

FASTING  
AS UNTO THE  
LORD



FASTING  
AS UNTO THE  
LORD

*MARILYN SALMONSON*



WHITAKER  
HOUSE

Unless otherwise indicated, all Scripture quotations are taken from the *New King James Version* (NKJV), © 1979, 1980, 1982 by Thomas Nelson, Inc. Used by permission. All rights reserved. Scripture quotations marked (NIV) are from the *Holy Bible, New International Version*, © 1973, 1978, 1984 by the International Bible Society. Used by permission. Scripture quotations marked (NASB) are from the *New American Standard Bible*®, © 1960, 1962, 1968, 1971, 1973, 1975, 1977 by The Lockman Foundation. Used by permission. ([www.Lockman.org](http://www.Lockman.org)) Scripture quotations marked (AMP) are taken from the *Amplified Bible*, © 1954, 1958, 1962, 1964, 1965, 1987 by The Lockman Foundation. Used by permission. ([www.Lockman.org](http://www.Lockman.org))

The information presented here is not intended as medical advice. Always consult your physician before undertaking any change in your physical regimen, whether fasting, diet, or exercise.

---

## FASTING AS UNTO THE LORD

ISBN: 0-88368-877-8

Printed in the United States of America

© 2000, 2003 by Marilyn Salmonson

Whitaker House  
30 Hunt Valley Circle  
New Kensington, PA 15068  
[www.whitakerhouse.com](http://www.whitakerhouse.com)

---

### Library of Congress Cataloging-in-Publication Data

Salmonson, Marilyn, 1960–  
Fasting as unto the Lord / by Marilyn Salmonson.

p. cm.

ISBN 0-88368-877-8 (alk. paper)

1. Fasting. I. Title.

BV5055.S35 2003

248.4'7—dc21

2002154456

No part of this book may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or by any information storage and retrieval system, without permission in writing from the publisher.

2 3 4 5 6 7 8 9 10 11 12 ◆ 11 10 09 08 07 06 05 04 03

# Contents



Foreword.....	7
Prologue.....	11
1. The Benefits of Fasting .....	13
2. Staying on the Path.....	37
3. What Is a Fast?.....	61
4. Preparing for a Fast .....	73
5. Nine Biblical Examples of Fasting .....	87
6. Exposing the Spirit of Gluttony.....	99
7. Presenting Your Fast as unto the Lord.....	109
Notes of Appreciation.....	121
Special Notes.....	125



## Foreword



**F**asting is more than denying oneself food; it is a way of life. Isaiah 58 explains what a *true* fast is. It is not just a day to humble oneself before God. Along with denying ourselves food and living a life of humility before God, we must also be servants to our brothers and sisters.

Isaiah 58 also tells us what a fasting lifestyle will do for us. Fasting brings humility, loosens the chains of injustice, unties the cords of the yoke, sets the oppressed free, feeds the hungry, provides for the poor, and clothes the naked. This cannot be done in just a matter of days. It must

*Fasting as unto the Lord*

be a commitment of oneself and an act of servitude to God.

God tells us in Isaiah what will happen as we develop a fasting lifestyle:

*Then your light will break forth like the dawn, and your healing will quickly appear; then your righteousness will go before you, and the glory of the LORD will be your rear guard. Then you will call, and the LORD will answer; you will cry for help, and he will say: Here am I.*

(Isaiah 58:8–9 NIV)

The last part of Isaiah 58:12 says it all. God says we will be called “*Repairer[s] of Broken Walls, Restorer[s] of Streets with Dwellings.*” Praise God!

Fasting has become like a spiritual mirror for me. It forces me to look at myself through God’s eyes, and it reveals the truth of my spiritual walk with Him. I believe fasting reflects the soul and brings forth the spiritual man so that God can properly align the temple—spirit, soul, and *then* the body.

In *Fasting as unto the Lord*, Marilyn Salmonson truly reflects what fasting is all about. In reading this book, you will hear the Spirit of God speaking through Marilyn. She has used

sound wisdom, detailed knowledge, and godly counsel from Christian professionals who have spent years researching the benefits of fasting. I highly recommend this book to anyone who wants a closer daily walk with the Lord Jesus Christ.

—Lloyd Bustard  
*International speaker, music artist,  
prophet, and pastor of  
World Worship Center, N.C.*



## *Prologue*



**I**would like to take a moment to share with you the small miracle of how this book came to be. God always has a plan for our lives, even if we do not know what it is at times. Stay focused on the Word of God, and He will birth concepts, ideas, and visions in you that you have never imagined nor thought you could ever possess.

This book was inspired during a year and six months of my own partial fasting as unto the Lord. At the beginning of each year, the Lord has always given me a word to encourage and strengthen my walk for the year. In 1997, His

*Fasting as unto the Lord*

words to my spirit were “prepare in prayer.” And so I began praying more often and for longer periods of time.

That year proved to be one of strengthening my prayer life. I witnessed tremendous victories in my life and in the lives of my family members because of the seeds of prayer I sowed during that time. Now, as a result, my prayer life has been multiplied bountifully.

In 1998, the Lord revealed three words to my spirit during prayer—“fasting,” “no compromise,” and “repentance,” in that order. Well, I immediately incorporated fasting into my walk, and this book is the fruit of my labor.

I share this wonderful information from the Word of God, and I pray it will serve you as it did me. The result has proven to be an equipping of my spirit man, which has propelled me to the next level in my Christian walk.

I have taken another step upward toward the center of God’s will for my life, and this has given me a deeper appreciation for the ways, the will, and the Word of God.

—Marilyn Salmonson

*Chapter One*



*The Benefits of Fasting*



1

## *The Benefits of Fasting*



God has selected fasting as a tool for believers. It is a tool meant to loose the bands of wickedness—a tool with the purpose of setting believers free from the enemy so that they can live lives of victory.

*Is this not the fast that I have chosen:  
to loose the bonds of wickedness, to undo  
the heavy burdens, to let the oppressed  
go free, and that you break every yoke?*

(Isaiah 58:6)

But how does fasting accomplish this?

## *Fasting Empowers Your Spirit Man*

Through the separation of spirit and body achieved through fasting, the spirit man is given freedom to rule over the mortal body.

When and how does this occur? It occurs at the moment during the fast when your natural man surrenders control to your spirit man. As this takes place, the flesh is simultaneously crucified, and you then depend only on the Holy Spirit to sustain you.

The brief moment of separation between your spirit and your physical nature is what propels you forward in your Christian walk. Using moments like these, God continues to change you, more and more, into His own image.

*But we all, with unveiled face, beholding as in a mirror the glory of the Lord, are being transformed into the same image from glory to glory, just as by the Spirit of the Lord.* (2 Corinthians 3:18)

Being transformed into God's image means being transformed into a person of holiness, righteousness, compassion, and love. However, He can only accomplish this transformation if you surrender your will to His perfect will, and your spirit to His Holy Spirit.

How do you surrender your will to His will? Through true repentance and by not compromising the Word of God in your life through submission to the seductions of this world, which are contrary to the truths of the Holy Scriptures. Be a doer of the Word and not just a hearer of it, for His Word commands it!

*But be doers of the word, and not hearers only, deceiving yourselves. (James 1:22)*

The process of surrendering your will to His and allowing Him to govern your life is activated more readily and abundantly through prayer, praise, worship, and fasting.

---

*Being transformed to God's image means being transformed to a person of holiness, righteousness, compassion, and love.*

---

When you pray, you are in communication with God, realizing His will for your life because He reveals it to you. Praise helps you to experience His joy; fasting strengthens your spirit and causes His will to be manifested in your life.

*A Spirit Man Empowered*

I asked brother Richard H. Meisel, a wonderful man of God and the president and associate

pastor of Hall Deliverance Foundation, Inc., to share an experience he had with fasting when he was still a new believer. This is what he had to say about his time of spiritual growth.

In the summer of 1980, I was playing keyboard for a country western band in Springerville, Arizona. Earlier in the year, I had started getting hives all over my body. My doctor said I was most likely allergic to something, so I tried getting rid of my cat, changing clothes, using different soap, etc., to no avail. I was told that it would cost one thousand dollars to do blood tests, and even then they might not know exactly what was causing the allergic reaction.

My doctor gave me a prescription with strong antihistamine medicine in it. It brought relief, but it also made me feel a lot different: I started to periodically lose feeling in an arm or a leg, similar to when an extremity “falls asleep.” It was awful and a little scary.

At that time, I was reading a book entitled *Because of Your Unbelief*, written by the Reverend Franklin Hall, given to me by a friend. I believed what Hall said about fasting; it agreed with what I had

often thought about the subject. Back in Pennsylvania, where I was born, I would read articles in the paper about miners trapped underground. I took notice, as I read, that when they were without food for the period of their entrapment, they recorded seeing heavenly visions (which the world would call hallucinations). I also was aware that people adrift at sea without food would often see the Lord, or angels, etc. So I had surmised that fasting was spiritual. Although I wanted to fast, I was ignorant about the process of fasting and thought I wouldn't be able to fast and work at the same time.

However, reading Franklin Hall's book started to give me faith that I could participate in a fast to receive healing from my allergic reaction, thereby getting rid of the medicine and its bad side effects. I believed that my body would live on and consume the toxins in my body, making me feel better. I also believed that fasting would make my words, spoken in prayer, have more power when I communed with the Father.

I fasted, drinking only water, for twenty days. I was healed on about the

## *Fasting as unto the Lord*

fourteenth day from the ailments that had plagued me. I also grew spiritually. I experienced an urgency to know Jesus in a more intimate way, and I gained discernment. God spoke audibly to me on the twentieth day and said three times consecutively, "Tell Me." I discerned that He wanted me to communicate my desires and petitions through prayer, and so I did. Praise our Lord Jesus Christ!

After the fast, I wanted to meet the man who wrote the book that had so influenced me, so I visited the church that he and his wife, the Reverends Franklin and Helen Hall, shepherded: the International Healing Cathedral.

I can attribute the positive changes in my life to God, Jesus, the Holy Spirit, and fasting. I quit the band I had been in and became a part of Reverend Franklin Hall's church; I have continued there for over twenty-two years. Thank You, Jesus!

Fasting is a must. It not only cleanses the body, but it makes our spiritual lives better.

"When the Bridegroom is taken away, then shall they fast." (See Mark 2:20.) Jesus said this when asked by the

Pharisees why He and His disciples were not fasting, especially when John the Baptist and his disciples did. In a sense, we should fast because our Savior, our Bridegroom, is in heaven. We have a reason to fast until He returns. Let's all fast, pray, and put on Christ, coming into the unity of the faith!

### *Fasting Enhances Your Prayer Life*

Fasting enhances your prayer life by strengthening your desire to commune with the Father in prayer throughout each day. There is an alertness, an awareness, that occurs in your spirit on a daily basis. Through fasting, you gain the ears to hear His prompting as He addresses you in each situation.

---



*Fasting enhances your prayer life by strengthening your desire to commune with the Father.*

---



Your acknowledgment, through prayer, of the presence of God in your everyday life will cause you to similarly acknowledge the benefits provided to you as a result of His presence. These benefits take many forms. They include:

## *Fasting as unto the Lord*

1. Favor
2. Divine appointments
3. Protection
4. Wisdom
5. Knowledge
6. Understanding
7. Discernment
8. Revelation
9. Concepts
10. Strategies and ideas

These benefits will be visible to you during and after a fast because you will be seeing with the eyes of your spirit, enlightened by the Holy Spirit—a direct result of your fast. Fasting will always strengthen your spirit and cause you to see and experience the benefits of the spiritual realm, even here in the physical realm. (Remember, the natural laws are always subject to the spiritual laws.) All of a sudden, you will be making withdrawals from God's reserve of spiritual benefits because of your increased faith in Him, which is the key needed to make the withdrawal.

Although these benefits have always been there for you to draw from in any given situation,

it is because of your fast that you realize their existence and begin to use them in your daily decision-making. God bestows all of these benefits upon you as a way of causing victory in your life.

In 1 Thessalonians 5:17, the Word commands, *“Pray without ceasing.”* Why? Because, as you commune with the Father and as your prayers are released in the physical realm, there are many benefits that await you. Your prayers open opportunities for the spiritual realm to manifest change in the physical world you live in.

Christians often believe that they are supposed to chase after God’s attention. Yet He already gives us His full concentration, desiring our attention, just as we desire His. It is He who prompts us to commune with Him in prayer throughout the day, so that He can be instrumental in our daily victories.

Keep in mind that, ultimately, the victories we achieve in our lives happen because of God’s intervention. Without His intervention, we would have few victories or none at all, according to the dimensions of what He desires us to achieve. In other words, what we call victory by our own efforts could never compare to the triumph He could have caused had we allowed His prompting,

delivered by His Holy Spirit, to handle the situation differently. Instead, we put the cart before the horse by not submitting to prayer and by not waiting on His answer to the problem.

His prompting is for the purpose of moving us to acknowledge our dependence on Him—to show us that it is His intervention in our lives that causes us to bring Him glory in all we do. It is when we seek Him that He seeks us. It is when we seek Him that we express, confirm, and validate His position in our lives.

Franklin Hall, the author of the book *Atomic Power with God with Fasting and Prayer*, helps to identify another powerful point that describes how fasting enhances your prayer life. He makes an important distinction between two forms of prayer:

1. Prayer
2. Fasting prayer

The first form of prayer refers to prayer expressed without the aid of fasting. Blessing a meal before you eat would be an example of this form of prayer.

The second form of prayer refers to “prayer prayed under the influence of fasting.”<sup>1</sup> Fasting

---

<sup>1</sup> Reverend F. Hall, *Atomic Power with God with Fasting and Prayer*, page 7.

prayers are tools used to transform prayers of unbelief to faith. “Fasting restores and amplifies prayer power.”<sup>2</sup>

*A Testimony of Fasting Prayer*

I asked Bernadette Clayborne, a dear sister in the Lord, to share the testimony of her son’s victory, which took place with the added ammunition of fasting in her life. This is what she had to share:

I recall one morning I was at the end of my rope. Something was very wrong with my son, and I couldn’t help him. Kyle was in kindergarten, and it was becoming more and more difficult to leave him at his classroom door. He would cry, foam at the mouth, grind his teeth, and scream loudly. It would disturb the entire class; some of the other children would start to look a little sad, and sometimes they would even start to cry themselves.

That morning he had such a terrible fit that it took two teachers to hold him. Kyle’s teachers told me to leave, saying that he would calm down. So I left the

---

<sup>2</sup> Ibid., page 7.

*Fasting as unto the Lord*

school while my son was still screaming, “Mommy, help me. Don’t leave me!” My heart was broken. This was my baby, and I couldn’t help him.

Exiting the school, I was visibly shaken and in tears. I had had it with these fits! I poured my heart out to God about my son during the car ride home. He was so young and helpless; I wanted whatever was wrong to be fixed. I prayed: “Please, Lord, reveal to me what is wrong with my child so that I can help him.”



*It is when we seek Him that He seeks us.*



That morning, feeling compassion and concern for Kyle, sister Marilyn stopped by his classroom. She and the class teacher laid hands on Kyle and began praying for him. He did calm down a little and had a peaceful day. Marilyn phoned me at home later that morning and told me what had taken place. She told me that, as she was praying, the Lord had revealed that Kyle could not hear well. She said, “I see in the Spirit that there is something wrong with his hearing.” I told her that he had passed

a hearing test earlier but that I would take him to the doctor to get another test.

I took Kyle to the doctor the next day and told the doctor about the problems Kyle was experiencing at school. I also told him about Marilyn's spiritual revelation concerning Kyle's hearing. He gave Kyle another hearing test to put my mind at ease and, through our conversation, I learned that the doctor and his family were also Christians.

The test results came back normal. However, I knew that God had spoken to Marilyn, and I was determined to get to the root of Kyle's problem. He was my baby; it hurt me to see him in such distress. I decided to go on a fast for three days. No food, just water until 6:00 p.m. After six o'clock, I would have a light dinner and no dessert. During the fast, I got up early in the morning to read my Bible, sing, and pray. While driving in the car, I played gospel music and talked to God some more.

A few months before, I had bought a ministry tape on spiritual warfare. I decided to listen to it one more time just

to see if there was anything new for me to learn. On the third day of my fast, I listened to the tape and realized that the enemies of my soul are strongholds. I needed to stop wasting time binding little spirits and start binding the strongholds instead. The tape helped me understand that this was the way to bind the power of Satan.

As the tape continued, the speaker began to tell the story of the boy with the “*dumb and deaf spirit*” that the disciples could not drive out.

*<sup>25</sup> He rebuked the unclean spirit, saying to it, “Deaf and dumb spirit, I command you, come out of him and enter him no more!”*

*<sup>26</sup> Then the spirit cried out, convulsed him greatly, and came out of him. And he became as one dead, so that many said, “He is dead.”*

*<sup>27</sup> But Jesus took him by the hand and lifted him up, and he arose.*

*<sup>28</sup> And when He had come into the house, His disciples asked Him privately, “Why could we not cast it out?”*

*<sup>29</sup> So He said to them, “This kind can come out by nothing but prayer and fasting.”* (Mark 9:25–29)

I knew immediately what was wrong with Kyle. He had experienced all the same symptoms as the boy in the story. The Holy Spirit revealed to me what needed to be done. (Thank You, Holy Spirit, for loving Kyle and me so much!)

Later that evening, and on the drive to school the next day, I prayed for my son and rebuked Satan: “Satan, Kyle belongs to the Lord. You are trespassing on blood bought property. I rebuke you, dumb and deaf stronghold spirit. No longer can you block Kyle’s spiritual hearing and receiving from God. Your powers over Kyle’s life are destroyed; do not return again, in the name of Jesus!” That morning, I left Kyle at his classroom with a smile on his face. He was a changed person and has been delivered from the deaf and dumb spirit ever since. Praise God!

Bernadette’s testimony of Kyle’s victory is an example of the power released when prayer is combined with fasting.

Together, prayer and fasting will help to still your mind and to focus your thoughts so that you can hear God’s voice. Pray and fast! The two go hand in hand!

## *Fasting Helps You Focus on Your Christian Walk*

The result of staying focused in your Christian walk is a harvest of blessings in your life and in the lives of the people you are interceding for in prayer. Why? The answer is simple. When you are called to fast and you are obedient to God's call, God will honor you and your prayers.

Fasting is an exercise that empowers your spirit. It makes your spirit man stronger, and your flesh weaker. As a result, we are more readily able to surrender to the Holy Spirit.

*I say then: Walk in the Spirit, and you shall not fulfill the lust of the flesh.*

(Galatians 5:16)

The surrender of your will to His perfect will allows you to maintain your Christian walk. Fasting helps you to stay focused on the path toward God's ordained destiny for your life.

Never forget that God knows your weaknesses. He will put in your heart a desire to fast so that you will be prepared to overcome specific situations in your life. Why does He do this? Because He loves you and wants to bless you—always!

## *Varying Benefits of Fasting*

I would like to note that the benefits of fasting may vary according to three areas of growth in your walk with Jesus Christ:

1. Faith Level
2. Commitment Level
3. Application of the Word

### *Faith Level*

When it comes to the degree of benefits experienced from your fast, the amount of time you have been a Christian will prove to make a difference. The Christian who has been a believer for many years will, at times, have a greater faith level than the new Christian, who has not yet experienced the exercising of faith in his or her life.

---

*Never forget that God knows  
your weaknesses.*

---

A good example of the differences between experienced faith and inexperienced faith is found in the account of the prophet Elisha and his servant. For it is Elisha who saw clearly into the

*Fasting as unto the Lord*

spiritual realm and was able to see the angels surrounding them in battle to protect and aid them in their victory against the Syrians.

*<sup>15</sup> And when the servant [Elisha] arose early and went out, there was an army, surrounding the city with horses and chariots. And his servant said to him, “Alas, my master! What shall we do?”*

*<sup>16</sup> So he answered, “Do not fear, for those who are with us are more than those who are with them.”*

*<sup>17</sup> And Elisha prayed, and said, “LORD, I pray, open his eyes that he may see.” Then the LORD opened the eyes of the young man, and he saw. And behold, the mountain was full of horses and chariots of fire all around Elisha.*

(2 Kings 6:15–17)

Faith is explained in chapter eleven of the book of Hebrews as, “*the substance of things hoped for, the evidence of things not seen*” (verse 1). To experience the greater things of God is to catch a glimpse of what is in the spiritual realm through the exercising of your faith.

If you have been at a place where your faith has been challenged, you have experienced a deeper exercising of faith. If you are a seasoned

Christian, then you have experienced a greater level of faith. You have had more time to condition and exercise your faith. Faith grows when it is challenged.

*<sup>13</sup> For everyone who partakes only of milk is unskilled in the word of righteousness, for he is a babe.*

*<sup>14</sup> But solid food belongs to those who are of full age, that is, those who by reason of use have their senses exercised to discern both good and evil.*

(Hebrews 5:13–14)

### *Commitment Level*

Commitment level refers to the time you spend pursuing the things of God through prayer (your mode of communication with God), praise (singing of His blessings), worship (revering Him), and fasting (crucifying your flesh as He crucified His). These pursuits of God will lead you to a greater acknowledgment of His presence and to a deeper relationship with the Holy Spirit.

The greater the commitment level, the greater the faith level, and vice versa. A greater faith level produces greater experiences in the things of God—particularly in prayer, praise, worship,

## *Fasting as unto the Lord*

and fasting, which are elements of commitment. Similarly, a greater commitment level produces a greater faith level because, through the elements of commitment, you acknowledge God's presence and fulfilled promises in your life, building your faith.

## *Application of the Word*

The application of the Word means making the Word of God effective in your life. In order to make the Word of God active in your life, you must learn to apply it to every situation in your life. To do that, follow these three steps:

1. Identify the area in your life that needs to change.
2. Find Scripture that deals with that specific situation and make it yours by inserting your name. An example is: "\_\_\_\_\_ (your name) is a wise man (or woman) who cautiously avoids evil." (See Proverbs 14:16 NASB.)
3. Confess the Scripture (with your name) over yourself and/or your situation, and you will see results!

*So shall My word be that goes forth out of My mouth: it shall not return to Me void [without producing any effect, useless], but*

*it shall accomplish that which I please and purpose, and it shall prosper in the thing for which I sent it.* (Isaiah 55:11 AMP)

Apply the Word of God to your life. Activate it by confessing it! Your confessions will ignite your faith. They will light a match in the middle of your dark area or situation so that you can see the answer clearly. Through the application of the Word in your life, God will reveal His wisdom in the what, when, where, and how of handling any given situation.

Knowledge alone is not enough to bring the victories God desires for you to have. Therefore, experience the effectiveness of His Word by seeking God with all of your mind, your soul, and your might, and you will become more “in tune” with the will of God for your life.