

Dr. Bob Rodgers'

Prayer Force Report

Fasting Edition 2007

A man in a dark suit, white shirt, and patterned tie is speaking into a microphone. He is looking slightly upwards and to the right. The background is dark and out of focus.

The 21 Day Fast

The Year of Jubilee

- Rewards of Fasting
- The Daniel Fast
- Health & Fasting
- 21 Reasons to Fast

\$2.00 US

www.worldprayercenter.org



*“And you shall consecrate the fiftieth year, and proclaim liberty throughout all the land to all its inhabitants. It shall be a Jubilee for you; and each of you shall return to his possession, and each of you shall return to his family”
—Leviticus 25:10.*

An angel of the Lord awakened me at 3:30 am on December 4, 2006. As I began praying, the Lord spoke to me that the fast of 2007 was going to be one of the most important fasts in which I would participate.

I saw in the spirit a release of the Year of Jubilee on the church and the people of God. The Year of Jubilee took place every fifty years in the Jewish calendar. In this special year, people were released from their debt. Property was returned to the original owners. This gave the people of God a chance to be debt free at least once in their lifetime. They would then have a chance to prosper. The Lord showed me that this was going to happen in 2007!

Then I saw economic trouble coming to America. Though this was not totally clear, the economic trouble seemed to stem from a terrorist attack. Those individuals, churches, and businesses that were heavily leveraged with significant financial debt suffered greatly. Those that were debt-free prospered even during this economic trouble.

The third thing I saw was a great revival. One that touched every neighborhood, subdivision, and family. This revival touched everyone: those

of influence, the average person, the rich, and the poor. The revival had a very strong impact on high school and college campuses.

The Lord repeatedly said to me that this would be a quick work. Although this revival will be a quick work of God, it will not be over in a few months, but it will last for many years. At the end of that time, however, it seemed that it passed by very quickly.

If we would have a Year of Jubilee on our calendar it would start on the first of January and go throughout the year. But the Year of Jubilee started after the day of the Great Fast, the Day of Atonement, during the seventh month of Tishri. In other words, the Jubilee started after the people fasted and humbled themselves. I encourage every person who is serious about God blessing them to join me in the 2007 fast. I believe the Lord is about to pour out the great blessings of the Year of Jubilee.

Bob Rodgers



Prayer & Fasting Resource For The World

Prayer Force Report

Prayer Force Report

SENIOR PASTOR

Dr. Bob Rodgers

EDITOR

Dr. Bob Rodgers

MANAGING EDITOR

Naomi Whitehouse

CONTRIBUTORS

Dr. Bob Rodgers

Margaret Rodgers

Rachel Rodgers

Zach Tackett

GRAPHIC DESIGNER

Frank Neville

Church Locations:

**Evangel World Prayer
Center**

5400 Minors Lane
Louisville, Kentucky
40219

**Evangel World Prayer
Conference Center**

6900 Billtown Road
Louisville, Kentucky
40299

(502) 964-3304

Prayer Force Report® is a publication of Evangel World Prayer Center. Any duplication or reproduction of these articles must be authorized by the editor by contacting the office at (502) 964-3304.

www.worldprayercenter.org

Cover and Other Photographs:
www.brown-studio.com

CONTENTS

4

Rewards of Fasting

6

Health & Fasting

9

**How To Revitalize Your Body In 28 Days:
Get Healthy Through Detox And Fasting**

10

The Daniel Fast

12

Spiritual Exercise for 2007

16

21 Reasons To Fast

18

Fasting Testimonies

Rewards of Fasting



Dr. Bob Rodgers

“Moreover when ye fast, be not, as the hypocrites, of a sad countenance: for they disfigure their faces, that they may appear unto men to fast. Verily I say unto you, They have their reward. But thou, 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.”

—Matthew 6:16

When you fast, God will reward you. When God rewards you, it will not be a secret reward. It will be something so great that everyone will see how God has blessed you. Many people don't like to talk about rewards. They think that it is a selfish motivation to fast because of a reward. However, there are many kinds of motivations that are very important.

Jesus often motivated people through rewards. The gospels state that Jesus was led by the Spirit into the wilderness to fast.

“And immediately the Spirit driveth him into the wilderness.”

Mark 1:12; also see Matthew 4:1

He was led by the Spirit of God; He was driven by the Holy Spirit to fast. There were things in His life that never would have happened if He had not fasted those forty days.

Jesus Teaches Fasting

At the time when Jesus was on earth, the Jews observed twenty-two different fast days. They fasted in memory of the soldiers that were killed by the Assyrians 400 years earlier. They fasted when the Assyrians destroyed several of their cities. Those days of fasting, one after another, were in memory of the losses, the deaths, and the tragic times. In memory of those fallen comrades, they fasted. When Jesus fasted forty days, He didn't fast in memory of some depressing thing that happened years earlier. He fasted for something positive. He fasted so that God would speak to Him, give Him direction, and empower Him.

When Jesus taught others to fast, He said, “When you fast... the Father who sees in secret will reward you openly.” He taught this because God rewarded Him when He fasted for forty days. He taught out of experience. If He hadn’t fasted forty days, the Bible would be much smaller than it is. Many of the miracles wouldn’t be in the Bible.

Conquering Demons

When the disciples questioned Jesus about fasting, they asked, How did you cast out that devil? You promised that the same works you did, we would do also. Why can’t we do all of those miracles? Each person we have prayed for has been healed, except that boy.

Jesus replied, “This kind cometh not out but by prayer and fasting.” In other words, you can do the same miracles as Jesus, but you must fast like He fasted. Likewise, as God rewarded Jesus openly, He will reward you openly.

What were some of the rewards that came to Jesus when He fasted? After Jesus fasted forty days in the wilderness, he immediately began to heal the sick (Matthew 4). He entered a synagogue in Capernaum. A devil was cast out. Then he went into the home of Simon Peter. His mother-in-law was healed.

Spiritual Gifts

We are taught in the New Testament to covet and desire the spiritual gifts of God. We are to desire the Lord to use us to defeat the work of the devil. Many times we lose sight of this call from God. We ask Him to prosper us and to do something good for our family. All of that is

well and good, but we must understand that we are also the light of the world. We are the salt of the earth. God has called us to cast out devils, to heal the sick, and to bring people to Christ.

Sometimes we come up against demons that are more powerful than we are. Jesus said, “This kind cometh not out but by prayer and fasting.” In competitive wrestling, wrestlers compete in weight classes. We may be fighting devils that are above our weight class. We don’t fight against 97-pound devils. We don’t fight in a lightweight or a middleweight class. Sometimes we take on heavyweight powers and principalities and rulers of darkness.

You may ask, “would a ruler of darkness attack us?” The Apostle Paul tells us,

“We wrestle not against flesh and blood, but against principalities, against the rulers of darkness, against spiritual wickedness in high places” Ephesians 6:12.

I am convinced that Satan’s officers have come against people in the church. Strong lieutenants and captains – demons of legend that have been in the Old Testament that have fought against the prophets – fight against the people of God today. If you are to experience victory in battle, you don’t

Continued on page 21

“Why did Jesus fast 40 days in the first place?”
What were some of the rewards that came to Jesus when He fasted? After Jesus fasted forty days in the wilderness, he immediately began to heal the sick.



Dr. Bob Rodgers is the Senior Pastor of Evangel World Prayer Center in Louisville, KY. His books are available on the online bookstore at www.worldprayercenter.org.

Health & Fasting

a pre-fast diet



Fasting has significant health benefits, in addition to the spiritual benefits. Perhaps the most significant health benefit is the detoxifying value of fasting. The poisons and toxins that make the body susceptible to sickness and viruses are eliminated. Fasting helps to prevent sicknesses, that can open the door to cancer and diabetes. This is the reason people experience headaches, bad breath and tiredness during the first three days of a fast. These poisons are being eliminated through the body.

During these first few days it is most critical to drink large quantities of water. Water is used to flush and rid the body of toxins. You will know when your body begins to detoxify, because you will experience excessive bowel movements. Don't become alarmed when the body eliminates poisons through the bowels, urine, breath, and perspiration. This is why you must be more aware of personal hygiene during a fast. Most people will need to increase their level of maintaining good personal hygiene.

I have found that a pre-fast diet is very important before going on a long or extended fast. One very popular pre-fast diet is the Cabbage Soup Diet. The following diet will help eliminate toxins and speed up metabolism. This diet can be safely followed for no longer than one week. Many people report headaches and weakness; this is due to the detoxification. Those who have special dietary needs, including diabetics, should consult their doctor before starting the Cabbage Soup Diet.

We have discovered that there is a myth as to the origin of the Cabbage Soup Diet. It suggests that this diet originated in an American hospital. It is more likely that this diet started at Sacred Heart Hospital in Brussels, Belgium as a way for obese patients to lose weight quickly before surgery. There are many various Cabbage Soup Diet plans. Here is one that adds a little more variety to the diet.

This is a day-by-day list of exactly what you can eat on each day of the diet:

Day 1

Cabbage soup
Eat only fruit, all the fruit you want except bananas
240ml (8fl oz) serving skimmed milk or low-fat natural yogurt
Plain tea or coffee (or with artificial sweetener), unsweetened cranberry juice and water
1 tablespoon low or no-fat salad dressing

Day 2

Cabbage soup
All you want - fresh, raw, or cooked vegetables of your choice. Stay away from dry beans, peas, and sweet corn
1 large baked potato
240ml (8fl oz) serving skimmed milk or low-fat natural yogurt
Plain tea or coffee (or with artificial sweetener), unsweetened cranberry juice and water
1 tablespoon low or no-fat salad dressing

Day 3

Cabbage soup
Combine days 1 and 2
Eat all the fruit you want except bananas
All you want - fresh, raw, or cooked vegetables of your choice. Stay away from dry beans, peas, and sweet corn
No baked potato
240ml (8fl oz) serving skimmed milk or low-fat natural yogurt
Plain tea or coffee (or with artificial sweetener), unsweetened cranberry juice and water
1 tablespoon low or no-fat salad dressing

Day 4

Cabbage soup
3-6 bananas (This is supposed to lessen your desire for sweets.)
240ml serving skimmed milk or low-fat natural yogurt

Day 5

Cabbage soup
Unlimited fish
Unlimited chicken/beef
Up to 6 tomatoes
240ml (8fl oz) serving skimmed milk or low-fat natural yogurt
Plain tea or coffee (or with artificial sweetener), unsweetened cranberry juice and water
1 tablespoon low or no-fat salad dressing
Drink at least 6 to 8 glasses of water this day to wash the uric acid from your body.

Day 6

Cabbage soup
Unlimited fish
Unlimited chicken/beef
Unlimited vegetables, including tomatoes
240ml (8fl oz) serving skimmed milk or low-fat natural yogurt
Plain tea or coffee (or with artificial sweetener), unsweetened cranberry juice and water
1 tablespoon low or no-fat salad dressing

Day 7

Cabbage soup
All you want - fresh, raw, or cooked vegetables of your choice. Stay away from dry beans, peas, and sweet corn
240ml (8fl oz) serving skimmed milk or low-fat natural yogurt
Plain tea or coffee (or with artificial sweetener), unsweetened cranberry juice and water
1 tablespoon low or no-fat salad dressing

ALLOWED FOODS

Vegetables

Artichokes, Asparagus, Aubergine, Beans, Beetroot, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Courgettes, Cucumber, Spinach, Endive, Chicory, Sorrel, Lettuce, Mushrooms, Onions, Parsley, Peppers, Radishes, and Turnips.

Fruits

Apples, Apricots, Berries, Blueberries, Cherries, Grapefruit, Grapes, Kiwi Fruit, Lemons, Melons, Nectarines, Oranges, Peaches, Pineapple, Plums, Strawberries, and Tangerines.

* A limited number of tomatoes are allowed on day 5, and an unlimited number on day 6.

Dairy

You are only allowed to have either 240ml (8fl oz) low-fat yogurt or 240ml (8fl oz) skimmed milk on each day. This means that if you eat 150ml (5fl oz) of low-fat yogurt for breakfast, then you cannot have any skimmed milk on that day, but you must have a further 90ml (3fl oz) low-fat yogurt to make up your daily allowance. Or if you choose to have 60ml (2fl oz) skimmed milk for lunch on day 2, then you must have a further 180ml (6fl oz) later in the day - but no low-fat yogurt.

Miscellaneous

You are allowed to flavor your food with just about any no or low-calorie ingredient when you choose. This includes fresh or dried herbs, hot sauces, soy sauce, vinegars, ketchup, and lemon juice. Sugar is not allowed, but if you need a bit of sweetness, go ahead and use a low-calorie sweetener.



CABBAGE SOUP RECIPE

Makes about 12 pints

- **1 cabbage**
- **6 carrots**
- **6 medium onions**
- **6 spring onions**
- **2 green or red peppers, deseeded**
- **3 large tomatoes**
- **5 stalks celery, trimmed**
- **1 -110g uncooked brown rice**
- **Salt and freshly-ground black pepper**

Cut the vegetables into bite-sized pieces. Place in a large 12 pint pot and add enough cold water to cover. Bring to a boil, and let simmer uncovered for about 10 minutes. Cover and then simmer on a low heat until the vegetables are soft. This should take about an hour. While the soup is simmering, cook the rice according to the instructions on the packet. When the soup is almost cooked, add the rice, and then season to taste with salt and pepper. Allow to cool, and then keep in the refrigerator or freezer, whichever is most convenient.

Rules

This diet is not difficult, but it is strict. There are a few rules that you must abide by if you want to lose weight successfully.

Check with your doctor before starting this diet. The Cabbage Soup Diet is suitable for most people, with the exception of children and adolescents however, since it is such a fast weight-loss regime, certain medical conditions may make it unsuitable for you. So do check with a physician or dietician. Make sure you eat at least two portions of cabbage soup every day. This is important because it contains many nutrients to keep you going through the week.

Don't omit foods. Everything on the diet is there for a reason. The cabbage soup itself is extremely nutritious. The fruits and vegetables contain essential nutrients and fiber. The chicken and fish on days five and six help to boost the protein content of the diet, so you should try and eat at least one chicken dish and one fish dish on each of those days. And all those bananas on day four are there to provide you with vitamin A, niacin, iron, some protein, and plenty of potassium.

Eat until you feel satisfied and then stop. No alcohol.

When cooking chicken, remove all the skin. This is easy to do, and will make all the difference because the skin contains the fat that you want to avoid.

On each day you are allowed either skimmed milk or low-fat natural yogurt. You are not allowed to mix the two. The only exception to this rule is on day four, when you are allowed to replace one of your 240ml (8fl oz) of skimmed milk with a 240ml (8fl oz) serving of low-fat yogurt.

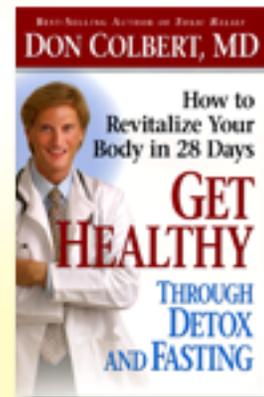
Don't use flavorings or condiments that contain more than 25 calories per tablespoon.

This is a seven day plan which includes intensive weight-loss and should therefore not be used for longer than a one week period. You must then have a break of at least two weeks before using it again.



How To Revitalize Your Body In 28 Days: Get Healthy Through Detox And Fasting

Excerpted with permission from Siloam: A Strang Co., Publishers, © 2006



As you begin to think about your new health-first lifestyle, remember that God created your body to quickly, cleanly, and efficiently deal with any toxin it may encounter. In this chapter I want to introduce you to some of the benefits to your physical body of including periods of regular fasting in your health-first lifestyle. The excessive buildup of toxins contributes to many physical diseases and conditions. Regular fasting is a way to eliminate these toxins and to restore your body to better health.

Regular fasting holds amazing healing benefits to those of us who suffer illness and disease. From colds and flu to heart disease, regular fasting is a mighty key to healing the body.

Fasting For Coronary Disease

Fasting is very effective for the treatment of heart disease and peripheral vascular disease, which usually occurs in the legs. Peripheral vascular disease is simply a buildup of plaque or atherosclerosis, usually in the arteries of the lower extremities. Periodic fasting may help with plaque removal in the arteries.

While fasting, if you have significant coronary artery disease or peripheral vascular disease, you will find that your cholesterol levels will usually become more elevated on the fast. This happens because your body is in the process of breaking down plaque that is formed in the arteries, so don't be alarmed.

I always check the blood work before prescribing fasting for my patients. I'm always really encouraged when I see a dramatic elevation in cholesterol in those with coronary artery disease or peripheral vascular disease while fasting. I know that the fasting is doing its work and usually plaque

is being broken down and removed while fasting.

Fasting For Benign Tumors

Undergoing my twenty-eight-day fast may help to reduce the size of benign tumors. These include ovarian cysts, fibrocystic breast disease, lipomas, sebaceous cysts, and even uterine fibroids. If you have advanced cancer, you should not fast. But regular fasting will definitely help you to prevent cancer.

Fasting For Allergies And Asthma

Juice fasting is extremely helpful if you have allergies or asthma. Your lungs, as well as your entire respiratory tract, are vitally important elimination organs for removing toxins. Fasting often removes many of the irritants and toxins that trigger airway hyperactivity.

Allergies-both airborne and food-related-will usually dramatically improve during a fast. Allergic symptoms are improved and sometimes completely disappear. However, it's important to be sure that you are not allergic to any of the juices or foods you will be consuming. Keep a food diary while you are on your fast. Use it to help you avoid anything that may trigger allergic symptoms or symptoms of asthma.

Hypertension

Do you have high blood pressure? One of the best ways to treat hypertension is to go on a juice fast. Before your fast you should first attempt to get off all medications under medical supervision. Increase the amount of clean, water (not tap water) you drink to at least two to three quarts a day. Follow the directions for the detoxification fast outlined in this book and the instructions in my book *The Cure for High Blood Pressure*.

THE DANIEL FAST

Dr. Bob Rodgers

Daniel is one of the most outstanding characters in the entire Bible. He lived almost one hundred years. Much of that time, he held a high office in the government. On a number of occasions, his life and those of his friends were placed in severe jeopardy because of their open faith in God, Jehovah. Once, Daniel was thrown into a den of lions. Another time, his three friends were tossed into a fiery furnace. Each time, God miraculously delivered them. Daniel survived several changes in governmental regimes. The successive rulers in each kingdom recognized the attributes of Daniel as a prophet. The rulers honored Daniel by putting him in a responsible position in the kingdom.

God had a specific purpose for promoting Daniel. Daniel knew the mighty power of prayer and fasting. Three times a day, he knelt and lifted up his voice in praise and worship. *“Now when Daniel knew that the writing was signed, he went into his house; and his windows being open in his chamber toward Jerusalem, he kneeled upon his knees three times a day, and prayed, and gave thanks before his God, as he did aforetime.” Daniel 6:10.*

What was the secret of Daniel’s success. He prayed his way through life. As a result, God was with him. The powers that arose again and again against him were defeated by the power of God. Daniel and his friends probably learned how to pray and fast under the teachings of Jeremiah, the prophet. Jeremiah preached in the streets of Jerusalem prior to the invasion by the Babylonians. Many of the young people that were taken captive heard the prophet’s sermon. Daniel and his three friends’ life-style was that of prayer and fasting.

Daniel Prays And God Fulfills His Word

One of the great victories of Daniel is recorded in the ninth chapter of Daniel. He was reading in

Jeremiah. The prophet had proclaimed the Babylonian captivity was to last seventy years, then the Hebrew exiles would return back to Israel. Consulting the calendar, the prophet saw that the time was up, yet this promise had not been fulfilled. At this time, the Spirit of God moved upon Daniel in deep intercession with fasting, to pray that God would fulfill His promise for the restoration of the Jews to their homeland. *“And I set my face unto the Lord God, to seek by prayer and supplications, with fasting, and sackcloth, and ashes:” Daniel 9:3.*

Many people give up when God’s promises are not fulfilled in their lives. Many stop believing that God’s Word is true. Others become discouraged and stop praying and seeking God. They should do what Daniel did. They should seek God in prayer and fasting.

While Daniel lay prostrate before God, he began to confess the sins of his people. While he was praying, the archangel Gabriel was dispatched from heaven to tell him what would happen to his people. The angel told him that his people would flourish once again in their homeland. Daniel received the assurance that the Word of God would be performed, that Jerusalem would be rebuilt. The angel also gave Daniel the wonderful prophecy of the coming of the Messiah. *“Know therefore and understand, that from the going forth of the commandment to restore and to build Jerusalem unto the Messiah the Prince shall be seven weeks, and threescore and two weeks: the street shall be built again, and the wall, even in troublous times.” Daniel 9:25.*

The Twenty-One Day Fast

This revelation that Daniel received from Gabriel placed a burden upon his heart. This weighed so heavily upon Daniel that he began to fast and pray until the

answer came. This is the story of this great twenty-one day intercession. *“In those days I Daniel was mourning three full weeks. I ate no pleasant bread, neither came flesh nor wine in my mouth, neither did I anoint myself at all, till three whole weeks were fulfilled.” Daniel 10:2-3.*

During this twenty-one day fast an angel of God appeared unto him, saying, “Oh Daniel, a man greatly beloved.” This angel explained to Daniel, that the first day that he prayed, God heard him and the angel had been sent to him. The angel said, *“Then said he unto me, Fear not, Daniel: for from the first day that thou didst set thine heart to understand, and to chasten thyself before thy God, thy words were heard, and I am come for thy words.” Daniel 10:12.* Today, many people desire to play a significant role in the Kingdom of God. Promotion and honor are given to the intercessors and the prayer warriors that go to war spiritually, without flinching, against the spiritual forces of darkness.

Then the angel gave Daniel one of the most revealing studies in spiritual warfare. He shared how the Prince of Persia had kept him from bringing the answer to prayer for twenty-one days. We know that the “Prince of Persia” was not a human being. It was a demon general under the orders of Satan. This demon commander is probably still ruling that part of the world today. Under his authority are captains, lieutenants, and multiples of demon spirits who carry out evil. The real forces that cause people to act in evil ways are often not natural forces. *“For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places.” Ephesians 6:12.*

Spiritual powers sometimes influence governments, school systems, communities, families, and churches. For these powers to be dislodged, spiritual warfare is required. For three weeks, the “Prince of Persia” detained the angel, hindering the angel from getting to Daniel. This is evidence of demonic

strength. Only when God sent reinforcements by the archangel, Michael, were the powers of darkness forced to give way.

I have seen great turmoil and sickness in families that are the result of generational curses. Poverty has been passed down the family tree. Divorce has ruled in generation after generation. Other situations might be called “bad luck.” This is more than “bad luck.” If you face these situations, you may be encountering demon spirits that have wedged themselves into your life. They are there to make your life miserable, to destroy you.

I have good news for you today. This “bad luck” can be stopped. These demon forces that are causing bad things to happen in your life can be defeated. But it takes effort on your part. The biblical way in which we defeat the enemy is through prayer and fasting. The stronger the enemy, the more prayer and fasting is required.

The “Prince of Persia” who confronted Daniel resisted the spiritual challenge. The demon fiercely resisted the angel’s intrusion into his dominion. Daniel, however, continued to pray and fast. The powers of darkness were defeated. But, what would have happened if Daniel had given up?

The devil, unlike God, is not omnipresent; the devil is not everywhere. Like the oxygen we breathe, God is all over this earth. The devil and his demons can only be in one place at one time. Neither can they successfully prevent the answers to all our prayers. Therefore, they determine which of God’s servants, at the moment, are doing the most harm to the kingdom of darkness, and then concentrate their efforts against them. Demons are sometimes able to prevail because God’s people do not understand how to hinder the power of Satan. When Christians pray and fast, however, Satan’s power is broken. The door is opened wide for God to usher in the answer to their prayers.

“And I set my face unto the Lord God, to seek by prayer and supplications, with fasting, and sackcloth, and ashes”

SPIRITUAL EXERCISE FOR 2007

It was the new year and the fourth day of a 21 day fast. It happened on a visit to the gym, the one after the holiday splurging – the one that is meant to begin the transformation process from fat to fit. One fitness magazine calls it “[your] dream body in just five weeks.” It was on that visit that I discovered what it meant to be “spiritually fit” and how important it really is to the body of Christ.

After 20 minutes of vigorous cardio on the treadmill, I was moving at a steady pace on a prescribed program of resistance weight training. The equipment was integrated with the latest technology. A small monitor even calculated my every move from the number of repetitions to the range of motion. Amazing!

According to the Nicholas Institute of Sports Medicine, “the anatomical structure of a joint enables it to have an incredible amount of freedom or range of motion.”

While on an arm curl machine, I discovered just how important both arm joints were to the successful completion of the exercise. I had experienced an injury to my left elbow a few weeks earlier. When I began the exercise, I experienced definite pain in the left elbow. At first, I decreased the resistance weight, but it still hurt. What did I do? I quit immediately and moved on to something else that didn’t require the use of that joint.

I don’t think the Apostle Paul was speaking about exercising major muscle groups when he wrote in “*Not holding fast to the head from whom all the body, nourished and knit together by joints and ligaments grows*



Margaret Rodgers

with the increase that is from God.”
—Colossians 2:19

“From whom the whole body fitly joined together and compacted by that which every joint supplieth, according to the effectual working in the measure of every part, maketh increase of the body unto the edifying of itself in love.” —Ephesians 4:16

But indeed, just as each joint of our physical body has an important work to do to contribute to its overall health, so each member of the body of Christ has an important function. We are not all eyes, watchfully considering our sister’s need nor are we all legs briskly carrying the weight and burden of others. Yet, we are each counted important and necessary to the full range of motion of the success of the body of Christ.

So, what is your range of motion? Has Satan trapped you into believing you’re of little value? Send that thought sailing right back to the hell it was sent from. Allow the Holy Spirit to energize you with His love and training that promises spiritual growth in the process.

Too many people confine their exercise to jumping to conclusions, stretching the truth, lying down on the job, side-stepping responsibility, and pushing their luck. So in 2007, why not invest in your spiritual health by exchanging your bad habits with a few good ones?

Recognizing that we all need love and that the Holy Spirit liberates a Christian to love in gentle creative ways. So, reach out in love. “*Herein is love, not that*

The Father of Prayer and Fasting in America: A Tribute to Franklin Hall

In the fall of 1946, a large gathering of believers from many denominations came together in San Diego, California to hear Rev. Franklin Hall teach from his new book *Atomic Power with God through Fasting and Prayer*.

Thousands of people were converted at that historic gathering. Christian leadership for more than five decades has been influenced by Franklin Hall's teaching on fasting. This includes leaders, such as William Branham, T. L. Osborn, Kathryn Kuhlman, A.A. Allen, David Nunn, Jack Coe, Tommy Hicks, Thomas and Evelyn Wyatt, Oral Roberts, and Benny Hinn.

- *Atomic Power with God Through Fasting and Prayer*
- *Glorified Fasting: The ABC's of Fasting*
- *The Fasting Prayer*



Order Your Classic Series Today!

You may order the three book series on fasting from WORD Ministries for a gift of \$20.00. Make checks payable to Word Ministries, P.O. Box 19229, Louisville, KY, 40259.

we loved God, but that he loved us, and sent his Son to be the propitiation for our sins.” —1 John 4:10.

Why not begin to look for joy even in the midst of defeats and disappointments. *“Rejoice in the Lord alway: and again I say, Rejoice.” —Philippians 4:4.*

Challenge dissension and anything that seeks to drain you of peace. *“Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.” —Philippians 4:6-7.*

Before you allow your patience with others to fly out the window, reflect on God’s patience with you. *“The Lord is not slack concerning his promise, as some men count slackness; but is longsuffering to us-ward, not willing that any should perish, but that all should come to repentance.” —2 Peter 3:9.*

Recognize that there is a battle going on between your flesh and your spirit. The Lord wants you to be spiritually fit in 2007. Enlist fasting regularly with prayer. As you do, you will conform your desires to His will and find yourself flexing spiritual muscles you didn’t know you had.



CGI Conference 2006

CD or DVD Sets

Complete Set of DVD's
\$75.00

Complete Set of CD's
\$55.00

Each set contains 14 disks of all sessions of the 2006 conference.

To order copies of the entire conference on either CD or DVD, call 502-964-3304 ext 1246, or visit www.worldprayercenter.org. For more information on CGI America, call 502-964-3304 x1203 or visit www.CGIUSA.org.



Church Growth International of America Conference 2006

Dr. Bob Rodgers launched the inaugural Church Growth International of America Conference at the Evangel World Prayer Conference Center, October 2006 under the spiritual leadership of Dr. David Yonggi Cho.

Pastor Rodgers presented a powerful gathering of international and national church leaders for the purpose of casting vision, developing a connection, and imparting anointing of multiplication for churches and leadership.

21 Reasons To Fast

Dr. Bob Rodgers

Anyone can make excuses not to fast. “I’m too busy. Fasting was for Biblical times, not now. Fasting is too hard.” And the reasons just keep on coming. But fasting is not only a “good” suggestion; it is a commandment.

The following is an abbreviated listing from the book *101 Reasons To Fast* by Dr. Bob Rodgers. This listing not only gives insight to why we fast, but also identifies the benefits that believers receive when they fast.

1 Fasting is a form of humbling a nation before God.

“It shall be a Sabbath of rest unto you, and ye shall afflict your souls by a statute forever.” – Leviticus 16:31

2 We should pray for peace in the Middle East.

“Pray for the peace of Jerusalem...” – Psalm 122:6

3 Fast because Jesus told us to fast.

“And Jesus said unto them, can the children of the bridechamber mourn, as long as the bridegroom is with them? But the days will come, when the bridegroom shall be taken from them, and then shall they fast.” – Matthew 9:15

4 Fasting was a pattern that Jesus set before us.

– Matthew 6, 9, 17; Mark 2, 9; Luke 5, 18.

5 Christ taught fasting as one of the foundations of the Christian faith.

Sermon on the Mount. – Matthew 6

6 Fasting brings us closer to Christ than any other process.

– Ezra 8

7 Fasting was the most powerful tool Jesus used when combating Satan.

“Then shall they fast.” Matthew 4:1-11

8 Jesus declared that fasting gives believers power to cast out demons.

“This kind cometh not out but by prayer and by fasting.” – Mark 9:29

9 The power of God was manifested in Christ after he fasted.

“And Jesus being full of the Holy Spirit returned from Jordan, and was led by the Spirit into the wilderness, being forty days tempted of the devil, and in those days he did eat nothing; and when they were ended, he afterward hungered.” – Luke 4:1-2

10 The same spiritual principles that apply in Christ’s ministry also apply in the ministry of His believers.

“He that believeth on me, the works that I do shall ye do also...” John 14:12

11 Fasting is a way Jesus coveted spiritual gifts.

“...but covet earnestly the best gifts.” – I Corinthians 12:31

“...desire spiritual gifts.” – I Corinthians 14:1

12 Fasting puts one into the mainstream of what God is doing.

“Four days ago, I was fasting until this hour, and at the ninth hour I prayed in my house, and, behold, a man stood before me in bright clothing.” – Acts 10:30

13 Fasting allows God to give you fresh revelation.

“...Peter went upon the housetop to pray about the sixth hour; and became very hungry, and would have eaten; but while they made ready, he fell into a trance, and saw heaven open...” – Acts 10:9-11

14 Every New Testament Church was established through fasting.

“And when they had ordained them elders in every church, and prayed with fasting, they commended them to the Lord on whom they believed.” – Acts 14:23

15 Paul set the pattern for fasting for all church leaders.

“In weariness and painfulness, in watchings often, in hunger and thirst, in fastings often in cold and nakedness.” – II Corinthians 11:27

16 Fasting enables us to remove obstacles that prayer alone does not remove.

“If ye have faith as a grain of a mustard seed, ye shall say unto this mountain, remove hence to yonder place; and it shall remove; and nothing shall be impossible to you. Howbeit this kind goeth not out but by prayer and fasting.” – Matthew 17:20-21

17 Fasting produces faith and healing.

“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.” – Isaiah 58:8

18 Fasting is the spiritual method to bring revival.

“And it shall come to pass afterward that I will pour out my spirit upon all flesh; and your sons and daughters shall prophesy, your old men shall dream dreams, and your young men shall see visions.” – Acts 2:17

19 Fasting puts us in a position to find the perfect will of God.

“I beseech you brethren by the mercies of God, to present your bodies a living sacrifice, holy acceptable unto God, which is your reasonable service. And be not conformed to this world, but be ye transformed by the renewing of your mind, that ye may prove what is good, and acceptable, and perfect will of God.” – Romans 12:1-2

20 Fasting enables you to get your financial needs met.

“Call on me, and I will answer you, and show you great and mighty things you knowest not of.” – Jeremiah 33:3

21 Fasting is a good time to confess our sins.

“...The children of Israel were assembled with fasting... And the seed of Israel separated themselves from all strangers, and stood and confessed their sins...” – Nehemiah 9:1-2

To become a partner and receive Dr. Rodgers' monthly newsletter write to WORD Ministries or call 502.964.3304

FASTING TESTIMONIES

Stories of Great Answers To Prayer During Times Of Fasting

A Good Attitude While Fasting

The 58th chapter of Isaiah is a fantastic fasting study. This is the great “Fasting Chapter” in the Old Testament. In this dynamic read, Isaiah describes two different ways of fasting. In verses 3-12, what is acceptable and not acceptable is clearly defined.

The fault with the first kind of fasting lies mainly in the motives and the attitudes of those people who are practicing it.

Isaiah saw that some people approached fasting with faulty motives. “*Why have we fasted, they say, and You have not seen? Why have we afflicted our souls, and You take no notice? In fact, in the day of your fast you find pleasure, and exploit all your laborers. 4: Indeed you fast for strife and debate, and to strike with the fist of wickedness. You will not fast as you do this day, to make your voice heard on high. 5: Is it a fast that I have chosen, a day for a man to afflict his soul? Is it to bow down his head like a bulrush, and to spread out sackcloth and ashes? Would you call this a fast, and an acceptable day to the Lord?*” Isaiah 58:3-5.

Basically what this means is, you cannot go on a fast and have strife and anger rule your day.

Mountains Will be Moved

One of the great stories about faith and answered prayer took place in the fifteenth century, during an excursion of Marco Polo. In Polo’s Journals he writes of a kingdom that was ruled by a Muslim cleric who wanted to rid the empire of all Christians.

The cleric gathered his advisors for counsel in annihilating the Christian population in that region. His advisors cautioned him on his intentions because the Christian community was the most prospered people in the kingdom. The cleric summoned for the bishop and warned him he could not speak deception to the people. The cleric gave the bishop a challenge. He

gave the bishop one week for his God to remove a large mountain that stood in the vast distance. If that did not take place, the bishop had to renounce his faith or be executed.

The bishop immediately called a seven-day fast within the church. The bishop began proclaiming Mark 11:23 to the congregation. “*If anyone says to this mountain, ‘Go, throw yourself into the sea,’ and does not doubt in his heart but believes what he says will happen, it will be done for him.*”

The Lord spoke to the bishop to visit a shoe cobbler within the kingdom. The bishop told the cobbler that he should pray for the mountain to be removed. The cobbler told the bishop that he was not worthy to ask such a request. The bishop convinced the cobbler that God wanted to use him to show the people that God works through everyone.

At the end of the week, vast numbers of people followed the church congregation to the city gates and watched intently as the Christians traveled the path to the foot of the mountain. The Bishop lifted his hands and began to worship God. The parishioners thanked God for what He had done and what He was about to do.

As the people prayed, the town cobbler parted through the worshippers. He lifted his hands and rebuked the mountain, commanding it to fall. At that moment, a horrific earthquake took place. Large boulders fell. Smoke bellowed. The Muslim cleric renounced his faith and proclaimed the kingdom as a Christian territory. From that moment on, the cleric wore a cross underneath his clothes, and was buried apart from his family because of his strong Christian beliefs.

Now, put yourself in this story. Your greatest need may be a mountain that seems so impossible to be removed. And you are the cobbler, just an ordinary person that can be used in extraordinary ways. God

uses even the most common of us all. Our faith is as a mustard seed. "I tell you the truth, if you have faith as small as a mustard seed, you can say to this mountain, 'Move from here to there,' and it will move. Nothing will be impossible to you" (Matthew 17:20, NIV).

Receiving Promotion

A woman in our congregation went on the 21-day fast. She wrote her three most important prayer requests. One, she desired that her husband would accept Jesus Christ as his personal savior. Two, she wanted a promotion at her job. She

worked as a consultant in cosmetics at a large department store. Her third request was very private and somewhat unusual. She was adopted as a baby. She knew that she had other natural siblings who had not been put up for adoption. Her desire was to meet her birth mother and learn more about the circumstances that led to her being placed for adoption.



During the first week of the fast the Lord began to answer her prayer. A friend of hers worked for a local doctor. A patient came into the office with the same last name as her birth mother. As a result of that contact, a way was made for her to meet her birth mother and the sister that she had not met. Before the fast was over she was able to win her sister to the Lord.

The Lord gave them a very special relationship. Afterward, her husband attended a church service. He too responded to the message of salvation and received Jesus as his personal Savior. The woman was thankful to have her prayers answered so quickly and

powerfully. Furthermore, at the end of the week her supervisor approached her and offered her a promotion. The Lord met every single one of her needs at the end of the first week of the 21 day fast.

***Do You Need Someone To Agree
With You In Prayer?***

***Email your prayer request to:
prayer@worldprayercenter.org
or call***

502.962.9650

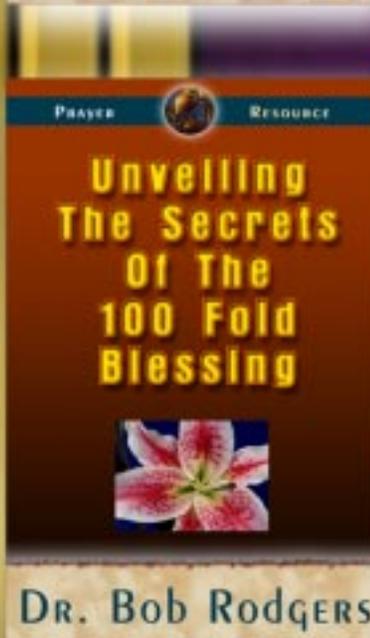
Dr. Bob Rodgers' New Releases

“A Leading Author On Prayer And Fasting”



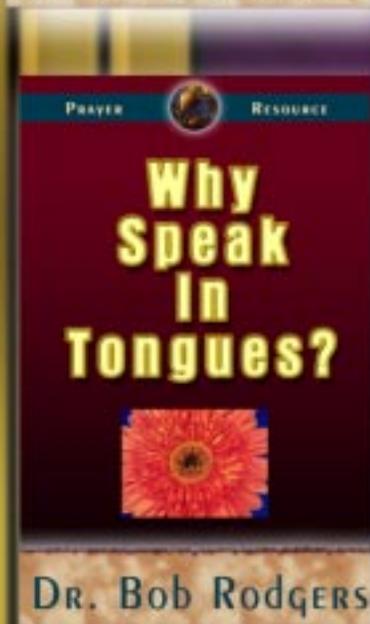
“When You Fast”

Dr. Rodgers presents a clear biblical teaching on the twelve life situations when God expects you to fast. This will give you a plan for a life of fasting.



“Unveiling The Secrets Of The 100 Fold Blessing”

The mystery of the 100-fold blessing will be revealed as you read this book. Dr. Rodgers explains how every believer can receive the exponential multiplication of God's blessings.



“Why Speak In Tongues?”

You will discover a thorough explanation of the gift of tongues, and speaking in tongues as a prayer language. This teaching will open the door to the advantages of tongues in your life.

Order Your Copy Today!

The Complete Series Is Available For A Gift Of \$30.00 Or Individually For \$12.95.

For more information or to place your order contact us at:

Word Ministries

P.O. Box 19229

Louisville, KY 40259

502-964-3304 ext. 1254

www.worldprayercenter.org

Rewards of Fasting

Dr. Bob Rodgers

Continued from page 5

go into a championship round with a world-class, heavy weight, demon without fasting and praying. It takes fasting and seeking God's direction to win the battle.

“And Jesus said unto them... If ye have faith as a grain of mustard seed, ye shall say unto this mountain, Remove hence to yonder place; and it shall remove; and nothing shall be impossible unto you. Howbeit this kind goeth not out but by prayer and fasting.”
Matthew 17:20-22.

Mighty Spiritual Leaders

When I was growing up I saw mighty leaders of God heal the sick. I sat in meetings when Oral Roberts ministered. I was a child when I

sat on the front row and watched Oral Roberts preach. When I was in college, I attended meetings with Katherine Kuhlman. People would fall out under the power of God.

I remember Colonel Sanders, the founder of Kentucky Fried Chicken, came to a meeting when Katherine Kuhlman was in Louisville. The Colonel thought she was pushing people over. I asked the Colonel to take the seat up front where I was sitting.

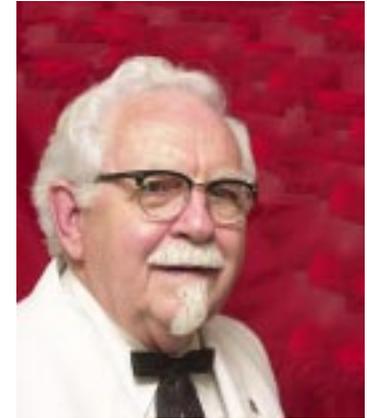


Kathryn Kuhlman

Ms. Kuhlman stopped ministering and said, “Oh, Colonel Sanders, God bless you.”

The Colonel replied, “Thank you.” As he shook her hand, he fell under the power of God. He jumped up and said, “Who pulled me down?

Who pulled me down?” These experiences left me with a great desire for God to use me.



Colonel Sanders

The Anointing of God

You may not have experienced the anoint-

“One of the greatest benefits about fasting is that it breaks poverty. If you are bound by poverty fasting will break it in Jesus’ name.”

ing of God on your life. You may not have experienced God using you to pray for the sick or to pray for people that are in bondage. I have heard people say, “I would never want to be a pastor,” or “I would never want to be a preacher.” Yet, once you experience the anointing of God your life will be changed. You will want the anointing more than anything. I want that more than houses, land, fame, or anything else. I want to be used of God.

God said, “I will reward you openly.” The blessings of the Lord are a tremendous thing. Let's say I fasted forty days. At the end of forty days, I prepare to preach. Do you think I would preach something God gave me on those forty days or just any an old sermon I put together a

long time ago? I would say, “I have a fresh revelation. While I was praying, God showed me something. I have to share it today.” It was the same with Jesus. He had fasted forty days. Then he went to Nazareth, to the synagogue to speak.

He said, “*The Spirit of the Lord is upon me, because He hath anointed me to preach the gospel to the poor...*” *Luke 4:18*. The first revelation Jesus received was to preach good news to the poor. “I have a revelation I got while I was fasting, and that is to the poor. It is good news. That good news is that you don’t have to be poor anymore.” One of the greatest benefits of fasting is that it breaks poverty. If you are bound by poverty fasting will break it.

Territorial Demons

Many demons and principalities are attached to geographical areas. For instance, they will go to India, a majestic, beautiful country. I think of all of the countries, India is one of my favorites. Yet, India is impoverished. The nation is impoverished because of a demon that tries to keep that part of the world poor. Many people from India that have moved to America are well off financially. They buy quality hotels. Indian-owned grocery stores are everywhere. Asian Indians are among the hardest working people in the world. They are blessed; they are prosperous. Yet, in their own nation, a spirit holds back any type of prosperity.

Demons and principalities attack geographical areas. That is why there are some areas of America, including areas in my home city of Louisville, in which I don’t want to live. These areas are under demonic empowerment. Demons establish territorial boundaries, such as major roads, rivers, and streams to rule over.

I have hiked the Himalayas. As I hiked up those hills, I saw altars to demons. As I hiked further the whole atmosphere changed. As I ascended to each new area I saw other monuments, to a different demons. Demon spirits controlled each one of those territories. It can be the same in a city.

Influences on Families

Demons also influence families. The Bible says those spirits can get into a family for three and even four generations. Let’s talk about four generations; that is 200 years. There can be a family under some spiritual darkness for 200 years. For 200 years, there is murder and divorce and poverty. You see families that are in their sixth generation of welfare. Those are generational curses. How do you get rid of those generational curses? Isaiah, in the fifty-eighth chapter, discusses fasting, including listing twenty blessings that are the result of fasting. One of these is building up places that have been wasted, that have been torn down. In these places, the prophet writes, you will lay the foundation of a new generation. In other words you will break generational curses. I have seen families under curses of poverty, under curses of depression, and under curses of mental breakdown. As they begin to fast and pray, the curses are suddenly broken.

You should consider the family into which you marry. You better get interested in whom your son or daughter is thinking seriously about marrying. You need to check out their family. Wouldn’t it be awful to marry into a family where a girl or guy would be under a generational curse of nervous breakdowns, schizophrenia, or a type of violent spirit? What would you do? I would begin to fast and pray, and demand those demons to be broken off that family in Jesus’ name.

Your Reward

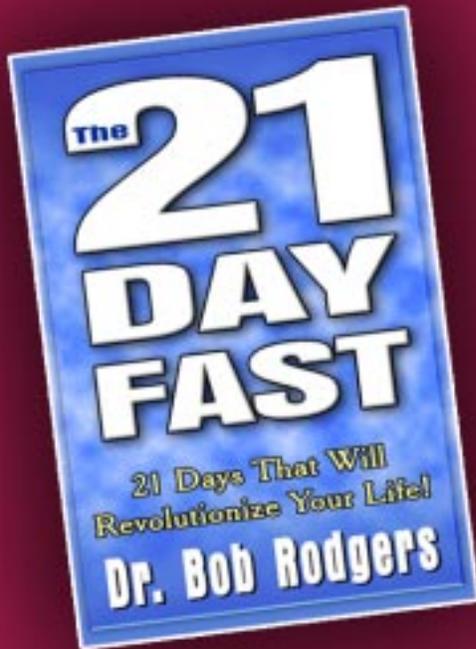
There is a reward that comes if you will participate in this twenty-one day fast. You don’t have to be a world class faster to fast. You just do what you can do. We have world-class fasters in our church. We have people that can fast much better than I. You may be struggling, trying to get through. Do the best you can. God’s blessing is going to be upon you. He will reward you openly as you fast.

Just how Scriptural is fasting? Why not discover for yourself. Listed below are references to fasting, either full or partial. As you consider whether or not fasting is for you, a daily search through the Bible on the topic may help you make up your mind. By doing this, I know you will be encouraged as you begin to discover how fasting relates to the faithfulness of God.

Fasting Scriptures

Gen. 24:33	Abraham's servant seeking a bride for Isaac	Jer. 36:6,9	Baruch reading Jeremiah's scroll
Ex. 34:28	Period of time, Moses' 40 days on Sinai	Dan. 1:12-16	Daniel and companions refuse king's food
Lev. 16:29-31	On the Day of Atonement	Dan. 6:18	Darius when Daniel was in the lions' den
Lev. 23:14	Until the sheaf of the wave offering was offered	Dan. 9:3	Daniel praying for Jerusalem
Num. 6:3-4	The law of the Nazarite	Dan.10:2-3	Daniel's 3 weeks of partial fast
Deut. 9:9,18	Moses' second 40 days on Sinai	Joel 1:14	In view of the Day of the Lord
Judg. 20:26	Israel after their defeat by Benjamin	Joel 2:12	Returning to God with a whole heart
I Sam. 1:7,8	Hannah's prayer for a child	Joel 2:15	Proclaimed by blowing a trumpet in Zion
I Sam. 7:6	At Mizpah under Samuel	Jonah 3:5-9	Proclaimed by the people and king of Nineveh
I Sam. 20: 24	Jonathan's grief at Saul's hatred for David	Zech. 7:3-5	With mourning in the fifth and seventh months
I Sam. 28:20	Saul before his death in battle	Zech.8:19	Fourth, fifth, and seventh months
I Sam. 30:11,12	Egyptian servant found in the field	Matt. 4:2	By Jesus for 40 days
2 Sam. 3:35	David at Abner's death	Matt. 6:16-18	Not to be practiced as the hypocrites do
2 Sam. 11:11	Uriah's self-discipline in time of battle	Matt.9:14,15	John's disciples and Pharisees
2 Sam. 12:16-23	David for the child of Bathsheba	Matt. 9:15	By the guest when the bridegroom has departed
I Kings 13:8-24	Prophet who cried against altar at Bethel	Matt. 11:18	Temperate character of John the Baptist
I Kings 17	Elijah's restricted diet	Matt. 17:21	For deliverance power
I Kings 19:8	Elijah on his journey to Horeb	Mark 2:18	John's disciples and Pharisees
I Kings 21:4,5	Ahab after Naboth's refusal	Mark 2:19,20	Guests when Bridegroom has departed
I Kings 21:9,12	Naboth set on high	Mark 8:3	State of four thousand when Jesus fed them
I Kings 21:27	Ahab in self-humiliation	Mark 9:29	For deliverance power
I Chron. 10:12	Those who buried Saul and his sons	Luke 2:37	Anna worshiping in the Temple
2 Chron. 20:3	Jehosaphat before battle	Luke 4:2	Jesus for 40 days
Ezra 8:21-23	Ezra by the river Ahava	Luke 5:33	John's disciples and Pharisees
Ezra 9:5	Ezra mourning for the faithlessness of Exiles	Luke 5:34,35	Guests when Bridegroom has departed
Neh. 1:4	Nehemiah for the restoration of Jerusalem	Luke 7:33	Temperate character of John the Baptist
Neh. 9:1	Israel confessing their sins	Luke 18:12	Boastful Pharisees, twice a week
Esther 4:3	Jews following Haman's decree	Acts 9:9	Saul of Tarsus after encounter with Christ
Esther 4:16	Esther before audience with the king	Acts 10:30	Cornelius when angel appeared to him
Esther 9:31	With the Feast of Purim	Acts 13:2,3	Prophets and teachers in Antioch
Job 33:19-20	As a result of pain and sickness	Acts 14:23	At the appointment of the Elders to the Church
Psa. 35:13	On behalf of others	Acts 23:12-21	Jews under an oath to kill Paul
Psa. 69:10	The cause of David's reproach	Acts 27:9	Allusion to the annual Day of Atonement
Isa. 58	The Chosen Fast	Acts 27:21,33	Those with Paul before the shipwreck
Jer. 14:12	That which is unacceptable to God		

Prayer & Fasting Resources



Dr. Rodgers' Most Requested Teaching On Fasting



ORDER ONLINE AT
www.worldprayercenter.org
or call
502.964.3304 ext 1254
or write
WORD Ministries
P.O. Box 19229
Louisville, KY 40259

