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JONAH PART 20  
CH 3:7

In Jonah 3:7 it says, ***“and he (the king) caused it to be published through Nineveh by the decree of the king and his nobles, saying, ‘Let neither man nor beast, herd nor flock, take anything. Let them not feed, nor drink water.’”*** The King of Nineveh, with full support of his nobles, declared an absolute fast for the entire greater Nineveh (a 33-mile stretch). How do I know it was for the greater area of Nineveh? Because the flocks and herds that were included would not have been kept inside the 100-foot-high walls of “proper” Nineveh (only 3 miles long).

This was a radical fast since even the herdsman were not to feed or water their flocks. This is what is termed an “absolute fast.” It is the kind that God truly honors.

The “absolute” fast is the true purifying fast. The modern church has come up with many innovative types of fasts. Essentially giving up certain things, perhaps certain types of food or drink, or something of pleasure like television or some other activity. They might do a “juice fast” by abstaining from food and only drinking juice and water. It might be a “Daniel fast” where they give up meats and starches and eat only vegetables. These resemble the tradition of “Lent.”

The true fast that cleanses the body and soul and draws one in deeper spiritually is the “absolute fast.” One eats nothing. One drinks nothing except water. As you fast and pray, and pray, and pray in this manner, you keenly develop your “ears” of your spirit to hear Holy Spirit better than before. You also experience an increase of power in your life. The power comes from Jesus via Holy Spirit.

These results may not be noticed in a fast of just a day or two. Seek Holy Spirit on how long your fast should be. He may lay a specific number of days in your mind or heart; or you may take it one day at a time until He gives you permission to eat or drink.

Perhaps I will write about fasting in detail at a later date. There is much to learn relating to it.

The Ninevites understood that fasting was the way to a spiritual breakthrough. The sackcloth and ashes were for repentance. The fasting was for answers.

There has been a prophetic call to do much fasting this September 2020. The next three months in America will be chaotic. Believers need to fast and pray periodically in the coming month.