



Fasting: Opening the door to a deeper, more intimate, more powerful relationship with God

Jentezen Franklin

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In this New York Times Best-Seller and one of the best available books on the topic, Jentezen Franklin explains the spiritual power of fasting and offers a deeper understanding of God's plan for fasting and the benefits available to those who participate. The book contains inspiring and practical information that readers need to know in order to access the power of biblical fasting. Those who seek God through fasting can expect tremendous rewards for their personal lives as well as for the church. They will see breakthroughs in many areas such as healing, finances, unhealthy dependencies and family relationships. This book also gives stories of those who have reaped miraculous rewards from this simple act of faith.

Fasting: Opening the door to a deeper, more intimate, more powerful relationship with God Details

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From Reader Review Fasting: Opening the door to a deeper, more intimate, more powerful relationship with God for online ebook

Frank Theising says

In the past 17 years of regular church attendance, I have heard enumerable sermons on the importance of Bible study, prayer, or giving but can't recall a single message devoted to fasting. By my count there are 91 verses in the Bible that reference fasting. Jesus said "when you fast..." not "if you fast..." (Mt 16:6), yet fasting seems to have all but disappeared as a Christian discipline in America. I am no exception to this and picked this one up to learn more on the subject. It probably wasn't the best choice. While there is some good information (more on that below), the overriding lesson of Jentezen Franklin's book seems to be that we fast *to get something*.

A prosperity gospel message is apparent right from the first page when the author notes how he was fasting when his ministry received its first million-dollar gift (3). It continues throughout the book:

- Fasting releases the anointing, the favor, and the blessing of God on your life (4).
- God delights in giving rewards and when you fast in secret He will reward you openly (15).
- Fasting brings healing to your body as well as financial prosperity and blessings of God (16).
- If you begin to fast on a regular basis...it is directly linked to poverty being removed from your life (90).
- Joseph, Daniel, and Solomon all fasted and they were some of the wealthiest men in the Bible (91).
- After fasting...You will be greatly rewarded! (106).

In addition to statements like these, the book is full of glowing testimonials of unexpected financial windfalls or healing "...only three days into a fast for a loved one and the cancer was completely cured" (55). The author adds some qualifications near the end (fasting doesn't make God do anything (182), etc.) but it is buried amongst all the shady statements and promises of health and wealth. The book also speaks of fasting to ward off demon spirits that "attach themselves to our lives as generational curses, bondages, strongholds of the mind, lust, perversion, and addictions of every kind" (62). While I certainly believe in spiritual warfare, I detest people blaming their own sinful decisions on devils that made them do it. Plus, I find the idea of generational curses on Christians unbiblical and absurd.

Now that my negative rant is out of the way, I'll move onto some of the good in this book:

Fasting is not merely going without food for a period of time; that is dieting. Biblical fasting is refraining from food for a spiritual purpose (9). The Bible records many different circumstances, types, and lengths of fasts. He breaks them into three subsets: the absolute fast (eating/drinking nothing), the normal fast (water, no food), and the partial fast (giving up particular foods/drinks for a period of time)(32). When choosing which type of fast you will conduct, if it means something to you, it will mean something to God. If it isn't a sacrifice for you, it won't mean anything to God (35). Without being combined with prayer and Bible Study, fasting is little more than dieting (36).

Fasting is a means of renewing yourself spiritually. The discipline of fasting breaks you out of the world's routine, sharpens you, and makes you sensitive to the Holy Spirit (69). Fasting from TV or computer games is not fasting, though it may be good to put those aside for a time. Fasting is abstaining from food for spiritual purposes. Fasting is not a Christian diet (though weight loss is a natural side effect) (111-112). You do not fast so that others will notice. It is not an opportunity to show how spiritual you are but to focus on God (112). Too many Christians find they are malnourished in the Word but well fed on the world, and they live defeated lives as a result (123). It is biblical to fast and seek God for the right direction in your life

(177).

Tim Johnson says

This is an outstanding book on fasting. This book really encouraged me when I was on a fast. It is full of practical ideas of what to do when fasting as well as testimonies of people believing God to move on their or their family's behalf for breakthroughs that they did receive as a result of fasting and prayer. If you have never fasted or if you have fasted for years, GET THIS BOOK!! This is a MUST READ!!!!

Sarah says

There was very little on actually helping you with the process of fasting. It was a little to prosperity gospel for me. "When I fasted God gave me a million dollars". I credit that he did, however, finally in the last chapters discuss why we should really fast and that is because of obedience and our love for the Father. That as believers we are all called to fast. It would have made for a better book if he would have just written about that.

Margie Jimenez says

I devoured this book! What a blessing it has been to read on this important subject and be motivated to do as God desires. I highly recommend it for Christians who are seeking guidance on the discipline of fasting in the life of the believer.

Heather says

I love his writing style? can't wait for his new book to make its way to my house in the mail.

Jesse says

Good book, but mostly testimonies (which are great for building faith).

Unfortunately, there were a few principals he makes in the book that he seems to support biblically, but the scriptures he uses to support them are stretched QUITE a bit to make his point, and he often gets quite inventive with how he uses scripture to back up some of his points. This only happened a small handful of times, and the points he made were good and I will take and apply to my life, but I can not say it is a biblical promise to hold on to. The rest of the book is great. The Lord really used the book to speak directly to me and help me continue an extended fast.

Cheree says

I have fasted before... 7 day fasts to clean out my system, 3 day fasts to seek an answer to a pressing problem... but I have never fasted for 21 days or 40 days. It was nice to read the biblical teachings on fasting (though I must confess they were dealt with somewhat superficially and I would like to further study this out on my own). It was also inspiring to hear the testimonies of people who had committed to the 21 day (or longer) fast.

This is definitely a good read based on sound biblical principals for those who want to learn more about fasting. What would make it even better would be to go into more detail about the different types of fasts. Obviously, water only is pretty self-explanatory, but length of time for a water only fast is not addressed at all. What about juice fasts? He talks about drinking broth during the 21-day fast, so is that a liquid only fast or... Having said that, I realize there is also a complete fasting package available for purchase with this book, a journal, a 5-week DVD course, and a study guide. I assume these "how to" type questions would be dealt with in that package.

Overall, an excellent read that I highly recommend.

Russ says

This is a great book for anyone who wants to take their relationship with God to the next level. It's a short, easy read that teaches fasting is not just for "fanatics"... it's for everyone. After this book, I stopped fasting in response to problems. I scheduled it as part of my week... every week.

Victoria says

Though I wasn't reading this book for religious purposes, I found some of the information to be insightful. Not the most informative resource, but it was okay.

Alice says

Oh dear. From the subtitle, and from the reviews of other readers, I hoped for so much more. But this introduction to the neglected discipline of fasting was so disappointing, so shallow.

The fine print on the pages following the title page reveals Franklin's true opinions. "Previously published...as Fasting: The Private Discipline That Brings Public Reward (copyright 2004) and Fasting: Opening a Door to God's Promises (copyright 2006)." Stripped of its new cover (figuratively speaking), the book is revealed to be interlaced with prosperity doctrine. Franklin makes some solid points (though his exegesis tends to be overly inventive). Then he brings his points home with testimonial after testimonial of people whose fasting brought Results, i.e. prosperity, healings, dramatic rescues, and often within the month or within the year of the fasting episode.

The soul that looks to see if Results are happening has already looked away from the Master. The Result most precious to God is the soul that whispers, "Though He slay me, yet will I trust Him."

I would recommend the classic God's Chosen Fast, by Arthur Wallis--probably the best book ever written on fasting.

Kelly Newton says

Fasting is an important discipline that we often overlook. I've visited several churches in the last year, and I heard many many messages about prayer, a few about giving (tithing, especially), and none about fasting. I know that I have fallen into thinking of fasting as giving up any variety of things in order to focus more on God (and usually time management). This book was a good reminder of the importance of giving up some or all food and learning to hunger for God.

The author also talks about the importance of community and unity and having your group, ministry, family, or church coming together to fast at the beginning of each year.

The book is full of testimonies from his church members, but it also includes quite a bit of Scripture. There were a few things that I would skim over that I personally didn't jive with, but overall, it definitely increased my interest and desire to include more fasting in my life and to be part of a group that includes fasting as a regular yearly discipline.

Leslie says

I listened to the audio version of this book several times when I was on a modified fast for seven weeks just after Christmas 09'. It was one of the most peaceful and spiritual times of my life. Even though he is not of my faith, his book was a great inspiration to me.

Not Now...Mommy's Reading says

Awesome book! Very informative and well-written! I have already begun to make fasting a regular part of my spiritual life and plan to join the 21-day fast at the beginning of 2012! =)

Cristine says

This was an awesome book. I really started this about 4 months ago, though. It took awhile because I more studied it than just read it. It brought me to a conviction throughout the book. I have a hunger to do the fasting. The corporate fasting that Jentezen Franklin's church does brings even more power. You also realize that if you start your year out with fasting, it just seems to bless the whole year! This is a teaching book, but many testimonials inside. This is a MUST read! But, if you are not willing to fast, it won't be worth taking the time going through this. I was prompted by the Holy Spirit to go through this book. I am not ready to do a complete fast, but I can do a Daniel fast. There are three different fasts, and timings, too. But, you will have

to read the book to find out what they are! But, if you want the power of the Holy Spirit in your life and want to be blessed by God, read this. It takes three aspects...just as in the Trinity you have Father/Son/Holy Spirit; you are spirit/soul/body; this is fasting/prayer/giving. To me, it seems as if God works in threes. Well, you will have to read the book to find out any more. Enjoy reading!

Paul Bard says

Really, really simple practical insight into the role of fasting in the Christian life. Since Ramadan ended yesterday, where Muslims fast from dawn to dusk for 30 days, it has gone a long way to explaining why Islam is empowered by fasting. Christians have neglected the Biblical duty to fast, and thus have suffered for it.
