

FASTING 101 Q&A | RESULTS & REWARDS TESTIMONIALS | HAVE YOU HEARD? SPECIAL OUTREACH UPDATE

# CONNECTION

VOLUME 6

WITH JENTEZEN FRANKLIN

FASTING 2012:  
REGAIN THE EDGE

RECOVER  
YOUR PASSION

RECAPTURE  
YOUR DREAM

RESTORE YOUR JOY

**FASTING  
TO REGAIN  
YOUR EDGE**

JENTEZEN FRANKLIN  
MEDIA MINISTRIES



[www.jentezenfranklin.org](http://www.jentezenfranklin.org)



THE BIBLE TELLS US, “EYE HAS NOT SEEN, NOR EAR HEARD, NOR HAVE ENTERED INTO THE HEART OF MAN THE THINGS WHICH GOD HAS PREPARED FOR THOSE WHO LOVE HIM” (1 COR. 2:9). IF WE COULD ONLY TAKE HOLD OF THOSE PROMISES! WHEN YOU FAST AND PRAY, HOLY SURPRISES SEEM TO COME OUT OF NOWHERE. THE FASTING EDGE, P 16.

Dear Friend,

I am very excited to invite you to join me—and thousands of believers around the world—in our annual fast this January 8th through the 28th.

Although I fast privately at times throughout the year, I have grown to look forward to our corporate fast in January more than any other time. When you have witnessed the results—*the rewards*—of fasting that I have seen over the last 20+ years, you can't help but look forward to seeing what God will do next!

Read some of the testimonies from recent fasts in this magazine and on our web site and you'll see what I mean.

**Better yet—you can see for yourself when you join us in fasting this year.**

For a Christian, seasons of spiritual fasting are a lot like sharpening an ax is to a lumberjack. He can't just keep swinging at trees with a dull ax. He has to take time to sharpen the ax in order for it to be effective. Similarly, trudging through our daily routines in our own strength wears us down. We start to lose that precious touch of the Holy Spirit on our lives. Without His presence and power, we become ineffective and even dangerous, like a dull ax.

**HAVE YOU LOST YOUR EDGE?** Perhaps you have grown dull through a season of relentless battles, mistakes or failures of some kind. Maybe you have lost your edge in the business world, in your marriage or in your ministry. Be encouraged! Fasting gives you back the passion for the purposes of God. It gives you the anointing to be productive, successful and accomplish the will of God. Every year when I go on this fast, the Holy Spirit sharpens me for the work He will do through me.

When addressing the Pharisees as to why His disciples did not fast, Jesus said, "Can you make the friends of the bridegroom fast while the bridegroom is with them? But the days will come when the bridegroom will be taken away from them; then they will fast in those days" (Luke 5:34-35).

**YOU AND I ARE LIVING IN "THOSE" DAYS TODAY.** We need to be sharp and prepared for battle spiritually. God desires to use us for His purposes. All over the world people are suffering. We believe we are called to "speak life" to the hopeless—the hurting. Do you want God to use you? Do you want God's purposes released for your life? If you do, then I want to help you learn more about how to sharpen your ax and regain the edge.

Declaring a spiritual fast interrupts the dulling effects of life's routines. Ultimately, fasting helps us get closer to God, which prepares us to accomplish much more through the power of the Holy Spirit than we could ever accomplish through our own limited strength.

**It is time to recover your passion, to recapture your dream and to restore your joy. You CAN regain your edge!**



# JOIN THE FASTING MOVEMENT

When you make fasting part of your spiritual lifestyle along with praying and giving, you can experience greater levels of renewal and direction for your life, restoration of relationships, physical and emotional healing, release from addictions and much more. Taking part in our 21-day fast each January helps set the course for your entire year!

Visit [fastingmovement.org](http://fastingmovement.org) to register for the fasting movement today. Download information and watch daily video messages prepared to help you stay connected throughout the 21-day fast and all year long.

**RECOVER YOUR PASSION  
RECAPTURE YOUR DREAM  
RESTORE YOUR JOY**

# CONNECTION

WITH JENTEZEN FRANKLIN

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# CONTENTS

6

## FASTING 101

If you are new to fasting or need a refresher, we've provided helpful facts to help you get started.

10

## YOU NEED TO REGAIN THE EDGE

Discover how fasting helps you re-ignite your spiritual passion!

16

## RESULTS AND REWARDS

Be encouraged by testimonies of miraculous breakthroughs from combining fasting and prayer.

18

## HAVE YOU HEARD?

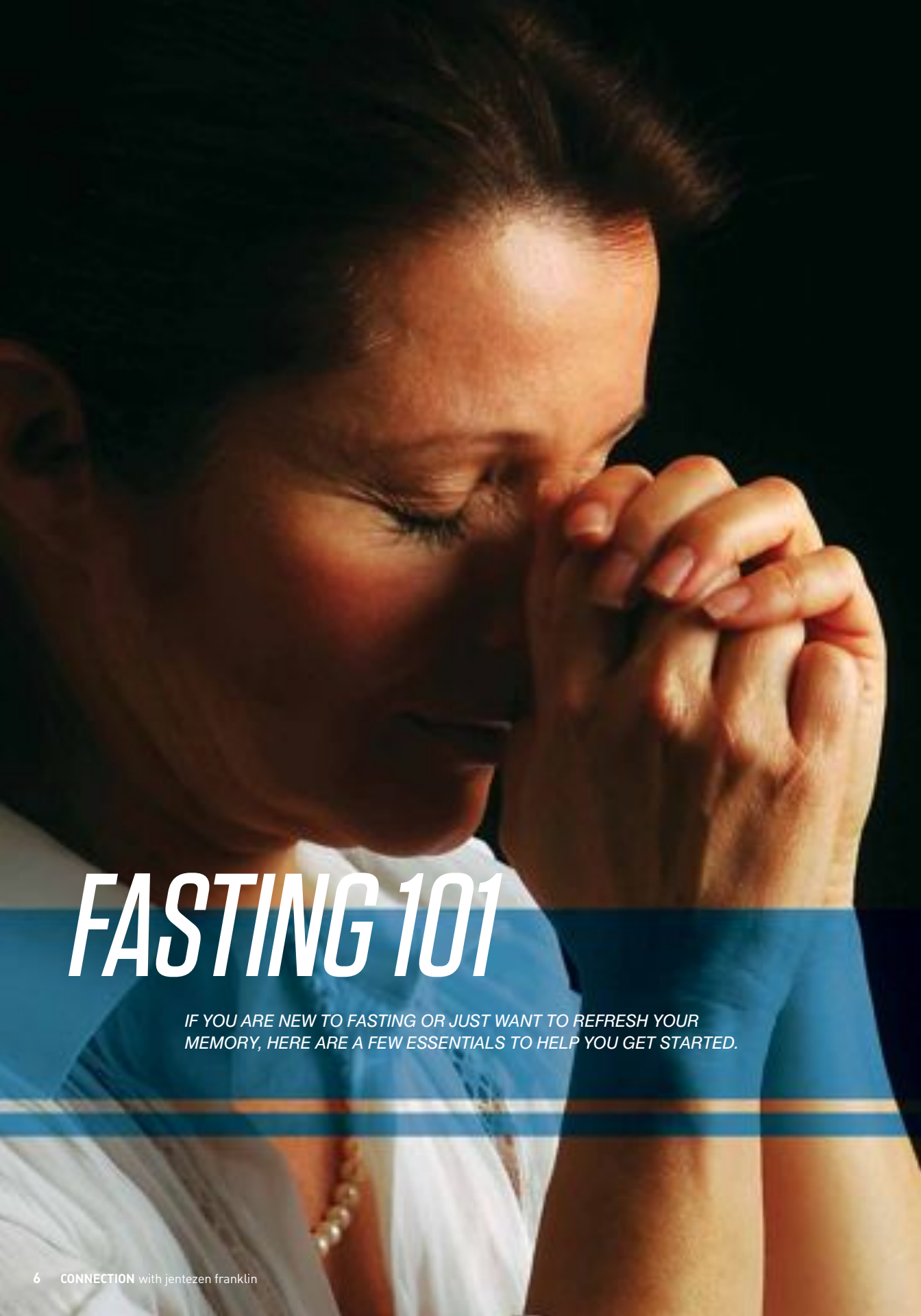
Kingdom Connection is reaching new territory five days a week!

24

## 21-DAY GUIDE TO FASTING

A devotional to help you recover your passion, recapture your dream and restore your joy.





# *FASTING 101*

*IF YOU ARE NEW TO FASTING OR JUST WANT TO REFRESH YOUR MEMORY, HERE ARE A FEW ESSENTIALS TO HELP YOU GET STARTED.*



## WHY FAST?

In Matthew 6, Jesus gave us specific direction on how to live as a child of God. That pattern addressed three specific duties of a Christian: Giving, Praying and Fasting. Jesus said, “*When you give*” . . . “*when you pray*” . . . “*when you fast*.” He made it clear that fasting, like giving and praying, was a normal part of Christian life. I believe that when all three disciplines—giving, praying and fasting—are at work together, you create an atmosphere for the complete power of God to be released in your life. It’s much like the lesson that Jesus taught in Mark 4. When you pray, you release the thirty-fold return. Praying and giving releases a sixty-fold blessing. But when you pray, give and fast, you will see a hundred-fold return!

## WHAT IS FASTING?

Biblical fasting is giving up specific foods and drink for a specified number of days for a specific purpose. The type and length of the fast you choose is between you and God, and should not be determined by what anyone else is doing. Every year our Free Chapel congregation, along with our ministry friends and partners around the world, participate in a 21-day fast at the beginning of the New Year. We want to give God our best and our first.

**Fasting, prayer and reading God’s Word go hand in hand.** When you fast, also pray for God’s purpose and plan for your life to be revealed. Fast and pray about every major decision in your life. Simply put, fasting

is a way to conquer the physical and open the door to the supernatural in your life. When you deny your body, you feed your spirit and grow closer to the Lord.

## HOW DO I FAST?

Before beginning a fast, write down a plan and make a verbal commitment to the Lord. When you approach it with determination, you’ll be less likely to waiver in weak moments. You

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— JENTEZEN FRANKLIN

may be surprised to find that fasting is not as daunting as you may think. But if you do find it to be a battle, don’t lose heart. God knows your weaknesses. His fasting principles allow you the flexibility to take care of your job and duties while still making a sacrifice to honor Him. (See Fasting Q&A section.) If the traditional full fast has always made you shy away from this important principle, you may be

surprised to know that there are actually many different types of fasts. With the various types of fasts and combination of fasts, you will be able to fit fasting into your life. For example, if you choose to go on a 21-day fast, you may want to begin with a full fast for 1-3 days and then continue with a Daniel Fast or some other type of partial fast for the remainder of the 21 days. *No matter which fast you choose, you must always remember to consult your doctor and drink lots of water.*

## TYPES OF FASTS

**Be sure to consult your physician before beginning any fast, especially if you have any type of medical condition.\***

**FULL FAST.** Drink only liquids – especially water. On this type of fast you may also take in clear broth and 100 percent fruit and vegetable juices in order to maintain your strength. You establish the number of days for your fast in your prayer time.

**PARTIAL FAST.** There are many options for partial fasts. Below are just a few for you to select from.

The most frequently used example of a partial fast is found in Daniel chapter 10. The “Daniel Fast” is a fast from meats, sweets, breads and any drink except water for a specific time period (Daniel 10:2-3). That means you are basically fasting all but vegetables, fruits and water.

Partial fasts can mean...

- >> Giving up one item of food or drink such as caffeine, coffee, soft drinks or sweets.
- >> Giving up one meal a day for a specific amount of time, one meal a week, etc.
- >> Doing a full or modified Daniel fast for a specific number of days . . . one

day, three days and so on.

- >> Choosing to fast during set times, like 6 a.m. to 3 p.m., or from sun-up to sundown. When doing this type of fast, consider your work and sleep schedule. The hours that you sleep should *not* be considered part of your fasting period, so the timeframe for this type of fast may vary.

Remember, the type of fast that you select is what you and the Lord agree upon in your prayer time.

**CORPORATE VS PRIVATE FAST.** The Lord speaks of both corporate and private fasts in Scripture. A private fast is just that: your decision to fast for a particular reason and season. A corporate fast involves an entire group of believers. For example, your entire church, home-group or other group may decide to fast together for a specific purpose. Esther called all of her people to fast for protection against danger (Esther 4:16). Samuel declared a fast for national revival (1 Samuel 7). The results can be quite powerful.

## WHEN SHOULD YOU FAST?

If you want to make fasting a way of life, work out a plan for the entire year to include days or meals to fast that works into your lifestyle. You may decide to fast one day a month [consider the first day of each month] or one meal a week. Many people fast on their loved ones' birthdays. You may even decide to do a partial fast for one week every other month. The options are endless. The Lord may impress upon you to fast for a certain reason, or you may choose to fast because you need breakthrough in a certain area, or you are facing difficult situations in your family or job, financial struggles, decisions, etc.

## OTHER COMMON QUESTIONS

**What if I have a medical condition?** Consult your doctor before starting any fast and have him or her help you decide what will work best given your specific health and medications. If your health condition prohibits you from fasting food, try fasting something else in order to concentrate more heavily on prayer and Bible study. God knows your heart.

**I forgot and ate something that wasn't on my fast; do I need to start again?** No, think of fasting as a marathon rather than a sprint. Don't give up! If you fall down, get up and keep trying. Conquering "king stomach" is difficult, but you'll make it.

**Do I continue to exercise while fasting?** For most people moderate exercise is OK. But it is best to always consult a doctor about fasting and exercise. If you are on a complete fast, you may not have the energy for exercise.

**What if I have a manual labor job?** If you have a job that requires you to expend a lot of

physical energy, you may want to consider a full fast for one to three days or make your fast a partial fast that allows you to receive enough nutrition to perform your job.

**Can my husband and I be intimate during our fast?** Yes. Paul addresses this subject in 1 Corinthians 7:5, which says, "do not deprive one another (of sexual relations) except with consent, for a time; that you may give yourselves to fasting and prayer." If there is mutual consent, a couple may choose to abstain during a fast. Scripture allows this for the purpose of fasting and prayer, but only with mutual consent.

\*This information is provided for informational purposes only and is not intended to diagnose, provide medical advice, or take the place of medical advice and treatment from your personal physician. Consult a qualified health professional regarding fasting and/or treatment for any specific medical problems.

## "FAST FINDS" IN SCRIPTURE...

**BLESSINGS OF FASTING:** Deuteronomy 28:13-14; Deuteronomy 28:2; 2 Chronicles 7:14; Isaiah 58:8

**CORPORATE FASTING:** 1 Samuel 7:5-6, 2 Chronicles 20-34, Ezra 8:21-23, Nehemiah 9:1-3, Joel 2:15-16, Jonah 3:5-10, Acts 27:33-37

**DANIEL FAST:** Daniel 10:2-3

**ESTHER FAST:** Esther 4:16

**FASTING DO'S:** Matthew 6:16-18

**FASTING DON'TS:** Matthew 6:16-18, Luke 18:9-14

**PRAYER AND SCRIPTURE GOES WITH FASTING:** Luke 2:37; Nehemiah 1:4; 1 Samuel 1:6-8, 17-18; Daniel 9:3, 20; Joel 2:12; Acts 10:30; Acts 13:2; 1 Corinthians 7:5

**PREPARING TO FAST:** Mark 11:25; Luke 11:4; Romans 12:1-2

**WHEN TO FAST:** Matthew 9:14-15

**WHY FAST:** Romans 12:1; Matthew 6:33; Mark 9:29; Isaiah 58:6; 1 Samuel 7:3; Luke 4:1-13



YOU NEED TO

# REGAIN THE EDGE

THE QUESTION “WHAT DOES FASTING DO?” IS ONE I HAVE BEEN ASKED MORE TIMES THAN I CAN REMEMBER. MY ANSWER IS ALWAYS THE SAME: FASTING AND PRAYER BRING YOU CLOSER TO GOD. WHILE THAT MAY BE A BRIEF ANSWER, IT IS BY NO MEANS SIMPLISTIC.

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**F**asting is not a requirement. Fasting is a *choice*. Whenever a believer chooses to begin a spiritual fast for one day or for several days, he or she makes a choice to break out of the routine in order to draw closer to God. I chose to develop a lifestyle of prayer and fasting over twenty-five years ago, and I do not know of anything that has been more powerful in my Christian life. It is true in my personal experience and it is true for our church, as evidenced by the multitude of powerful testimonies that stem from our annual corporate fast at Free Chapel. I am more convinced than ever that fasting is a gateway through which God releases His supernatural power into our lives. The choice is ours: we can either open that gateway or ignore it and keep on going in our routines.

For the past twelve years our church has committed to an annual twenty-one-day fast in January. With each passing year I become more certain that this annual fast, set aside to honor God with the “first” of our year, is truly part of His design and calling. I have witnessed profound miracles in this church and through this ministry as we have determined to seek God in fasting and prayer, things that could

not have come about in our own strength or effort. I was amazed to discover that nearly a million people visited our fasting website<sup>1</sup> during a two-day period on our recent annual fast. People all over America and the far reaches of the world are beginning to see that fasting is not just for a select few—but that God is a rewarder of all who *diligently* seek Him.<sup>2</sup>

Fasting is a short season that releases long-term rewards. It is like taking the time to sharpen your ax before cutting down a tree. As with most lumberjack lore, one tale has circulated for years about two lumberjacks having a tree-cutting competition. In his book *Tony Evans Speaks Out on Fasting*, Dr. Evans references a version of this amusing story to illustrate a key point related to fasting.<sup>3</sup> As the story goes, a strong, young lumberjack challenged a respected veteran lumberjack to a contest. The young man wanted to prove himself, believing that he could cut more trees in one day than the older man. The contest began early one morning. Relying on his own strength and stamina, the young man began swinging his ax through first one tree and then another. As the day progressed, he was certain he was winning because he could see that the old man was taking several breaks. All the

while the young man just kept swinging his ax, felling one tree after another. At day's end, the young man stood confidently by, waiting for the official count from the other lumberjacks. To his shock and dismay, the old lumberjack had cut down at least a third more trees than the younger man. In frustration the young lumberjack conceded victory to his veteran competitor, but he wanted to know the man's secret. He wanted to know how he managed to beat him considering his age and the number of breaks he took throughout the day. The older, wiser man kindly replied, "Son, what you don't understand is that every time I sat down for what you call a break, I was sharpening my ax. A well-sharpened ax makes for a lot less work, so trees fall faster."

I should conclude that story with the word *selah*, meaning, pause and think about that. The problem for so many people and churches today is dull axes. People have lost the edge in their lives, their homes, their marriages, and their commitment to the Lord. Week after week we may stand in church singing the songs and lifting our hands, but there is no edge to our worship. There is no edge to the preaching. It has become just dull routine and ritual.

When you set aside time for fasting and prayer, you see greater results. Sure, you can keep cutting with a dull ax like the young man in the story, powering along in your own strength. But I would rather get more done operating under the power of God! A few days out of an entire year is not a long time, but it yields great reward. Fasting gives you back your edge. It gives you the power to do far more than you could possibly accomplish in your own strength and finite understanding.

In 2 Kings chapter 6, the prophet Elisha

had acquired a group of younger men eager to be mentored by him. These so-called "sons of the prophet" had outgrown their living quarters, so they wanted to build a new, bigger building where they could all dwell and continue to be in community and learn from Elisha. Once they talked him into it, they all headed to the Jordan River, and each man began cutting down trees to make the beams for a new lodge. As they labored, one of the guys did not notice that his ax head was working loose with each powerful swing. It suddenly slipped right off of the handle and splashed into the muddy river. The iron ax head sank out of sight quickly as the young man stood on the bank, ax handle in hand, devastated and powerless to change what had just happened. He was a young man eager to do something great for God, but he could no longer help cut trees with nothing but an ax handle to swing. He had lost the edge. Furthermore, this young man had borrowed the ax, so it is likely that he was concerned that he did not have the money to replace it. Don't let lack of finances cause you to give up on your dream. Are you eager to do something great for God? Do you feel there's something more God has for you to do?

Perhaps at one time you sensed the anointing of the Lord on your life, and you were going for it. You had the edge. Your life was consecrated to God, and you had a deep passion for spiritual things. But something shifted. These days you feel like you have lost the edge. What's worse is that the enemy has convinced you that it is out of sight, out of reach, and you can never reclaim it. Have you bought the lie that your anointing, your purpose, your dream, your family, your lost children—these are all gone forever? Given

the economic downturn this nation has experienced over the past several years, many have faced dire circumstances, having lost jobs, lost homes and cars, lost respect, and lost all hope. But I want to encourage you today that God can still make iron swim, and He can give you your edge back.

### MAKE UP YOUR MIND

The first thing you need to do is make up your mind that you *are* going to regain your edge. I will talk more about the power of a made-up mind in the next chapter, because it is the starting point when it comes to fasting to regain your edge. But think about the young man in this story for a moment. One thing that I want to point out is his career choice. I doubt he signed up to be a woodcutter since he was pursuing the prophetic ministry! But along the way he ended up with an ax in his hand. No matter what your calling is, never turn away from hard work. Ministry is a four-letter word called W-O-R-K. Calloused hands can still pray for people! So there stood the prophet-in-training on the bank of the Jordan, not prophesying for anyone, not speaking forth any great oracles of God to the nations, just a man whose ax head flew off the handle. His word said he would be a prophet, but his world said he was a tree chopper. He could have easily just tossed the handle aside, found a stump to sit on, and given up. After all, it would be impossible to see that ax head in the muddy river. As you're reading this you may be in a season when your word doesn't match your world. Faith is trusting God no matter how impossible the

odds are. Sometimes God invites us to defy the odds. Sometimes God allows the odds to be stacked against us so we can experience a miracle of divine proportions through what seems to be impossible.

The impossible, however, is *exactly* what this young man signed up for! After all, he was studying under Elisha, who was later credited with twice the miracles of his predecessor Elijah. The young man was being trained and mentored by the same prophet of God who once struck that same river with Elijah's cloak and the waters immediately parted so he could walk across. This kid may have even been in the group that saw it happen. He knew that Elisha had been used to make the water of Jericho drinkable again and had made

THE PROBLEM FOR SO MANY PEOPLE AND CHURCHES TODAY IS DULL AXES. PEOPLE HAVE LOST THE EDGE IN THEIR LIVES, THEIR HOMES, THEIR MARRIAGES, AND THEIR COMMITMENT TO THE LORD.

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oil multiply in the widow's house. He raised a young boy from the dead and had the solution to save a batch of poisoned stew. He made bread multiply to feed a hundred men and even healed Naaman's leprosy while exposing his servant Gehazi's greed.<sup>4</sup> I believe this young man had made up his mind long before this incident took place that he would believe the impossible! Walking with Elisha, the impossible was part of the job. Instead of hiding away in defeat, he made the choice to hope and believe. It reminds me of a quote I read somewhere once by the founder of the Salvation Army, William Booth: "God loves with a great love the man whose heart is burst-

ing with a passion for the impossible.”

Let me remind you that as a born-again believer you serve the Lord God of Elisha! He is the Alpha and Omega, the beginning and the end.<sup>5</sup> Our Lord is the author and finisher of our faith.<sup>6</sup> He is the God of the impossible. Now is the time to make up your mind that you will believe on Him for what seems to you to be impossible and stop believing the lies of the enemy who wants to see you defeated. Step one is to make up your mind that you are going to get your edge back.

The second thing you must do to regain your edge is to confess that you have lost it. The young man did not keep silent. He immediately cried out to the prophet of God to help him regain what he had lost. You will not get anything accomplished by remaining in denial about your situation. You’ve probably heard the joke, “Denial is a river in Egypt.” Going through religious motions day after day is no way to live. It is not what God has called you to do. If you have lost your passion, if you have lost your edge, be swift to confess it to someone who can pray with you and help you find your way back. When the young man in this story cried out, Elisha asked, “Where did it fall?” And he showed him the place. So he cut off a stick, and threw it in there; and he made the iron float. Therefore he said, ‘Pick it up for yourself.’ So he reached out his hand and took it” (2 Kings 6:6–7).

The third thing you need to do is take action while the opportunity exists. Elisha did not grab the ax head for him and put it back on the handle. He had to do that for himself. God will not do for you what you can do for yourself. You would think if the iron ax head could “swim,” it could have also made its way back onto the end of the ax handle. The ax head was in the river. The river represents the pres-

ence of the Holy Spirit. God intends for you to do your part in regaining the edge. When you declare a fast and set aside time for prayer, you are reaching into the river and picking up the sharp edge that God has provided for you to be effective. I challenge you to do your part. Declare a fast while you are reading this book. I’m in agreement that sharp ideas are going to come to you. Sharp relationships with new people are going to add significantly to your life. Cutting-edge creativity is going to flow your way as you begin to hunger and thirst for more.

The young prophet had to dry off that iron ax head and spend some time putting an edge back on it after it had been lost in the river. He could not just start swinging again with a dull ax, or he would not have been useful to the rest of the men in building the lodge. In the same way, losing the edge in our own lives has an impact on the lives of those around us. Do you remember the passion you had for the Lord when you were first saved? Do you remember what it was like during those first few weeks after Jesus lifted the heavy burden of sin from your life and made you clean and new? When you have that kind of passion, it is transferred to your family. Passion is transferable, but lack of passion is also transferable. The people around you notice a difference, and your passion stirs passion in their lives. However, if you have lost the edge, lost your passion, then the lack of passion is transferred. This is especially true for worship leaders, pastors, and church leaders.

The young man confessed that he had lost the edge. He cried out to Elisha and went to the spot where it was lost. We all need godly mentors in our lives, men and women of God who know how to reach out and touch heaven; a proven brother or sister who can come

alongside us, hear our mistakes, and speak life and grace to help restore us.

As Paul instructed the Galatian church:

Brethren, if a man is overtaken in any trespass, you who are spiritual restore such a one in a spirit of gentleness, considering yourself lest you also be tempted. Bear one another's burdens, and so fulfill the law of Christ. For if anyone thinks himself to be something, when he is nothing, he deceives himself.

—Galatians 6:1–3

Where did you lose it? Was it due to life's batterings and disappointments suffered along the way? I like this story that Dutch Sheets shared in his book *God's Timing for Your Life*.

The only survivor of a shipwreck washed up on a small, uninhabited island. He cried out to God to save him, and every day he scanned the horizon for help, but none seemed forthcoming. Exhausted, he eventually managed to build a rough hut and put his few possessions in it. But then one day, after hunting for food, he arrived home to find his little hut in flames, the smoke rolling up to the sky. The worst had happened; he was stung with grief.

Early the next day, though, a ship drew near the island and rescued him.

"How did you know I was here?" he asked the crew.

"We saw your smoke signal," they replied.

Though it may not seem so now, your present difficulty may be instrumental to your future happiness.<sup>7</sup>

Let the crisis drive you to your knees in a season of prayer and fasting. Go back to the place where the edge was lost. Was it through sin that you need to confess? Go back to that place and get it under the blood of Jesus. The altar is not just for those coming to the Lord for the first time. The altar is a place to get free from that thing that weighs you down and drowns out your fiery passion for God. Alterations are made at the altar. The altar is a place to *alter* your direction and get back on the right track with God. I believe it is significant that Elisha used a stick to throw into the water. The Bible does not elaborate on this point, but to me the stick from that tree represents Calvary. When you allow the cross to touch your life afresh, when you come to the foot of the cross and confess your sin, it changes everything. Suddenly the supernatural possibilities become much more natural!

God has men and women whom He still plans to raise up in this generation—men and women who have the edge, the power of the Holy Spirit operating in their lives. If you feel dull right now, if you have lost the edge, it is time to get it back.

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Excerpted from *The Fasting Edge*, Jentezen Franklin, Chapter 1, pages 1-14, Charisma House.

1 <http://www.jentezenfranklin.org/fasting/>

2 See Hebrews 11:6.

3 Evans, Anthony T, *Tony Evans Speaks Out on Fasting*. (Chicago, IL: Moody Publishers, 2000), 5-6.

4 2 Kings 2:13-14, 19-22; 2 Kings 4:1-7, 32-35, 38-41, 42-44; 2 Kings 5.

5 Revelation 1:8.

6 Hebrews 12:2.

7 Sheets, Dutch, *God's Timing for Your Life: Seeing the Seasons of Your Life Through God's Eyes* (Ventura, CA: Regal Books, 2001), 31.]

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# RESULTS AND REWARDS

## *Fasting Testimonials*

### **LIFE CHANGING**

My wife and I ordered and read your book about the importance and value of fasting and decided to do our first fast in January 2010. My commitment to God was to give up any form of sugar, which to me at the time was a big deal. I used to put five sugars in a 16-ounce coffee, two sugars in a bowl of cereal and two sugars in a bowl of salad! This was my commitment up until January 10, when I had the thought: if my wife is diabetic and does this on a permanent basis, my fast commitment isn't good enough. From that point on I changed to a non-sugar—no food fast.

I dedicated mealtimes to reading the Bible and/or praying. At work on my lunch breaks I left the building and sat in my truck in the parking lot drinking juice, studying God's Word and praying. In the evenings my wife and I studied the Bible and read from your Fasting book together.

Since the fast ended, I haven't slowed down my prayer life and continue to read multiple times a day from the Bible. I've never felt so close to my Lord! Doors have opened since then, too. Together, my wife and I went on a mission trip to Haiti, sang in front of the church in service, played instruments in other churches and old folks' homes and other things that we never would have considered before.

I have people coming up to me even at work sharing personal things with me to pray for. I know this can only be the Lord bringing them in to my life for sharing His love for them. I feel so much closer to the Lord now. Thank you for writing the book. Fasting and prayer are now essential and so important in my life. My wife and I shared the experience in our bible study group, and we are all now joining your church family in an annual fast beginning each January.

*John / Michigan*



### **EVEN A LITTLE WENT A LONG WAY**

I did the annual fast with you last year and bought the book on Fasting. This year I tried again to fast, but only completed 7 days. In that week, my daughter who does not attend church called me to pray for a job interview and she got the job! My husband, who was out of work for the last 9 nine years, got a job. I had lost my job so I've been going to school for a BS in Education. That week I received an internship placement for teaching! My grandson, who has been in trouble in school all his life, got an award for leadership and a report card full of A's and B's! God is so good. He gives us everything we need in His word to live overcoming lives. Thank you!

*Alberta / Pennsylvania*

### **BEACH TO MISSIONS**

My first fast was in 2009, seeking God's purposes for my life and asking Him to take selfishness from me. I was on a beach vacation later that year when I asked Him how I could better use my time for His purposes. I left the beach on Wednesday and came straight to Free Chapel. On the big screen they were announcing the next missions trip to Peru. There it was, bigger than life in front of my face! This November will be my 3rd trip to Peru and last year I also went to Haiti. Praise God. I can't wait to see where He takes me next!

*Jackie / Georgia*

### **ELEVENTH DAY**

One of the Praise and Worship leaders implored the intercessors to read your fasting book and challenged the church to embark on a 21-day fast at the beginning of the year. I have to be honest...my first thought was "ARE YOU SERIOUS?!" But I was obedient and read the book...and it has changed my life. I am excited to say that my church and I did do the 21-day fast and it was amazing. I am a new graduate and I had been unemployed since August 2009 when I started that fast. But on the 11th day of the fast I received a job offer and started in February. I've wanted to give that praise report for a while, but wanted to make sure I could plant a seed at the same time. Thank you so much for all you do and continue to do the work in the Lord.

*Lana / Maryland*



*HAVE  
YOU  
HEARD?*



KINGDOM CONNECTION  
IS NOW ON THE RADIO  
5 DAYS A WEEK!

“I CANNOT SAY ENOUGH TO EXPRESS MY DEEP APPRECIATION  
FOR OUR MANY FRIENDS AND PARTNERS WHO, THROUGH  
THEIR PRAYERS AND GENEROUS SUPPORT, HELP MAKE THESE  
OUTREACHES SUCCESSFUL!”

—JENTEZEN FRANKLIN

**E**ven with all of the technological advances and gadgets that are available today, statistics indicate that radio is still a very practical way to reach a large audience with the power of God’s Word.

As the Bible tells us, “Faith comes by hearing” (Romans 10:17). When asked why we wanted to take advantage of the opportunity to expand this ministry to radio, the answer was simple: More people need to hear the Word of God!

We receive incredible testimonies from people in America and all over the world who watch our Kingdom Connection television broadcasts. Some write to say that they have given their lives to Christ as a result of hearing the Word preached in their nation.

One woman from India recently told us, “I watched two of your sermons: *Build Your House on the Rock of Jesus and Love Like You’ve Never Been Hurt*. They have both been very encouraging and enlightening to me, making my holy resolve to surrender all to the Lord even stronger.”

Another woman from Spain wrote to say, “The sermon, *Love Never Fails*, just helped me forgive my husband and saved my marriage. Thank you!” Our radio and television broadcasts make a difference—reaching the lost and strengthening the Body of Christ worldwide.

With the addition of the new radio outreach, we now have the opportunity to minister to potentially 83 million listeners 5 days a week! Check the back cover of this issue of CONNECTION for airtimes in your local area, or visit our website: [jentezenfranklin.org](http://jentezenfranklin.org).

next page





KINGDOM  
CONNECTION VILLAGE



**In addition to our television and radio outreaches, your prayers and giving help us reach people in desperate need with practical aid and the hope of the Gospel...**



**MANY MORE  
OPPORTUNITIES**

*to minister hope and healing to the lost and hurting await us this year. We can't do everything—but we can do something.*

**MISSION: BREAD OF LIFE**—We are there for the long haul. We continue to minister to those still suffering and in great need in Haiti. Having completed 100 new homes for the homeless in Le Tant, we have also helped build a crucial field hospital to care for the sick and we continue to provide 540,000 meals a month for the hungry. Along river tributaries of the Amazon in Peru, we helped fund the two riverboats, *Chosen Vessel I* and *Chosen Vessel II*, to help take the Gospel into these extremely remote areas. We have also helped to build 212 clean water wells and 67 churches. Our continuing efforts provide life-saving medicines and food to the villagers of this poverty-stricken region.

**LIFE SPEAKERS**—We are dedicated to help rescue, rehabilitate and restore girls and women from the horrors of human trafficking and those trapped in the bondages of addictions. We have shouldered this cross with key ministries here in the U.S., as well as those based in Moldova and Greece. Together, we can help to restore the lives of many more broken women and children than we could ever reach on our own.

BRAND NEW RELEASE!

# THE FASTING EDGE

*Recover your passion. Recapture your dream. Restore your joy.*

**We all go through times when we feel like we are not living up to our full potential—like we've lost our edge.**

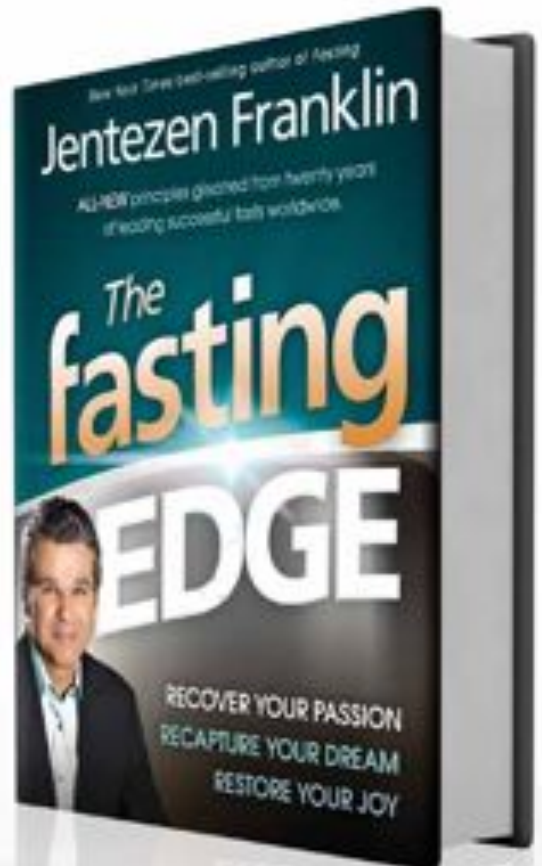
**How do we get it back?**

In this fresh look at the spiritual practice of fasting, Jentezen Franklin takes you beyond the basic concepts, discipline and personal benefits of fasting to reveal how dangerous it is to lose your edge—and how easy it is to regain it. He explores in-depth how fasting is the gateway to the supernatural to empower you to walk in to God's calling on your life and impact the world around you for eternity.

These all-new principles and practical steps are gleaned from Franklin's 20+ years of experience in fasting privately as well as leading worldwide corporate fasts. This book sheds new light on this powerful spiritual practice that Jesus demonstrated for all believers to follow.

**You CAN live to your fullest potential when you regain your spiritual edge!**

Visit [jentezenfranklin.org](http://jentezenfranklin.org) to order your copy today!



Hard cover, 256 pages

# FASTING EDGE KIT

*Take your fasting experience  
to a whole new level and regain your spiritual passion.*

**This kit includes these hand-selected items to help you focus on the goal.**

- Jentezen Franklin's brand new book in hard cover: *The Fasting Edge*, featuring all new material and insights on fasting.
- The hard cover edition of *Fasting*, a New York Times best seller, that includes a DVD insert.
- The inspiring message "Fasting to Reclaim The Edge" on CD.
- A custom-printed BPA-free water bottle inscribed: "Recover. Recapture. Restore." to help you stay hydrated and encouraged.
- And a stylish wristband with the same encouraging reminders to keep your focus during the fast.

## **THE FAST THAT GOD CHOOSES ...**

It was during a Corporate 21-Day Fast when God placed the vision on Jentezen Franklin's heart that launched our *Mission-Bread of Life* outreach to feed hungry children, widows and orphans as in Isaiah 58:6-7. Soon after, we launched LIFE SPEAKERS to help rescue, rehabilitate and restore victims of human trafficking. We also continue our compassion work in Haiti and Peru, where we provide much needed medical aid, clean water, food and the Gospel. We are answering God's call to help feed the soul, mind and body of those in need. **We can't do everything—but we can do something. Your support helps us do much more!**



*Learn how to regain your edge and be someone that God can use to accomplish His purposes in the earth today. The blessings that come with making fasting a lifestyle will amaze you.*

Order your **FASTING EDGE KIT** today for just \$59  
You may want to order more for gift-giving!  
Visit us online at [fastingmovement.org](http://fastingmovement.org)

**PLEASE JOIN US FOR OUR 2012 CORPORATE FAST  
JANUARY 8-28**, concluding with a miracle prayer service  
on January 29. Register online at [fastingmovement.org](http://fastingmovement.org)

# 21-DAY FASTING GUIDE

*A Devotional to help you...*

## RECOVER. RECAPTURE. RESTORE.

During his last trip to Israel, Jentezen Franklin and the team made stops at key sites throughout the Holy Land to pray in anticipation of our annual fast. We have made each day's brief teaching, filmed on location, available online for you to enjoy as an accompaniment to this daily devotional.

Please visit [fastingmovement.org](http://fastingmovement.org) and click on **21-Day Fasting: Daily Video Journal** to enjoy these very special teachings and prayers for everyone taking part in the Fasting Movement this year.

# DAY 1: PRESENCE

The Mount of Olives, with its olive-tree-covered slopes, is located just a few hundred yards east of Jerusalem. It is a serene place that Jesus frequently visited to get away from the crowds and be alone to pray and enjoy fellowship with God (Luke 22:39). The Mount of Olives is where Jesus prayed in agony in the Garden before His arrest. It was the last place the Lord's feet touched on this earth before His ascension into Heaven (Acts 1:9-12), and it is where Scripture tells us His feet will one day touch again when He returns (Zechariah 14:3-5)!

I also want you to notice it was on that mountain that Jesus wept over the city of Jerusalem. He wept because the people did not recognize or seek the true presence of God that was right in their midst (Luke 19:41).

How often are we guilty of the same thing—of ignoring the Holy Spirit and neglecting to seek the presence of the Lord?

My prayer for you, as you begin the first day of this fast, is that you will start to experience the presence of the Lord like you never have before. Make His presence your highest goal of this, or any fast. Truly, the reward of fasting is not about obtaining material things. Fasting opens the door for blessings but those are merely side benefits. The real reward of fasting is gaining more of Him—more of His presence in your life. I have never gone on a fast that I didn't draw closer to the Lord.

May the presence of God surround you in greater measure now and throughout this year as you break away from the routine of life to fellowship with Jesus through fasting. Lord, may your presence fill these temples as we fast and pray. AMEN!

**READING:** Luke 19:41-48

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## DAY 2: DESERT

Does it seem abrupt to go from “His presence” on day one to “the desert” on day two? Sometimes our lives can feel just like that—like we are on the mountaintops one day, and down in the valley the next. Remember that Jesus was led by the Holy Spirit into the wilderness of Judea where He fasted for 40 days and nights for you and me. He was all alone during that time, with one exception: The devil was there to tempt Him!

It can be difficult to fast for just a few days in the luxuries that you and I enjoy today. Think about it...our homes and workplaces are typically heated and air-conditioned; we have bathrooms and showers; and, at least this time of year, we generally have others around us who are participating in the same season of fasting.

For Jesus, however, the loneliness in the vast emptiness of that harsh, barren desert must have been brutal. In that time of fasting He found strength to endure. He set the example in the wilderness for us to follow.

Perhaps there are times in your life when you feel that brutal loneliness. Hang on! Though Jesus was tempted by the devil during that time, at the end God dispatched angels to tend to Him. That fact is precious to me realizing that as we fast, ministering angels are released and dispatched. We see it throughout the Word of God. When Daniel fasted and prayed, an angel brought him the answer he sought (Daniel 10). When Elijah was in the wilderness, an angel came and cooked for him. The writer of the book of Hebrews calls angels “ministering spirits sent forth to minister for those who will inherit salvation” (Hebrews 1:14).

As you fast, believe God for angelic forces to fight on your behalf to protect and watch over you now and throughout the year.

**READING:** Luke 4

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## DAY 3: PEACEMAKER

In the Beatitudes, Jesus gave us instructions on how each of us should live as a child of God. For example, He said, “When you give”... “When you pray”... “When you fast” (Matthew 6), Jesus made it clear that fasting, like giving and praying, was a normal part of Christian life. In other words, as much attention should be given to fasting as is given to giving and praying.

He also said, “Blessed are the peacemakers: for they shall be called the children of God” (Matthew 5:9). Notice He didn’t say “peacekeepers.” A peacekeeper is someone who is interested in keeping things peaceful for their own benefit, even if it means compromising what is right. A peacemaker has internal peace and invokes that peace, changing the atmosphere wherever he or she goes.

As Jesus promised, “Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid” (John 14:27). He didn’t say blessed are the troublemakers, He said blessed are the peacemakers. Jesus is the Prince of Peace (Peace is not “passive” it is “active.” Isaiah 9:6) As Paul said, “Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus” (Philippians 4:6-7). When you submit all things to God in prayer—and fasting—with thanksgiving, His peace will actively guard your heart.

Today I pray a peacemaker anointing on your life; that wherever there’s conflict, God would give you the ability to invoke His peace. I pray that the peace of God comes upon your home, upon your marriage, upon your relationships and upon your mind. Keep hungering and thirsting for righteousness. You shall be filled.

**READING:** Isaiah 9:6-7

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## DAY 4: STORMS

I wish I could tell you that fasting and praying makes everything go smoothly in your life. The truth is, sometimes a fast will stir up all kinds of storms. So, if you are going through a storm during this fast, don't be surprised—but be encouraged!

Storms are transitional. In other words, storms tend to occur when you are on your way from one place to another. Jesus was on His way across the Sea of Galilee when a bad storm came up. The storm was so fierce that the disciples on the boat with the Lord thought the boat was about to capsize and they would all be drowned. But Jesus was asleep during the whole thing. When they woke Him, Jesus commanded the storm to be still and all was calm (Matthew 8:23-27).

On another occasion, the Bible tells us that Jesus went for a walk across the stormy waters of the Sea of Galilee to catch up with the disciples who were already halfway to the other side in their boat (John 6:16-21).

Storms did not hinder Jesus or cause Him to turn back. Storms did not alter His course or His purpose. He still has authority over the storms and speaks peace to the storms of life. Jesus, our peace speaker, has given us His peace. He is Jehovah Shalom, the Lord our Peace.

Are you experiencing storms in this life that shake your faith? Meditate on His Name: Jehovah Shalom, the Lord our Peace.

Spending time in fasting and prayer—regardless of your circumstances—will help you to be rooted and grounded in your faith, ready to weather any storm of the economy, your health, your family or your job. God can cause you to flourish even during transition. Whatever storms may be raging in your life, my prayer for you during this fast is that you would take hold of that peace of God in a fresh and powerful way.

**READING:** Psalm 107

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## DAY 5: HUMBLING

When Saul was called out from the tribe of Benjamin to be acknowledged before all the people as their new king, he could not be found. God had to tell Samuel to go and find Saul who was hiding among the equipment (1 Samuel 10:22).

Saul started out as a very humble man. Unfortunately, he did not keep pride and selfish ambition in check. As a result, the kingdom was stripped from him. He tried to kill his successor. Saul died on the battlefield and the Philistines hung his remains on a wall at the ancient city of Beit She'an in a final act of mockery.

As the writer of Proverbs wisely stated, "Pride goes before destruction, and a haughty spirit before a fall" (16:18). When we become arrogant and full of pride God can't use us anymore. Standing in the city of Beit She'an, I was reminded of Jesus' words, "Whoever exalts himself [with haughtiness and empty pride] shall be humbled (brought low), and whoever humbles himself [whoever has a modest opinion of himself and behaves accordingly] shall be raised to honor" (Matthew 23:12 AMP).

How do we humble ourselves? David said he "humbled himself with fasting" (Psalm 35:13). Fasting is a means of humbling ourselves before the Lord. Fasting will help you identify any areas of pride so that you can lay those things down before the Lord.

When you set your heart to fast and humble yourself before Him, God will be faithful to show you the areas in your life that eat away at your soul like a cancer, and keep you from entering the fullness that He has for you. I pray that the Spirit of God will work humility into your life and into my life as we fast and we pray.

**READING:** James 4

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## DAY 6: VISION

Caesarea is an amazing place for many reasons, but mainly because of a vision given to a hungry man on a rooftop—a vision that changed the world. Peter was staying at Simon the tanner’s house in Caesarea, and went to the roof to pray. While there, he fell into a trance and God showed him foods that, according to the Law of Moses, the Jews were not permitted to eat. But God told him in this vision to eat them. When Peter refused, God said to Peter, “What God has cleansed you must not call common” (Acts 10:15).

Perplexed, Peter heard a knock at the door—the result of another man’s vision. A Gentile man named Cornelius had been crying out to know the God of the Jews. God answered his cry, and told him to send for Peter. When Peter heard why the men had come for him, he understood the vision and went to Cornelius’ house to preach the gospel. This was the first time that the Gentiles received the good news of salvation!

God gave Peter the vision as he prayed to prepare his heart for the purpose he was about to serve—to deliver the news of salvation to the Gentiles.

Are you in a season where you don’t know what the next step is for your life? Maybe you feel that God has given you a particular vision, but circumstances make it seem like it will never come to pass. If God said it—then it is your responsibility to believe, to hold on to your faith and though it carries ... *wait for it*.

As you fast today, ask the Holy Spirit to reveal more to your heart about the vision, the plan, the purpose, the dream that God has for your life. Pray for things to come into alignment for your assignment.

**READING:** Acts 10, Habakkuk 2:1-4

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# DAY 7: LAND

In the city of Jerusalem, what is known as the Western Wall is what remains of Solomon's Temple. It is where the Ark of the Covenant was kept, and the glory of the Lord would fill the Temple (2 Chronicles 5:14). After Solomon dedicated the Temple, the Lord said to him, "If My people who are called by My name will humble themselves, and pray and seek My face, and turn from their wicked ways, then I will hear from heaven, and will forgive their sin and heal their land" (2 Chronicles 7:14).

Do you know what it takes to be God's people? You have to first be God's person. It is up to each of us to follow this command, knowing that God will be faithful to His Word. Fasting is a way to humble ourselves before God. During this fast, let us pray and seek God's face, and turn from wickedness. Let us stop complaining that there is no voice in government that will speak against immorality, against the business of murdering unborn children, against human trafficking, against the homosexual agenda—and raise up a cry to heaven for God to flood our nation with righteousness.

Today, and throughout this fast, pray for your country. Repent for the wickedness that has been committed in the land. Pray for the economy. Pray for your leaders that govern locally and over the nation. Cry out to God to hear, and heal our land.

Notice what He says in 2 Chronicles 7:15: "Now my eyes will be open, and my ears attentive to the prayers offered in this place." This promise is for all of us, every day: If we will—He will. When you fast and pray in this way, it will affect generations! When you lay a solid foundation of humbling yourself in fasting and in prayer and in turning from wickedness, the impact will be immeasurable.

**READING:** 2 Chronicles 7

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*BOND OF MARRIAGE:*

# LICENSE TO BUILD



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JENTEZEN FRANKLIN & FREE CHAPEL PRESENT ONE MARRIAGE CONFERENCE 2012 LICENSE TO BUILD  
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## DAY 8: PROMOTION

When Satan tries to take you high, you can be certain that his only goal is to bring you low. The enemy uses the “high life” to entice people. He tempts us with offers of the best but ultimately rewards with the worst. It is the opposite with Jesus. Satan wants to take you high and then bring you low—Jesus wants to take you low and then exalt you so that He can use you for His glory.

Jesus is the Son of God, yet He fasted for 40 days in the wilderness before He ever began His ministry. During the fast, the devil tempted Jesus to exalt Himself, but He refused. Our Lord humbled Himself through fasting, and He came out of that fast in the power of the Holy Spirit (Luke 4).

When you fast, you’re saying, “No, I’m not taking myself high. I’m humbling myself and I only want God to promote me according to His will and His purpose and His plan for my life.”

Can God use you? King Saul exalted himself, and had to be removed as King (1 Samuel 15:12). God raised up a humble shepherd boy to take his place. Jesus said, “Whoever exalts himself will be humbled, and he who humbles himself will be exalted” (Matt. 23:12). Man cannot hold you down when God exalts you. Your influence for God will spread and push back the darkness. The system cannot keep you back. The people can’t hinder you when God says, “I will exalt.”

As you fast and pray today, may the Spirit of God become more real to you than ever before. As you humble yourself before the mighty hand of God, believe that in due season, He will exalt you. God bless you. Keep on fasting.

**READING:** 1 Samuel 15

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## DAY 9: CHANGE

Thirty-eight years is a long time to wait for something to change. The Bible tells of a pool in the town of Bethesda in Jerusalem where crippled people would be brought in hopes of being healed when the waters were stirred. One day, on the Sabbath, Jesus walked near the pool and spoke to a man who had been coming to the pool for thirty-eight years but was still not healed. The man was crippled and had no hope. With a word, Jesus healed him (John 5:8-9). In a moment, his circumstances were changed!

The devil would like for us to believe that our troubling circumstances will never change. Please remember that the devil is a liar. Jesus said, "He was a murderer from the beginning, and does not stand in the truth, because there is no truth in him. When he speaks a lie, he speaks from his own resources, for he is a liar and the father of it" (John 8:44).

Today as you fast and pray, break the hold of hopelessness off of your life in Jesus' name. Ask the Lord for a breakthrough. Perhaps you are praying for the work of the enemy to cease in an area of your life or in the life of a loved one. Perhaps you are praying for things to change for your son or daughter. I want to encourage you that even if this issue has been going on for a very long time, Jesus has the power to break it. No matter how hopeless the enemy wants you to feel, there is always hope with Jesus. One word from God can change your situation. It's never too late for a miracle!

As Paul said, "Now may the God of hope fill you with all joy and peace in believing, that you may abound in hope by the power of the Holy Spirit" (Romans 15:13).

**READING:** Romans 15

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## DAY 10: FLESH

My mother was with us on a trip to Israel, so when we visited the Garden of Gethsemane, I asked her to pray for everyone taking part in the annual fast. Here is her prayer,

*Father, we come in the name of Jesus and we thank you for the thousands of people all over the world that are seeking Your face for Your perfect will. We pray for the next generation, that you will direct their steps, that you will give them that spirit of enablement that comes from the Holy Ghost to withstand trials and temptations, and to be led by you day by day. Lord, you said in Psalms 78, tell it to your children, the next generation, of my wonders, my power, my miracles, so that they can have a hope in you. You give us hope. You give us strength to endure until the end. Direct our every step. We'll praise you in Jesus' name. Amen.*

When I was growing up, my parents fasted and prayed. They taught me to fast by consistently modeling that lifestyle in our home. It thrills me that my own children have grown up that way, too. They have learned to fast individually. They also join us corporately each year.

The Garden of Gethsemane is where Jesus overcame the flesh and submitted to His Father's will—though it meant suffering a horrific death on a cross and separation from His Father for the first time ever. It is where He spoke the words, "Father, if it is Your will, take this cup away from Me; nevertheless not My will, but Yours, be done" (Luke 22:42).

As you fast and pray, remember that your obedience is affecting generations. Don't settle for anything less than the perfect will of God for your life.

**READING:** Psalm 78

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## DAY 11: HELL

Hell is real. It is not imaginary. Hell is forever. We don't talk about Hell that much anymore, but Jesus did. He gave an illustrated sermon using the Valley of Gehenna—a dark valley outside of Jerusalem where trash was burned continually.

Once we are born again, we tend to think less and less about Hell—thankful that it is no longer our destination. Jesus came to redeem us from the punishment that our sins earned us—eternity in Hell. But multitudes remain in the valley of decision (Joel 3:14). They are lost. They are far from God and heading for eternity in Hell.

Today as we fast and pray, remember why we are to preach the Gospel and testify. People are perishing. If people don't know Jesus Christ, they are facing the horrors of Hell. Fasting enables us to target the lost in prayer. Who are you praying for that needs to be saved? Make a list of those people today, and cry out to God on their behalf. Ask Him to convict them of sin, causing them to understand their need of forgiveness. Ask Him to pluck them out of the fire. Don't be discouraged. Keep believing God for their salvation.

*Father, in the name of Jesus, today as we're fasting, we pray for souls on their way to eternal damnation. We pray that the presence and the power and the blood of Jesus Christ encounter their lives in a mighty way today. I agree in Jesus' Mighty Name—along with thousands of others who are praying and fasting today—for the lost loved ones in our lives. May this be the year, Lord, that the miracle of salvation and redemption from eternal judgment takes place in the lives of my loved ones, so that their names are written in the Lamb's Book of Life.*

Please continue to pray for this ministry as we do all that God calls us to do in order to preach the Gospel and reach the lost.

**READING:** Mark 9:42-48

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# DAY 12: THOUGHTS

When Jesus was to be crucified, He was taken to a hill outside of the city known as Golgotha. The name Golgotha means “the place of the Skull” in Aramaic, and translated into Latin we get “Calvary.” I find it interesting that the ultimate victory over sin and death was staged at the place of the skull. That reconfirms to me that we will never be truly victorious in our own lives until we have victory in the place of the skull—our mind and thoughts.

Once we are born-again, Paul warns that we are no longer to submit and conform to this world, but we are to “be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God” (Romans 12:2).

We can either submit to God or submit to the world. It is one or the other. Whatever fills our thought life is what will eventually become the reality of our daily life. Are your thoughts on things above (Colossians 3:2)? Or is your mind full of things of this world? Fasting is a choice to break the allure of the world as we put our flesh under submission to the will of God. Especially on an extended fast, you will discover that time spent fasting, praying and meditating on God’s Word cleanses and purifies your heart and focuses your thoughts on things above rather than the stuff of this world.

As you continue to fast and pray, continue to renew your mind in His Word. “Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things” (Philippians 4:8).

**READING:** [Philippians 2](#)

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## DAY 13: ROOSTERS

When you walk around the city of Jerusalem you can hear roosters crowing every morning. As I walked along the path that Jesus would have taken where He would be beaten and stand before Caiaphas, I thought of Peter. Jesus had already told Peter that he would deny Him before the rooster crowed three times. When it happened, the Bible says Peter ran off and wept bitterly (Luke 22:62).

The weight of his guilt and confusion must have been tremendous. Do you sometimes feel as though you have failed the Lord, like you have messed up beyond repair? Day after day, the reminder is there—just like Peter every time he heard a rooster crow. The enemy haunted him with his failure trying to prevent him from following God's will for his life.

Maybe there is a rooster crowing from your past. It keeps reminding you of a failure that you just can't shake. Remember: Peter was forgiven and restored! Jesus never intended for him to wallow in that guilt—but to repent and rise up to walk in the full power of his calling. The same goes for you. Jesus calls you to repent, rise up and walk in your calling!

That is why fasting is such a powerful tool. It revives the soul! Fasting helps you sweep out the junk. I am praying that everyone participating in this fast will experience a level of real revival that silences the haunting, crowing voices of the past.

God has a plan for your life. Peter preached and 3,000 people were saved—the same man who denied Jesus and wept bitterly in shame and disgrace was mightily used by God as the voice of Pentecost. It is time to tune out the roosters and allow God to bring you beyond your past into the anointing that He has for your life.

**READING:** Acts 2

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# DAY 14: BLOOM

Wilderness places are dry, lonely places. David cried out to the Lord in the desert of Judea,

O God, You are my God;  
Early will I seek You;  
My soul thirsts for You;  
My flesh longs for You  
In a dry and thirsty land  
Where there is no water.  
Psalm 63:1

Wilderness seasons can be very hard to endure. Have you been hit hard by the economic woes that are so prevalent? Perhaps you have suffered a tragic loss of a loved one and endured a long season of grief. Sometimes wilderness seasons come where we just don't feel God's presence like we once did.

We all have different wilderness experiences—the key is to never let go of your faith. God has not abandoned you. He will faithfully lead you through as you hold on to Him. He can cause you to bloom in the midst of that desert wilderness!

David says in Psalm 63 that he is in a dry place, without even water to drink. He was running for his life and seemed quite far from his calling and anointing as king. But even in that dry place, his hunger and thirst were not focused on his own lack or discomfort, but on the Lord.

The Lord can take the worst mess of our lives and turn that mess into a message that ministers hope and healing to others. You can endure. You can bloom even in the desert. As you fast today, trust God to encourage your heart and guide you through. He provided a path to victory before you ever entered the wilderness season, and He will lead you on the way you should go as you press in to Him.

**READING:** Psalm 139

Personal Notes:

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# DAY 15: PROVISION

Near the Sea of Galilee in Israel stands a church built as a memorial to Jesus' miraculous provision that fed over 5000 people. Matthew, Mark, Luke and John all give an account of this miracle. Luke says that Jesus "spoke to them about the kingdom of God, and healed those who had need of healing" (Luke 9:10-16).

What an amazing day that must have been for those who came to listen to the teaching of the Messiah. Men, women and children gathered to hear about the kingdom of God. They were partaking of the "bread of life" and did not fully realize it. Then, the Lord multiplied 5 small loaves of bread and 2 fish, enough to feed the entire crowd with some left over.

Have you ever wondered if some people went home early that day? Perhaps they had other things to do or went home to grab a snack because they were hungry. Imagine what they must have felt like after hearing stories of the multitude being fed by miraculous provision! When you are close to the kingdom of God, there is always enough.

Fasting is such a powerful spiritual discipline because it helps you break through worldly thinking and physical limitations so that you can recognize God's supernatural provision.

As you continue to fast, setting aside these early days of the year to honor the Lord, pray and believe for this to be a year of supernatural provision. You may not have much, like that little boy's lunch. But in the hands of the Lord, it is plenty. As long as the disciples kept what they had in their hands it was useless. But when they put it in the hands of the Master, then suddenly it was increased. May the work of your hands be abundantly blessed and prosperous this year!

**READING:** Psalm 1

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## DAY 16: TARRY

The night came when Jesus was about to be betrayed and arrested (Matthew 26:36-40). He took His disciples to the Garden of Gethsemane to pray, but He kept finding them sleeping instead of praying. Jesus finally asked, “Could you not tarry with me one hour?”

That is such a sad question. Unfortunately, it is one the Lord could ask many believers every day. If spending at least an hour a day with the Lord is not part of your daily routine, I encourage you to take an hour today and just say, “Lord, today I’m going to read the Word and pray, and wait (tarry) to hear from You.” The only way to learn how to pray is to pray. If you don’t ever start to pray you’ll never learn. Prayer time is not just about you filling the air with words and requests. Prayer is also about waiting—tarrying. It is about quietness before the Lord. Don’t force it if you don’t really know what to pray. Just be quiet and let the Holy Spirit begin to bring things up in your mind to pray about. Sometimes you might have a song of worship. Sing it to the Lord and reflect on His goodness. That will often lead to prayer rising up out of your spirit.

When you seek the Lord through fasting and prayer, you empty yourself so He can bring out those things that He put in you for His purposes. Jesus knew how important it was to “come away” and be with God in prayer. When you fast, it is a season to set yourself apart from the routine of life, business, mindless entertainment and sink deeply into God’s Word. When you are empty, quiet and broken before Him, you can hear His voice more clearly. Don’t quit now. Keep on fasting and praying.

**READING:** Psalm 141

Personal Notes:

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# DAY 17: PRAYER

Fasting without prayer is simply a diet. Combining prayer with fasting raises the intensity, like pouring gas on a fire. It's a powerful mix. As you join thousands of others all over the world who are fasting and crying out to God during this fast, you can believe that something powerful is taking place.

God's Word promises, "You will seek Me and find Me, when you search for Me with all your heart" (Jeremiah 29:13). God invites us to seek Him. Intimacy cannot be rushed. It must be worked on day by day. Jesus was frequently surrounded by large crowds of people, but He often withdrew to get alone with God and pray. He knew that He needed to stay tapped into the Source of all things, and so do we. Prayer and fasting were a big part of Jesus' life. Why should it be such a small part of ours?

There is both reward and wisdom to be found when we tune out the noise of the world and come away to hear God's heart through fasting and prayer. Spend extra time in prayer today. Make a prayer list – a "hit list" – of people who are not saved, and pray over their names. Pray for people that you know who are sick or struggling with family or financial issues. Fasting is persistent prayer!

The Bible tells us that Jesus is our High Priest in Heaven who ever lives to make intercession for us (Hebrews 7:25). He's been praying for you today. Maybe you are having a tough day. You're hungry. The devil has come against you as he often does on a fast. He's tempting you to give up, to just quit. Remember that when the devil is tempting you—Jesus is praying for you! Keep asking! Keep seeking! Keep knocking!

**READING:** Hebrews 7

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## DAY 18: PROMISE

Have you ever taken time to search God's Word and mark down some of His promises to His people? It is a very encouraging way to study God's Word. In Jeremiah 29:11-13 we find, "For I know the thoughts that I think toward you, says the LORD, thoughts of peace and not of evil, to give you a future and a hope. Then you will call upon Me and go and pray to Me, and I will listen to you. And you will seek Me and find Me, when you search for Me with all your heart."

The Apostle Paul writes, "For all the promises of God in Him are Yes, and in Him Amen, to the glory of God through us" (2 Corinthians 1:20).

Meditate on Scriptures like Isaiah 53, where Isaiah describes the punishment that the Lord endured so that we could be healed. Scripture reveals that on several occasions God instructs His people to do one thing and promises that He will do something in response. You see this in Isaiah 58, where the Lord is explaining the goal of genuine fasting to His people. Even in that chapter, the Lord promises:

Then your light shall break forth like the morning,  
Your healing shall spring forth speedily,  
And your righteousness shall go before you;  
The glory of the LORD shall be your rear guard.  
Then you shall call, and the LORD will answer;  
You shall cry, and He will say, 'Here I am.'  
(Isaiah 58:8-9)

In these final days of the fast—continue to set your heart and mind on things above. Cling to the promises of God, as Paul tells us, "Therefore, having these promises, beloved, let us cleanse ourselves from all filthiness of the flesh and spirit, perfecting holiness in the fear of God" (2 Corinthians 7:1).

**READING:** Isaiah 58

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# DAY 19: FORSAKEN

Have you felt like giving up and just throwing in the towel? Maybe you have grown tired of all the battles and struggles because all the disappointments have caused your hope to fade. I understand that. What is more important is the fact that Jesus understands, too. Don't forget that He was tempted to take short cuts and quit when He was fasting in the desert for 40 days. But He pressed on. He did not quit. The number one thing the enemy would like to get us to do is to quit. It may be quitting your marriage, quitting your dream or even quitting your walk with the Lord.

There are times when we all go through the pit of life and we all go through times when it feels like we've hit bottom. But Deuteronomy 33:27 says, "The eternal God is your refuge, and underneath are the everlasting arms." No matter how low you feel—you are still in His arms, never out of His reach.

I have had prayers answered and I have had prayers go unanswered. I have had miracles happen and I have endured huge disappointments. I have had high mountains where God gave me things, showed me beautiful insights into His Word and in specific situations, amused me in amazing ways. I have also had low, low valleys where I felt God had forsaken me. But I am not in this for what I can get out of Jesus. I'm in this because He loved me first and gave Himself for me. Scripture says, "Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need" (Hebrews 4:16).

He will not forsake you. He will never leave you (Deuteronomy 31:6). As you're drawing close to Him, He's drawing close to you. Be encouraged as you are fasting and praying for more of His presence.

**READING:** Psalm 23

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## DAY 20: POWER

No trip to Israel is complete without a visit to the Garden Tomb, the location believed to be the tomb of Joseph of Arimathea where they laid the body of Jesus after He was crucified. When you go inside, you can see a little sign that reads, “He is not here, He is risen.” Jesus only borrowed that tomb for a few days. He rose from death to life—so that we may live in Him.

Resurrection power! We are dead to sin and alive in Christ by the same power that raised Him from the dead. The book of Romans tells us, “And if Christ is in you, the body is dead because of sin, but the Spirit is life because of righteousness. But if the Spirit of Him who raised Jesus from the dead dwells in you, He who raised Christ from the dead will also give life to your mortal bodies through His Spirit who dwells in you” (8:10-11).

As you approach the end of your fast, reflect upon the power of God to bring life—to resurrect those things in our lives that are dead. It could be your marriage, your job, your passion for God. The Lord can raise to life what the enemy has tried to destroy. Hold fast to His promises.

When you fast and pray in alignment with God’s will, He hears. You can rest assured that you have set something in motion in the supernatural even if you are not able to discern them in the natural. Sometimes you can pray for something but you don’t see the answer right away. Keep praying. Don’t let go of your faith and do not cast aside your confidence! It may be that the thing you are praying for is just not ready or in God’s timing yet. Your prayers will not be ignored or discarded. Prayers don’t have an expiration date!

**READING:** Romans 8

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# DAY 21: PURPOSE

One of my favorite scriptures on fasting is found in Acts 13:2-3, “As they ministered to the Lord and fasted, the Holy Spirit said, ‘Now separate to Me Barnabas and Saul for the work to which I have called them.’ Then, having fasted and prayed, and laid hands on them, they sent them away.”

The Holy Spirit will begin to speak to you about your purpose and your destiny when you fast and pray. God has a specific destiny planned for you, one that your choices and your response to Him will unlock. Fasting is an intentional choice to press into the depths of God’s heart to hear His plans and move forward in your divine destiny in the power of His Spirit.

I never cease to be amazed by how God can connect people to accomplish His purposes. Through the power of the Holy Spirit, God gives men and women talents, gifts, discernment and insight that—when brought together with what has been given to someone else—can change the world.

That is what the fast that God has chosen accomplishes. It breaks the bondages and limitations off of your life so that God can release His power through you to help others. God chooses a fast that loosens bonds of wickedness, lifts heavy burdens, frees those who are oppressed and breaks every yoke.

There is a list of ordinary people in the eleventh chapter of the book of Hebrews who did extraordinary things for God because they never lost the vision, and they refused to turn back even in the worst of times. When you follow God, not everybody will go with you. Go with God when He is calling you out of your comfort zone. Continue to trust Him to lead and guide you into the purposes and plans that He has for your life.

**READING:** Hebrews 11

Personal Notes:


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# BROADCAST SCHEDULE

## TELEVISION

### NATIONAL CHANNELS

STATION/NETWORK	DAY/TIME
Daystar	Sunday & Friday at 10:30 PM ET
Sky Angel IPTV #376/267/136	Wednesday at 7:30 PM ET
TBN	Sunday at 9:00 AM & 3:30 PM ET
TBN	Monday at 9:00 PM ET
The Church Channel	Sunday at 5:30 PM ET

### LOCAL CHANNELS

STATION/NETWORK	DAY/TIME
Cox 31: Los Angeles	Sunday at 8:00 PM PT
Cox 31: Los Angeles	Friday & Saturday at 9:00 PM PT
Charter 23: Gainesville/Hall County, GA	Sunday at 7:00 PM ET
GCN New York – WMHT (Channel 17) / WRNN (Channel 48)	Tuesday at 4:00 PM ET
CTN – Christian Television Network	Check Your Local Listing

### INTERNATIONAL CHANNELS

STATION/NETWORK	DAY/TIME
Australian Christian Channel	Wednesday at 9:30 PM Australian EST
TBN Enlace	Sunday at 4:00 PM PT
TBN Europe	Monday at 6:00 PM Central European Time
TBN Iran	Friday at 8:30 PM Iranian Local Time
CGN TV – Korea	Check Your Local Listing
LIFE TV – Russia	Check Your Local Listing
IMPACT TV - Russia	Check Your Local Listing

## RADIO

### KINGDOM CONNECTION WITH JENTEZEN FRANKLIN

MARKET/STATE	CALL LETTERS/FREQUENCY	DAY/TIME
National USA	Sirius XM "Family Talk" 131	Mon – Fri at 11:30 PM
Atlanta GA	WNIV AM 970	Mon – Fri at 1:30 PM
Atlanta GA	WWEVAM 91.5	Mon – Fri at 11:00 PM
Atlanta GA	WRAF FM 90.9	Mon – Fri at 3:00 AM
Birmingham/Anniston/ Tuscaloosa AL	WXJC AM/ FM 850/92.5	Mon – Fri at 11:30 AM
Chattanooga TN	WLMR AM 1450	Mon – Fri at 9:30 AM
Chicago IL	WYLL AM 1160	Mon – Fri at 7:30 PM
Dallas/Ft. Worth TX	KWRD FM 100.7	Mon – Fri at 8:00 PM
Detroit MI	WLQV AM 1500	Mon – Fri at 6:00 AM
Greenville/Spartanburg SC	WELP AM 1360	Mon – Fri at 8:00 AM
Houston TX	KKHT FM 100.7	Mon – Fri at 10:30 AM
Los Angeles CA	KKLA FM 99.5	Mon – Fri at 10:30 PM
Miami/ Ft Lauderdale FL	WHIM AM 1080	Mon – Fri at 10:00 AM
Minneapolis MN	KKMS AM 980	Mon – Fri at 2:00 PM
Mobile AL	WIJD AM 1270	Mon – Fri at 9:30 AM
Nashville TN	WNQM AM 1300	Mon – Fri at 3:30 PM
Orlando/Daytona/Melbourne FL	WTLN AM 950	Mon – Fri at 5:30 PM
New York NY	WMCA AM 570	Mon – Fri at 10:04 AM
Pensacola FL	WNVY AM 1070	Mon – Fri at 12:00 PM
Philadelphia PA	WFIL AM 560	Mon – Fri at 8:00 PM
Sacramento/Stockton/ Modesto CA	KFIA AM 710	Mon – Fri at 6:30 PM
San Antonio TX	KSLR AM 630	Mon – Fri at 10:30 AM
St Louis MO	KJSL AM 630	Mon – Fri at 9:30 AM
Tampa St. Pete FL	WTBN AM & WTWD AM 570 & 910	Mon – Fri at 7:30 AM
Washington DC	WAVA FM 105.1	Mon – Fri at 10:30 PM
York/Lancaster/Harrisburg PA	WYYC AM 1250	Mon – Fri at 11:30 AM

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