
EMEKA ANSLEM

FASTING — TO GET — RESULTS

LEARN HOW TO UNDO HEAVY BURDENS

FASTING TO GET RESULTS

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JUST BEFORE WE BEGIN...

In 2015 I had a financial challenge that lasted for 7 months. I resigned from an organization where God specifically instructed me to work. Don't blame me, the circumstance was too emotional to bear as at that time.

I resigned in October 2015, and remained jobless till May 2016. Considering my obstinate behaviour towards God's instruction, one would think I should suffer. In fact, I judged myself over and over again; I honestly believed that God won't give me another job. When the year 2016 started, I decided to engage in a 21-day fasting and prayer retreat. I thought to myself that even if God won't give me another job, He should at least tell me and not be silent on me.

Guess what? Never mind, don't guess, I've decided to share all that happened during my retreat in this little book. I've also capitulated the points into lucid forms so you can also apply them. Have a good read!

First, You Must Understand That

FAITH IS THE VICTORY

Fasting is not the victory that overcomes the world, faith is the victory. Many people are too quick to jump into a fasting adventure, and that's because they believe they'd be victorious when they do. Guess what? People who gain victory with that mindset only enjoyed God's mercy. The first point of contact to gain victory isn't fasting, it's faith. In 1 John 5:4, the bible says, ***"For whatsoever is born of God overcometh the world: and this is the victory that overcometh the world, even our faith"***. Did you see that? Faith is the

victory that overcomes the world. So when your landlord is on your neck for the next rent, faith is the victory. When your health is challenged, faith is the victory. When there's no food on your table, faith is the victory. When you're unemployed, faith is the victory. When you're due for marriage, faith is the victory. When they confirm that you're barren, faith is the victory. When you need admission into school, faith is the victory. When you have to pay a debt, faith is the victory. No matter what the challenge may be, faith is the victory!

It's not fasting that pleases God, it's faith. In Heb 11:6, the bible tells us that ***"without faith it is impossible to please Him: for he that cometh to God must believe that He is, and that He is a rewarder of them that diligently seek Him"***. Did you notice *"He that*

cometh to God must believe"? In other words, if you want to go to God, then you must have faith. God is never far from faith; the moment faith appears, God appears. When you find faith, you've found God.

It's important to mention that God's timing overrides nature's timing. Naturally, it may not be your time to be promoted or favoured, but with faith, it's acceptable that you have them now. In John 4:1-11, the bible shares a story about the first miracle that Jesus performed at Cana. It was a wedding where guests were invited as usual. But coincidentally, the wine was exhausted, and the chairman of the occasion was still on his table. Wine had to be available as long as he was still around. When the servants told Mary - who also happened to be the wedding planner, she turned to Jesus hoping that He'd

perform a miracle. Jesus immediately told Mary that it wasn't time to perform a miracle. But with faith, Mary insisted. She directed the servants to Jesus and said *"whatever He tells you to do, do it"*. It wasn't time to perform a miracle, but faith made it time.

Naturally, it may not be time to receive that miracle you desire, but with faith, you can have it now. God loses His negotiation power when faith is at work.

According to Hebrews 11:1, faith is not a "later" force, it's a "now" force. If you don't want the blessing now, then there's no need to put your faith on the line. Someone once asked me how I know when my faith has worked, I responded saying "when I see the miracle". Faith is not something you "hope"

will work, faith is something you should be "sure" will work. Faith is a 'Now' force, it gets things done immediately. If God's accepted time is now, then it is only wise to engage faith, which also works for immediate matters. Let me share a few testimonies with you.

Sometime ago a member of my fellowship called me and said "Pastor, please o, my wife left home since morning, and all she said was 'I am coming'". I left the dinner I was preparing to have and rushed quickly to his place to pray with him. I got to his house at 7:25pm, and prayed till 7:30pm. I particularly declared that "in 30 minutes, his wife must return from wherever she was". After the prayer, I sat down with him in his sitting room - with an assurance that his wife would return. At exactly 7:59pm, his daughter called

him. After they exchanged pleasantries, he began to report the matter to his daughter when I grabbed his hands and said "No! We have seen your wife, stand up, let us go and open the gate for her". He followed me to the gate, and as we opened the padlock, we saw his wife standing right in front of the gate, about to knock.

Stop waiting or looking for material evidences, faith is the evidence. Hebrews 11:1 tells us that **"... Faith is the evidence of things not seen"**. Seeing your spouse is not an evidence that you will marry, faith is the evidence. Gaining admission into school is not an evidence that you will go through school, faith is the evidence. Conception is not an evidence that you will have a child, faith is the evidence. I sat down with the man for 30 minutes because I already had the evidence.

Material evidences may fail you, but the evidence of faith will never fail you.

A lady once approached me and said she needed a job. I prayed about it and told her that before the 21st of that month, she was going to be gainfully employed. She came to my office on the 20th of that month and told me she just got a job. While I was exalting God, she expected my reaction to be more than I was doing. When I asked why she had that astonished look, she said I told her that the job will come before the 21st and it was so. Faith sets a target and hits the target. Hope waits till whenever it will happen, faith works towards the set time for it to happen.

A certain woman approached me and said that God asked her to share her situation with

me. She said her daughter would be 28 and no man had ever asked her out, let alone propose to her. I prayed for her and declared that within 6 months, God will visit her daughter with marital laughter. Just a Sunday into the sixth month, she came to testify that a man proposed to her daughter a day before.

Christians don't live by hope; we live by faith. The bible says ***"faith is the assurance of things hoped for"***. In other words, we no longer have to hope for things, because we now have an assurance of those things in God's word. Heb 10:36 tells us that ***"we have need of patience, that after we have done the will of God, we will receive the promise"***. We don't have need of hope, but patience. And the reason why we need patience is so that we can complete the will of God that

releases the promise we desire. When you see someone who is waiting on God, ask him if he is doing the will of God that guarantees the release of the blessing he is waiting for.

God's promise does not manifest in our lives "one-day one-day", it manifests after we have done the will of God. Some people have complained that they've completed the will of God but they've not received the promise; that's not true! Moses also thought that he had completed the will of God, yet, God continued to harden Pharaoh's heart because He still wanted to do something. And until Moses really finished God's will, the promise to set Israel free from Pharaoh didn't come to pass. The truth is, if you can finish the will today, then you should also receive the promise today. If you've not received the promise, it's either you've not completed the

will of God or you're just ignorant of this truth. You don't have to hope, have faith!

A lady was already 2 years into her marriage and no sign of conception. Her in-laws were already threatening her. She shared the challenge with me and I asked her if she was ready to have a child. When she said yes, I told her to have it in six weeks. Barely six weeks after, she told me she was pregnant.

Hebrews 10:35 says "cast not away your confidence, which has great recompense of reward". In other words, faith is always compensated with a reward, or your expectation. The proof that you had faith on a matter is the reward that you would see at the end. So do not tell me "I had faith, but...", faith has no "buts". If you have not seen the

reward, then continue in faith until it comes. Faith always speaks at the end; though it may tarry, wait for it, just like I waited for 30 minutes, because your blessings will surely come.

Finally on this point, faith is God's winning strategy for those who are born of God. No matter what is happening in the world, faith will always win.

If Faith Guarantees Victory

WHY FAST?

Having established the fact that faith guarantees or secures the victory, we must understand that victory is in degrees. It is the level of your faith that will determine the level of victory you would be able to attain. If the battle has not ended, then you need more faith. Prov 24:10 says ***"If thou faint in the day of adversity, thy strength is small"***. Faith is the strength of every believer. If your faith hasn't brought a solid win, then you need to increase your faith.

A certain man had a lunatic child who had been diagnosed with several treatments, but

all to no avail. The child was even taken to the disciples of Jesus for deliverance, but it seemed the matter grew worse. The bible records that, sometimes the child would jump into fire, and some other times into water. But when they brought the child to Jesus, he was delivered instantly. When the disciples enquired to know why they could not deliver the child, Jesus told them that their faith was inadequate, and that the kind of faith that will cast out such a demon will require fasting. Do not get me wrong; fasting is not the victory, faith is. But do not expect to drive a trailer with the engine of a car, just as you should not expect to build a house with the same level of faith you used to rent a house. Faith may be the victory, but what generates its power is fasting.

FASTING IS A PERIOD OF TIME WE INTENTIONALLY SET ASIDE FOR THE PURPOSE OF DEVELOPING OUR FAITH. WHEN IT COMES TO GROWING YOUR FAITH, FASTING IS NOT AN OPTION. IN A FAST, YOUR FAITH HAS TO GROW UP TO A LEVEL WHERE YOU CAN GAIN THE VICTORY YOU DESIRE.

Let me show you a few reasons why you should fast...

- TO DESTROY HABITS

Fast! That is what you should do when you start feeling spiritually weak or vulnerable. Fasting is like a self-diagnostic tool for a believer, it has capacity to discover your

challenges and also undo them. Isaiah 58:6 tells us that fasting is prescribed to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that every yoke should be broken.

Sometimes we just want to do what we like. The only problem with that is; doing what we like may not be what is right. Many believers would be surprised how much they have gone astray when they eventually deprive themselves of the things they like. Isaiah says that fasting is a time when a man afflicts his soul; which means it empowers you to subject what you like to what is right. King David understood this principle, he fasted to humble himself before the Lord. In 1 Cor 10:23, Paul said "all things are lawful to me, but not all things edify me". Certain things

may be generally acceptable, but you should check if they are spiritually acceptable.

- FOR CONVICTION ABOUT HIS PLANS

Another reason why we fast is so that we can be sure and convinced about God's plan for our lives. I once defined fasting as neglecting every other thing and drawing closer to God. And there is no better way to draw closer to God without studying God's word. When it comes to fasting, studying is as important as praying. Praying is like breathing, while studying is like eating; if you continue praying without studying, a time will come when you would run out of points. I think we should no longer call it "prayer and fasting", but "studying, praying, and fasting".

God wants to bless us, but He often waits till we find the reason why He wants to bless us. The bible says ***"When thou has found it, there shall be a reward"***. Do not spend all your fasting time in prayers alone; engage in rigorous study about what you are praying for. Isaiah 41:21 says ***"present your case, and bring your strong proof"***. If your proof is not strong enough, you may not get the blessing, no matter how fervent you pray. I remember how God would often refer me to a book whenever I prayed to Him regarding a matter of interest. There are times that God will prefer to give you knowledge than to give you answers to prayers. Surprisingly, most of the things we pray for are things that knowledge will easily fix.

PRAYER CHANGES THINGS, BUT THE PRAYER
THAT CHANGES EVERYTHING IS THE ONE
THAT IS BACKED UP WITH KNOWLEDGE.

During my 7 months' ordeal, I prayed to God to give me a job and a business to support the job. But before I ventured into that kind of prayer, I had already read from a book that God was thinking on how to bless me. The revelation I got from that book was so convicting that I began to blame myself for having false notions about how God felt about abandoning a job He gave to me. I know I did wrong, but despite my flaw, God was still thinking on how to bless me. That understanding became a booster to my prayers. I was so sure that God would give me

a job and a business. Guess what? I got a job four months after, and started businesses within the same month.

- IT PROPAGATES THE EFFECT OF YOUR PRAYER

Some demonic forces just won't let you go except you engage the power of fasting. Prayer is an ever potent force, but it has a limit to what it can accomplish without fasting. Prayer is like transmitting a message to God, while fasting is ensuring that the message passes through a good network coverage area to its destination. Daniel understood this principle when he prayed passionately without food nor drink for many days, just to divert the plague that was to come. The bible also mentions that some demons held back the answers to his prayer,

but because he was boosting his prayers with fasting, another angel of God intervened.

I remember praying for some things that must happen before a certain year ended; God answered all but one of the prayers. And when I prayed ceaselessly for days about it, I suddenly heard the voice of the Lord saying ***"this one will not go except by prayer and fasting"***. I have come to discover that there are many things that God freely intervenes for us, but there are some others that He would not intervene until we are adequately empowered for it. Fasting will show how serious we are about the issues confronting us; and ultimately, it will increase our power. God does not have issues giving us things, He only has issues giving us things we do not have capacity to maintain. Therefore, do not tell me that God has not answered your

prayers, check yourself to see if you are adequately empowered for what you are praying for.

IF PRAYER HAS NOT RESOLVED THOSE ISSUES
TILL NOW, ENGAGE THE POWER OF FASTING.

Let Me Show You a Few
**THINGS TO CONSIDER
WHILE FASTING**

1. STUDY THE WORD OF GOD

If you ever think that you don't have faith, then it's because you don't have the word in you. Faith comes by hearing and understanding the word of God. Faith is not something you'd suddenly have when you wake up in the morning or when you're about to sleep at night. It's not even something that comes upon you on a Sunday; if you want to have faith, then you must hear the word to have it. I've heard several people pray that "God should give them faith" even when God had already told them that if they study His word faith will come.

Trust me, if you pray and fast from now till next year, without studying the word of God, faith will not come. Faith comes by hearing and understanding the word of God. Hannah prayed and even moaned her childlessness for years, but her prayer didn't receive answers until she received the word of God from the mouth of the prophet. A time is coming when the angels of God will have to deliver handkerchiefs to people who cry to God without faith. Don't mistake your loud cry in prayers for faith in God's word. Praying without faith is playing without knowing; and a faith that has no root in God's word is fake.

DON'T CLAIM A FAITH YOU DON'T HAVE. FAITH COMES BY HEARING THE WORD OF GOD; AND IF YOU'RE NOT HEARING THE WORD, FAITH CANNOT BE IN YOU.

For those 21-days I fasted in 2016, I segmented them into 3 days each. Each 3-day for a peculiar challenge. The first 3 days was to seek the mercy of God over my life. I scheduled my prayer times for 12NOON, 3PM, and 6PM, every other time in between was for studying. I bought books that addressed mercy and forgiveness of sin, blessings, and favour from God. When I reached the 3 days I allocated for more anointing, I read books on anointing and The Holy Spirit. When it was time to pray for financial breakthrough, I read books on financial prosperity. The knowledge I got from those books informed my prayers. I'd note each revelation down in a book and convert them into prayer points during my prayer times. For instance, I didn't just ask God to give me a job, among many other scriptures, I prayed with Isaiah 3:10, ***"Lord, you said it will be well with the righteous, and that he'd eat***

from the fruit of his doing. Therefore, bless me with a job so I won't have to eat from someone else's doing". Those words felt so real when I prayed them. And the fact that I was fasting made it feel like I was just next to God - presenting those matters.

Prayer is communicating with God based on His word. You can't be sure He'd do what He has not said. In 1 John 5:14, the bible says, ***"And this is the confidence that we have in him, that, if we ask any thing according to his will, he heareth us"***. The only way you can be sure He has heard you is if you ask according to His will. So instead of pacing and shouting on top of your voice all in the name of praying to God, wouldn't it be better to first search out His will about the situation. Isaiah 43:26 says ***"Remind Me, let us argue the matter together. State your case, so that***

you may be vindicated (BSB)". It didn't say you should shout on Him; it says you should remind Him. In other words, if you're not acquainted with what He had said, you can't win the argument, neither will your prayers be answered.

So that's it! Buy books that specifically addresses your situation. Let your prayer points be birthed from the knowledge you get from those books. And in case you can't find a book that addresses the situation, search the bible, find bible characters whose case is peculiar to yours and read about them. When I reached the 3-day I allocated for divine wisdom and operating spiritual gifts, I read about Daniel and Joseph.

2. PRAY FERVENTLY

If you won't pray, then don't call it a fast. Fasting is a platform where we iron out issues with God in prayers. Every revelation you encounter during your study time must be put into fervent prayer. Like Bishop David Oyedepo would say, you must dive into those revelations with prayer.

Some revelations are timely; they shouldn't be delayed till your scheduled prayer time. The moment you catch them, engage them in prayer.

I know it's often difficult for people who are on the job to pray while they fast. I wasn't working as at that time, so it was easy for me to schedule a favorable prayer time. But hey,

you know where the shoe hurts, and you know you must press through in prayer before your turnaround can be established. It's not like you'd be fasting for the rest of the year. So look into your daily work routine and fix a prayer time that won't be hindered. Sometimes this may be almost impossible, but with a little discipline, you can do it. In 2017, while I was on a similar fast, I'd lock my office occasionally and remove the phone from the cradle so that no one would interrupt. Sometimes I could pray for 10 minutes, and some other times even more. And since I may not be able to read a physical book in the office, I resolved to reading e-books instead. If I catch a new revelation and I can't lock my office to pray, I'd shut my mind from everything around and groan in prayers.

However, in situations where office work is overwhelming, I rely on my break time. With these strategies in place, there's no way a prayer won't go up to heaven from me for each of those fasting days.

3. WATCH OUT FOR SIGNS AND DIVINE INSTRUCTIONS

A week after the fast, God told me to go to a Bible school and offer my ICT skills as a volunteer service. One would think that after 21 days of heavy prayers, God would give me a fat salary job, but no, I became a volunteer first, and that for 3 months. My ingenuity to the work was remarkable, even paid staffs appreciated me.

Two weeks before I finally got a job, I was heading to the bible school when God told me

to start distributing tracts at a major bus stop in the evenings. Just imagine how it felt when a person who should also be returning from work became a person who was distributing tracts to people who were returning from work. I felt humiliated; but hey, I had to obey God's instruction.

As if that wasn't enough, God would often put me through generosity tests. On two occasions, within those two weeks, He made me give out money that I wasn't even having enough of. But miraculously, all of these things worked together for my good. I was called for an interview in an organization I never applied to for a job. The negotiated salary was lower than I expected, but for some reason, God wanted me to take it. A better offer came in the same day I resumed that job; but guess what? I declined.

Accepting the low offer suddenly became an open heaven for me. Business ideas began to troop in from all corners. Presently, I'm a writer, an author of over 35 books, a content developer, a ghost writer, a graphic designer, and a chef. Those are just a few compared to the many things I also feature in.

Here's What to Consider

WHEN THERE'S NO MATERIAL THAT ATTENDS TO YOUR NEED

In 2018, I had just one focus during my fasting retreat, I needed someone who would mentor me spiritually. As I prayed, I bought books written by my mentors. I read all and still wasn't satisfied. Don't get me wrong, the contents of those books were inciting, but they were not enough to quench the hunger I felt within. At this point, I knew I needed God's mercy to prevail for me.

My communication with God changed;


"Father, I know you've been seeing all my efforts to quench this hunger that is within. I've read from all the mentors I know, but the hunger is even getting deeper. At this point, if you don't help me, I fear I may go astray. Or, do you want me to go astray? Please Lord, consider the hosts of people that follow my lead, how will I continue to feed them if I remain like this?"

My point is, it became a cry of mercy. After all the principles I've mentioned in this book, this one is reserved for a bail out from impossible cases.

Before the fast ended, God connected me to a mentor. And since then, my spiritual life has been on the increase.

I TRUST YOU'VE BEEN BLESSED BY THIS BOOK. PLEASE DO NOT HESITATE TO SHARE IT WITH FAMILY AND FRIENDS. AND YES, I LOOK FORWARD TO READING YOUR TESTIMONIES. CONGRATULATIONS!

- PUTTING GRACE UNDER PRESSURE
- HOW TO RECEIVE YOUR DESIRED
MIRACLE
 - COLOR IN WILDERNESS
 - THE BAIL OUT PLAN
 - WHERE ARE THE YOUTHS?
- HE BLESSES OUR BREAD AND WATER
 - WHERE THERE IS NO VISION
 - FOCUS
 - ACADEMIC DRIVE
- LEARN HOW TO FIND YOUR PURPOSE
 - MOTIVATING RIGHT EDUCATION
 - THE TIME IS NOT ENOUGH
 - A NEW CONFIDENCE
 - INTO THE DEEP
 - OVERCOMING DEPRESSION
- TIMELY NOTES 30-DAY DEVOTIONAL
- I COULDN'T FIND A SILVER SPOON
 - ANSLEM'S FAITH BOOK
- NOW THAT YOU'VE BEEN
ENTHRONED
 - THE GREAT ADVANTAGE



More Inciting
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EMEKA ANSLEM

FASTING — TO GET — RESULTS



Emeka Anslem is the 'privileged' writer of Timely Notes Daily Devotional, Founder of In-spirited Writers Training School, and President of The Solutionists. He's an ICT Expert who studied Microsoft Certified System Engineering (MCSE) with National Institute of Information Technology before he moved to Lagos State Polytechnic for a Computer Science course. Having lived in Lagos all his life, though from an origin in Delta State, he has developed a sound relational skill in Yoruba language.

He received a divine call to be a teacher in April 2013, with an assignment to "Add value to lives by bringing knowledge to the people". By God's grace, he has committed his life to that assignment, and he's always willing to add value to lives.

Through his passion for his assignment, he's been privileged to author over 30 e-books, which are downloadable for free at the E-BOOKS section of his website (www.emekaanslem.com.ng). His rare teaching gift has attracted several public speaking engagements in seminars, conferences and the likes. Considering his track record in writing, God inspired him to convene a yearly writers conference, which has been a medium of transformation for many writers.

He also runs a documentation business, where he operates as a ghost writer. He has written for great men within and outside the country; and with the permission of his clients, he can show you some of his finished works (books).