

**BREAK  
THROUGH  
FAST**



# **BREAK THROUGH FAST**

**ACCESSING THE POWER OF GOD**

**G U I L L E R M O M A L D O N A D O**



**WHITAKER  
HOUSE**

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## **BREAKTHROUGH FAST: Accessing the Power of God**

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## PREFACE: RECEIVE WITH EXPECTATION!

**I** anticipate God working in remarkable ways as you read and apply this book to your life. You may be new to fasting, or you may already have begun to make fasting a regular part of your lifestyle. Either way, you will come to realize that...

- ✦ Fasting is not about depriving yourself but about expanding your ability to receive and release the presence and power of the Spirit.
- ✦ Fasting is not about being physically hungry but about being spiritually hungry for God so you can be filled with the life that truly satisfies.
- ✦ Fasting is not about losing out on what is natural but about gaining what is supernatural.

I can testify to the power of fasting—so many breakthroughs that I have seen in my personal life, ministry, and finances have come through prayer and fasting. For this reason, I ask that you

receive this teaching with *expectation*. Expectation comes from doing what the Bible asks us to do. If you do your part, you can expect God to act on your behalf—not as “payment” but as a gift of His grace and power. Expect God to transform you and use you as a vessel of His supernatural power as you learn how to enter into a *Breakthrough Fast*.



# INTRODUCTION: TIMES OF RESTORATION

## Spiritual Power in Fasting

If today's believers only knew the spiritual power in fasting, they would practice it more! Many people do not understand what fasting means to God and what it can accomplish in their lives. There is a strong emphasis on fasting in the Word of God. There are also many examples of the power of fasting in the lives of believers from early times up to the present. But today, the body of Christ has largely disregarded fasting. This is one reason why there is a lack of power in the church as a whole—with few miracles, signs, healings, deliverances, and other manifestations of the supernatural to transform lives.

Why has fasting essentially been abandoned by God's people? There are various reasons. One cause is our overscheduled lives;

we pack so much into each day that we often neglect important priorities. Another is simply a lack of motivation. But I think one of the most significant reasons is the pervasiveness of a “hyper-grace” outlook in the church. This perspective says that since Christ has redeemed us and conquered Satan, there is nothing we need to contribute to our spiritual growth and safeguarding. But this is not what Jesus teaches us!

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## **If today’s believers only knew the spiritual power in fasting, they would practice it more!**

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It is true that we can freely receive all the benefits Christ won for us on the cross. However, we must appropriate His provision by faith and apply it to all aspects of our lives. And we have a responsibility as God’s priests to offer Him spiritual sacrifices of prayer and fasting in order to further His purposes in the world—and in our own lives. (We will discuss these topics in more detail in coming chapters.) We must return to God’s original intent for the church—becoming a people who can manifest His love and power in the world. The only way we can do this is to return to both prayer and fasting.

### **Our Need to Fast and Pray Has Intensified**

Additionally, at this time in human history, we are living in the midst of upheaval and revolution—both in the natural world and in the spiritual sphere. As the second coming of the Lord draws near, we are dealing with demonic powers that have never

before been seen on the earth. Our need to pray and fast has intensified, because only by these means can we be prepared to confront and overcome these destructive forces of the enemy.

In accordance with this, we are living in the prophetic “*times of restoration of all things*”:

*Repent therefore and be converted, that your sins may be blotted out, so that times of refreshing may come from the presence of the Lord, and that He may send Jesus Christ, who was preached to you before, whom heaven must receive **until the times of restoration of all things**, which God has spoken by the mouth of all His holy prophets since the world began.* (Acts 3:19–21)

The word *restoration* means “a bringing back to a former position or condition.” It indicates being returned to original intent. In these last days, God wants to restore the church’s intimate relationship with Him and empowerment in His Spirit so we can complete His purposes—spreading the gospel of the kingdom throughout the world, bringing salvation, healing, deliverance, and abundance. This restoration includes a stirring in the church to return to living by the Spirit—no longer relying on our own strength and techniques for serving God—and to prepare for the second coming of Jesus Christ.

The book of the prophet Joel describes the end-time restoration of all things, which involves both Israel and the church. In chapters 1 and 2, the prophet describes the desolation of Israel and calls for repentance and fasting. Then, toward the end of chapter 2,

we read this word from the Lord about restoration: “*I will restore to you the years that the swarming locust has eaten, the crawling locust, the consuming locust, and the chewing locust, my great army which I sent among you*” (Joel 2:25). The third and final chapter of Joel deals with God judging the nations and blessing His people.

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**The “*times of restoration of all things*” include a return to prayer and fasting.**

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What is our responsibility in God’s plans for restoration? The promises of God require our personal cooperation—by prayer and fasting. Again, fasting is an essential tool for being empowered by the Spirit; it will enable us to experience breakthroughs in the spiritual realm, especially as we incorporate it as an integral part of our lifestyle. As I wrote in my book *Breakthrough Prayer*, “with a breakthrough, what we need is brought from the spiritual world to the natural world, so that we can see it in a visible or tangible demonstration of God’s power or provision.” This principle of the necessity of prayer and fasting applies not only to restoration on a global scale but also to restoration in our individual lives, right now, by God’s power and provision—in our personal life, marriage, family, finances, ministry, and anything else that needs to be healed, repaired, or given new life.

### **Prayer and Fasting as a Way of Life**

In *Breakthrough Fast*, you will discover how fasting gives you access to the presence of God. This book provides life-changing

revelation from God's Word and many personal testimonies about the power of fasting. You will learn what, exactly, fasting is; different types of fasts and their benefits; how to fast effectively; how to obtain and increase spiritual power through fasting; and specific guidelines and steps to make fasting part of your lifestyle. The value of fasting is incalculable—for your relationship with God and for His purposes in the world. Make it a way of life starting today. Jesus said, "*Your Father who sees [your fasting] in secret will reward you openly*" (Matthew 6:18).

# 1

## INTRODUCTION TO FASTING

**F**asting is one of the keys to entering the presence of God because it enables us to focus exclusively on our relationship with Him. One time, after I had worshipped God for a full hour, I sensed something inside me I'd never felt before. So I said to the Lord, "It feels like something heavy has come on me, something I can't describe. What is it?" He answered, "An inflow of power came into your spirit." I replied, "What do You mean? I didn't You ask for it." He said, "You don't have to ask when you have a close relationship with Me."

From the time God created human beings, He has desired to be one with us in relationship. Our communion with Him mirrors the marriage relationship as He designed it to be, in which couples are united as one flesh. In the church today, many believers lack a close, strong, continual relationship with the Lord where they can receive His life in an ongoing way. The result? *No relationship, no power.*

The spiritual reality is this: before God will commit His power to us, He requires us to be in relationship with Him.

Unless we understand that our entire Christian life centers on our oneness with the Lord, we will not have access to His supernatural power. *All* aspects of His power come through our union with Him. We can't have an outflow of power if we are spiritually immature, uninformed, dry, or stagnant in our relationship with God. For this reason, I always seek to maintain within me a spiritual atmosphere, a spiritual activity, which I receive through ongoing fellowship with the heavenly Father.

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**The spiritual reality is this: before God will  
commit His power to us, He requires us  
to be in relationship with Him.**

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### **A Present and Ongoing Relationship**

When we receive Jesus as our Savior and Lord, we make a commitment to give our life to God. But we must realize this is only the beginning of our relationship with the Father. It doesn't stop there. Think about your close human relationships: To maintain them, don't you have to invest in them with a commitment of love, time, and other resources? What do you bring to your current relationships? Are you a giver, or only a taker? When we have a relationship with God in which we minister to Him as well as receive from Him—a relationship that is present and ongoing—we will always have access to a wellspring of spiritual strength and power.

All of us as believers are called to seek a deeper, more profound, progressive, continuous, and intense relationship with

our heavenly Father—pursuing Him with all our hearts and being filled with His Spirit. Let us be thirsty and hungry for Him, closely aligning ourselves with His will and receiving fresh revelation and knowledge from Him according to His Word. As we grow closer to our heavenly Father, we will become more and more fruitful and productive for His kingdom.

### **Residing Power and Active Power**

When God told me about the inflow of power He had given me during worship, He also said, “There was just an inflow of power; now, you need to get the flow out of you.” The inflow was not for my benefit alone but for the purpose of ministering His power to others. If you are a believer, you already have God’s power within you through the indwelling Holy Spirit. That is what we call God’s “residing power.” Then, as you honor the Lord and worship Him, putting Him first in your life by prayer, fasting, and obedience, He will stir up that power within you. That is His “active power”—and His active power must then be released.

Our relationship with God initiates various types of active power, including authority power and miracle-working power. For example, Matthew 10:1 says, “*And when [Jesus] had called His twelve disciples to Him, He gave them power over unclean spirits, to cast them out, and to heal all kinds of sickness and all kinds of disease.*” The Greek word translated “power,” *exousia*, generally refers to authority power, or the legal right to exercise power. Such power can only come by virtue of a genuine relationship with God.

Acts 1:8 says, “*You shall receive power when the Holy Spirit has come upon you; and you shall be witnesses to Me in Jerusalem, and in*



*all Judea and Samaria, and to the end of the earth.*” Here, the Greek word translated “power,” *dunamis*, refers to miracle-working power, which is activated by faith. Our praying and fasting, in themselves, don’t release such power, but our faith releases the inflow of power that comes through prayer and fasting in the presence of God.

Thus, even though we all have God’s “residing” power, due to the Holy Spirit living within us, we still need to learn to appropriate the power so that it is stirred up and can flow out of us to do God’s will and meet the many needs in the world around us. Here we come back to the heart of the matter: the residing power becomes activated by *relationship*. Moreover, a continuing relationship with our Father leads to *continual active power*.

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**Our faith releases the inflow of power that comes through prayer and fasting in the presence of God.**

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### **The Law of Exchange**

In our divine relationship with the Father, the “law of exchange” is in operation, in which we receive all that God has for us. This includes an exchange of *name*, *will*, and *strength*. First, we receive a new name: We belong to God now and are counted as part of His family. (See, for example, 1 John 3:1.) We have also been granted the authority to use the name of His beloved Son Jesus to carry out His purposes. (See, for example, Mark 16:17.) Second, we receive a new will. When our spirit is renewed, God

writes His commandments on our hearts. (See, for example, Hebrews 10:16.) Third, we receive new strength—His Spirit lives inside us as an ongoing source of comfort, guidance, and power. (See, for example, John 14:26; Acts 1:8.)

The elements of a full relationship with God are love; obedience; reverence, also called “the fear of the Lord” (see, for example, Deuteronomy 6:2; Psalm 25:14); and commitment. We must continually keep in mind that our relationship with our heavenly Father is based on covenant—and covenant always involves commitment. Psalm 50:5 says, “*Gather My saints together to Me, those who have made a covenant with Me by sacrifice.*” We will talk more in coming chapters about this crucial element of sacrifice in fasting. For now, let us focus on the sacrifice Jesus made for us on the cross. Because He died in our place, we enter into a new covenant with God—a covenant of forgiveness for our sins, eternal life, and full access to His presence through Jesus Christ. Our part—our response—to this new covenant is to remain in close fellowship with the Father.

God doesn’t give His power to strangers, but only to those who are committed to Him—those who love, obey, and honor Him. As you commit to the Father, You become increasingly one in mind and spirit with Him, so that you begin to speak, talk, and act like Him. As you develop that relationship, God will commit to You in a deeper way and release more of His power in your life. He will reveal to you His will and manifest your spiritual inheritance.

In such a close, committed relationship with the Lord, you will be able to demonstrate His power, according to the Spirit’s

direction, whenever you see a need. You won't have to wait for "special anointing" because you will appropriate the power of that relationship to heal the sick, cast out demons, and do miracles, signs, and wonders.

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**Our relationship with our heavenly Father is based on covenant—and covenant always involves commitment.**

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### **Fasting and Relationship**

Fasting is a vital part of the process of maintaining an ongoing relationship with our heavenly Father because it enables us to deepen our communion with Him, resulting in greater intimacy and power. During a fast, we purposefully designate periods of time when we put aside everything else for the sole purpose of seeking the Lord. We do not engage in other responsibilities or obligations, entertainment, work, or even food in order to put God first and seek His face. As we do this, we see our lives and the lives of others transformed. Sin and temptations are overcome, family members come to Christ, "mountains" are moved, and spiritual power is activated to overcome "impossibilities"!

Many Christians are oppressed, afflicted, sick, depressed, fearful, and lonely. Where is the power in their lives to overcome these conditions? If we lack spiritual power in any area of our lives, then we either do not have a close relationship with God, we do not understand how to activate the power within us, or there are areas we still need to surrender to Him. We can't

exercise spiritual power and authority by our own intelligence or according to our own willpower. We need God's power to overcome temptation and to defeat the attacks of the enemy.

All of us have various kinds of difficulties. Some of our troubles may be the result of sin. But we must also remember that we are in a continual spiritual war with the enemy. In both cases, if we lack a vital relationship with the Lord, we won't have the power we need for victory. We also need power to "[bring] *every thought into captivity to the obedience of Christ*" (2 Corinthians 10:5) so that we can live on "*every word that proceeds from the mouth of God*" (Matthew 4:4). We can't just have head knowledge that the Bible says we are to take our thoughts captive. We must be able to exercise that power, and we can do so only from our position of relationship.

The deeper the relationship, the deeper the power. From now on, seek to do everything in your Christian life out of your relationship with the Lord, and not according to your own ability. It takes the power of God to remove mountains and address the issues in our lives relating to our marriages, finances, health, fears, or anything else.

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**Fasting enables us to deepen our communion with God, resulting in greater intimacy and power.**

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### **An Inflow of God's Power**

Remember that every time a believer develops a close, personal, continual, progressive relationship with God, there will be an inflow of His power. Casual believers don't produce power.

Ephesians 3:20 says, “[God]...is able to do exceedingly abundantly above all that we ask or think, **according to the power that works in us.**” Again, such active, working power within us comes by virtue of relationship. The power works when there is an inflow. When was the last time you spent time in God’s presence and received an inflow of His power?

As you pray and fast, God will deposit His power in you. I have found that the more of God’s presence we carry, the faster the power will be activated and released; the more we pray, the more quickly miracles will manifest. We see this pattern in Jesus’s life. He continually spent time in the presence of God, and when He went out to minister, the power fell.

If you would like to commit or recommit to having close and continual relationship with the heavenly Father, pray this prayer out loud:

Father God, I come to You in the name of Your Son Jesus Christ, my Savior. I honor You as God Almighty, and I acknowledge that I stand in Your presence. I repent for neglecting to develop a close relationship with You. Forgive me for having departed from the practices of prayer and fasting, which enable me to build and maintain our relationship. Right now, I commit myself to love You, to obey You, and to serve You by doing Your will. I return to You wholeheartedly. I desire to seek Your face in prayer and fasting. Please give me the power to sustain and deepen my relationship with You. You are my all in all! In Jesus’s name, amen.

## Testimonies of Breakthrough Fasts

My name is Maria Angelica Sherman. When I was growing up in the Bahamas, I was always considered “daddy’s little girl” in a family that was close. However, when I was about ten years old, my parents had an argument. I remember my dad packing his bags and leaving. When this happened, I was very hurt, but later I also felt abandoned and rejected because I never really saw him afterward; he never came to see me.

About eight years ago, I came to the United States, and I was going through a very rough time. This time, my dad left everything in the Bahamas to be with me. When he came here, I felt like I had forgiven him. But there was just something that did not allow me to love him the way I wanted to.

I started attending King Jesus Ministry, and it felt like I had found a home. I had an encounter with the love of God as a Father, and God ministered to me. I learned what it meant to harbor unforgiveness, resentment, and bitterness. When I recognized them for what they were, I was delivered from them and set free. But what God did afterward was beyond compare. My father came to me, opened up his heart, and asked me to forgive him. And that gave closure to everything I had been going through.

I continued going to King Jesus Ministry and serving, and my dad gave his life to Christ. But then a lot of

opposition began. We had many financial problems due to the fact that my dad lost his job right at the point he became a Christian. The enemy started to attack my relationship with my mom, because I was defending my dad. I was getting attacked during the very time I had decided to come to church and commit to God. As a result, my mother and I grew apart. But I gave our relationship to God, and she ended up giving her life to Christ, too. She came to me and said, "Daughter, forgive me for the attacks, for coming against you in this time," and God restored our relationship. Then, after I went on a twenty-one-day fast, my sister was saved, as well, and the Lord restored our relationship. We have the most beautiful relationship that you could imagine. The Lord really came into my life and transformed me as an individual and as a daughter of God.

Maria is now an ordained deacon at King Jesus Ministry, helping to restore other people's relationships, including those of marriages and families!