%	NERVE CENTERS	0%

Note the zero percentage of decrease of the vital nerve centers, including the brain. Note particularly the 97% fat consumed, showing that the body utilizes as food the surplus fat which can readily be spared without injuring

organism. Do not these striking percentages indicate that the body is designed for fasting? that it is so created that it can survive a long foodless period without injury? Are not these figures a wonderful proof of the divine wisdom in creating and designing a body prepared to meet, and able to handle, the exigency of a long foodless period?

A human being cannot starve to death in several weeks of fasting if he hi water. He can die if he worries to an extreme, or becomes overly frightened either with food and drink, or without food and drink.

One should not drink milk or coffee when fasting for to do so is dieting and not fasting. Nothing at all should be drunk except water. It is a purifying agent, and is necessary to wash out the poisons from the system.

Unless one’s work is unusually heavy, it is not necessary to give up his job. If he is not getting sufficient exercise in praying or work, he should regularly take exercise to assist the fast. It is then easier to fast, and very beneficid as well; the weakness leaves more readily and the fast gets underway more quickly. Exercise keeps the blood circulating. However, if we pray as we should, one will get all the action and exercise needed, because real praying is hard work, and this is what we need if we are to see great spiritual results It is important to secure sufficient rest and sleep. If possible, take more rest when fasting, than when not fasting. More rest may be required, al. though one does not seem to miss sleep as he would while eating.

THE BIBLE IS AHEAD OF SCIENCE

The “blood,” or “life” of the flesh is the last part of the body to be consumed after starvation sets in. It is at this point that a fast passes over into starvation. Credit is given William Harvey for his great medical discovery of 1615 A.D.: “The circulation of blood. Life is blood, or the circulation of blood.” This is considered a great milestone in the history of medical science, but if you check into the Holy Scriptures, you will find that this is not a new discovery at all. Thousands of years before William Harvey’s day, God told Moses this very same thing: “For the life of the flesh is in the Blood.” Lev. 17:11. (See also Gen. 9:4 and Deut. 12:23.) If the Bible were studied along with science, the

scientists of the day would be more up to date, and not be so often obliged to revise their theories.

THE BLOOD AT WORK

The blood, as you know, is driven by the heart, through the arteries, into the capillaries, where it nourishes and strengthens the body. It then returns, through the capillaries by another route, the veins, to the heart from whence it is drawn to the lungs. -The blood starts on its arterial journey, bright red and rich, laden with life-giving properties. it returns by the venous route, poor, blue and dull, being laden down with waste matter of the system. It goes out like a fresh stream from the mountains; it returns as a stream of sewer water. In a fast, the returning stream is far more polluted than when not fasting. This foul stream returns to the *right* auricle of the heart. When this auricle becomes filled, it contracts, and forces the stream of blood through an opening in the *right* ventricle of the heart, which in turn sends it on to the lungs, where it is distributed by millions of hair-like blood vessels to the air cells of the lungs. The foul stream of blood is now distributed among the millions of tiny air cells in the lungs. Air is inhaled and oxygen comes into contact with the impure blood through the thin walls of these hair-like blood vessels of the lungs, with walls thick enough to hold the blood, but thin enough to admit oxygen. When the oxygen comes in contact with the blood, a form of combustion, or oxidation, takes place, and the blood takes up oxygen and releases carbonic acid gas, generated from the waste products and poisonous matter which have been gathered up by the blood from all parts of the system. The blood thus purified and oxygenated, is carried back to the heart again, rich, red and bright, and laden with life-giving properties and qualities. Upon reaching the *left* auricle of the heart, it is forced into the *left* ventricle, from whence it is again forced through the arteries on its mission of life to all parts of the system. It is estimated that in a single day of twenty-four hours, 35,000 pints of blood traverse the capillaries of the lungs, the blood corpuscles passing in single file, and being exposed to the oxygen of the air on all sides. If the air cells of the lungs were spread out over an unbroken surface, they would cover an area of fourteen thousand square feet. When one considers the minute details of the process alluded to, he is lost in wonder and admiration of our blessed Father's care and omnipotence and omniscience.

Considering the value that the lungs play in the cleansing of the blood, one should be interested in proper deep breathing and securing plenty of fresh air. More about this is found in author's booklet '*Because of Unbelief*,' see back cover. (This volume will show a person how to have tremendous Faith.)

First and foremost as a cause of disease, is the congestion of the blood with morbid waste material from the organs and tissues of the body. This thickened blood, surcharged with products of imperfect metabolism, finds itself unable to pass freely through certain parts of the body, which is so necessary for perfect health. The damming up of the blood in certain organs and tissues produces an engorgement, which interferes with the free and natural functioning of that particular part. There are few of the disorders from which

mankind suffers in which this condition is not present; and it is no exaggeration to say that this is one of the principal causes of most diseases.

The condition is brought about in the blood stream by eating more food than the body actually requires. Excess food and insufficient exercise results in incomplete utilization of the food. It requires a lot of unnecessary energy to digest and eliminate and otherwise dispose of the surplus, unnecessary food. Jesus calls it "*SURFEITING*," Luke 21:34. This is one of the contributing causes of skin blemishes, boils, growths such as cancers and tumors, and diseases of the mucous membranes, such as tuberculosis, ovarian and womb disorders, and leucorrhea.

Consequently a cure depends upon the elimination of this congestion, and a readjustment of the habits governing eating, exercising, etc., so that the body may be freed from these encumbrances. The best way to do this, is to stop assimilation for a time by fasting. This is most effective in producing quick results. Both physically and spiritually, the results are so astounding that it is like a bird in a cage set free in the wide open.

In earlier ages man was used to satiating himself to the utmost, with the food at his immediate disposal, and gorging himself upon the fruits of conquest. In these modern days of plenty, food became so plentiful that the cravings of hunger were fully satisfied, and the cultivation of epicurean appetites became more and more a vice. Man has actually suffered in a greater degree from this superabundance than from the enforced hunger of scarcity, and the struggle to provide sufficient food.

Occasionally some soul has cried out in protest against sensual gratifications, but the mad crowd pays scarcely any attention. They have little heeded the words of our Master's voice and the teachings of the Scriptures. Nor have they sought the power of the Spirit, but have made the belly their God, and their bellies the graveyards of their souls.

Temperance will be more readily practiced by those who understand that good eating habits will bring about rapid physical and spiritual changes which make for immediate happiness both now and tomorrow. Fasting conserves tremendous energy that can be utilized in building up the temple of the Holy Spirit.

Other teachers, besides the prophets and Christ, such as Krishna, Buddha, and Mohammed, have awakened the minds of their followers to some degree, to the moral and ethereal desirability of control over sensual pleasures, the root of which is EATING.

WHAT MEDICAL MEN SAY

The earliest physicians were united in teaching that abstentious living was the key to good health. They advocated the denying of food to a diseased body. Through the centuries, thousands of teachers have come and gone, with their circles of disciples, who practiced fasting as a cure for disease, but there were few patients that took the treatment

seriously from their 'physicians. Possibly because it seemed like a Utopian dream, too good to be true, or the regime to be followed too strict, and requiring too much will power.

Some doctors, and medical and health authorities have issued publications that clarify this science of fasting, from the standpoint of health and the cure of disease. Some of these writers on the subject are: Dr. Tanner, Sinclair, Dr. McCoy, Dr. Shaw Haskell, Dr. Dewey, Bernarr Macfadden, Dr. John Cowan, Tilden Brook, Dr. R. Walter, H. M. Sheit en, Carlson, and others.

Dr. Frank McCoy in his book, "THE FAST WAY TO HEALTH," states: "I have made a most exhaustive study of every method of cure, from mind cure to modern surgery and gland therapy, and I HAVE NEVER FOUND A SINGLE METHOD THAT COULD APPROACH EVEN CLOSELY, IN ITS RESULTS, THE BENEFITS WHICH COME FROM SOME FORM OF THE FASTING CURE." Some of these volumes can be secured from your library. Dr. McCoy treats his patients by fasting and dieting methods. He also prescribes a very long fast for some conditions, for disorders of both women and men. Most of his book gives illustrations and examples of his patients placed on a fasting or dieting treatment. If more physicians would practice his method of healing there would be less sickness.

Fasting has a distinct value in obtaining and retaining *perfect health*. In early times, Avicenna, the great Arabian physician, clearly sensed the value of fasting, since he often prescribed as long as a three-weeks fast for his patients, especially for syphilis and smallpox. Dr. Isaac Jennings, as early as 1822, employed fasting successfully as an aid in almost every kind of ailment which he treated.

Fasting has proven a divine aid to the body's own processes of self recovery. Fasting in ailments such as *asthma, hay fever, constipation, headaches, colds, skin disorders, arthritis and rheumatism, blood diseases*, and anything else along the line of *blood or functional diseases*, has proven almost a miracle of recovery. Benefits have been observed in *nervous and mental disorders, paralysis, semi-paralysis, neurasthenia*, and in some forms of *insanity*. (Please bear in mind that we are now talking about *natural* divine aids, and not *divine healing* in this section.) By FASTING AND PRAYER THE LORD WILL HEAL US OF ANY SICKNESS, REGARDLESS OF WHETHER IT IS 'INCURABLE,' OR NOT. This would be divine healing. Many incurable diseases in man are caused by demons. Demons cannot be cured. They must be cast out. It often requires prayer and fasting to do so.

When food is withheld, oxidation begins within the body. This is nothing more than a collection of refuse gathered for a bonfire, in which waste poisons are burnt up just as a person would gather up the trash in his yard and burn it up in his incinerator. THIS IS INDICATED SOMETIMES BY A FEVER WHICH SETS IN DURING THE EARLY STAGES OF THE FAST, AND BY HEADACHES AND OTHER SYMPTOMS. A testimony from Burbank, California, reads, "I was surprised at the awful poisons that

came out of my body. We should fast often, if it is only to keep ourselves clean.” (Consult Chart No. X, Man Analyzed and Diagrammed.)

Fasting gives the body a much needed holiday, a vacation in which to recuperate. It never occurs to most people that the body seldom has a rest from its ordinary labors. We overtax and overload all the organs with by-products of our wrong living, eating, drinking and thinking. We do not grant these millions of little cells which labor so incessantly for our physical well-being any rest, no not even a SABBATICAL REST. Most folk would be far better off if they would pray and fast at least one day a week. They would be stronger physically, and deeper spiritually. Most of the early churches, especially the Methodists, had at least one fast day a week,

FASTING DOES NOT REDUCE, BUT INCREASES THE ENERGY AND HEAT OF THE BODY by the combustion of the waste poisons by a process of oxidation, in which waste becomes the fuel for its own destruction and elimination from the body. The process of combustion becomes a source of added bodily heat for the faster’s comfort, as well as a source of added energy, bringing about revitalization and restoration of health.

Fasting RETAINS THE YOUTHFUL COMPLEXION AND APPEAR. ANCE. FASTING DEFERS OLD AGE AND KEEPS THE BODY YOUNG. Flossie Winsor writes from Triton, Newfoundland, “My flesh is taking on a natural, rosy, youthful color. I feel like a new person.” An early old age is both a biological and mental abnormality. It results principally from accumulated impurities and deposits. Abstention from food will help to remove the accumulations, and thus defer the physiological process that brings on old age. *We are only as old as the number of dead cells we have in our body.* Fasting converts dead cells into food fuel. This explains why we look so much younger after fasting.

With the PHYSICAL HOUSECLEANING, GOES A MENTAL HOUSE. CLEANING. I have personally seen pessimism, gloom, discouragement, anger, grudges, fear, morbidity, despondency, worry, fussiness, mental tensions, perversions, vile and depraved thoughts, excitability, other forms of mental conditions, and bad habits disappear completely after the bodily purification is accomplished. Bodily purification leads to spiritual purification. Demons often feed on food filth and carnality; many times fasting unlooses them and makes a person free from demons and disease.

The health authority, Bernarr Macfadden, tells us “That the body intimately influences the higher soul-powers during a fast, I definitely know. Physical renovation and purification lead to spiritual renovation and purification. I have experienced a sublimation of the Spirit, during a prolonged fast, which is difficult to put into words. It must be experienced to be known. There is a spring to the step, a feeling of joyous release, of gladness which fairly overwhelms one. There is, too, an exaltation of spirit, a broad and more generous sympathy, love and understanding for all things and for all mankind, a feeling of well-being, and of peace with God, with one’s fellowman, with the world, and with all things which are a part of our everyday living.” If this is the exalted experience of a person interested in the physical welfare of individuals, how much more glorious

should be the experience of those who would “specialize” in power and faith with God through fasting and prayer? It takes Jesus, however, to give eternal life.

Chapter 9

THE PROPER CARE IN BREAKING THE FAST

It is very difficult to break the fast properly, but very important. The importance of breaking the fast correctly and wisely cannot be over-emphasized. If you wish to avoid unpleasant consequences after your fast, please use plain common sense, and pay strict attention to the following directions. Very often an individual takes a fast of several weeks, and gets along fine in the fast, but to his disappointment, has uncomfortable physical difficulties while in the process of breaking the fast. In practically all cases this can be traced directly to his impatience to begin eating his accustomed rations days and even weeks too soon.

If you have fasted very long, or have taken a complete fast, you will have practically a brand new stomach and it will have to become adjusted to food again. If you had your automobile engine overhauled, it would be necessary to break it in slowly for so many miles. If it were a major overhaul, you should run it at a lower R.P.M. much longer. The same rule applies to a new stomach.

I once had an airplane with an 80-horsepower engine. I had it "majored" by an A. and E. mechanic. Before I could fly it, even at a low R.P.M., the motor was run, while on the ground, for about five hours. After it had been broken in sufficiently to fly, it was flown at low cruising speed for another live hours. These ten hours that were required to break in the engine, were broken down into short periods, so that the engine would be properly broken in safely. Our bodies are like the overhauled engine. The longer the fast, the more care it takes, before resuming regular diet. Our stomach must be broken in gradually, and time is required between periods for rest, and for the gradual return to normal of the assimilative functions.

In Bible days, the Israelites, the prophets, and the disciples of Christ, were acquainted with the dietetic laws of Moses, and the teaching of the prophets and Essenes, and knew about the hygiene necessary to break a fast. But today most people are ignorant of this information. In a long fast the stomach is new, like a child's stomach. And when you break a fast, it must be done properly, to avoid injuring the stomach. Our body is the temple of the Holy Spirit, and we should be careful to protect it from injury.

After true hunger has returned (in some instances, true hunger does not return), or if one finds it necessary and advisable to break fasting before hunger has returned, he should use only fresh citrus fruits. Oranges and grapefruits are the best to break it with. Fresh tomato juice is almost equally good. Grape juice from fresh grapes is very fine. Sauerkraut juice, if agreeable, is sometimes good for the second or third meal, after the fast is broken. If the fast is seven days or less, it can be broken with whole fresh fruit for two or three meals, and light soups the second day; the third day green vegetables, and your regular diet from there on. Even after a short fast of two or three days, one should

avoid sitting down at the table to eat a regular meal, if he wishes to feel comfortable afterwards. But it is not so necessary to break this type of fast as carefully as a fast that has been entered into for many days. (Canned fruits are satisfactory when fresh fruits or juices are not available.)

If the fast has been very long, it will take several meals of fresh fruit juices, in small diluted quantities, to correct natural tendencies. Your regular diet should not commence, until at least the number of days have elapsed, equal to the number of days that you have fasted. For instance, if you have fasted twenty-eight days, you should have a gradual breaking-in period of twenty-eight days before you resume a regular diet. You should start out with fruit juices for several days, then fresh fruit for two or three days more, then light soups, not too milky, for another two or three days, and then green vegetables for a further period. Gradually, little by little, break into the regular diet.

Since much weight has been lost, the quickest way to regain it, is by drinking milk, after several days of the above-mentioned schedule. Small amounts should be taken at first, then larger and larger portions. CAUTION: Some times milk will cause the individual to bloat, as assimilation will be too great. If this should happen, or any other difficulty arises, it is because you are rushing the breaking-in period. The remedy is to eat less, or cut out some of the food. If necessary, go back to fruit juices or fresh fruit again. If very severe, go back to FASTING, and do not drink water. Take enemas often. This is a safe rule to follow, if any complication should develop during the breaking-in period.

NOTICE: THIS IS VERY IMPORTANT

Do not rush your stomach. The longer you wait to regain your weight, and the more slowly you get back to regular eating, the better will be your physical condition afterward. If you fail to wait long enough, you will undo much that has been accomplished physically.

We urge you, by all means to obtain our book, "*GLORIFIED FASTING.*" This volume will give you more information on breaking the fast than any other volume available. We feel that every person who fasts should have it. It is called the '*ABC of FASTING.*' 40 illustrations, contains a scientific treatment of the 'Fasting Cure' road to better health.

THE AUTHOR IMPARTS TO YOU IN JESUS' NAME AND PERSONALLY COMMANDS THE BELIEVING READER TO BE A RECIPIENT OF GOD'S GREATEST BLESSING FOR THE PHYSICAL BODY (THE DWELLING PLACE OF THE HOLY GHOST) — God bless you with His Holy Fire. HALLELUJAH!

Chapter 10

RESULTS OF FASTING AND PRAYING

St. Paul has probably inspired more men and women to follow Jesus Christ than has any other person. His teachings are more revered and loved in the church today, than are those of any other writer. After Paul's conversion he began his career with a three-day fast, Acts 9:9. If every convert would follow Paul's example by fasting three days, meditating and praying after his conversion, there would be fewer backsliders and more chosen vessels for the Lord's service. According to Galatians 1:17, Paul then went to Arabia, "Neither went I up to Jerusalem to them which were apostles before me." Preparation had to be made; Christ had to be woven into his theology. Changes had now to be made. A mystery is supposed to cover his stay in Arabia, but of the effect of fasting on a man of Paul's character, there remains no mystery. Since he says of his Christian career, he was "in fastings often" (II Cor. 11:27), there can be little doubt that he fasted in Arabia, when all the circumstances were most favorable for a fast. The result was that he returned to Damascus and began to preach Christ in power and demonstration of the Spirit. He became a spiritual giant for God. All of us need to go into "THE WILDERNESS," or "INTO ARABIA" BEFORE BEGINNING TO PREACH CHRIST. If there is that something lacking in your life, even if you have the Baptism of the Holy Spirit, the FASTING EXPERIENCE is for you. There would be more success instead of so many failures in the ministry. The power and demonstration in the Spirit would be manifested and gifts of the Spirit would commence to operate. If there is any one agency that can do this quickly and perfectly, it is the consecration fast. It is the sure route to the anointing.

We have been too busy with "much serving" as ministers, and have missed the power for the highest service, because we have failed to follow Brother Paul in his fasting as he has invited us to do when he says: "Walk as ye have us for an example;" surely, since he was "in fasting often" this is included in the example. In II Cor. 11:23 St. Paul says: "Are they ministers of Christ? I am more' —largely because he was "in fastings often." All of the verse, II Cor. 11:27, reads: "In weariness and painfulness, in watchings often, IN HUNGER AND THIRST, IN FASTINGS OFTEN, in cold and nakedness," is herewith quoted to show that Paul distinguishes between doing without water in his hunger, and fasting, which is doing without food only, but not without the drinking of water. Here is the secret of being more than a mere minister. It is the secret of Paul's power. All who will take his words to heart can excel by using this glorious agency. We are obligated to do so to be our best.

This command: "Be followers of me, as ye have us for an example," Phil. 3:17, is for all believers as well as for ministers like Paul. This is still more evident from the manner in which he refers to fasting and prayer in I Cor. 7:5,

“Defraud ye not one the other, except it be with consent for a time, that ye may give yourselves to fasting and prayer.” These words cannot be construed as being addressed alone to ministers. They are addressed to all and it is a routine work of salvation that needs to be worked out after we are converted. Verse Six: “I speak this by permission, and not of commandment,” pertains to the marriage relationship and applies to the sex appetite which should be denied in fasting. After approximately three days in the fast, the desire will have disappeared anyway. If the married couple wish all the happiness there is in wedlock, before you ever argue with one another about breaking up, try the fast way, and to your surprise things can be healed so that you will want to go on another honeymoon! Try it out and see. It is an inexpensive method, a money saver!

In Acts 13:1, 2: “They ministered to the Lord and FASTED.” The result was finding the will of God. Paul and Barnabas were to be separated to the work whereunto God had called them. It seems that the Holy Ghost has little place in the churches in these modern days; but give the Holy Ghost a chance to lead through fasting and praying and see the results.

II Cor. 6:1-5: “We then approving ourselves as the ministers of God in much patience . . . in fastings.” Surely, if he could not approve himself a minister of God without fasting, how can the rest of us presume to do so? Paul certainly was acquainted with the value of this tonic.

Ministers can be their own evangelists after a season of fasting and prayer and will do more good than a stranger could possibly do without fasting. There will be less psychology and fewer stories, but more spiritual power and demonstration, as well as fervor and zeal in the revival.

Bible students can obtain the choicest post-graduate course in the university of the Spirit by uniting for a season of prayer and fasting. They can become better commentators on the Pauline Epistle by obtaining the Pauline FER. VENCY and ZEAL than they ever thought possible, by just following Paul’s example.

We hold Bible conferences, fellowship meetings, basket dinner gatherings in the church, feasting, jubilees, musical services, and prayer meetings. Why not have fasting-prayer, and consecration-fast anointing services and conferences? The results have been astounding in the places where they have been held, as we shall presently tell you.

After Jesus received the Holy Spirit, although He was the Son of God yet He did not begin to manifest His Sonship until *after He had fasted forty days*. As children of God we will need to follow Jesus in fasting and prayer, if we expect to manifest spiritual life and power, as did our Lord. There is no other way to have a full manifestation of spirituality but through fasting and prayer, and there is, according to St. Paul, no other remedy for the groaning and suffering of creation than a complete manifestation of the children of God, as far as is possible here on earth.

Rom. 8:19-22: “The whole creation groaneth and travaileth in pain together until now, and waiteth for the manifestation of the sons of God, for the creature was made subject to vanity.” Even the music of the birds is in a minor key. All animal life is groaning with unpleasant sound; there are sounds of discord, the wealing and wailing, barking and meowing, the howling and growling, all are a sign of sin and pain; the noise on the street, the clanging of the wheels on the street car, the sound of your automobile, the howling and whistling of the wind in windy weather, all these and much more remind us of the groaning of the creation. Why? It is because the sons of God, and more of the children of God, are not MANIFESTING. The crying of countless millions in Asia and Africa, the cries of starving multitudes that are dying all over the world after this second world war have reached a high, shrill pitch of suffering. It is all because the sons of God are not manifesting themselves. The cripples, the sick, the suffering, the insane asylums filled with the distressed, and hospitals running over with sick and wounded, the groanings of suffering humanity everywhere, all is because the sons of God do not have the vision, and know not how to manifest. The Laodicean, denominational, bound Church has so much riches, comfortable pews, stained-glass windows, but the CHRIST is left outside. Now He is knocking at the doors of a few individuals. Think of it, Jesus on the outside of His own church! The so-called Christians, and the makeshifts between Church and state, are of no avail as a remedy, and have actually become a reproach to Christ that prolongs the struggle and sufferings of millions. Under the sombre, leaden skies there is revealed to us a ray of hope! In the providence of God there is only one remedy that will terminate the groaning, instead of merely suppressing it as other agencies do. That remedy is the “manifestation of the sons of God.” Our complete manifestation, of course, takes place when the Spirit quickens us, when “The adoption, to wit, the redemption of our body” (Rom. 8:24), occurs, but we have an “earnest expectation” available now, not for just a few individuals among the sons of God, but for the entire body of them. One can be a child of God all his life without “MANIFESTING” in this sense. Yes, one can even receive the Baptism of the Holy Spirit and not fully manifest. On the day of Pentecost the one-hundred-and-twenty received the Baptism and the fire, backed not only by days of real prayer, but as they were in the upper room *continually*, by many days of FASTING. The result—the world’s greatest revival! It shook the whole city and countryside. These women and men who were in the upper room began to MANIFEST—AND SOMETHING HAPPENED. They were all of one accord, and their unity knew neither divisions nor sectarianism.

Most of the great revivals that have swept the land were born in fasting and prayer and can be traced back to that very thing. Fasting pleases the Lord.

FAITH PARALLELS FASTING

Faith cometh by hearing, and hearing by the Word of God. But in the Word of God Jesus has given us a more’ direct and specific pathway to the receiving of this FAITH. The disciples needed to fast in order to obtain faith to cast out certain demons. If we are unable to get victory over ordinary sicknesses and achieve certain prayer

accomplishments without fasting, how much more should we fast, than the disciples? Surely this should spur us on toward fasting more than ever.

If faith is produced by following Jesus' instructions on prayer and fasting, then there surely is a close relationship between fasting and faith. Shall we analyze the subjects of FAITH and FASTING and see the relationship between them?

FAITH

1. Faith ignores the sense faculties of sight, smell, taste, touch, and hearing. The senses are an enemy to both' lasting and faith.
2. Faith ignores feeling.
3. Faith works with the invisible. The digestive tract at its beginning is the WORD ORGAN. This instrument is also our faith organ.
4. Faith is on a spiritual plane.
5. "Faith worketh patience." James 1:3.
6. Faith is a substance: "Faith is the substance of things hoped for."
7. Faith is the evidence of the unseen; "The evidence of things not seen.
8. Faith ceases to be when the substance is made visible.
9. Faith is anti-carnal.
10. Faith is believing what is not seen by the natural.
11. Faith brings supernatural manifestation.
12. Without faith it is impossible to please God.
13. Faith brings spiritual power.
14. Faith is the victory.
15. The natural man dislikes to believe in God.
16. Christians find it difficult to believe Christ for their physical healing, which was bought for them.

17. Faith pulls down the strongholds of the enemy. II Cor. 10:3-5.
18. Faith likes the same things that fasting likes and it dislikes the same things fasting dislikes.
19. The more we exercise our faith the stronger we become in our Christian experience. The power of faith is exercised by the spoken word.
20. Faith will make a supernatural person out of an ordinary individual.
21. Faith works independently of the flesh, and of all sense evidence.

FASTING

1. Fasting wars against our members so that the senses, though keen in operation, are subjected to the spiritual.
2. Our feelings change to a spiritual environment.
3. Our miserable feeling during fasting comes while the flesh is being subjugated so that invisible spiritual power may be manifested.
4. Fasting leads us into the Spirit.
5. A major fast always gives one greater patience.
6. Fasting brings one into contact with the substance of God.
7. Fasting brings revelation evidence from God. Fasting is therefore faith's greatest ally.
8. After the fast ends there is a major spiritual awakening.
9. Fasting is anti-carnal.
10. Fasting takes one into an unseen spiritual realm, sometimes into visions.
11. Fasting will undo the natural. It brings us into the supernatural.
12. Fasting pleases the Lord.
13. Fasting produces the faith that leads to spiritual power.
14. Fasting moves God to give us the victory.

15. The natural man dislikes to fast.
16. The children of the Bridegroom are urged to fast, yet it is so distasteful to them that seldom can one be found who has fasted ten consecutive days.
17. Fasting brings us into a great spiritual battle that ultimately brings great victory. See Daniel 10:2-14.
18. Satanic forces struggle against the fasting candidate, seeking to break the fast.
19. Fasting empowers a Christian to make great spiritual strides. To be at our best, we should be “in fastings often.”
20. Fasting neutralizes the flesh so that a person can become a powerful CONDUCTOR of Spiritual Power.
21. Fasting is disliked by the flesh. The natural is restrained—God comes.

THE CONFESSION ORGAN

Faith is blind to physical reason and physical conditions. While reason is nervous, excited, and troubled; faith is patient, relaxed, and calm. Faith just takes over and possesses. All believers can have faith-power to heal the sick and cast out demons. See Luke 9:1; Matt. 10:7, 8; Mark 3:14, 15; and Mark 16th chapter. It is necessary to be grounded on the Word of God and believe the Word of God to retain our healing. Others could have faith for our deliverance, but we might lose the healing if we did not also have our faith properly grounded in the Word. This explains why some healings do not last after we are healed. We could get our faith more on the person delivering us, than on Christ. We would be healed, but if our faith was not definitely established in the WORD OF GOD, there would be a possibility of the return of the ailment. We must have Faith in God. A powerful Scripture for you to stand on and go about your duties throughout the day is one pertaining to sick people. (Mark 16:18, “The Sick!”) “They shall recover. **THEY SHALL RECOVER.**” “*THEY SHALL RECOVER.*” Now say it this way, **I SHALL RECOVER, I SHALL RECOVER NOW IN JESUS’ NAME! NOW** is also the day of (Healing) Salvation.

GET ACQUAINTED WITH THE AUTHOR’S

FAITH-ORGAN BOOKS

THE GLUTTONS

The love of eating is “the second root of all evil.” It is definitely pointed out by Christ as a last-day sign. Matt. 24:38; Lk. 21:34. There is nothing wrong with the enjoyment of “eating to live,” but it is wrong to just “LIVE TO EAT.” There is a big difference. Ps. 78:33 shows us plainly that this is the cause of sickness. More are destroyed from gluttony than from alcoholism.

Chapter 11

DIVINE HEALING CONTINUATOR

fasting assists in getting our body saved as well as our soul! (Compare Is. 58:8-10.)

You may have not only freedom from sin, sickness, sorrow, want, poverty, unhappiness and all death related things—the works of the Devil—but you may likewise become invulnerable and even immune to such negative things. Provision has been supplied in Christ’s atonement so that protection and prevention—immunity for such curses—is available to all believers, thus distinguishing the major material and physical difference between the truly born-again Christian and the unborn-again sinner.

At the present time one can see very little difference between a Christian and a Sinner in so far as sickness of the body is concerned. Both become sick with the same kind of diseases, both come under the Devil’s works of the above-mentioned negative things called the curses of the law and which are catalogued in the twenty-eighth chapter of Deuteronomy. A saint may be healed by Jesus from arthritis or cancer only to either pick it up again at a future time or take another sickness just as great. This does not indicate that the Lord’s healing for us was no good. “Christ hath redeemed us from the curse of the law, being made a curse for us” Gal. 3:13. Jesus paid a full cash price for the whole man. If Jesus did not redeem the whole man, including his physical body and his material welfare, then Christ did not redeem any part of a man!

In this volume you will learn that Christ has provided something beyond what the professing Christian at present time has possessed. The believer has not gone far enough and applied our Lord’s full provision of safety, covering and preservation against future sickness and poverty and vulnerability to same. There is a formula or plan which has seldom if ever been followed properly. This formula or truth, when put into practice, will transform and revolutionize the church or group who dares to believe and accept and practice Christ’s sayings thereof.

Hidden in plain sight there is another healing operation of the Holy Ghost. We could call some aspects of divine healing Double Healing Power of the Holy Ghost. This is a continuous divine healing operation. This is to prevent such embarrassment as is found in the church of the Lord Jesus Christ today, because in the church one will find almost as many sick people as there are in the bar across the way. It is a disgrace and a shame that Christians can have every kind of sickness that a sinner can have, and die a Devil’s painful death in the same manner as a person without God can die and still claim salvation!

We often become so elated and thrilled over certain specific wonderful blessings from the Lord that some even greater blessings are partially or altogether overlooked. Of course, the enemy of truth is also seeing to it that certain great subjects are ignored or altogether overlooked and left out. This absent truth leaves us incomplete.

Certain operations and gifts of the Holy Ghost are ministered to the church only in part and without intensification. That is, they are functioning only in part or their ministry is lightly manifested. Most any deliverance minister realizes that at times even divine healing is not manifested as strongly as it should be. The experience of using these divine ministries increases with more use and practice.

Terminology sometimes frightens some people but it should not do so. For instance, if a person operated the gift of discernment or discerning of spirits in an amplified manner, he may see names, places, diseases, lost articles, etc. in such detail that a weaker believer would perhaps become frightened or excited thus lose sight of the divine gift altogether, calling it an evil spirit which had taken over the person, instead of recognizing the operation of the Holy Ghost within the prophet of God. Many of the children of God are not as wise as the children of the world.

DIVINE TANGIBLE SUBSTANCE

Another operation of the Holy Ghost is that of bringing into visibility real tangible and material Holy Ghost thing~ that heretofore may not have been seen by the eyes of the ordinary believer. As we begin working the deeper works of the Lord and as we do the greater works, tremendous manifestations of tangibility that will result in great and mighty signs and wonders—sometimes called phenomena—will be more and more apparent and in action on a scale of intensity never before seen.

For instance: When intensified, the operation of the Gifts of Healing by deliverance preachers makes a person become very warm or hot, wherever the healing power operates. The sick area has a hot feeling right on and over the disease. Sometimes the healing fire ignites, so to speak, the very area of deadness or illness, consuming it away. Should it be thought wrong for a God who is called a Consuming Fire to use His divine, consuming substance to eradicate diseases on His children? Of course not.

Many talk about the protection of the Lord, the safety, preservation and keeping power of His grace, etc. The Lord does protect and help us, but in spite of all this, multitudes of Holy Ghost people take on practically every known sickness that the bank robber, the drunkard, the liar, sorcerer and murderer have. They bury both classes of people in the same kind of a casket under the same depth of earth and cover the corpse with the same kind of soil. This should not be done. Jesus gave complete salvation for the entire entity of man! We are teaching what Jesus taught.

Have you ever thought of such wonderful good news? If an effective deliverance minister can get the sick healed in the name of Jesus Christ, then why, in Jesus name, cannot the minister with a deep deliverance ministry after the same manner put the same but deeper healing operation on well and healthy believers? They impart healing to the sick, so they could also impart the stronger healing power to well and healthy people, leaving the divine healing substance on, over and around each and every organ of their bodies. We

have discovered what the healing substance is. Please do not be offended by what we call it and by the right name we call it. The author has discovered that this divine healing precious and priceless substance is the light of fire of life substance of the Holy Ghost from Jesus Christ.

WILL THE READER ACCEPT A HOLY GHOST CHALLENGE?

THE AUTHOR HAS HUMBLY endeavored to bring forth evidence from the Word of God, from testimonies of man and from scientific investigations for the unpopular but important and effective doctrine of our Lord—FASTING. The consecration fast unto God. It is your and my burden or obligation to re-interest the church world in one of the major truths of the Bible. The task is overwhelming, especially for a few. The reader is kindly invited to join the efforts of many others who have likewise caught the spark of enlightenment. Those too who are willing to shoulder some of the responsibility in getting these wonderful, but yet neglected truths to others. To those who are in great need of these blessings that this subject affords. This full salvation is needed. The Body felt as well as Heartfelt experience.

The plan for developing new interest in this subject is simple:

We must get the truth out. Order literature, Free tracts and magazines are available. Send in for the subscription free “MIRACLE WORD” publication. Regular articles and dates and places of these kind of revival meetings, conventions and seminars are given.

More than twenty-four million pieces of literature have already been printed and distributed freely to many parts of the world. For every book that a price is sent in for, more than a hundred pieces of free literature have been given away—thus making the cost much more than what folk often give for a book compared to the actual tremendous cash outlay for same. However the world needs this material regardless of the cost.

Funds are greatly needed to keep up the supply for the ever increasing demand. The reader is presented a challenge to also become burdened with us in prayer, fastings and with finances. Try to become a part and parcel of this ministry. Pray about it and we believe the Lord will bless and lead. Give and it shall be given. It is more blessed to give than to receive. Some one gave and sacrificed for years not only in dollars and cents but in much labor, time and effort in order to make these truths available for you. This does not include the much persecution and suffering from skepticism—much of which now has broken down.

Why not write in today, to Brother Franklin Hall, address elsewhere within the pages of this volume and let us know how you feel about this and what you would like to do? God bless and prosper you mightily, in His lovely name. Amen.