

Prayer and Fasting

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Published by Hungry Hearts Ministries
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Jackson TN 38308
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Printing by Allegra Print and Imaging
1029 Old Hickory Blvd, Jackson TN 38305,
(731) 664-1676

First Edition Published Jan 2017

All Scripture notations, unless otherwise noted, come from the New International Version. International Bible Society, Zondervan Bible Publishers Grand Rapids, Michigan 46506 USA.

All language references, unless otherwise noted, come from Strong's Concordance. Strong, James. Published: Nashville: Abingdon, c1980.

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Introduction

Prayer and Fasting are two powerful spiritual practices in the Bible. When used properly, they can bring down strongholds and advance Kingdom goals. I have practiced this discipline for over 10 years and seen God move in mighty ways. You will witness His provision in your life in ways that will build your faith in Him. I am excited for you and you read the pages of this booklet and take these words to heart.

Chapter 1

What is Fasting?

Often in the Bible when you read about prayer, you will see fasting mentioned as well. They are complimentary disciplines. What is a discipline? A discipline is a narrow focus of study. When someone enrolls in college, they take on a specific discipline, such as Biology, Chemistry, etc. Fasting is a spiritual discipline; it is a narrow focus to help us stay on the narrow way (Matthew 7:13-14).

Prayer and fasting, when combined, are powerful spiritual tools. They are a weapon against the enemy's plans in your life, ministry, and in the lives of others. While it is a powerful spiritual discipline, it also requires physical preparation. You will see as we delve into this important topic.

As aforementioned, fasting is found throughout the Bible. Jesus fasted, Paul fasted, Moses fasted, King David fasted, and many other saints. Jesus said, "And when you pray, do not be like the hypocrites, for they love to pray standing in the synagogues and on the street corners to be seen by others. Truly I tell you, they have received their reward in full... 16 "When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. 17 But when you fast, put oil on your head and wash your face, 18 so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you. (Mathew 6:5, 16-18)

Jesus said that "When we pray" and "when we fast". There is an expectation from God that we will pray and fast. Prayer can take place without fasting, but fasting cannot take place without prayer. This is why they are mentioned together in Matthew 6.

The Hebrew word for fasting is the word *tsum*, and it means to cover the mouth. In the Greek, this is the word *nacetyoo-o* and it means to abstain from food. Sometimes you will see phrases in the Bible "afflict yourself" or "humble yourself", and these are

euphemisms for fasting. Fasting is going without food and/or drink in affliction of self; it is denying self from a basic need (food/drink). It is very humbling because you literally have to rely on God to sustain you physically.

Chapter 2

Why and How do We Fast? (Part 1)

Why should we fast? What kind of attitude should we have when fasting? When we look at the verses in the previous chapter, we can see that some people in Jesus' day were disfiguring their faces when they fasted so other people knew they were fasting. This shows us that fasting is a private act of worship and adoration of Jesus Christ. It is not a public show nor is it to go around and tell others. Now, if you are married and you are going on a fast, let your spouse know ahead of time. That is perfectly fine.

When you first start fasting, you will feel a sense of accomplishment. You will be tempted to tell others, but this should be avoided as Jesus points out above. You are not doing this to show off, but to humble yourself before the hand of Almighty God. When fasting, God is going to show His strength in the middle of our weakness. This makes His strength more perfect in us (2 Cor. 12:7-8).

Let's delve more into why it is important for us to fast. In Isaiah 58:3-8, the people of Israel were fasting, but their motives and behavior were wrong. Let's read more:

Isaiah 58:3-9, 11-12

“Yet on the day of your fasting, you do as you please and exploit all your workers.

4 Your fasting ends in quarreling and strife, and in striking each other with wicked fists. You cannot fast as you do today and expect your voice to be heard on high. **5 Is this the kind of fast I have chosen, only a day for people to humble themselves? Is it only for bowing one's head like a reed and for lying in sackcloth and ashes? Is that what you call a fast, a day acceptable to the Lord?** 6 “Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke? 7 Is it not to share your food with the hungry and to provide the poor wanderer with shelter—when you see the naked, to clothe them, and not to turn away from your own flesh and blood? 8 Then your light will break forth like the dawn, and your healing will quickly appear; 9

Then shalt thou call, and the LORD shall answer; thou shalt cry, and he shall say, Here I am. If thou take away from the midst of thee the yoke, the putting forth of the finger, and speaking vanity...11 And the LORD shall guide thee continually, and satisfy thy soul in drought, and make fat thy bones: and thou shalt be like a watered garden, and like a spring of water, whose waters fail not. 12 And they that shall be of thee shall build the old waste places: thou shalt raise up the foundations of many generations; and thou shalt be called, The repairer of the breach, The restorer of paths to dwell in..."

First of all, in verse 5 God is not saying that we should forsake fasting. In this chapter, He is giving us the ideal way to fast. The people of Israel were not spending their time fasting for Kingdom objectives; they were fighting with each other. They were fasting to spite each other. When we fast, we must make sure our intent is in the right place.

He goes on to give us the reasons why we should fast. It is important for us to understand that the prophetic writings give us deep spiritual revelation. Verses 6-11 give us the spiritual reasons why we fast.

10 Biblical Reasons Why We Fast

- 1) Loose chains of injustice. Literally, this means to throw open or loose chains of wickedness.
- 2) Untie the cords of the yoke. Literally, this means to lift the bondage yoke of heavy burdens. A yoke was put on animals so that the owner could control their movements. When people are in sin, Satan, their owner, controls them. We can fast for that person to be released from the yoke (behavior) and freed from that master (satan) so that Christ can become their Master. They still must choose what is right, but we can pray for Christ to intervene in their situation.
- 3) Set oppressed free (free those that are crushed) – Some people are oppressed (not possessed) and they need to be free from hindrances. They are beat up and need lifting up. This can be from past or present experiences as well as spiritual oppression.
- 4) Break every yoke – Some yokes are related to sin (as in #2), however, some people are weighed down with cares and worries. These control and direct their lives just like a farmer controls the yoke on an animal.

- 5) Share food with hungry – Some people are spiritually hungry and need a revelation or *rhema* word from God.
- 6) Provide the wanderer shelter – Some people are wanderers because they have been wounded. They don't have a home (spiritually). We can pray for these people to have inner wounds healed so they do not wander (or wound).
- 7) Clothing the naked – Some people are spiritually naked. They have no covering. The Bible compares our works to garments (Rev. 19:8). Salvation is also compared to a garment (Isaiah 61:10). This could be praying for people to receive salvation and even the Baptism of the Holy Spirit (which we are clothed with – see Luke 24:49).
- 8) Light break forth like the dawn – This is praying for illumination in the Word of God and illumination as to mysteries in our lives (things that are in darkness that should be exposed by light).
- 9) Healing quickly appear – We can fast for others to receive healing.
- 10) To hear the voice of the Lord – We may need guidance from God in making an important decision or just clarification.

When we fast and pray, we will receive overwhelming abundance, God will send a floodwater of revelation and spiritual satisfaction into our lives because we were willing to devote time to Him.

(It also is a good idea in the natural to take money we might have otherwise spent on food and give it to someone else).

Keep in mind we can direct any of these reasons for fasting towards ourselves or other people.

Chapter 3

How Do We Fast? (Part 2)

Now that we understand more about why we fast or the purpose of it, let's explore more about HOW we fast. As reviewed earlier, the Hebrew word for fasting is the word *tsum*, and it means to cover the mouth. Going without food is an affliction of self and very humbling because you literally have to rely on God to sustain you physically.

The first time we are actually commanded to fast in the Bible is in Leviticus chapters 16 and 23. In **Leviticus 23:27-32** God tells us to afflict ourselves on the Day of Atonement (the 10th day of the 7th month on the Hebrew Calendar). During this time we are commanded to abstain from food and water. This is considered the ideal way to fast.

Two questions you can ask yourself is: "What will I fast?" and "How Long Will I Fast?" Let's get deeper.

There are two specific types of fasts mentioned in the Bible:

Water only (I Samuel 31:13)

No food, no water (The Feast of Atonement, The Fast of Esther)

Now, there are other types of fasts not mentioned in the Bible that we can reasonably relate to. Though these are not named, God will honor a discipline that you give up for Him. An important aspect of fasting is to break us of our desire for certain things. Just as we fast to loose chains from others, we should seek to loose chains off of ourselves. Due to the jobs some people have, certain types of fasting may be more difficult. Use wisdom when you fast. If you are diabetic or have any medical conditions, then contact your doctor before you fast. Additionally, always operate according to your faith.

Different types of fasts (for those unable to do a complete fast):

- 1) Fruit only
- 2) Fruit and vegetables only

- 3) No meat and no sweets or choice bread (Some people practice this discipline for 21 days and call this the Daniel Fast)
- 4) No sweets including soft drinks
- 5) Juice only - similar to the fruit only or vegetable only

As mentioned above, another component to fasting is how long you fast. There are several time periods in the Bible for fasting:

- 1) 40 Days (Moses in Exodus 34:28, Deuteronomy 10:10; Jesus in Matthew 4:2 and Luke 4:2)
- 2) 7 Days (I Samuel 31:13)
- 3) 3 Days (Ester 4:16)
- 4) 14 Days (Acts 27:33)
- 5) 1 Day (Leviticus 23:27-32)
- 6) From sunrise until sunset (2 Samuel 1:12)
- 7) Some practice a 21 day of consecration and abstention called the Daniel Fast (Daniel 10:1-3)

You always want to pray and ask God about when you should fast and the length of time. In Matthew 4, Jesus was led by the Spirit into the wilderness. WE must be led by HIM!

Chapter 4

Preparing to Fast

Our approach to fasting is just as important as the act of fasting itself. Jesus said, “Take heed what ye hear: with what measure ye mete, it shall be measured to you: and unto you that hear shall more be given” (Mark 4:24).

The amount of faith you apply to fasting before you even start will sustain you during the fast. If you believe, then you will receive. If you go into it thinking to yourself, “man this is going to be awful”, then it will be just that. If you go into it believing that God will sustain you and keep you going, then it will happen. Here’s an idea. Go into fasting with excitement at the opportunity to spend time with the Lord. Look at it as an opportunity to see the Kingdom established.

Make sure you set aside time to spend time with the Lord. If you fast without spending time with the Lord, then the results you sought will be lacking. Don’t fast and then go hang out at the mall; this is serious. Remember what Jesus said: the measure you use will be measured back with a return. If you give God just a little attention, there can be little results.

A second aspect of your approach to fasting is setting your mind, heart, and faith as to why you are fasting. What goal or Kingdom purpose will you advance with it? (we will look at this more in the chapter “Types of Fasts”)

On the practical side, if you are not familiar with fasting, you probably need to work into it. For instance, before you do a one day (24 hour) fast of no food and water, do a 1 day (24 hour) fast of water only or a sunrise to sunset fast of water only. Work your way into it.

Fasting is extremely good for the body because your digestive organs get to rest, but avoid behavior that will hurt your health.

For extended fasts of longer than 1 day, preparation time is usually needed. This is especially true if you are doing an extended fast

of water only. I normally tell people that in water only fasts that you need 1 day of preparation for every 1 day of fasting. If you are going on a fast of three days (72 hours) for instance, then you need to spend three days prior preparing for that. You want to eat meals that are very healthy and nutritious, but never eat until you are full. Eat until you are content. This will prepare your body properly.

You technically can put together any combination of the time amounts I gave you and the type of fasts I listed and God will honor it. Set it according to what you are able to do. Apply your faith. He honors when we set ourselves apart.

Chapter 5

What to Expect During a Fast

First of all, realize that there are three types of temptations that you will face while fasting. These come from Jesus' 40 day fast in the wilderness. The goal of fasting is not to prove who we are, but to allow God to reveal who He is to us.

- 1) Food
- 2) Pride
- 3) Selfishness or idolatry

Jesus' answer to each of these three temptations is what God is trying to build in you while fasting:

- 1) Rely on God's supernatural provision or faith
- 2) Humility; Give God the glory
- 3) Separate you from selfish natural desires - basically be content with what you have - Rest in who you are in Christ and what you know God can do

What else can you expect while fasting:

- Your digestive system is going to shut down if you fast longer than a day or two.
- Your vision will generally improve or get better because your body is now able to divert your blood to different parts of the body.
- Your immune system increases or boosts because your body can now devote energy and blood normally necessary for digestion to protect you from diseases.
- Your concentration will temporarily increase. (This usually comes after you are used to fasting). If you are on an extended fast, your mental reaction may slow down a bit.
- Your spiritual focus will improve.

When you first start fasting, the preparation is planned out delicately. As you become more experienced at fasting, you will pray about the fast, make your petition before God about it, and then you will simply do it. You become disciplined in how to carry it out so that it becomes second-hand nature.

One last thing I want to say about prayer is that prayer is not just an action, but it is also a mindset or a state of mind. Paul says to “pray without ceasing.” That does not mean you stop going to work and stay shut up in your room all day every day praying. You see, there are several words for prayer in the New Testament - one means petition, another means invoke or call upon. When we are fasting, that time is constant prayer to God. This literally means we are constantly petitioning for the will of God to be done by the living sacrifice of our behavior (Romans 12:1).

I call fasting “spiritual sowing.” When we sow seed in a field in the natural, we are sowing for a crop to be received in the future. Our spiritual sacrifices are planting Kingdom advancements that we will reap in the future. Daniel received a heavenly visitation after he had set himself apart for 21 days. Fasting will bring a spiritual clarity to your walk with God; you will find direction from Heaven and a stronger connection to Heaven.

Chapter 6

Types of Fasts

There are two general categories of fasting:

- 1) Chosen Fasts
- 2) Called Fasts

In Isaiah 58:5, the Lord said, “Is this the kind of fast I have chosen...” A “chosen” fast is where God has laid a conviction to fast specifically on your heart. It can be for one or many different reasons. With this kind of fast, you do not want to share with others that you are fasting.

A called fast is when you and a group of people are fasting in agreement with each other. One example of this (which I discuss below) is when Jehoshaphat called for the nation to fast for deliverance. This kind of fast is shared with others.

There are specific types of fasts mentioned in the Bible. We listed many spiritual reasons to fast earlier in the booklet, but we will give specific examples from the Bible below.

1) Fast of preparation for ministry or a work

One type of fast is to prepare you for the ministry and the work of the Kingdom of God. Jesus fasted forty days in the gospels to prepare him for ministry (see Matthew 4:1-13). After Jesus’ fast, He walked in the “power of the spirit” (Luke 4:14). Other examples: Acts 14:21-23 and Acts 13:1-5.

2) Fast of Mourning for the death of someone

The men who went and retrieved the bones of Saul from the Philistines fasted for seven days after burying him. David, after finding out about Saul’s death fasted until evening (I Samuel 31:31). Sometimes the grief from a loss is so strong that a person chooses not to eat so that they may seek strength from God.

3) Fast of Repentance

This type of fast, also known as lying in sackcloth and ashes, is for sins. In Joel 2, a fast of weeping, mourning and repentance for

sins is called for Israel. At other places in the Bible, this type of fast is called to prevent the judgment of God from falling on a place - such as the fasting and repentance done in Nineveh during the time of the prophet Jonah. David fasted after his sin with Bathsheba so that their first child would live (2 Sam. 12:16).

The fast of repentance is usually done because a person is so sick of their sin that they cannot stand to eat.

4) Fast of National Emergency

This type of fast is done when a country, city, or a group of people need deliverance from God immediately. Jehoshaphat, in 2 Chronicles 20 is being attacked by a vast army from Moab and Ammon. Jehoshaphat declared a fast and God answered their prayers. The nation was spared from calamity. (The fast of Nineveh in the book of Jonah can also be put in this category)

5) Fast of Healing

In I Corinthians 12:9, Paul explains that there are gifts of healing. The word for gifts is plural - meaning there are different manifestations of healing. In Matthew 17 and Mark 9, there is a young boy who is having seizures. He is throwing himself down. The disciples go to drive him out, but are unable to. The son's father told Jesus: "Your disciples were unable to heal him." Jesus prayed for the spirits to be cast out of the boy, and then he was healed. Jesus then said that this particular kind of spirit only could come out with **prayer and fasting**.

There are five main gifts of healing in the Bible - 1) Casting out of spirits or demons, 2) the forgiving of sins 3) the healing of physical deformities and injuries, 4) the healing of sickness and diseases, and 5) the resurrection of the dead.

The word for healing, *e-ah-om-ahee* means to cure, heal, or make whole. These are all gifts of healing because death, sin, infirmities, evil spirits, and sickness are all things that cause disorder and a lack of wholeness. The act of healing literally means to bring wholeness. So Jesus is enacting a gift of healing in this passage, but why does Jesus say that this one spirit only comes out by prayer and fasting?

When you pray for someone usually there is a transference that takes place. When you pray for someone who has a sickness, the sickness will pass through you and then get transferred to Christ. When Jesus heals Peter's mother and many other people, the Bible tells us it was to fulfill the verse "He took up our infirmities and carried our diseases" (Matthew 8:17). Jesus has borne all of our sicknesses and infirmities, but we are the vessels it passes through en route to going onto Him. When you fast, it makes the transference of sickness or disease from your body onto Christ faster because your flesh is weakened and the Spirit is stronger. Sometimes when I pray for people to be healed, I sometimes will feel the same pain that someone else feels in their body. It is a Word of knowledge about the issue that person is going through. When you fast and pray for someone to be healed, your spiritual sensitivity to illness increases.

Fasting weakens the flesh and strengthens the Spirit. The two main reasons that this evil spirit could only be cast out by fasting and prayer is because this spirit was a familiar spirit. As a result, it takes an unfamiliar and selfless act, such as fasting, to drive such a spirit out.

6) Fast of entering into the presence of the King

In the book of Esther, the people fasted three days and three nights for her so she could enter into the presence of the King (Esther 4:16). In a spiritual sense, this would be fasting for us to enter before Jesus in worship and reverence. God may have you spend time fasting before entering into His presence or having a God encounter. The fast in Esther could be a fast of national emergency as well.

7) Fast for Protection

In Ezra 8:21-23, a fast is proclaimed by Ezra so that the Israelites have physical protection. When traveling, sometimes it is a good idea to fast for protection on the journey, especially if it is the journey is long or may have danger involved. You can also fast for spiritual protection if you are going into an area that you know has high demonic activity. You are literally making yourself weak so that God's strength manifests.

8) Fast to receive a Word or Guidance from God

In Judges 20:26-28, the Israelites were fighting against the Benjaminites who had turned to wickedness. They repented and fasted to hear from God how they should respond. They needed guidance, and God provided.

9) Fast of Atonement (also the fast of oneness with God)

This is a commanded fast in the scriptures held every year on the 10th day of the Hebrew month Tishri. It is held to reflect upon the sacrifice of Jesus for our sins and express our desire to be one Him. On atonement we feast on the presence of God because we know that without Him we have no life and no relationship with God. In the Jewish wedding, the bride and the groom would fast on the day of the wedding - part of it is repentance to prepare one another for the oneness that comes from marriage. The goal of such intense focus on this day is a Heavenly encounter. It is a fast of no food or water for the entire 24 hour period (Leviticus 16, 23:26-32, Acts 27:9).

These fasts in the Bible can also be looked at in the Spiritual. For instance, the fast of Ezra was a fast for physical protection, but you can also fast for spiritual protection against evil spirits. The fast of national emergency - we can also look at this fast from the spiritual - Jehoshaphat called a fast when the nation of Judah was under physical attack from Moab and Ammon. When we are under attack from powers and principalities either church-wide or individually we can receive the same victory when we fast.

Chapter 7

Ending the Fast

The last aspect of fasting is breaking or ending the fast. Fasting breaks down your body. It breaks down toxins, junk, and fat built up in your body first and then it goes for other tissue later. Fasting detoxifies your body, so whatever you put back in your body is what your body will use to build itself back up. Fasting is the act of pouring yourself out to God, and so God pours things into you - revelation, *rhema* Word, presence, etc. to spiritually build you back up.

If you put junk back in your physical body after you fast, then you will hurt yourself. When you first start fasting you are going to want to eat everything in sight and just stuff your face, but when you come off of a fast you will need to start small. Show self-control; don't undo the physical benefits from fasting. There are some foods that are beneficial to help you recover. Let's use some examples.

For a 24 hour fast of no food and no water, you first want to steadily drink water for about one to two hours and then you can start with a small salad. Stay healthy - eat fruits and vegetables. After a water-only fast of three days or more, you need about 24 hours of small portions of fresh fruits or fresh vegetables and then gradually step up your portions of those items for the next few days. After a few days taking it easy you can go back to normal meals in terms of content and size. The longer you fast, the longer it takes to return to normal eating habits. I strongly discourage eating junk food, pizza, or meat immediately after you fast, for any reason. First, your digestive system is not ready for it. Secondly, you just had it all the junk taken out of your Body, so why would you want to put it back in?

When ending a fast, never mix fruits and vegetables; always allow a period of one hour or more before switching from fruits to vegetables or vegetables to fruits. It takes different enzymes to break down these two types of foods. Never eat meat immediately when you come off of a fast of two days or more.

After you have some experience you will be more attuned as to what your body needs or does not need after a fast.

Even though you will experience immediate results with fasting, sometimes the intense, life-changing spiritual encounters come after the fast is over. One year I went on a long fast and it was about a week after I ended it that I had a life-changing experience with God. Daniel had his encounter after his twenty-one day consecration was over. Expect the unexpected!

Conclusion

We hope this booklet has been a blessing to you. I have engaged in fasting much in my walk with God and ministry over the years and seen tremendous results. When you make the decision to practice this special discipline, you will have your own testimony of the effectiveness of prayer and fasting.

Who is Hungry Hearts Ministries?

The purpose of Hungry Hearts Ministries is to teach Christians how to LIVE according to the way of life taught in the Law of God and to BAPTIZE them in the Holy Spirit so they can WORSHIP the living God both in Spirit and in Truth. We accomplish this with a five point outreach: a local service, a Feast of Tabernacles Celebration, a weekly message ministry, books on our purpose, and missions overseas.

We are a Ministry dedicated to serve the God of Israel. Too many Christian organizations are focused around men. While it takes men and women to serve God, we just need to shift the focus from us onto Him. Our purpose and our outreach is focused on bringing people to God our Father and to His Son, (Yeshua) Jesus Christ. We live by His laws because he told us to live that way. We accept His Son as our Savior because Jesus paid for our sins with His death on the cross. We want the fullness of His Spirit because it is the power of God living in us. We want Him and all of Him that we can have. We worship God because it is the whole duty of mankind. We worship God because He has redeemed us to Himself. We worship God because we know Him.

We teach and practice Torah Observance. That means we live by the rules that God gave for human living on planet earth. That does not mean we believe we can earn our salvation with God. It means that we appreciate our Savior and His sacrifice, and we are willing to live our life the way that Yeshua taught us to live. The Torah contains all of the relevant rules for living life. It is the way of life taught in the Holy Bible from beginning to the end. It is also the way of life that Yeshua lived. What would Jesus do? What did Jesus do! He lived by the Torah!

We teach and practice a Spirit of God filled life. The Spirit of God is Jesus living in a believer. It is the power of God to overcome sin in our lives, and it is the power of God to open line of contact with the Living God. It is how we feel His presence and how we experience God. God Bless You.

Meet the Author

Kelly McDonald Jr. is an ordained Evangelist at Hungry Hearts Ministries in Jackson, TN. For 21 years, Kelly attended Trinity Baptist Church in Bemis, TN, where he was saved in 1992. While at Trinity, a small independent Baptist church, Kelly learned boldness for the Kingdom of God and that being a Christian is an all or nothing experience. In June 2006, Kelly was called to his first ministry, going door to door in the Bemis community and inviting people to church. In September 2006, Kelly was called to begin a Christian men's group at his then college, Lambuth University. In February 2007, Kelly was called to preach. Less than a month later, he became introduced to Hungry Hearts Ministries.

Since becoming a member of Hungry Hearts, Kelly has taken on many roles to further the ministry's work, from going door-to-door to pass out booklets, preaching, administering the prison ministry, teaching Bible Studies, and starting churches. Due to his service in the ministry, he was ordained a Deacon during the Feast of Pentecost on May 31st, 2009. His spiritual growth and desire to serve God led to his ordination as an Evangelist during the Feast of Pentecost on May 25th, 2012. In 2015, he was elected President of the Bible Sabbath Association (BSA).

Kelly has written for a local Christian magazine, *The Christian to Christian Connection*, the international Sabbatarian magazine, *The Sabbath Sentinel*, and the regional magazine, *The Good News*. He currently writes for and serves as the Editor for the Ministry's magazine, *Pursuit*. Kelly has written over 40 books and booklets on various Bible topics. Kelly graduated *summa cum laude* from Lambuth University in Jackson, TN in 2009. He earned a Bachelor of Science with a double major in Political Science and Sociology with a minor in Legal Studies. Kelly has been preaching since 2007 and is available to speak at your church upon request.

Jesus said, “When we pray...” and “When we fast...” (Matthew 6:5, 16-18). There is an expectation from God that we will pray and fast. It is a powerful spiritual discipline that has delivered entire nations from the brink of destruction and prepared people for powerful encounters with God. In this booklet, you will learn the practical application of how to fast and the powerful spiritual benefits that come from it.



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