
HOW TO FAST FOR BREAKTHROUGH

THE ULTIMATE GUIDE TO UNLOCKING
SUPERNATURAL BREAKTHROUGH



DBA MINISTRIES

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A Christian Guide to Unlocking Miracles Through Fasting

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INTRODUCTION

WHY FAST? WHY NOW?



The alarm pierced through the darkness at 4:30 AM. Most of the world was still asleep, but Jentezen Franklin was already on his knees, entering his eighteenth day of fasting. His stomach had stopped growling days ago, but his spirit was more alive than ever. Little did he know that this very fast would spark a global movement, inspiring millions to discover the supernatural power of biblical fasting.

What if I told you that the breakthrough you’ve been praying for—the miracle you’ve been believing for—is just one fast away?

In a generation addicted to instant gratification, we’ve forgotten one of the most powerful spiritual disciplines known to believers: fasting. We’ve reduced it to a religious ritual, a New Year’s resolution, or something reserved for the “super spiritual.” But the truth is, fasting isn’t just about denying our flesh—it’s about awakening our spirit to the supernatural realm where miracles happen and breakthroughs are birthed.

The Crisis of Comfortable Christianity

We live in an age of spiritual comfort. We attend church services with padded pews and climate control. We stream sermons from our couches and participate in worship from our living rooms. We’ve made Christianity convenient, but in doing so, we’ve lost something essential: the desperate hunger for God that drives us to our knees and empties our plates.

The early church turned the world upside down not through better marketing strategies or more comfortable sanctuaries, but through the power of prayer and fasting. They knew something we’ve forgotten: when you deny your flesh, you feed your spirit. When you fast from earthly bread, you feast on heavenly bread. When you humble yourself through fasting, God lifts you up in His power.

The Biblical Mandate

Fasting isn’t optional for the believer—it’s biblical. Jesus didn’t say “if you fast,” He said “when you fast” (Matthew 6:16). He assumed fasting would be a regular part of

our spiritual lives, not an occasional experiment. The disciples fasted. The apostles fasted. The early church fasted. Every great revival in history has been preceded by seasons of prayer and fasting.

Yet somewhere along the way, we've domesticated our faith. We've sanitized the gospel and removed the radical elements that make Christianity powerful. We've forgotten that our battle isn't against flesh and blood, but against spiritual forces of wickedness in heavenly places (Ephesians 6:12). And you can't fight a spiritual battle with carnal weapons.

The Power That Breaks Every Chain

Fasting is the nuclear option of spiritual warfare. It's the secret weapon that breaks stubborn strongholds, opens impossible doors, and releases miracles. When you fast, you're not just skipping meals—you're declaring war on the enemy of your soul. You're telling hell that you're serious about your breakthrough. You're alerting heaven that you're ready to partner with God in the impossible.

Throughout history, God has used fasting believers to:

- Break generational curses
- Heal incurable diseases
- Restore broken marriages
- Open financial heavens
- Birth revival movements
- Topple ungodly governments
- Raise the dead
- Transform entire nations

The question isn't whether fasting works—the question is whether you're desperate enough to try it.

Your Breakthrough Moment

Right now, as you read these words, you may be facing:

- A medical diagnosis that doctors can't cure
- A financial crisis that seems insurmountable
- A relationship that appears beyond repair
- A calling that feels impossible to fulfill
- A stronghold that won't break
- A dream that seems too big to achieve

You've prayed. You've confessed. You've declared. You've believed. But the breakthrough hasn't come. What if the missing ingredient isn't more faith, but more fasting? What if God is waiting for you to take the step of radical obedience that demonstrates your desperation for His intervention?

The Heroes of Faith Who Fasted

In the pages that follow, you'll discover the extraordinary stories of ordinary believers who unlocked the supernatural through fasting:

Jentezen Franklin, who transformed his ministry and sparked global revival through 21-day fasts that became international movements.

David Yonggi Cho, who built the world's largest church through consistent fasting and prayer, proving that supernatural growth follows supernatural devotion.

Queen Esther, who saved an entire nation through a strategic 3-day fast that turned the heart of a king and reversed a death decree.

Mahesh Chavda, who witnessed the dead raised to life during extended fasts, demonstrating that miracles follow those who deny themselves for God's glory.

Heidi Baker, who received her calling and healing while fasting, showing us that God reveals His purposes to those who seek Him with their whole heart.

Lou Engle, who launched a national prayer movement after 40 days of fasting, proving that one person's fast can awaken a generation.

Daniel, who changed an empire through simple obedience to God's dietary laws, revealing that breakthrough doesn't always require extremes—just faithfulness.

Each of these heroes faced impossible situations. Each chose to fast when others would have given up. Each discovered that when you're willing to go without food, God is willing to go to extraordinary lengths to demonstrate His power.

Your 90-Day Journey to Breakthrough

This book isn't just about inspiring stories—it's about your story. It's about your breakthrough. It's about your miracle. That's why we've included a comprehensive 90-day breakthrough fasting plan that will take you from spiritual stagnation to supernatural acceleration.

This isn't a quick fix or a spiritual gimmick. This is a life-changing journey that will:

- Purify your heart and renew your mind
- Break strongholds and demolish spiritual barriers
- Release healing and restoration in every area of your life
- Clarify your purpose and ignite your destiny
- Connect you with God in ways you never thought possible

The Time Is Now

We live in unprecedented times. The world is crying out for authentic Christianity that demonstrates the power of God. The church needs believers who will pay the price for revival. Your family needs someone who will stand in the gap. Your city needs intercessors who will fast and pray until breakthrough comes.

God isn't looking for perfect people—He's looking for desperate people. He isn't searching for the most talented—He's searching for the most surrendered. He doesn't need your ability—He needs your availability.

The question isn't whether you're qualified to fast for breakthrough. The question is whether you're hungry enough to begin.

Are you ready to discover what God can do through a life surrendered to the power of fasting? Are you prepared to exchange temporary comfort for eternal breakthrough? Are you willing to deny your flesh to feed your spirit?

If your answer is yes, then turn the page. Your breakthrough is waiting.

“Is this not the fast that I have chosen: to loose the bonds of wickedness, to undo the heavy burdens, to let the oppressed go free, and that you break every yoke?”

— Isaiah 58:6

Let the journey begin.

CHAPTER 1

JENTEZEN FRANKLIN - FASTING FOR REVIVAL



The sanctuary was packed beyond capacity. People lined the walls, sat in the aisles, and crowded into overflow rooms where massive screens displayed what was happening in the main auditorium. The air crackled with expectancy as thousands waited for the service to begin at Free Chapel in Gainesville, Georgia. But this wasn't how it had always been.

Years earlier, Pastor Jentezen Franklin had stood before a congregation of just 300 people, wrestling with a divine dissatisfaction that wouldn't let him rest. He knew God had more—more souls to save, more lives to transform, more revival to release. What he didn't know was that the key to unlocking it all would be found not in a new program or marketing strategy, but in an ancient biblical practice that modern Christianity had largely forgotten: fasting.

"I'll never forget the day God arrested my heart about fasting," Franklin recalls. "I was reading through the Gospels when Jesus's words in Matthew 17:21 jumped off the page: 'This kind does not go out except by prayer and fasting.' I realized there were levels of breakthrough, dimensions of the supernatural, that simply couldn't be accessed without fasting."

That revelation launched Franklin on a journey that would transform not only his personal walk with God but would catalyze a global movement that has touched millions of lives. Through consistent 21-day fasts at the beginning of each year—a practice he has maintained for over two decades—Franklin has witnessed supernatural church growth, creative miracles, financial breakthroughs, and revival that has spread across continents.

The Discovery That Changed Everything

Franklin's journey into the power of fasting began during a particularly dry season in his ministry. Despite his best efforts, the church seemed stuck. Prayers felt

like they were hitting a brass ceiling. The breakthrough they desperately needed remained frustratingly out of reach.

“I was doing everything I knew to do,” Franklin shares. “We had great worship, solid preaching, active outreach programs. But there was no fire, no supernatural movement of God like we read about in the book of Acts. I was desperate.”

In that desperation, Franklin began studying every biblical passage about fasting. What he discovered revolutionized his understanding of spiritual breakthrough. From Moses’s 40-day fast on Mount Sinai to Jesus’s 40-day fast in the wilderness, from Esther’s nation-saving fast to the church at Antioch fasting before sending out Paul and Barnabas, one thing became crystal clear: every major move of God in Scripture was preceded by fasting.

“I realized that fasting wasn’t just about skipping meals,” Franklin explains. “It was about positioning ourselves to hear from heaven, to break through spiritual barriers, and to access a dimension of God’s power that remains locked to those who only pray but don’t fast.”

The biblical evidence was overwhelming. In Joel 2:12, God calls His people to “return to Me with all your heart, with fasting, with weeping, and with mourning.” In 2 Chronicles 20:3, when faced with an overwhelming enemy, King Jehoshaphat “proclaimed a fast throughout all Judah,” and God gave them supernatural victory. Jesus Himself, when asked why His disciples couldn’t cast out a particular demon, explained that some spiritual victories require both prayer AND fasting (Matthew 17:21).

But it wasn’t just the biblical precedent that convinced Franklin. As he researched church history, he discovered that every great revival, every significant spiritual awakening, had been birthed through seasons of prayer and fasting. From the early church fathers to the Protestant Reformation, from the Great Awakenings to the Azusa Street Revival, fasting had been the common denominator in releasing heaven on earth.

The First 21-Day Fast

Armed with this revelation, Franklin felt God calling him to undertake his first 21-day fast—the same length Daniel fasted in Daniel 10 when he received one of the most powerful prophetic visions in Scripture. But Franklin admits he was terrified.

“I had never fasted more than a day or two in my life,” he recalls. “The thought of going 21 days without solid food seemed impossible. I worried about my health, my energy levels, my ability to preach. But I was more afraid of missing what God wanted to do than I was of the discomfort of fasting.”

Franklin began his fast on January 1st, consuming only water and occasionally diluted fruit juices. The first three days were the hardest. Intense hunger pangs, headaches from caffeine withdrawal, and physical weakness made him question

whether he could continue. But he pressed through, clinging to Isaiah 58:8, which promises that when we fast God's way, "your light shall break forth like the morning, your healing shall spring forth speedily."

By day four, something shifted. The physical hunger began to subside, replaced by a spiritual hunger that was even more intense. Franklin found himself waking up in the middle of the night with an overwhelming desire to pray. During the day, worship would wash over him in waves. The Bible, which had sometimes felt dry and routine, suddenly came alive with fresh revelation.

"It was like someone had cleaned the windshield of my soul," Franklin describes. "I could see clearly for the first time in years. God began downloading strategies for our church, revealing hidden sins that needed to be dealt with, and giving me a burden for souls that I had never experienced before."

But the real breakthrough came on day 14. While praying in his office, Franklin had a vision that would define the trajectory of his ministry. He saw their small sanctuary filled to overflowing with people from every nation, tribe, and tongue. He saw multiple campuses spreading across the region. He saw media ministry reaching into homes around the world. And he heard the Lord speak clearly: "If you will make fasting a lifestyle, I will make your ministry a gateway for My glory."

The Revival Begins

When Franklin completed his 21-day fast, he was a different man. The spiritual authority he carried was tangible. His preaching took on a new dimension of power. But more importantly, he had received a blueprint from heaven for what God wanted to do through Free Chapel.

The changes began almost immediately. Within weeks of completing the fast, key leaders began joining the church—people with the exact skills and calling needed to fulfill the vision God had shown. Financial provision came from unexpected sources. Most remarkably, people began getting saved in unprecedented numbers.

"We went from seeing a handful of salvations each month to seeing dozens, then hundreds," Franklin shares. "But it wasn't because we changed our methods or our message. It was because fasting had broken something in the spiritual realm. The heavens were open over our church."

Inspired by the transformation he had experienced, Franklin challenged his congregation to join him in a corporate 21-day fast the following January. He was unsure how many would participate—after all, fasting wasn't exactly popular in modern American Christianity. To his amazement, over 100 people committed to the fast.

The results were extraordinary. Marriages that had been on the brink of divorce were miraculously restored. People were healed of diseases doctors said were incur-

able. Financial breakthroughs came to families facing foreclosure and bankruptcy. Drug addicts were delivered instantly. And the church began to grow exponentially.

“We learned that when we fast corporately, we don’t just add our faith together—we multiply it,” Franklin explains. “There’s a exponential increase in spiritual power when the body of Christ unites in fasting and prayer.”

The Movement Spreads

Word began to spread about what was happening at Free Chapel. Pastors from around the country started calling, wanting to know the secret to the explosive growth and supernatural activity. Franklin’s answer was always the same: “It’s not a secret. It’s a biblical principle. When you add fasting to your faith, you access a dimension of God’s power that changes everything.”

As Franklin continued his annual 21-day fasts, the vision God had given him began manifesting at an accelerated pace. Free Chapel grew from 300 to over 10,000 members. They planted multiple campuses. Their media ministry began reaching millions through television and online platforms. But perhaps most significantly, Franklin’s books on fasting—particularly “Fasting: Opening the Door to a Deeper, More Intimate, More Powerful Relationship with God”—sparked a global fasting movement.

“I began receiving testimonies from around the world,” Franklin shares. “Pastors in Africa reporting revival breaking out after implementing corporate fasting. Business leaders seeing supernatural favor and provision through fasting. Parents witnessing their prodigal children return home after seasons of fasting. It became clear that God was restoring the weapon of fasting to His church for the end-time harvest.”

One particularly powerful testimony came from a church in South Korea that had plateaued at around 500 members for over a decade. After reading Franklin’s book and implementing quarterly 21-day corporate fasts, they saw explosive growth, reaching over 5,000 members within two years. The pastor reported, “It wasn’t our programs that changed—it was the spiritual atmosphere. Fasting had broken through barriers we didn’t even know existed.”

The Science Behind the Spiritual

While Franklin’s primary focus has always been the spiritual benefits of fasting, he’s also fascinated by how modern science is confirming what the Bible has taught for millennia. Research has shown that fasting triggers a process called autophagy, where the body literally cleanses itself at the cellular level. It increases mental clarity, boosts the immune system, and can even reverse certain diseases.

“God designed our bodies to benefit from fasting,” Franklin notes. “When we fast, we’re not just drawing closer to God spiritually—we’re aligning our entire being with His design. Spirit, soul, and body come into harmony.”

But Franklin is quick to emphasize that the physical benefits, while real, are secondary to the spiritual breakthrough that fasting releases. He points to numerous biblical examples where fasting preceded major spiritual victories:

- In Judges 20:26, Israel fasted before defeating the Benjamites
- In Ezra 8:21-23, fasting secured divine protection for a dangerous journey
- In Nehemiah 1:4, fasting preceded the miraculous rebuilding of Jerusalem's walls
- In Acts 13:2-3, fasting released the apostolic ministry of Paul and Barnabas

"Every time we see fasting in Scripture, it's connected to breakthrough," Franklin observes. "Whether it's victory in battle, divine protection, answered prayer, or fresh anointing, fasting is the key that unlocks heaven's storehouse."

Practical Keys for 21-Day Fasting

Through years of personal experience and shepherding thousands through corporate fasts, Franklin has developed practical wisdom for those undertaking extended fasts. He emphasizes that while the spiritual principles are non-negotiable, the practical application can be adapted to individual circumstances.

"The goal is not to be super-spiritual or to prove how disciplined you are," Franklin clarifies. "The goal is to draw closer to God and position yourself for breakthrough. Grace, not legalism, should guide your fast."

Preparation is Crucial: Franklin recommends preparing both spiritually and physically before beginning a 21-day fast. Spiritually, this means clarifying your purpose for fasting, identifying specific prayer targets, and dealing with any known sin. Physically, it means gradually reducing caffeine and sugar intake in the days leading up to the fast to minimize withdrawal symptoms.

Choose Your Fast Type: While Franklin typically does water-only fasts, he acknowledges that different people may need different approaches. Options include:

- The Daniel Fast (fruits, vegetables, and water only)
- Juice fasts (fresh fruit and vegetable juices)
- Partial fasts (eating only one meal a day)
- Water-only fasts (for those with experience and medical clearance)

"The type of fast is less important than the heart behind it," Franklin emphasizes. "God honors the sacrifice, not the specifics."

Structure Your Day: During a 21-day fast, Franklin recommends structuring each day around prayer and the Word. He typically spends his normal meal times in prayer and Bible study, literally feeding on God's Word instead of physical food. This might include:

- Morning prayer and worship (during normal breakfast time)
- Midday Bible study and meditation (during lunch)
- Evening prayer walk or extended worship (during dinner)

Expect Spiritual Warfare: Franklin warns that extended fasting often triggers intensified spiritual warfare. "The enemy knows that fasting is a powerful weapon, so he'll try everything to get you to quit," he explains. "Expect unusual temptations,

sudden emergencies, and intense discouragement, especially in the first week. But remember, the very fact that you're facing opposition is proof that your fast is accomplishing something in the spiritual realm."

Fast with Others: While personal fasting is powerful, Franklin has seen the greatest breakthroughs come through corporate fasting. "When possible, fast with your family, your small group, or your church," he advises. "The accountability and shared faith create a multiplication effect in the spirit realm."

Breaking Through Your Breakthrough

One of Franklin's most powerful teachings on fasting involves what he calls "breaking through your breakthrough." He explains that many people fast until they feel a spiritual release or receive a word from God, then immediately break their fast. But Franklin has learned that often the greatest breakthroughs come after we think we've already broken through.

"In Daniel 10, the angel told Daniel that his prayers were heard from the first day he began to fast, but the answer was delayed for 21 days due to spiritual warfare," Franklin teaches. "What if Daniel had stopped fasting on day 20? He would have missed one of the most significant prophetic encounters in Scripture."

This principle has proven true repeatedly in Franklin's ministry. During one particular 21-day fast, he felt a clear release on day 18 and sensed God telling him the breakthrough had come. Everything in him wanted to end the fast and celebrate. But he had committed to 21 days, so he continued.

On day 21, while in prayer, Franklin received a divine download about a media strategy that would eventually result in their television ministry reaching over 200 nations. "If I had stopped when I felt the first breakthrough, I would have missed the greater breakthrough God had planned," he reflects.

The Ripple Effect

Perhaps the most remarkable aspect of Franklin's fasting journey has been the ripple effect it has created. Thousands of churches around the world now practice annual 21-day fasts, many timing them to coincide with Free Chapel's fast in January. This has created a global prayer and fasting movement that Franklin believes is preparing the church for the greatest harvest in history.

"When millions of believers fast together, it creates a spiritual tsunami that the enemy cannot withstand," Franklin declares. "We're seeing signs, wonders, and miracles on a scale that rivals the book of Acts. And it's all connected to the restoration of fasting to the modern church."

The testimonies continue to pour in:

- A church in Brazil saw 3,000 salvations during their 21-day fast
- A businessman in Texas received a creative idea during a fast that resulted in a multi-million dollar invention

- A woman in Canada was healed of stage 4 cancer on day 19 of a 21-day fast
- A pastor in India saw his region's largest Hindu temple close and convert to a church following a season of fasting

"These aren't isolated incidents," Franklin emphasizes. "They're becoming the norm when God's people humble themselves through fasting."

Your Fasting Breakthrough

As powerful as Jentezen Franklin's story is, he's quick to point out that there's nothing special about him that isn't available to every believer. "I'm just a regular person who discovered an irregular weapon," he says. "The same power that transformed my life and ministry is available to anyone willing to add fasting to their faith."

Franklin challenges every believer to make fasting a regular part of their spiritual discipline. Whether it's one day a week, three days a month, or an annual 21-day fast, the key is consistency and purpose. "Don't wait for a crisis to drive you to fasting," he advises. "Make it a lifestyle, and watch how God uses it to keep you in continual breakthrough."

The promise of Isaiah 58:6-9 remains as true today as it was when it was written:

"Is this not the fast that I have chosen: To loose the bonds of wickedness, to undo the heavy burdens, to let the oppressed go free, and that you break every yoke? ... 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.'"

Jentezen Franklin's journey proves that these aren't just poetic words—they're promises waiting to be claimed by anyone willing to embrace the powerful weapon of fasting. The question isn't whether God wants to bring breakthrough in your life. The question is: are you willing to fast for it?

As Franklin often says at the conclusion of his fasting messages: "If you want what you've never had, you must do what you've never done. And if you'll do what others won't do—fast—you'll have what others won't have—breakthrough!"

The revival that began with one man's obedience to fast has now touched millions. But according to Franklin, this is just the beginning. "The greatest revivals in history are ahead of us, not behind us," he declares. "And they will be unlocked by a generation that rediscovers the atomic power of prayer and fasting."

Your breakthrough is waiting. The question is: when will you begin your fast?

CHAPTER 2

DAVID YONGGI CHO - BUILT THE WORLD'S LARGEST CHURCH THROUGH FASTING & PRAYER



The young Korean pastor collapsed on the platform, blood streaming from his mouth. His lungs, ravaged by tuberculosis, could no longer sustain the passionate preaching that had become his trademark. As medical staff rushed to carry David Yonggi Cho from the tent church, the small congregation of just five members—including his future mother-in-law—wondered if they had just witnessed the end of their pastor's ministry.

It was 1958, and Cho was dying. Doctors gave him three months to live. The church he had started with such hope and enthusiasm seemed destined to become another casualty of the spiritual warfare that had gripped post-war Korea. But what happened next would not only save Cho's life—it would birth the largest church in Christian history and revolutionize our understanding of the power of fasting and prayer.

"I was literally at death's door," Cho would later recall. "I had nothing left to give God but my desperation. So I gave Him that, along with my commitment to seek His face through fasting and prayer like never before."

From that makeshift tent church with five members, Yoido Full Gospel Church would grow to over 800,000 members, with millions more connected through satellite churches worldwide. The secret? A lifestyle of fasting and prayer that Cho maintained for over six decades, combined with revolutionary cell group strategies that were all birthed in seasons of fasting.

The Death Sentence That Birthed Life

David Yonggi Cho's journey into the transformative power of fasting began not from a place of strength, but from absolute brokenness. Born into a Buddhist