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## REAPING THE BENEFITS OF FASTING & PRAYER

*Testimonies*

### **Healed of 40-year asthmatic condition**

**Ruth Arthur**

I started fasting regularly about five years ago, usually once a week either until dinner time or for 24 hours.

When Pastor Jean was invited to conduct a 3-day fast in our church, I fasted three days, taking only water. This was the first time I was exposed to her ministry. At that time of fasting, I felt physically weak.

I am now serving full-time as an intercessor in Glory Place Prayer Centre of Malaysia. **Here we have 24-hour prayer round-the-clock. The staff at Glory Place are always encouraged to fast** as well, especially for special events like the Prayer Advances, Schools of Prayer, Jesus Heals miracle services, for the nation, for souls and also for personal breakthrough.

When we started a 40-day fast, **I decided that I must really go through a 3-day absolute fast, that is without food and water.** At first it was not easy but when I determined to fast, I had breakthrough. With strength and help from God, I managed to complete a 3-day absolute fast three times. I hope to do the same at the end of the 40 days fast. I praise and thank

the Lord that during the fast, I have really felt very well.

**It was also through fasting and prayer that I had the courage to stop all medication for the chronic asthma I had been suffering for 40 years.** I never received any healing from any of the medication. **It was only after I took the step of faith to depend only on God for healing that I saw the breakthrough.**

Although the Lord has healed me, I sometimes still felt tightness in my chest. But ever since I started the 40-days fast, the tightness has left me. All the sneezing too is almost gone. Prayerfully, the sneezing will totally stop after I complete the present 40-day fast.

#### A Brief Testimony On My Healing

I was an asthmatic for over 40 years, and nearly every drug that came on the market during this period has gone into my body. It was no problem for me to get the drugs as I was a nurse, and the doctors were only too happy to have someone to be a guinea pig. I have even been to a Chinese sinseh and an Indian traditional doctor.

From the moment I started work in Glory Place, I had been down with flu several times, a severe attack of diarrhoea for no apparent reason (it lasted for nearly two months) and all forms of abdominal pain. Being under Pastor Jean's ministry and hearing her messages on healing, I did not see a doctor or take any form of medication for these conditions.

However, I still took the asthma medication daily, all the while continuing to pray for healing from asthma. I tried going without medication for a day or two, and fasted and prayed, but always went back to the medication.

Although I strongly believed in divine healing and went forward for prayer many times at every healing and deliverance

service I attended, I continued to depend on inhalers and tablets for relief of asthma.

In early April 2000, I was down again with a really severe attack of flu, with fever every day lasting more than a week, severe headache, sore throat and cough. I really felt unwell and decided to spend a few days in Glory Place.

**At this time, God was also doing deep cleansing within me** and I requested for prayer from Pastor Jean. She then told me to continue to wait in the presence of God. I obeyed and stayed on in Glory Place. I was improving in health very slowly.

Pastor then went to Terengganu and on her return to Glory Place, she heard me cough as she came through the door.

She said, “Ruth, are you still coughing? Read Judges 2 and 3.”

That was on Saturday, 15 April. I knew what was in these two chapters and even before I read the chapters, **God convicted me of my sin of unbelief.**

*And an angel of the LORD came up from Gilgal to Bochim, and said, I made you to go up out of Egypt, and have brought you unto the land which I sware unto your fathers; and I said, I will never break my covenant with you.*

*And ye shall make no league with the inhabitants of this land; ye shall throw down their altars: but ye have not obeyed my voice: why have ye done this?*

*Wherefore I also said, I will not drive them out from before you; but they shall be as thorns in your sides, and their gods shall be a snare unto you. (Judges 2:1-3)*

Straight away, I threw away all the medication that I always carried in my handbag. **It was the sin of unbelief that had prevented me from being healed. My healing took place when I decided to trust in God alone. Through fasting and prayer, the Lord began to heal me.**

I also thank God for restoring my family relationship before

my husband went to be with the Lord.

Alleluia, praise the Lord!

## **Growing In Fasting & Prayer**

**Sunitha Arthur**

When I first started to fast regularly, I used to only do a partial fast, i.e., one meal a day, once a week. By 'partial' I meant omitting certain foods from my meal, or having a food drink (I know now that that is not a proper fast).

Sometime in the year 2000, Pastor Jean called for a 40-day fast. I decided to fast either one or two meals a day for the entire 40 days. Initially, I felt like I had no energy. My arms felt heavy, etc. When I told Pastor Jean, she said it was because there was a spirit inside me.

About a week after starting the fast, I began to have diarrhoea almost every day for about two months. **This was my first experience of deliverance/cleansing while fasting. In the past, I would have thought it was a case of food poisoning. Now I know it is actually deliverance because each time, I would feel so light and 'energised' afterwards.**

Last year, Pastor Jean initiated a corporate 3-day fast the second week of every month. The first time was the most difficult because I had never gone without food for three days before. We were encouraged to drink only water or perhaps a honey drink, but I would also drink other beverages. And the temptation to eat was so strong.

Subsequently, however, **I made a decision not to drink anything except water or honey drink.** One time, I went a whole day without water, which to me was a real feat because I normally drink at least 2-3 litres of fluid a day. There were many times when images of different delicious dishes would just pop into my mind, especially while praying (morning 1 dish,

afternoon another dish and so on, each time a different dish). But by God's grace, I felt much better and stronger during these two fasts compared to the first 3-day one. **This proved that my strength is not dependent on food.**

Through my personal experience of fasting and through Pastor Jean's teaching, **I learnt the reality of what it means "to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and [to] break every yoke"** (Isaiah 58:6). When we fast and pray, we break bondage in our own lives, and we are also cleansed. The more we are cleansed, the easier it is to fast.

**The other lesson I learned is that overcoming the temptation to eat while fasting is a battle over the mind, not the stomach.** I found that when I truly decided to go without food for three days, God did the rest. It was first up to me to choose whether I wanted to or not.

**I also learnt that while remaining in the presence of God, I receive the strength to fast,** the feelings of hunger or thirst are not so strong and overcoming temptation is easier. Fasting also becomes easier the more I fast.

To God be the glory.

### **Never The Same Again After 40 Days**

**Johne Israel Beh**

A few years ago, I was struggling with unclean thoughts and addictive fantasy. Out of desperation, I sought the Lord in a 40-day water fast and came through with a stronger resolve to die to the secret sins of my heart. There was a growing interest to serve God and He impressed upon me to do a second 40-day water fast.

That was how I landed in Glory Place Prayer Centre of Malaysia in May 2001. My 40 days there with my wife was time

well-invested. Unwholesome desires were replaced with a continuous panting after God. It was like a fountain spring of living water which kept flowing out of me in songs, prayers, worship and meditation. For the first time in my life, I felt a deep assurance of never turning back anymore. Daily, I prayed for the fear of God (Jer 32:40).

Glory Place is a highly conducive place for fasting and prayer. I love Psalm 2, the cabin in which I did most of my quiet time. Each morning, I sat under the shady tree beside a gentle stream and gazed at the majestic durian trees. It was heavenly! I took walks to the waterfall and did several significant prophetic acts. The climax came on the last day, at the 11th hour (literally!) God wrought massive deliverance in the Glory Place sanctuary. Wow! What a screaming night it was!

One Sunday at Semarak Revival Centre, Pastor Jean preached from Matthew 4 regarding Jesus' 40-day fast before ministry. I sobbed until I had to be carried to another room. Never had I experienced such a tangible touch of the Lord. Sunday after Sunday, Pastor Jean's fiery preaching cut deep into me. The fast coupled with those stirring prophetic messages softened my heart and humbled my spirit.

### **Set Free From Past Yokes and Bondage**

**Mary Lim**

It is good for Christians to go through fasting. We no longer feed our fleshly desires. Fasting removes the toxins that we have been feeding our body with all this while. It heals all sicknesses and diseases. And it breaks all bondage and yokes.

**When I fasted, God revealed to me the areas in my life that needed to be dealt with.** He delivered me from the spirit of anger and the spirit of rejection that had come in even when I was in my mother's womb.

He comforted me with His word:

*Yea, I have loved thee with an everlasting love: therefore with lovingkindness have I drawn thee. (Jer 31:3b)*

God set me free from many past yokes and bondage: from unforgiveness towards my teacher (when I was 9 years old, she said I was stupid and that there was no point of sending me to school); from being oversensitive (whenever people say anything that hurts me, I would just walk away); from discouragement, disappointment, past hurts, the fear of man, timidity and sense of isolation (I just want to be left alone).

**After my deliverance, I feel that my body has become lighter and I can smile easily.**

I am glad that I went through the fast. I thank God for seeing me through.

### **Directed By A Dream Joshua Pan**

It seems like we are always fasting! At one time, the church completed a 40-day fast and then started another 40 days just nine days after that. Many college students also did the fast. Some prayed for other students, some skipped lunch to attend prayer meeting, or read the Bible. It was good.

I remember when I was about to graduate from Nilai College, I went on a 40-day fast to ask God for direction. All the while, I had been thinking of serving God full-time but I was aware that it was not a simple decision to make.

During the fast, I told God I wanted to make sure the calling is from Him and not from any leader, pastor or friend. In church, Pastor Jean always challenged us to serve full-time. I asked God to show me whether the call was from Pastor Jean or from Him. It was the major issue in my fasting.

Also, I prayed to God to stop everyone from advising me. I

wanted to hear from God. I asked my prayer partner to pray for me but also not to give me any advice. And truly, everyone suddenly stopped advising me.

I fasted and prayed partly because my parents are not Christians. My mum had just retired. We are not rich and it was my parents' hard-earned money that paid my college fees. I also had my study loan to settle. I thank God that because I obeyed His call to serve Him, He did a great miracle. The loan is now settled.

During the fast, I was still in College. When I read the Bible, or prayed or worshipped, I felt the call was so strong. Every time I sang, "God, I love you", I felt I must first give my life to God. Only then could I sing that song. I kept on praying. The burden to serve full-time became heavier. Then I asked God for a sign and only then would I go full-time.

Thank God for fasting. As Pastor puts it, fasting will really draw the attention of God.

Exactly on the 40th day, I had a dream from the Lord. In the dream, I found a job in Kuala Lumpur and I needed to rent a room. The landlord of a shophouse brought me upstairs to show me the room. It was very dusty and very old but it was okay with me. The first thing I did was to open the window to let in some fresh air. When I opened the window, everything was like hell fire burning everywhere. Suddenly, I realised I was in hell. I cried out to God for another chance, that I might go back to Semarak to serve Him.

I screamed and woke up. Thank God, it was only a dream. God is just so wonderful. The dream was on the 40th day of the fast. If it came on the 39th or 38th or 1st or 2nd, I would not be in Semarak today.

I was also wondering how to tell my parents but thank God that after the fast, they released me to do God's work.



When I fasted and prayed, God really revealed His will to me.

### **Loved Ones Saved**

#### **Pearl T**

When I received the pamphlet on the Jesus Heals miracle services in Melaka, my heart was burdened to pray for the salvation of my brother and his family. Actually, I had been praying for them for about two years. Furthermore, during one of the Jesus Heals meetings at Menara TA, we had heard Pastor Jean Lim share on the book of Esther about fasting and praying for impossibilities to happen.

**My children and I decided to fast and pray for my brother and his family's salvation.**

Later, I found out that the Jesus Heals Melaka meetings clashed with my son's Sports Day. I was uncertain whether to go to Melaka or not, because the event would only end at 4.00pm (we live in Kuala Lumpur). But the salvation of my brother and his family was of utmost importance to me. As such, I determined to go for the Jesus Heals meetings in Melaka.

However, on the night before Jesus Heals, we experienced a terrible spiritual attack. My youngest son, who is 5 years old, had a high fever and kept on vomiting till 4.00am. And this certainly changed my mind about going. I spoke to one of my friends on the phone, and she told me that this was spiritual warfare, and so we prayed together to break all bondage. Praise the Lord, my son recovered and was able to attend his Sports' Day.

That evening, we went straight to Melaka. I knew that the Lord was with us. When we arrived, my brother was reluctant to attend the Jesus Heals meeting, but the Lord was truly gracious to him. God used my daughter to persuade him to go.

Finally, he decided to follow us to the meeting held at Calvary Life Assembly.

My brother and his wife heard Pastor Jean Lim preach. They told me that she was a very anointed preacher. She preached with power and indeed caused a great impact upon their life. They responded to the altar call for salvation. Praise be to God!

Actually, I have been attending the Miracle, Healing and Deliverance meetings conducted by Pastor Jean Lim for quite some time. After attending the meetings, my spiritual life was better. I became a more joyful and happy person.

As usual, everybody likes to observe people, and so do my brother and his wife. They had been observing me for the past two years. Because of my past, they always thought that I would worry a lot but it didn't turn out that way. Instead, they were shocked to see me so happy and joyful. This observation also helped to convince them to turn to Jesus. They finally realised that our God is indeed the true and living God. He is the same yesterday, today, and forever (Heb 13:8).

**Praise God that through fasting and prayer, my brother and his wife received salvation. Hallelujah!**

### **Fear Of Fasting Broken**

**Yap Kwee Neo**

I knew nothing about fasting and when I heard that it is good for a person to fast, I had some fear in me. At that time, I had gastric problems. The stomach could not be empty; when it was empty, it was painful. So I used to wonder how I would be able to fast.

But by faith, when the church had a 7-day fast I joined them, though I did not fast all through. I just started by skipping a meal or two a day and for two days. Praise the Lord,

there was no gastric pain when I did not eat lunch or dinner. So from then on, I had the courage to participate in some other fasting sessions. And it was due to doing it faithfully, I realised, that I was miraculously healed of the sickness.

From that time onwards, I was not afraid of fasting anymore. I voluntarily fast of my own free will, such as fasting on Mondays when I am at the Prayer House.

Quite often on Saturday nights before going for the service in Semarak Revival Centre, I do not eat dinner. By humbling myself in this way, I find that I can pray and worship God better and even sing. **Fasting also helps me to be cleansed of filth and to be filled with the living water of the Lord.**

When I was stricken with cancer, the doctor gave me only two months to live. **I decided not to go for chemotherapy but to trust God for divine healing.** I believe that through fasting and prayer, we can receive healing. When I was staying in the Prayer House, I joined the people there in their fasting sessions. It was then that I felt the healing touch of God. Peace was upon me and I felt better and better each day until I was completely and divinely healed of cancer. Praise the Lord!

(Sister Neo's full testimony on divine healing is in the book, "When You Pray".)

I would like to encourage all the readers to fast whenever they can. It is a very sure way of knowing God's will and of getting our prayers answered. Even to write this little article on fasting, I had to fast. Otherwise, I would not have known how to start. Please learn to fast, especially if you are a new born-again Christian.

I give thanks to the Lord for He deserves all the glory. Hallelujah! Amen.

## Saved From Self-Destruction

Y. Allan

My name is Allan. I came to Semarak Revival Centre sometime in March 2001, to seek the Lord's help and to learn His Holy Word. Before coming, I never touched the Holy Bible and did not know His Word.

I was a backslidden Christian. That is why I got myself into a lot of problems, including financial disaster, until my wife and children left me. I did not know where to turn. I travelled to Kuantan, Johor Bahru and Seremban, seeking my friends' help but everywhere I went, I stayed only for a few days. The only place in which I stayed longer was Seremban.

But in Seremban, every day I was facing four walls in the room. I couldn't take it any more. I missed my family very much but what could I do? **Then I thought of Jesus and prayed to Him, asking Him to help me and teach me what to do.** Suddenly, I remembered Pastor Jean Lim.

The next day I called my wife's office to ask for Pastor Jean's telephone number, hoping that she would answer the phone, and she did. She gave me Pastor Jean's number.

So I called Pastor Jean to tell her I wanted to end my life because of the serious problems I was in. To my surprise, she told me that if I ended my life, I would go to hell straight away. She invited me to come to Semarak immediately to fast and pray for three days with no food, only water.

At first, I tried to fast one day and found it very difficult. I reasoned with myself that I should do it for God's glory and not for myself. **Then I decided to go on fasting no matter how difficult it may be.**

So I fasted again and I found the first day to be a bit difficult. The second day I was very hungry and by the third day, I could smell the aroma of curry coming in from outside the

sanctuary. I prayed and asked God for grace to finish fasting the last few hours.

At 11.45pm, after our Prayer Meeting, I was invited to break fast at 12.00am. After three days without food, I felt like I could eat a lot of food but was advised to go easy on the food.

After completing the 3-day fast, there was a change in my life especially in the area of obedience to God. **I have finally decided to commit my life to serve Him full-time.** The Lord is also helping me to overcome unforgiveness, anger and bitterness. God is good.