

## Post Fast debriefing - September 12, 2014



After one returns from a military patrol the whole team goes into a debriefing room to discuss how the mission went.

All the prayer and fasting participants expressed a sense of accomplishment of completing the 10 days. I was reminded of Ecclesiastes 4:9-10 because fasting with a group motivates the others because none wants to let the others down.

KJV Ecclesiastes 4:9-10

9 **Two are better than one**; because they have a good reward for their labour.

10 For **if they fall, the one will lift up his fellow**: but woe to him that is alone when he falleth; for he hath not another to help him up.

The 10 days made a difference since many felt a dark cloud/heaviness come over them, doubts of effectivity or the prayers began to seem mechanical. If this prayer and fasting time were a useless exercise then Satan would not have sent a dark clouds and hindering thoughts over the fasters to attempt to sway them to break the fast.

I noticed a difference with the juice fast – from a physical point of view. I felt more awake in clarity of purpose after the 4<sup>th</sup> day. I noticed a regenerative effect on my body. Parts were healing which resisted healing from other methods. During that 10 day period an intense amount of raw organic nutrients were being fed to the body.

Nehemiah mourned when he heard that the walls and the gates of Jerusalem were torn down and that the people were under attack.

KJV Nehemiah 1:3-4

3 And they said unto me, The remnant that are left of the captivity there in the province are in great affliction and reproach: **the wall of Jerusalem also is broken down, and the gates thereof are burned with fire.**

4 And it came to pass, when I heard these words, that **I sat down and wept, and mourned certain days, and fasted, and prayed** before the God of heaven,



Nehemiah returned to Jerusalem and inspected the area where the wall used to stand. He developed a plan for rebuilding. Nehemiah saw a need for a protective wall when everyone else.... was content being exposed to disgrace.

RSV Nehemiah 2:15-17

15 Then **I went up in the night by the valley and inspected the wall**; and I turned back and entered by the Valley Gate, and so returned.

16 **And the officials did not know where I had gone or what I was doing**; and I had not yet told the Jews, the priests, the nobles, the officials, and the rest that were to do the work.

17 Then I said to them, "**You see the trouble we are in, how Jerusalem lies in ruins with its gates burned. Come, let us build the wall of Jerusalem, that we may no longer suffer disgrace.**"

That was the thoughts coming to me concerning the fast. Everyday whether you see in the newspaper, magazine, TV news, internet news, prayer requests..... Christians are suffering, dying, being disgraced, abandoned, fired, evicted and ignored. The same prayers are being offered time and time again without an answer. Why?

"Failure in prayer is due to fault in the heart"

"If we ask and God does not give, then the fault is with us. Every unanswered prayer is a clarion call to search the heart to see what is wrong there,1



Jesus said in some cases fasting is required Mk9:29. If fasting was required at that time, why would it not be required now? And why are we as a Christian body disobeying Jesus' command to fast?

A basic wall would organize 30 men into 10 teams fasting 8 days and off fasting 32 days. The bible states that no king should go to battle without first counting his army to see if he would be able to defeat the enemy Lk14:31.

RSV Luke 14:31 Or what king, going to encounter another king in war, will not sit down first and take counsel whether he is able with ten thousand to meet him who comes against him with twenty thousand?

Sometimes the army sits behind and waits for a leader to show up. David showed up at the front lines of King Saul's encampment when Goliath was challenging the Israelites. David made a bold stance and took the field against the giant Goliath with no other Israelite following as backup.



I felt a prodding to get out in the field even if no other teams would follow. One team would make the stand of faith. Faith that if one follows the bible then blessings would come. Faith, Belief and action were needed to defend those coming under attack.

Was the lack 9 other teams upsetting? No - that's prophecy.

We are in the time I believe where Jerusalem is inhabited without walls Zech2:4.

RSV Zechariah 2:4 and said to him, "Run, say to that young man, 'Jerusalem shall be inhabited as villages without walls, because of the multitude of men and cattle in it.

Why don't we have the wall of protection? Because the lack of faith in this country. The Christian body (as a whole) has no faith that fasting will work otherwise they would be fighting over the next fasting positions.

I sent out a fasting request to 10 men at my work who go to a weekly bible study that I was attending. I had heard the same prayer requests be asked week after week. Prayers for aches, sick spouse, a daughter recovering from drugs, a brother battling alcoholism, cancer and on and on.

I sent my plan for a 10 teams of fasters expecting some interests from the bible study group. Suring they who have been asking for prayers for so long will jump on board. I was hoping for at least a team's worth out of 10.

I got No responses - zilch. Each of the 10 bible study men ignored the prayer and fast request and at the same time continued to ask for the same prayers of healing.

Jesus said certain demons creating certain health ailments ONLY comes out by prayer **and fasting** - Mk9:29. They will continue to ask for prayers and will keep waiting for deliverance which may never come if that deliverance comes only from fasting - which they refuse to do.

KJV Mark 9:29 And he said unto them, **This kind can come forth by nothing, but by prayer and fasting.**

Christians are up against a foe that the majority of the church world is not taking seriously. Job 41 describes that foe:

KJV Job 41:1-34

- 1 Canst thou draw out leviathan with an hook? or his tongue with a cord which thou lettest down?
- 2 Canst thou put an hook into his nose? or bore his jaw through with a thorn?
- 3 Will he make many supplications unto thee? will he speak soft words unto thee?
- 4 Will he make a covenant with thee? wilt thou take him for a servant for ever?
- 5 Wilt thou play with him as with a bird? or wilt thou bind him for thy maidens?
- 6 Shall the companions make a banquet of him? shall they part him among the merchants?
- 7 Canst thou fill his skin with barbed irons? or his head with fish spears?
- 8 Lay thine hand upon him, remember the battle, do no more.
- 9 Behold, the hope of him is in vain: shall not one be cast down even at the sight of him?
- 10 None is so fierce that dare stir him up: who then is able to stand before me?
- 11 Who hath prevented me, that I should repay him? whatsoever is under the whole heaven is mine.
- 12 I will not conceal his parts, nor his power, nor his comely proportion.
- 13 Who can discover the face of his garment? or who can come to him with his double bridle?
- 14 Who can open the doors of his face? his teeth are terrible round about.
- 15 **His scales are his pride, shut up together as with a close seal.**
- 16 **One is so near to another, that no air can come between them.**
- 17 **They are joined one to another, they stick together, that they cannot be sundered.**
- 18 By his neesings a light doth shine, and his eyes are like the eyelids of the morning.
- 19 Out of his mouth go burning lamps, and sparks of fire leap out.
- 20 Out of his nostrils goeth smoke, as out of a seething pot or caldron.
- 21 His breath kindleth coals, and a flame goeth out of his mouth.
- 22 In his neck remaineth strength, and sorrow is turned into joy before him.
- 23 The flakes of his flesh are joined together: they are firm in themselves; they cannot be moved.
- 24 His heart is as firm as a stone; yea, as hard as a piece of the nether millstone.
- 25 When he raiseth up himself, the mighty are afraid: by reason of breakings they purify themselves.
- 26 The sword of him that layeth at him cannot hold: the spear, the dart, nor the habergeon.
- 27 He esteemeth iron as straw, and brass as rotten wood.
- 28 The arrow cannot make him flee: slingstones are turned with him into stubble.
- 29 Darts are counted as stubble: he laugheth at the shaking of a spear.
- 30 Sharp stones are under him: he spreadeth sharp pointed things upon the mire.
- 31 He maketh the deep to boil like a pot: he maketh the sea like a pot of ointment.
- 32 He maketh a path to shine after him; one would think the deep to be hoary.
- 33 Upon earth there is not his like, **who is made without fear.**
- 34 He beholdeth all high things: he is a king over all the children of pride.

The protective scales of the enemy are so close together "that no air can come between them." yet Christians feel that we don't need a wall of protection. The prayer and fasting team would have been a start to building an impregnable wall of protection.

"made without fear". **!!ATTENTION ALL YOU WHO CALL YOURSELF A CHRISTIAN!!** – THE ENEMY DOESN'T FEAR YOU BECAUSE YOU AREN'T FASTING. The enemy can stack the demons on you and you won't be able to shake them off no matter how much you pray. Fasting would be the only way to remove them which the church body refuses to do on a continuous manner.



*Satan will continue to chew up Christians in his meat grinder* until Christians get on board on continual prayer and fasting teams - As Jesus instructed His apostles to be on. I believe most Christians believe that satan attacks once and then goes away (at least their prayer life is like that).

Satan is attacking every day, at night from multiple fronts: spiritual, mental, physical, emotional, using peer pressure from family, friends, coworkers, strangers, politicians, foreign governments, corporations..... The hope for a strong Christian body is lost as long as this error of thought is present however a remnant is always around that will pray and fast and they and their households will be secure.

Regards,  
David

#### **Prayer and fasting series**

[Group Maneuvers: Repel and Attack](#)

[Prayer and fasting team preparation](#)

[How to break the fast](#)

[Post Fast debriefing \(This one\)](#)

1 The Kneeling Christian, An Unknown Christian, Zondervan, ISBN 0-310-33491-8, P38