

Now Concerning Spiritual Things
an historical account of one man's walk with God

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**A BREAKTHROUGH
WORTH WRITING ABOUT
Part Seven**

Here are three things that have contributed to the breakthrough about which I write, a *breakthrough* the Lord has called a "Spirit walk" with Him: (1) fasting, (2) the Lord's Supper and (3) keeping a journal. Let's look at each in the order as listed.

(1) Fasting

In the sixth chapter of Matthew, it is recorded that Jesus said, "When you give," "When you pray" and "When you fast." Here, He instructs us to do neither of these three, but from the context of this chapter, assumes that we will do all three. My encounter with fasting began this way:

As I recall, it was about ten years ago that I was standing at my work bench in our garage at home and the Holy Spirit spoke one word to me: "Fast." At that time I knew that *fast* was the way you drove on the Interstate. I knew of no one who fasted and had never heard anyone teach or preach on fasting. I realized the Lord was telling me to fast, so the first thing I did was to fast for three days with nothing but water to drink for seventy-two hours. Drinking plenty of water is one key to a successful fast. Why I chose three days, I do not know. For reasons I then did not understand, this three-day fast was not difficult. As I recall, I had a slight headache when I went to bed the first night, but had no trouble sleeping and thereafter experienced no particular problem with hunger during the three days. At the end of the fast I was not very hungry, but ate too much my first meal and thereby learned to break the fast gradually with something light like soup, broth or juice and some saltine crackers, for example.

I felt no discernable benefit from the three-day fast. Thereafter, for several months, I experimented with fasts from one to three days with no apparent benefit that I could tell. Then one Wednesday evening we had dinner at the Food Court in our Church and sat at the same table with Loretta Blassingame, an evangelist gifted in the area of healing. During dinner I asked Loretta if she knew anything about fasting and, as I recall, she said, "I have done three 40-day fasts." Prior to that I had never heard of anyone in the church who fasted for forty days. Of course, both Moses and Jesus fasted for forty days and nights.¹

I then told Loretta of the Lord telling me to fast, but

that I was unsure of how long and how often I should fast, and asked her opinion. Her reply was, "Why don't you ask the Lord?" The most obvious answer, I had completely overlooked! I then took the matter before the Lord and awaited His answer.

Not long thereafter Dale and I visited with my sister in a Bryan, Texas Retirement facility and spent the night there in a Bed & Breakfast. The following morning, I awakened at 7:30 A.M. with these words on my mind, "We take the 13th, 14th and 15th of each 30 days and give them to the Lord." At that moment those words didn't make any sense to me, but I nevertheless wrote them on the note pad that was on a table at our bedside and went back to sleep. Upon awakening later that morning, I again looked at the words I had written and the meaning was clear. The 13th, 14th and 15th were three days out of thirty, or one tenth of the time. Then I realized that the Lord was telling me that I was to fast from ten percent of my time (the same as I was to fast from ten percent of my income), which I have done for almost ten years. At the Lord's direction, I have done a five-day and a seven-day fast with no solid food and nothing to drink but plenty of water with an occasional small amount of juice or broth.

The seven-day fast came about this way. One day I was praying about something which greatly concerned me and asked the Lord what I should do. His immediate response was, "Get on your face for seven days." Implied in this "word" was a seven-day fast, which I had never done. Nevertheless, the next day I started a seven day fast without solid food but with plenty of water to drink. On the fifth day the Lord gave me spiritual revelation on two different things. The fast went surprisingly quick and easy. Here is why:

When the Lord tells you to fast, and you respond by faith, the fast will be much easier to do than if you do the same thing "on your own" with no instruction from the Lord. One may not fast to earn something from the Lord. In that light, fasting is no different from any other instruction from the Lord. Obedience always brings blessings.

As a matter of principle, for many years I have fasted one day each week, or one seventh of my time, because that way it's easier to keep up with than having to decide on which days of the month to fast. On occasion I will miss a day of fasting because of social obligations or something similar so that I stay within the one-tenth as the

¹The 40-day fasts of Moses: Exodus 24:18; 34:28. The 40 day fast of Jesus: Matthew 4:1, 2; Luke 4:1, 2.

Lord instructed me.

For a number of years, I noticed that the Lord would give me a prophetic word either on the day I began a fast or on the morning I was concluding one. For example, here is a prophecy on fasting given to me the morning of October 5, 1998 after prayer time and at the beginning of a fasting day:

The Prophecy

“As Jesus said, ‘however, this kind does not go out except by prayer and fasting.’² So indeed as you pray and fast for a specific purpose, the efficacy of your prayers is intensified. It is a law in the spiritual realm, that to the degree you deny self, your prayers become more effective. There are several reasons.

“As you deny self, you draw near to and are drawn closer to Me. As you are drawn closer to Me. I can become to you the desire of your heart. As you deny self, I can become more intimate with you. As you deny self, I can reveal more of Myself to you. As you deny self, your heart grows closer to Mine. When our hearts are knit together, My desire becomes your desire and your desire becomes My desire. I can then grant the desire of your heart and the work has begun.

“Fasting diminishes the resistance to the flow of My Spirit. An electric switch is a resistor to the electric current. That is, it stops and starts the flow of current. A dimmer switch is a variable resistor to control the intensity of the flow of current. Fasting and prayer are like a variable resistor which reduces resistance to My Spirit to flow more freely in your life. Hence, as you bring a request before Me with prayer and fasting, the work may be more quickly done as you deny self.

“One reason you are a more effectual vessel of the Lord is that you begin to depend more on Him than upon self to do the work. This is why denial of self is so important. This amounts to a denial of power from self to God and a transfer of power from God to you as a worker in the vineyard.

“As self is denied, the realization of the ineffectiveness of self becomes more pronounced. This amounts to a transfer of authority and power from you to God and from God to you. When self is completely denied, God is completely in control. To the degree self is not denied, God’s power is denied or diminished in your life.

“The more of self that is denied, the more the Lord is available. When self is totally denied, with God in mind, God is totally available. To the degree self is not denied, God is denied entry in your life. To the degree self is denied, God is allowed entry. It is a kingdom principle that the entry point of God is at the denial point of self. The

more of self that is denied, the more God is available.”

Comments.

Recently the Lord said to me, “I do not ask you to fast to deny you of physical food, but to make you hungry for spiritual food.” How much fasting has contributed to the *spiritual breakthrough* about which I write, I don’t know. I do know that fasting is a part of God’s breakthrough *package* with which He has blessed me abundantly and that fasting is a spiritual warfare weapon seldom spoken of in the church today. Here is an incident in the early first-century church which underscores the use of fasting:

The record in Acts, Chapter Thirteen,³ reveals that five prophets and teachers in the church at Antioch were together fasting and worshiping the Lord. As they did so, the Holy Spirit spoke through one of the men and said, “Now separate to Me Barnabas and Saul for the work to which I have called them.” The record reveals that the five then fasted and prayed and laid hands on Barnabas and Saul (Paul) and sent them out on Paul’s first missionary journey.

Jesus began His visible ministry with *fasting*. Paul’s first missionary journey was birthed in prayer and *fasting*. Jesus assumes that we will fast without instructing us to do so as recorded in Matthew chapter six. If you do not fast, I suggest that you pray and ask the Lord for His instruction. Could it be that lack of the use of this *secret weapon* is one reason the church today is devoid of the power of the Holy Spirit?

(2) The Lord’s Supper.

This sacrament, ordinance or ceremony, instituted by Jesus after the Passover supper on the night of his betrayal, is a memorial to His death to be observed until He comes again. This “second coming” refers to the Millennium when Christ will return to earth with His bride, the Church, to rule and reign for a thousand years.⁴ At that time Christians will cease to observe this memorial to His death, as the apostle Paul wrote, “For as often as you eat this bread and drink this cup, you proclaim the Lord’s death *till He comes again.*”⁵

Different Christian churches or denominations refer to this sacrament as “The Lord’s Supper,” “Communion,” “The Lord’s Table,” or “The Eucharist.” In order to fully understand the meaning embodied in this memorial service, it is essential to know the meaning of the Hebrew word “beriyth,” Strong’s #1262, translated as “covenant” in scripture. In brief, covenant means “a cutting, or a compact made by passing between two pieces of flesh, wherein two men *covenant* or agree to hold all their assets and liabilities

³Acts 13:1-3.

⁴See Revelation 20:4.

⁵1 Corinthians 11:26.

²Matthew 17:21.

in common for the needs (not the wants) of the other party, without limit, even to the death of either party in defending against a common foe.”

Cutting covenant by two men predates the writing of the Bible⁶ and was the first formal enforceable agreement for the selfish, common interests of both parties. In ancient times, depending on the part of the world in which the covenant was cut, there were as many as ten steps in covenant cutting. The last step is a covenant meal where both parties would take bread, break it and say something like, “This is my body which is broken for you. Even when my body is destroyed in death, this covenant lives on in my children,” after which they would eat the bread. Then they would take a cup containing a small quantity of the blood of both parties (taken from a superficial cut on the hand, wrist or arm) and say something like, “When my blood has been shed for you, this covenant will live on through my children,” after which they would drink the co-mingled blood from the common cup. This signified that the two parties were truly one in all aspects. Since the Jews were forbidden to drink blood, wine was substituted for blood when Jews cut covenant. Covenants were cut between two men irrespective of their relative strengths or weaknesses. For example, a man of insignificant financial assets could cut covenant with a man of great wealth. Expressed another way, one who was poor and weak might cut covenant with one who was rich and powerful.

Two years ago as I was writing on The Lord’s Supper, the Lord spoke to me and said, “The reason Jesus came to earth as the son of man and as the Son of God was so that His blood would be the co-mingled blood of man and the blood of God so that He could legally cut covenant with man and with God, which Abram couldn’t do.”

When two men drank their co-mingled blood at the covenant meal, that sealed the total commitment to each other unto their death. This portended our covenant meal, the Lord’s Supper, when we drink the wine (as the blood of Jesus), symbolic of the co-mingled blood of man and the blood of God, confirming our total commitment to the Lord Jesus until our death or Rapture, whichever comes first. His death has already occurred and He awaits ours to join Him.

The reason cutting covenant is not fully explained in the Bible is probably because the practice was common and widely known by those who lived during and before “Bible times.”⁷

Before one takes communion, he should examine

himself (1 Cor. 11:28) that he might partake of the emblems in a worthy manner (1 Cor. 11:27). That means one should come before the Lord in this ceremony at peace with God, his neighbor and himself (that’s everyone), having been cleansed by confession and repentance of every known sin, including unforgiveness. Do not take communion if you harbor sin of any kind, including unforgiveness. If we come to the Lord’s Table with unconfessed sin in our lives, we may eat and drink the judgment of God upon ourselves, which may cause weakness, sickness and death as it occurred in the city of Corinth (1 Cor. 11:29, 30).

We are to participate in this ceremony discerning the Lord’s (physical) body, given on the altar of the cross, to proclaim His death until He comes again (1 Cor. 11:26). This is a remembrance of His death which satisfied the curse of the law,⁸ the wages of sin (death) forever, and therefore provides to faithful believers eternal life in heaven at our death or our Rapture,⁹ whichever comes first, and an *abundant life on earth*. The Communion, according to scripture, is a ceremony of the impartation of strength, health and life (1 Cor. 11:30). Christians have been known to overcome illness and disease by taking Communion regularly.

Dr. Walter Fletcher, formerly the Pastor of Prayer Development and Spiritual Renewal at Hillcrest Church in Dallas tells this story:

“When we first became Pastors of a small Church in Kentucky, we soon noticed that many members would be absent on Sunday morning due to illness. We then began to teach on Communion and serve it to the congregation each Sunday or the following Wednesday. A year after we began serving Communion *each week*, there seldom were absences on Sunday from illness.” Lack of space in this *letter* makes it unpractical to cite other examples of healing in Communion.

I admonish you to bless yourself by taking Communion at least once each week. Do you have health problems? Is Jesus Lord of your life? Are all of your sins confessed before God on a regular basis and do you walk in forgiveness? If so, why not make preparations at home to serve communion *each day* and watch your health improve. Communion is ***The Meal that Heals***.¹⁰ There is no way to estimate the blessings therein. I have taken Communion daily for two years and do not become ill as do most believers.

Satan comes to steal, kill and destroy man and

⁶One source for this statement is a book written by **H. Clay Trumbull** entitled, **THE BLOOD COVENANT, a Primitive Rite and Its Bearings on Scripture**, published by Impact Christian Books, Inc., Kirkland, MO 63122.

⁷Ibid. This is the common theme of the book.

⁸See Galatians 3:13.

⁹See 1 Thessalonians 4:13-18.

¹⁰This is the title of a book written by **Perry Stone, Jr.**, published by the International Office of Voice of Evangelism, Inc. Cleveland, TN.37320.

anything that provides protection from his attacks, or reclaims that which he has stolen from us (such as our health) is *spiritual warfare*. During my prayer time on Friday, June 13, 2003, the Lord gave me the following prophetic word concerning Communion as *spiritual warfare*.

“Communion is *spiritual warfare* in that it is an act of reclamation, the reclamation of that which has been stolen from many by the enemy. *Improved health* is one of the blessings of *regular Communion*. *Improved spiritual well being* is the blessing of *daily Communion*. And the additional blessing of daily Communion is, as I have said to you, ‘I will reveal to you spiritual revelational knowledge of the Communion bread and cup *as you take Communion*.’ There is yet more to be known, received and revealed by taking Communion daily. It is a memorial to My death and nothing in the history of man was as important as that act, for death precedes resurrection. The cross is the focal and pivotal point of man’s history. It is the fulcrum by which man’s loss in the garden of Eden was and is being restored. So you cannot celebrate that event without opening the door of spiritual revelation from Me. For you see, *I remember the cross*. Your memory of that event blesses Me and allows Me to bless you as a result. My son, anything that blesses Me will return a hundred fold. I have said it and I will bring it to pass.

“Continue to seek, ask and knock at the door of spiritual revelation for that is the only source of true knowledge, says the Lord.”

On the Monday morning, June 16, 2003, while Dale and I were taking Communion, I read aloud the above prophetic word. *As I was reading the prophecy*, Dale was shown a vision of the Lord Jesus on His knees praying in Gethsemane. Although Peter, James and John were with Him that night, three times Jesus left them to agonize alone in prayer – to earnestly beseech the Father to find another way so He could avoid the degradation, the shame, the curse, the cruelty, the beating, the agony, the desertion of the cross. After the third time, Jesus, reconciled to the will of the Father and the cross, returned to the three who were again asleep, woke them up and said, “Rise, let us be going. See, My betrayer (Judas) is at hand.”

Communion is a memorial – a way for **us** to remember His death on the cross until He comes again, for, as He said to me, “**I remember the cross**.”

(3) Keeping a Journal.

This was mentioned briefly in **PART FOUR** in this series, but I want to emphasize it again. Have a pen, your journal and a bible with you in your daily prayers. *It was after I began to pray bold specific prayers for spiritual blessings for myself that God’s rhema words began to come more frequently*, and my journal entries increased

substantially.¹¹ Four examples of bold specific prayers I have prayed for myself are listed in **PART SIX** of this series, page one, column two.

Recently the Lord said to me, “Read John (his Gospel) again. As you peruse his Gospel, note the beneficial methodology Jesus used and ask for the same anointing in preparation for ministry and I will give it to you. This time be more observant of what Jesus said and did. Even though the circumstances were not clearly revealed or recorded, ask for that and I will give it to you for ministry. This is awesome, My son, but this is what Jesus promised when He said, ‘The works I do, he (believers) will do also and greater works than these will he do because I go to My Father.’ That’s where He is now. He is seated at My right hand, the power seat of the universe. Those promises He made were for this time, but will be limited to some extent, by your requests. Turn, ‘You have not because you ask not’ into ‘You have because you asked’ for an abundant harvest.”

After you pray, pick up your pen and wait quietly before the Lord. You have been talking to Him. Now **expect** Him to talk to you. He will talk to you *as you take time to listen*. Write the thoughts that come to your mind, regardless of what they are. You might think of something else to say to the Lord that you wish to write. Do not expect something spectacular, “Be still and know that I am God,”¹² is the admonition. Be not hesitant to write anything that comes to your mind. The light intuitive *thought* may not be spectacular but may be supernatural. You may or may not have an awareness of God as you write. I seldom do. I often write several pages of rhema words from God as He speaks to me. In such cases I have no idea of the content until I (1) transcribe and print them, (2) read for errors (omitted words, punctuation, spelling, etc.), (3) reprint the corrected copy and (4) read for content. Only then do I know what God has said to me. It is not unusual for me to read with awe the words I have been given. What He has done for others, He will do for you and remember to thank Him. His love for you and me sent Him to the cross.

¹¹The rain of rhema words to be entered in your journal may be directly related to bold specific prayers for spiritual blessings for oneself.

¹²Psalm 46:10.