

your Complete fasting guide

fasting 101 | 21-day insights to focus your prayer time | fasting for specific needs

CONNECTION

VOLUME 4

WITH JENTEZEN FRANKLIN



LEARN HOW THIS REWARDING
BIBLICAL PRINCIPLE CAN LITERALLY
TRANSFORM YOUR LIFE!

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JENTEZEN FRANKLIN
MEDIA MINISTRIES



FASTING HAS CHANGED MY LIFE.
IT CAN DO THE SAME FOR YOU.

DEAR FRIEND,

For over 10 years now I have set aside 21 days at the beginning of the New Year to dedicate the first and best to God through prayer and fasting. And I believe I have reaped far greater blessing than I ever imagined possible through this sacrificial offering to God!

My wife Cherise and I have personally seen God's hand at work in our own family with blessings of healing, provision and more. And thousands from around the world who have joined the Fasting Movement have also seen miraculous results. Fasting works!

When you obey God through prayer and fasting, He has promised blessings of provision, success, good health, restoration, deliverance, victory over enemies and more (Deuteronomy 28). I've seen God's faithfulness in action. This principle really works!

In the following pages you'll read about individuals who opened the windows of Heaven through prayer and fasting.

I want you to experience the rewards of this important biblical principle. That's why I've put together this special edition Connection magazine, focused on fasting.

Whether you are considering your very first fast or wanting to go to a deeper spiritual level with your fast, these teachings will provide the encouragement and practical information from God's Word you need to make your effort a success.

Not only does fasting bring success in your daily life, but I believe it also opens your heart to God's voice. During our last 21-Day Fast in January, God placed a dream on my heart. I heard God say to me, "Feed the hungry children." At the time I wasn't sure what that meant or how we were going to do it—I just knew we needed to start feeding hungry children.

Within a year, we began working with missionaries Bobby and Sherry Burnette in Haiti to help feed starving families and share the Gospel! We are now shipping 270,000 meals monthly to those in desperate need. Read more about our mission's efforts in Haiti on Page 24.

I want to urge you to prepare your heart and mind for all that God wants to do in your life in 2010. God is saying to you and to me: "Now is the time, this is the place and I am the one." I suggest to you that "we are the ones". We can reach the harvest. We can make a difference together. It all starts with our obedience through prayer and fasting.

Sign up to let us know that you are participating in our Annual 21-Day Fast in January and be a part of the Fasting Movement. Your life will never be the same. Fasting works!



2010

RELEASE GOD'S BLESSINGS and see Him at work in your life!

Join Jentezen Franklin and more than 100,000 people worldwide in 21 days of prayer and fasting, beginning January 10. Make fasting a lifestyle for year-round blessings, starting now. Join the Fasting Movement.

REGISTER TODAY to let us know you will be joining in the 2010 21-Day Annual Fast to give God your first!

www.jentezenfranklin.org

CONNECTION

WITH JENTEZEN FRANKLIN

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JENTEZEN FRANKLIN
MEDIA MINISTRIES

P.O. Box 315
Gainesville, GA 30503
888-888-3473

JENTEZEN FRANKLIN MINISTRIES--CANADA
P.O. Box 9400 Vancouver, BC V6B 4G3 Canada

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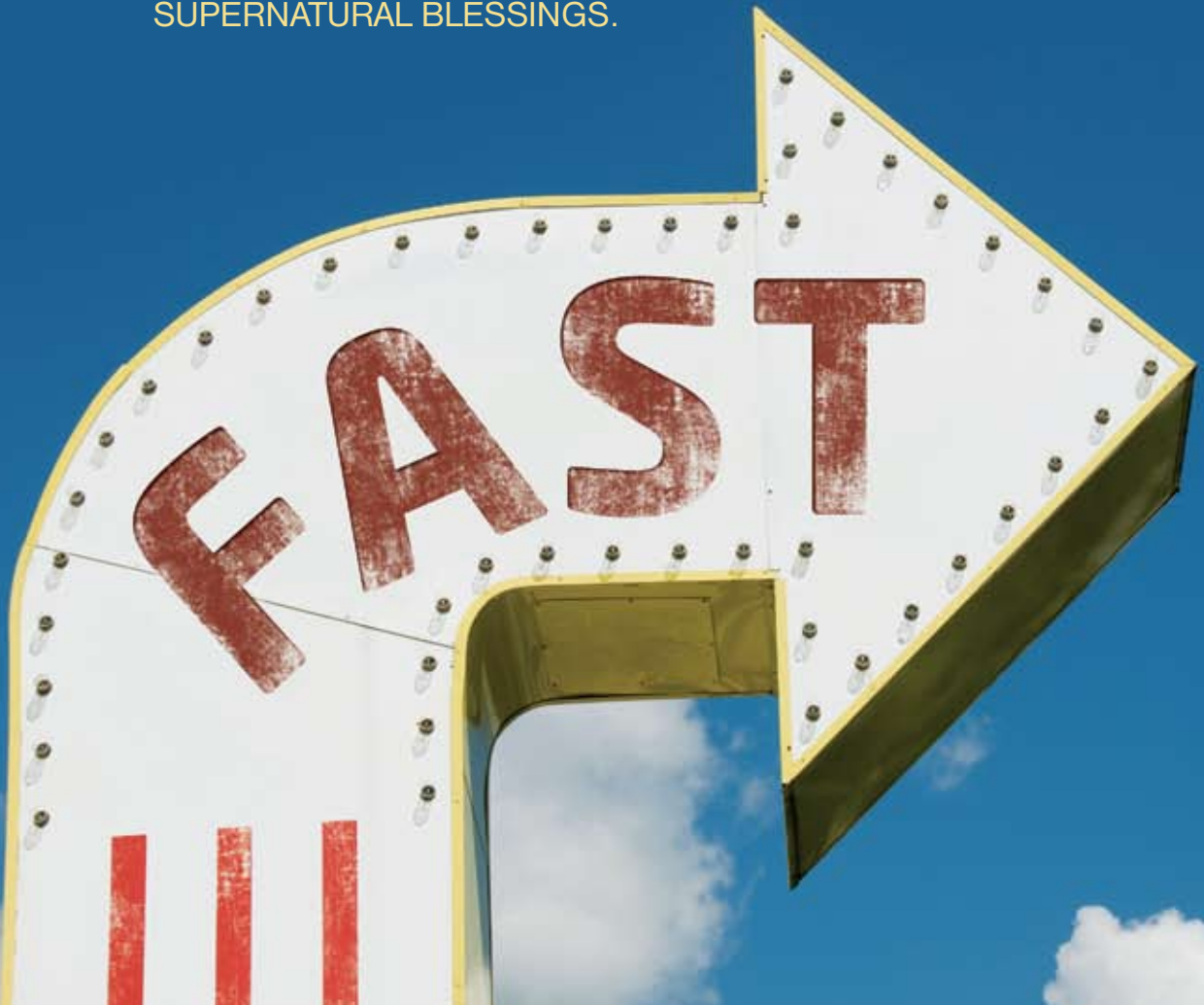
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LIVES TRANSFORMED!

FASTING TURNS
LIVES AROUND, RELEASES
SUPERNATURAL BLESSINGS.



JERRY AND CAROLYN GACHES OF SULPHUR, OKLAHOMA, were expecting good things in their life when the bottom fell out.

"We had received a word of prophecy that God was going to bless our home, our family and our business," Jerry said. "Right after that, everything went wrong. Our business started going under. We had to sell our house to meet our needs and we found out that we couldn't have any children."

As they struggled to survive, Jerry and Carolyn held on to God's promises. One day while driving, they both saw a big sign over a convenience store that read, "FAST FOOD." At that moment, the couple felt God was calling them to a fast.

"We went home, took all the food out of our cabinets and gave it to a family in need," Jerry said. "We fasted 40 days with liquids."

After they completed their fast, God began to turn their situation around. Business picked up and they were able to build a nice home. Despite what the doctors predicted, they had a daughter and a son. Now, the Gaches have five grandchildren.

"We've made ourselves open to Him. We're looking for His way. Whatever He wants us to do, we're going to follow Him," Jerry said.

INTENSE FAST SETS HEALING POWER IN MOTION

FOR NATALIE REEDER, FROM SOCIAL CIRCLE, GEORGIA, singing has always been both her offering of praise and source of joy. She sings praises to God every weekend in church. So when she started having problems with laryngitis, she often just sang through it. No matter what remedies she tried, Natalie's voice never could completely recover.

She went to see a doctor who put a scope into her vocal chords to see what was wrong. "He found two nodules, one on each side," Natalie said. It was a serious problem that would require vocal therapy. The doctor warned Natalie that her voice would never get back to normal.

"I was scheduled to go back for my last scope. I had done a total fast that whole week," Natalie said. "I prayed that God would heal His vocal chords because they're not mine, they are just a gift He has given me to be a steward over."

When the doctor ran the scope in, both nodules were completely gone!

Natalie wasn't surprised. "I told him, 'it's all God. He's awesome!'"



FASTING TESTIMONIES

On the seventh day of my 21-day fast, my brother, who I had been praying for, received Christ into his life and the gift of salvation. Praise God.

Stacey, Indiana

Years ago I was diagnosed with Irritable Bowel Syndrome. My colon was kinked, doctors wanted to put a bag on my side. I went on a fast this year and I actually felt the kink in my colon being untwisted as God was putting it back. I just praise God! I feel so much better and am full of energy. God is still in the healing business. This is what fasting truly will do.

Theresa, Georgia

I began the 21-Day Fast with you. I had never done an extended fast before. It has been life changing. I fell totally, completely, head over heels in love with my Savior, Jesus Christ! What a difference He's made in my heart! I've never known such love. My prayer life is sweeter and stronger. I can't wait to get back into the Word.

Kaye, Georgia

My husband lost his job . . . our marriage was attacked, along with our family. I am so thankful to say WE MADE IT! I love my husband more today than I ever thought I could love another person. God has done so many incredible miracles for us financially, spiritually and He keeps working. Good days are ahead.

Melissa, Internet

My husband is a medical doctor. One of his patients did fertility and blood tests. He was found to be 100 percent sterile, and the blood test looked very poor. This was devastating news because they want children so desperately. My husband and I started a three-day fast for our friends. The blood and sperm tests were done again and this time the results showed that he has a 100 percent sperm count. And the blood test came back so good that the doctor said it couldn't be the same person's results. There is power in prayer. But linked with fasting it is supernatural!

I ou, South afr Ica

I joined your 21-Day Fast this year. One of my prayers was for a friend who has been ill for some time. God is answering my prayers. Her health is improving and the doctors are confirming it. In joining my faith with other believers, God has shown Himself faithful and strong.

cla, unlted KInGdoM

Thank you for the fabulous book on fasting. I read it in two days. I could hardly put it down when I began reading it. I will make fasting a part of my life from this day forward.

Shlr I ey, Inter net

I bought the book on fasting in South Africa and when the book arrived, I could not put it down, I prayed the whole night reading the book and by 4 in the morning, I finished reading it. My daughter is 8 years old and has been in and out of hospitals for the past six years and doctors said she had chronic bronchitis, pneumonia and half her right lung has been destroyed by an unknown virus. When she got sick in April, I decided to use the ultimate weapon, FASTING FOR THREE DAYS (FULL FASTING). On the final day of my fasting I woke up in the morning and went to work. I phoned home during the day and heard my daughter's laughter in the background. I was so shocked. I spoke to her on the phone and she was well, happy and playing. NOBODY COULD HAVE PERFORMED SUCH A MIRACLE ON MY DAUGHTER EXCEPT GOD AND I GIVE PRAISE TO HIM ALL THE TIME. It has been five months now and she has gained weight, is happy and can dream of the future like healthy children. PRAISE BE TO GOD. HALLELUJAH.

Por tla, South afr Ica

FASTING 101

ANSWERS FROM GOD'S WORD ON THE REWARDING SPIRITUAL TOOL OF FASTING

I believe that many Christians fail to tap into one of the most powerful and rewarding spiritual reservoirs we have at our disposal—fasting. And it's often because they don't know much about this important command for Christ's followers. This magazine is devoted to sharing with you the "what," "why," "how" and "when" of this important scriptural discipline so you can put it into action for your life. If you've never fasted or want to know more about it, I want to cover the basics with you.

WHAT IS FASTING?

Biblical fasting is giving up specific foods and drink for a specified number of days. The type and length of the fast you choose is between you and God, and should not be determined by what anyone else is doing. (See specific Types of Fasts below.) Every year our entire congregation at Free Chapel, along with our ministry friends and partners around the world, participate in a 21-day fast at the beginning of the New Year. We want to give God our best and our first.

Fasting, prayer and reading God's Word go hand in hand. When you fast, also pray for God's purpose and plan for your life to be revealed. Fast and pray about every major decision in your life.

Simply put, fasting is a way to conquer the physical and open the door to the supernatural in your life. When you deny your body, you feed your spirit and grow closer to the Lord.

WHY FAST?

In Matthew 6, Jesus gave us specific direction on how to live as a child of God. That pattern addressed three specific duties of a Christian: Giving, Praying and Fasting. Jesus said, "When you give," "when you pray," "when you fast." He made it clear that fasting, like giving and praying, was a normal part of Christian life.

I believe that when all three disciplines—giving, praying and fasting—are at work in your life, you release the complete power of God. It's much like the lesson Jesus taught in Mark 4:80. When you pray, you release the thirty-fold return. Praying and giving releases sixty-fold blessing. But when you pray, give and fast, you will see a hundred-fold return!

HOW DO I FAST?

Before beginning a fast, write down a plan and make a verbal commitment to the Lord. When you approach it with determination, you'll be less likely to waiver in weak moments. You

may be surprised to find that fasting is not as daunting as you may think. But if you do find it to be a battle, don't lose heart, God knows your weaknesses. His fasting principles allow you the flexibility to take care of your job and duties while still making a sacrifice to honor Him. (see Fasting Q&A section)

If the traditional full fast has always made you shy away from this important principle, you may be surprised to know that there are actually many different types of fasts. Find the fast or combination of fasts that fits your needs.

For example, if you choose to go on a 21-day fast, you may want to begin with a full fast for 1-3 days and then continue with a Daniel Fast or some other type of partial fast for the remainder of the 21 days. No matter which fast you decide on, you must always remember to consult your doctor and drink lots of water.

TYPES OF FASTS

FULL FAST. Drink only liquids – especially water. On this type of fast you may also take in clear broth and 100 percent fruit or vegetable juices in order to maintain your strength. You establish the number of days for your fast in your prayer time. Be sure to consult your doctor.

PARTIAL FAST. There are many options for partial fasts. Below are just a few for you to select from.

>> **Daniel Fast:** The most frequently used example of a partial fast, found in Daniel, chapter 10, the Daniel Fast is a fast from meats, sweets, breads and any drink, except water, for a specific time period (Daniel 10:2-3). The easiest way to think of this fast is you should eat vegetables, fruits and drink only water. Be sure to consult your doctor, especially if you have any medical condition.

>> The following are examples of other types of partial fasts. But remember, the type of fast you select is what you and the Lord agree upon.

- > give up one item of food or drink such as caffeine, coffee, soft drinks or sweets or give up one meal.
- > fast for a specific number of days . . . one day, three days, so on.
- > choose to fast from 6 a.m. to 3 p.m. or from sun-up to sundown. When doing this type of fast, consider your work and sleep schedule. The hours that you sleep should not be considered part of your fasting period, so the timeframe for this type of fast may vary.

The Lord speaks of Private fasts and Corporate fasts in Scripture.

CORPORATE FAST. A Corporate fast is a joint fast of believers for a specific purpose that can yield powerful results. Although this fast involves others, it is also very much a “private and personal experience.” Esther called all of her people to fast for protection against danger (Esther 4:16). Samuel declared a fast for national revival (1 Samuel 7).

WHEN SHOULD YOU FAST?

If you want to make fasting a way of life, work out a plan for the entire year to include days or meals to fast that works into your lifestyle. You may decide to fast one day a month or one meal a week. You may even decide to do a partial fast for one week every other month. Options are endless.

There are also other unexpected times that you may feel a need to fast—during family struggles, financial problems, etc. Specific times when you need to capture the attention and mercy of God in your life.

FASTING Q & A

Here are some of the most-asked questions about fasting from our friends and partners:

CAN I HAVE SALT, PEPPER, SEASONINGS, MILK, WHOLE GRAINS, SOY PRODUCTS, EGGS, PROTEIN DRINKS, VITAMINS OR BUTTER?

The general guidelines for each fast can be found in the “Types of Fasts” section. However, fasting is a private discipline. It is not something that is meant to be unattainable. Decide what is feasible for you and do your best.

CAN CHILDREN FAST?

The best way to show your children the power of fasting is to lead by example. If they want to participate in fasting or if you want to have a family fast, consider giving up desserts or soft drinks. In addition to giving up an item of food, you could also give up television as a family and spend that time reading and discussing Bible stories.

WHAT IF I HAVE A MEDICAL CONDITION?

Consult your doctor before starting any fast. Decide together what is possible. If your health condition prohibits you from fasting food, try fasting something else and concentrate on prayer and Bible study.

WHAT IF I START AND CAN'T FINISH OUT THE FAST . . . HAVE I FASTED FOR NOTHING?

Seeking God through prayer and fasting is never a waste of time. When you make the effort, God takes notice. Just determine within your heart that you will make an even better effort next time. Or try finishing up with a partial fast.

I FORGOT AND ATE SOMETHING THAT WASN'T ON MY FAST . . . DO I NEED TO START AGAIN?

No, think of fasting as a marathon, rather than a sprint. Don't give up! If you fall down, get up and keep trying. Conquering “king stomach” is difficult, but you'll make it.

DO I CONTINUE TO EXERCISE WHILE FASTING?

Moderate exercise is good. But it is best to always consult a doctor about fasting and exercise. If you are on a complete fast, you may not have the energy for a high level of exercise.

WHAT IF I HAVE A MANUAL LABOR JOB?

If you have a job that requires you to expend a lot of physical energy, you may want to consider a partial fast that allows you to receive enough nutrition to perform your job.

CAN MY HUSBAND AND I BE INTIMATE DURING OUR FAST?

Read I Corinthians 7:2-5, especially verse 5, which says do not deprive one another (of sexual relations) EXCEPT WITH CONSENT, for a time . . . that you may give yourselves to fasting and prayer. So the answer is yes. Scripture allows this for the purpose of fasting and prayer, BUT only with mutual consent.





FASTING

for your speCifiC needs

Release the incredible power
of fasting into your life

Wherever you are in life or whatever your needs today, fasting can benefit you. If you are struggling with your health or finances, fasting is a powerful spiritual tool. Maybe you need guidance from God or protection for your family. Fasting is a private discipline with public rewards. It is the spiritual key in certain seasons and situations of your life.

Whatever your season in life, release the power of fasting into your needs.

faStInGfor your faMIly

Fasting gives you the opportunity to pray and intercede specifically for your family. It's important to fast and pray for your children's and grandchildren's future. God is looking for men and women with fervent prayer lives who will do spiritual battle on behalf of their families!

Fasting will open your eyes to the needs of your family. The Lord will point out the needs of your family members from deep within your heart and soul, such as encouragement for your spouse or special prayer and attention for a child.

You can fast and pray specifically for a protective covering of safety around your family. Scripture tells how Esther's people were in danger. Her uncle Mordecai discovered a plot by Haman, one of

the king's advisors, to destroy her family. Before she approached the king, Esther declared a three-day fast for God's protection (Esther 4:16).

Haman wanted to hang Mordecai on the gallows he was building in his courtyard, but God turned it around and the evil conspirator was hanged instead on his own gallows!

faStInGfor fInanclal needS

If you face a financial struggle that seems insurmountable, you are not alone. Ezra faced a big problem with the silver and gold he was responsible for in Ezra 7 and 8. He had been given silver and gold from King Artaxerxes to return to Jerusalem (Ezra 7:14-17), but thieves threatened his financial security.

Maybe you feel like thieves have stolen what belongs to you financially. When Ezra faced an uncertain financial journey, he declared a fast (Ezra 8:21) and God answered his prayer! If you will fast, pray and obey God's commandments, He said you will be blessed (Deut. 28:2).

The widow in 1 Kings 17:10-16 also faced an uncertain future. Although the woman had very little, she gave up her own food to help Elijah, the man of God. The book of Isaiah says we are called, ". . . to share your bread with the hungry, And that you bring to your house the poor who are cast out . . ." (Isaiah 58:6-7).

You can add a new dimension to your fasting if you set aside the money you would normally use for food to help a food bank, support world missions or give to some other ministry that is helping the needy. In the story of the widow, God multiplied the meal in her barrel to last for three and a half years!

faStInGfor delIverance

In Mark, chapter 9, Christ's disciples were frustrated because they could not cast out an

evil spirit. Jesus said, "*This kind can come out by nothing but prayer and fasting*" (Mark 9:29). If you are afflicted with addictions or sin, you can go on a fast that frees you from besetting sins as referred to in Hebrews 12:1. Besetting sins are those that ensnare us and hinder us from achieving God's purpose for our lives.

Through fasting we can break free from the addictions and habits that are not pleasing to God. "*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). Christ said the key to deliverance from sin is fasting and prayer.

Maybe you struggle with the emotional bondage of depression or anxiety. Elijah also battled negative emotional feelings. When Jezebel sent word that she wanted to kill Elijah, he became distraught (1 Kings 19:4). He was depressed and even suicidal.

That's when an angel came to Elijah and instructed him to journey back into the presence of God. The Bible says that Elijah fasted for 40 days and 40 nights as he returned to Horeb, the mountain of God. God delivered Elijah from feelings of suicide and fear. He gave Him hope, courage and direction.

faStInGfor Guidance

Are you faced with a major life decision and don't know what to do? Maybe you have a job opportunity . . . a broken relationship . . . or an unfulfilled dream. Fasting can help you clear away the clutter of life and discern God's voice.

Saul was going the wrong direction in life. He was hunting down followers of Christ and persecuting them when the light of God's truth knocked him off his path (Acts 9:3-6). Saul headed to Damascus and "*was three days without sight, and neither ate nor drank*"

(Acts 9:9). He didn't know what to do, but he fasted for God's divine direction. Then God sent the disciple Ananias to him with guidance (Acts 9:17). Through this process Saul became Paul, one of God's chosen apostles. Through his fast, Paul received the direction he needed and so can you.

When you don't know what to do or when you face a daunting decision, that's when you need to fast and pray fervently for God's direction.

faStInGfor heal th and heal InG

The Bible gives us a perfect example of how denying ourselves physically can bring good health. It is the story of Daniel and his peers in Daniel 1. The "Daniel Fast" is a fast from meats, sweets, breads and any drink but water for 21 days (Daniel 1:12; 10:2-3).

This fast is a partial and a prolonged fast that yields health and healing. Daniel and three others refused to eat the king's meat and they *"appeared better and fatter in flesh than all the young men who ate the portion of the king's delicacies"* (Daniel 1:15). Daniel and his men were healthier! If you have a physical problem, fast for healing. According to Isaiah 58 when you fast, ". . . your health will spring forth speedily."

faStInGfor our nation

When Samuel took over as priest and judge over the nation, he declared a fast for national revival. Samuel told the people to fast and seek God to return His presence to the nation (1 Samuel 7:3).

Our society today critically needs believers who will fast and pray for revival. *"If My people who are called by My name will humble themselves, and pray and seek My face, and turn from their wicked ways, then I will hear from Heaven, and will forgive*

their sin and heal their land" (2 Chronicles 7:14).

We can return God's presence and glory to our personal lives and our nations . . . will you do your part? Fast, pray and seek Him now.

FASTING FOR THE LOST

John the Baptist and his disciples fasted often, according to Matthew 9. He was on the Nazarite diet, which fasted alcohol all the time. He ate little more than locusts and wild honey (Matthew 3:1-4). Because of John the Baptist's constant fasting, I believe he had a greater testimony and influence on the lives of people in his generation than any other man (Matthew 11:1, John 1:6-7).

If you and I want to win the lost in our communities, in our nation and around the world, we must do spiritual warfare through fasting and prayer. When you deny yourself and focus on God's will through prayer, He will begin to open doors of evangelism in your life.



DAY 1: CONSECRATION

"Draw near to God and He will draw near to you. Cleanse your hands, you sinners; and purify your hearts, you double-minded....Humble yourselves in the sight of the Lord, and He will lift you up" (James 4:8,10).

Prayer for the Day: Lord, sanctify me. I need You. Nothing else will satisfy me. Fill me with the Holy Spirit today. I want to be baptized in the Spirit. I want to walk in the Spirit. I want to talk in the Spirit. I want to live in the Spirit. I'm tired of living where everybody else is. I don't want to be like everybody else. I'm coming up higher after You. I'm going to seek You with all of my heart.

NOTES: _____

DAY 2: GUIDANCE

"Your ears shall hear a word behind you, saying, 'This is the way, walk in it,' Whenever you turn to the right hand Or whenever you turn to the left" (Isaiah 30:21). "The steps of a good man are ordered by the LORD, and he delights in his way" (Psalm 37:23).

Prayer for the Day: Father, You have a perfect plan for my life. I ask You to give me knowledge of the path that You want me to walk that I will not miss Your will. Thank You. God, you know where I am. You planned my life before I ever showed up; I ask for Your perfect will now. Show me your way and direct my life, giving me guidance beyond my mind into your perfect will. I ask you for it, I receive it and I believe it. I worship You, Father. I thank You that You are going to guide me, lead me, walk beside me. I will be led by Your peace. I will delight in Your way, O God.

NOTES: _____

DAY 3: STRENGTH

"I can do all things through Christ who strengthens me" (Philippians 4:23).

Prayer for the Day: Lord I'm Yours. Oh, I need thee every hour. I really need thee. I offer you my weakness "for your strength is made perfect in my weakness..." (II Corinthians 12:9). Empower me to stay strong through the physical challenge of the fast and to grow stronger in my faith. All I need is You. You alone are my Strength, O God. Thank You, Lord Jesus that You are touched with the feeling of my infirmities. You see the struggles in my life, and You know how they have shaken me. They've not shaken You, Lord. Free me from every fear, every limitation, from drawing back, from intimidation. You are my Peace, my Strength.

NOTES: _____

DAY 4: SANCTIFY YOURSELF

"So it was, after three days, that the officers went through the camp, and they commanded the people, saying, 'When you see the ark of the covenant of the Lord your God, and the priests, the Levites, bearing it, then you shall set out from your place and go after it. Yet there shall be a space between you and it, about two thousand cubits by measure. Do not come near it that you may know the way by which you must go, for you have not passed this way before.' And Joshua said to the people, 'Sanctify yourselves, for tomorrow the Lord will do wonders among you'" (Joshua 3:2-5).

Prayer for the Day: Thank You, Lord. God, I ask You to sanctify me as I push back my plate and as I pull away from the TV and read Your Word during this period of fasting. Cut off the works of the flesh. Cut them off so I can be used for your glory. I seek Your face. I'm hungry for You. Lord, I want to feel conviction again. I need to raise my standard. Convict me of it. I lay down, "Every

PRAYER TIME

weight that does so easily beset me" (Hebrews 12:1). I need your touch. I'm coming after You. There's a dream in me. There's a call for my life. I'm going for it.

NOTES: _____

DAY 5: FREEDOM FROM CONDEMNATION

"For God sent not his Son into the world to condemn the world; but that the world through him might be saved. He that believeth on him is not condemned: but he that believeth not is condemned already, because he hath not believed in the name of the only begotten Son of God" (John 3:17-18).

Prayer for the Day: Lord, I want to go beyond courtyard kingdom living, and move into that "intimate" place with You. I have carried tremendous guilt and condemnation, but your promise is, "Therefore now, there is no condemnation to them that are in Christ that walk not after the flesh, but after the Spirit" (Romans 8:1). I worship You, God. I'm entering into Your rest this day. I receive supernatural peace. I thank You, my Father. No condemnation, no guilt, no shame, Jesus, You are my righteousness. Thank You for dying for me. Thank You for the cleansing power of Your blood that gives me confidence toward God. Thank You for loving me while I was yet a sinner. Oh, I bless You Lord, I bless You Lord.

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DAY 6: WISDOM IN PARENTING

"All your children shall be taught by the LORD, And great shall be the peace of your children" (Isaiah 54:13).

Prayer for the Day: Father, I know that only homes with Christ positioned in the middle of

every day living will succeed in this wicked time. I need You, Lord, in order for me to be the man/the woman that You call me to be in my home. Give me wisdom to create a place of physical rest and of spiritual rest where my family can bring a crisis and lay it on a "bed" of faith. Help me to communicate with my spouse and my children. Your Word is a lamp unto my feet and a light unto my pathway. God, we really need You in our home. We need a little church in our home. God, I give You everything; take my home; take my family; take my future; in Jesus' Mighty Name.

NOTES: _____

DAY 7: HOUSEHOLD SALVATION

"And they said, Believe on the Lord Jesus Christ, and thou shalt be saved, and thy house" (Acts 16:31).

Prayer for the Day: Oh God, save my children. My cry Father, is save my children. Touch my children. Straighten their paths. I paint them as a target for Your Spirit to touch them and mark them. Anoint them this day. I thank You and praise You that salvation will come to this house because of the blood of Jesus. Even when it looks like it is not working, I thank You that the blood of Jesus covers my family. "No weapon formed against us shall prosper." Your promise is that if the enemy comes one way, he flees seven.

NOTES: _____

DAY 8: MARRIAGE

"Therefore a man shall leave his father and mother and be joined to his wife, and they shall become one flesh" (Genesis 2:24).

Prayer for the Day: Lord, we need You in our

home. We need You in our marriage. We need You in our family. We need You, Father, to be the Lord of our rings. Forgive us, Lord, for angry words spoken. Forgive us Lord for wrong actions taken. Forgive us if we have broken the covenant. Help us today Lord, to love You by loving our mate. Allow our children to see parents who care, who love, who touch, who talk and who communicate, because the marriage they will duplicate will be the one they see between us. So help us, Lord. We need Your supernatural power in our marriage. Help us and strengthen us to keep You as the focus of our marriage.

NOTES: _____

DAY 9: FINANCES & PROVISION

"The LORD will open to you His good treasure, the heavens, to give the rain to your land in its season, and to bless all the work of your hand. You shall lend to many nations, but you shall not borrow" (Deuteronomy 28:12).

"And you shall remember the LORD your God, for it is He who gives you power to get wealth, that He may establish His covenant which He swore to your fathers, as it is this day" (Deuteronomy 8:18).

Prayer for the Day: Father, I thank You that You are my source of supply. I thank You that You know how to break bondages off your people. Help me to attack my lack by applying the wisdom of Your Word. Oh God, You said, "I'll bless the work of your hands." I'm going to pay my debts and live on the rest. I ask You that the anointing of the Holy Spirit break every yoke of bondage, break the yoke of borrowing, break the yoke of overspending from my life. I decree that this is the year of the Lord's release. I receive it and thank you, Lord. Father, in the Name of Jesus, I thank You that You will bring increase and cause me to profit even right in the middle of a famine.

NOTES: _____

DAY 10: CAREER

"And when he had called the people unto him with his disciples also, he said unto them, Whosoever will come after me, let him deny himself, and take up his cross, and follow me" (Mark 8:34).

Prayer for the Day: Father, in the Name of Jesus, I come to You today, and I want to be a cross bearer in the marketplace. I want people to see You through me. I want You to anoint me with a kingly anointing. I receive this high call that is just as sacred as the call to preach. I understand my purpose and I WILL go into the marketplace with a fresh anointing. In my job I will carry Your cross. In unseen and unspoken ways, people will know there's a difference on my life. I receive that anointing right now as I dedicate myself to You. Use my life for Kingdom authority. Help me to be a culture changer where I work. Help me to change the culture in my workplace until it's actually abnormal for somebody to take Your Holy Name in vain...not because I preached a sermon to them, but because Jesus has shined through me into that darkness. I give You the praise for that Lord. In Jesus' Name I will not fail You in my calling.

NOTES: _____

DAY 11: PASTORS

"Let the elders who rule well be counted worthy of double honor, especially those who labor in the word and doctrine" (1 Timothy 5:17).

Prayer for the Day: Father, I pray for our pastors, for their wives and for their precious children. In Jesus' Name, Lord, Let Your Kingdom come, let Your will be done in their lives and in my church as it is in Heaven. I pray for my church. I pray for every ministry and for every pastor to be led by Your Spirit and to walk in peace. Lead them not into temptation, but deliver them from evil. Anoint them with fresh oil. Your anointing makes the difference. Your anointing breaks yokes. Thank You for Your precious anointing, Holy Spirit. I stand against every spirit of division, in Jesus' Name. Touch our pastors, Lord. I pray that You bring a spirit of unity to our church. Father, I ask

You to release Your glory in our church, in Jesus' Name.

NOTES: _____

DAY 12: PROTECTION

"He that dwelleth in the secret place of the most High shall abide under the shadow of the Almighty. I will say of the LORD, He is my refuge and my fortress: my God; in him will I trust" (Psalm 91:1-2).

Prayer for the Day: Lord, I want You close in my life; I want to be under the shadow of the almighty. You are my refuge. You are my fortress. You are my God. I will not be afraid. I will not fear because I will call on that Name that is above every Name, JESUS. Lord, teach me to appreciate my life in this season. Help me to quit looking into the future, never living in the now. You will be with me in the day of trouble. I worship You, Jesus. Thank You for the blood path right into the secret place of the Almighty. You lift me out of depression, out of unfounded fears, out of the strike of the adder and the attack of the lion. I praise You, Lord. I praise You. I worship You, oh God. Lord, I enter into that tent where every provision is made... even for protection from fears and protection for my family. You are worthy, Lord. I worship You, Jesus. You are my refuge, You are my fortress, You are my strong tower, Jesus. Whom shall I fear?

NOTES: _____

DAY 13: HEALTH

"For I will restore health to you, And heal you of your wounds," says the LORD" (Jeremiah 30:17).

Prayer for the Day: Lord, thank You that You are our Healer. You were wounded for our transgressions and You were bruised for our iniquities. Through Your stripes we are healed! And Lord, I just claim miracle healing in my life and the lives of my loved ones. I worship You, Jehovah-Rophe, the God that healeth. Your Words "are life unto

those that find them, and health to all their flesh" (Proverbs 4:22). Thank you for sending your Word to heal me. "...my Hope is in you God: for I shall yet praise You, You are the HEALTH of my countenance, and my God" (Psalm 43:5). I give you praise and thank You today that my body is being healed by the life-giving power of Your Word, in Jesus' Name! Thank You, Lord.

NOTES: _____

DAY 14: WORSHIP

"But the hour cometh, and now is, when the true worshippers shall worship the Father in spirit and in truth: for the Father seeketh such to worship him" (John 4:23).

Prayer for the Day: Father, I humble myself before You today to seek Your face. I repent for complacency in my worship. I repent for being content in my worship. I repent. I'm not "face to face" with You like Moses was, but I do want to know You more intimately. Like Paul said, "I have not apprehended." I'm not satisfied. I'm hungry for You, O God. I love you and I praise You, Lord. Worthy! Worthy! Worthy are You, Lord! Blessed be the Name of the Lord! Oh, God it all flows out of You; I'm coming after You. You are my Reward, not success, not material things. You exceed all of those things! In Your presence is fullness of joy. If I am in Your presence, then I get joy. Out of that joy comes strength. Out of that strength comes spiritual warfare to resist the devil, and he flees from me. I want to be close to You more than anything. Here I am. I give You my all. I give everything to You. Thank You that in Jesus' Name, I enter into Your rest, enter into Your peace, and enter into Your grace. I worship You Lord. I worship you. Hallelujah!

NOTES: _____

DAY 15: RELEASE, RESTORATION AND REWARD

"Turn ye even to me with all your heart . . . with fasting and with weeping . . . I will restore to you the years that the locust hath eaten, the canker-

worm, and the caterpillar, and the palmerworm . . . ye shall praise the name of the LORD your God . . . and my people shall never be ashamed" (Joel 2:12, 25-26).

Prayer for the Day: Father, in Jesus' Name I humble myself before You in fasting. Thank You for releasing me from my past & forgiving all my sins. Thank You for restoring my life and giving me the reward of eternal life. I give You praise and glory and honor. Bless Your people as we continue to fast and pray. Bring the "spirit of release" causing Your people to walk in financial freedom. "Release" our loved ones. "Release" those that are bound by fear, depression and abuse. Release those bound by nicotine, glutony and other addictions. Release them from all bondage. Loose the bands of wickedness. Undo the heavy burdens. Let the oppressed go free. Release our families from every shame and guilt. Thank You that the wicked bands will be broken! Hallelujah! Lord, the palmerworm has attacked the roots of Christian heritage in our families. But You said, "I will RESTORE THE FAMILY TREE OF FAITH!" I give You praise. My family IS GOING TO WALK IN THE SPIRIT! Oh Hallelujah! Father the greatest "reward" is You. Thanks for the stuff, but we're fasting for more of You. You are our Reward and our exceeding greatness. We praise You, Jesus. Glory to God!

NOTES: _____

DAY 16: REVIVAL

"If my people, which are called by my name, shall humble themselves, and pray, and seek my face, and turn from their wicked ways; then will I hear from heaven, and will forgive their sin, and will heal their land" (II Chronicles 7:14).

Prayer for the Day: Father, I come to You today once again to lift up this nation, offering prayer and supplication. Once again, I ask You, Lord for Your will to be done in this nation and around the world. I plead the Blood of Jesus over all nations! In Jesus' Mighty Name, I stand against all the weapons of the enemy, the plans and strategies of terrorism against our nations. I ask for a covering over our military and our representatives. I plead the Blood of Jesus and

release the angels of the Lord around their paths. Guard our borders, Lord. Touch our leaders. I ask you, O God, to visit them and give them dreams and visions that stir their hearts toward You as never before. I pray for those in the inner circle of power that You would turn their hearts to walk in Your wisdom. I ask for Your mercy on us! Forgive us for we have sinned against You as a nation. We need a sword that will cut through the homosexual obsession. We need a sword that will cut through the lies of abortion! We need a sword! God, let the fire burn in the churches, and in our lives until we get a sword in our hands! Purge us, cleanse us; heal our lands we pray in the mighty Name of Jesus Christ, the Son of God, the strong and mighty One! The One mighty in battle! Jesus, we worship You. Pour out Your Holy Spirit upon our nations, in Your mighty name. Amen.

NOTES: _____

DAY 17: VICTORY

"For whatsoever is born of God overcometh the world: and this is the victory that overcometh the world, even our faith" (1 John 5:4).

Prayer for the Day: Father, I'm making a choice. I'm going to "put on the garment of praise for the spirit of heaviness." Lord, You said, "Sing, Oh barren one." So I will sing to You, God, even when it looks like I don't have anything to sing about. I will give You songs of deliverance and praise, O God. Glory to Your Name, Jesus! I will keep on praying. I will keep on praising. I will keep on living for You, God. My faith is overcoming. I'm never going to get tired of fighting the flesh and the devil until I make it through the pearly gates of Heaven. I am an overcomer. My faith makes me an overcomer, not my feelings. You are with me now as You have been and forever shall be. I praise You for total victory. I'm driving the devil out. Praise God. I'm tired of mixing the Word with everything else and not having the strength in me to overcome anything. I am making a choice to praise You in all things.

NOTES: _____

DAY 18: PRAYER

"Abide in Me, and I in you. As the branch cannot bear fruit of itself, unless it abides in the vine, neither can you, unless you abide in Me. I am the vine, you are the branches. He who abides in Me, and I in him, bears much fruit; for without Me you can do nothing" (John 15:4-5).

Prayer for the Day: Father, if Your Word abides in me, I can ask what I will and it shall be done. I don't want anything in my will that You don't have in Your will for my life. Father, in the Name of Jesus, I just lay everything on the altar today. Everything I know I just lay it on the altar and say, "If it is Your will Lord." I say again, "Not my will, but Your will be done in my life." I'm asking You, Father, to put on me a new mantle for prayer. Teach me how to abide in Your presence every day. And Father, in the Name of Jesus I just thank You for authority to decree a thing and it shall come to pass.

NOTES: _____

DAY 19: COMPASSION

"But whoever has this world's goods, and sees his brother in need, and shuts up his heart from him, how does the love of God abide in him? My little children, let us not love in word or in tongue, but in deed and in truth" (1 John 3:17-18).

Prayer for the Day: Touch my heart, oh God. Touch my heart. Touch me. I don't want to be cold. I don't want to be hard shelled. I want to be tender. I want to be sensitive. I want to show the world your compassion and grace. I want Your anointing on me. Touch my heart. I feel the incrustation of worldliness and materialism and the cares of this life. Melt it! Melt it!

NOTES: _____

DAY 20: WAITING ON GOD

"Have you not known? Have you not heard? The everlasting God, the LORD, The Creator of the ends of the earth, Neither faints nor is weary. His understanding is unsearchable. He gives power to the weak, And to those who have no might He increases strength" (Isaiah 40:28).

Prayer for the Day: Lord, my flesh is weak, but Your Promise is, "They that wait upon the LORD shall renew their strength" (Isaiah 40:31). I am waiting on You today and asking You to fill me with new strength. Fill me with Your life force. As I seek Your face, I praise You that I will not get weary! I receive Your strength in my body and in spirit, in Jesus' Name. Thank You, Lord. Holy Spirit, Comforter, Counselor, I need you to take control of this situation. Fill me with Your power; I worship you. Hallelujah.

NOTES: _____

DAY 21: THE LOST

"And He said to them, 'Go into all the world and preach the gospel to every creature' " (Mark 16:15).

Prayer for the Day: Lord, here I am, send me. Use me. Witness through me. There's a "field" in my home. There's a "field" in my neighborhood. There's a "field" on my job. There's a "field" in this city. There's a "field" in my family. Oh God, forgive me for not praying; forgive me for not witnessing. Forgive me for not really believing that I can "reap a harvest" for You. Forgive me for not believing that You can use my influence, my affluence, everything that I have to reach the lost for Your glory right where I am! Father, I ask You to use me as a light to a dark dying world. I give You glory and I give You praise for all that You will do through me!

NOTES: _____





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FEED

THE HUNGRY CHILDREN

JFMM sends 270,000 meals a month to hungry families in Haiti

During our Annual 21-Day Fast last January, I heard God speaking to me. He said these simple words, "Feed the hungry children." It was so powerful and so direct that I knew it was a vision from God. But at the time I wasn't sure how we were going to do it. >>>



Now this vision, revealed through fasting and prayer, is already becoming a reality! We have begun a work in Haiti with two precious missionaries. And we are not only helping feed starving families with food, but we are also helping to feed them with the Word, sharing the Gospel in a nation that declares Voodoo as its national religion.

We provide monthly a 40-foot container of food to the hungry in Haiti through missionaries Bobby and Sherry Burnette. Each container holds 270,000 meals—a month's worth of meals for those in desperate need!

We sent a ministry team to visit with Bobby and Sherry in Fond Parisien, in the interior of Haiti. According to Bobby and Sherry, children in Haiti are so hungry that they eat things like small rocks, charcoal, ashes and even goat feces.

The hungry children and families of Haiti are the very ones Jesus told us about. *"And the King will answer and say to them, 'Assuredly, I say to you, inasmuch as you did it to one of the least of these My brethren, you did it to Me' "* (Matthew 25:40, NKJV).

Many walk three hours and stand in line for eight hours in over 100-degree heat to get food.

I will never forget this. More than 100 children were packed into a small classroom waiting for their food ration. As hungry as these children were, they did not touch their food until everyone was served and the food had been prayed over. These poverty-stricken boys and girls know the source of their provision and they are grateful.

Bobby and Sherry help feed more than 4,000 children in impoverished villages throughout Haiti each day. In addition, they distribute meals to more than 2,000 families monthly. They also operate an orphanage, educate and feed children in 14 different schools.

Bobby Burnette said, "Love is not just something you talk about, love is something that you do." We are humbled and blessed to partner with Bobby and Sherry Burnette to reach the hungry in Haiti.

feedInG the hunGry In our backYar d

We feed more than 1,400 families each year through our food ministry, His Harvest House. This year we have given \$100,000 to



feed the hungry in our community and provided 4 million pounds of food to the needy. But the need is ever increasing, especially in these hard economic times.

Right here in the United States, the United States Department of Agriculture reports that 36.2 million people don't have enough to eat—12.4 million of those are children.¹

Worldwide, 1.02 billion people are hungry.² Every single day 16,000 children die from hunger-related causes—that's one child every five seconds!³

I want to challenge you to put Christ's love into action through your fast this year. Set aside a certain amount of money that you would normally use to buy food and give it to feed hungry children and their families. In the near future, I am believing God will allow us to feed 1 million people a month!

As God blesses this ministry through the prayers and support of friends like you, we are sowing seeds of help and hope into those who are hurting and hungry around the world. Thank you for being a part of it all.

1 *Briefing Rooms: Food Security in the United States*, www.ers.usda.gov/Briefing/Food_Security/stats_graph.htm
2 *State of Food Insecurity in the World, 2008* FAO. "Food Security Statistics." www.fao.org/ess/ess/faostat/foodsecurity/index_en.htm
3 Black, Robert, Morris, Saul, & Jennifer Bryce. "Where and Why Are 10 Million Children Dying Every Year?" *The Lancet* 361:2226-2234. 2003.

REACHING AROUND THE WORLD IN CHRIST'S NAME

We are not only feeding God's children in Haiti and in our community, but we are spreading the hope and love of Jesus Christ around the world through these mission's efforts:

>> **WE GIVE \$14,000** each month to Amazon Medical Missions of Peru. Through the Chosen Vessel medical mission ship, this group is taking practical help and the gospel message to hundreds of villages along the Amazon River. Over the past 13 years, more than 120,000 people in need have been treated.

>> **IN PERU**, we are also helping to provide fresh water wells for clean drinking water, build homes for poor villagers and support missionaries who teach children from Kindergarten through fourth grade.

THE **fasting** POWER PACK

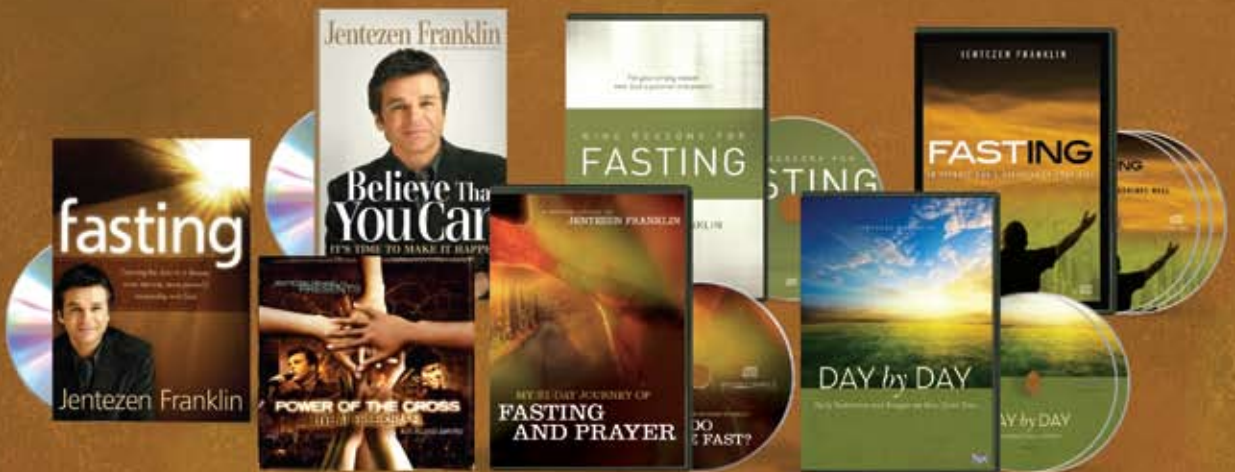
Now it's easier than ever to take empowering fasting resources wherever you go. Listen to Jentezen Franklin's empowering messages at home or in your car. Include daily inspirations in your personal prayer time. Or, play Jentezen's inspiring audio books while you work.

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THE **fasting** STARTER PACK

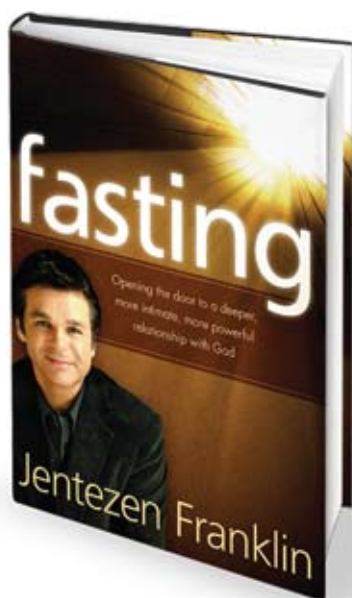
For your ministry gift of **\$30** you'll receive:

- >> a copy of Jentezen's book, **Fasting**
- >> the "DAY BY DAY" CD with 21 inspirational insights and a special time of prayer with Pastor Franklin



FASTING / PRAYER / GIVING

OTHER RESOURCES TO HELP YOU IN YOUR FAST



BOOK: [BK7D01C3] \$15.00

AUDIO: [AB7D01C3] \$24.98

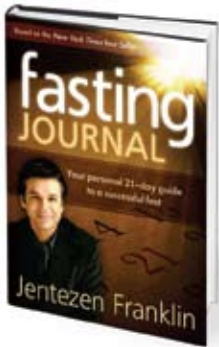
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Fasting: Opening a the door to a deeper, more intimate, more powerful relationship with God takes you step-by-step through your journey to a more powerful, stronger relationship with God. **Fasting** will help you understand the power of fasting as well as elaborates on different fasts described in the Bible to help you determine which one is best for you. You'll also find out what to expect physically, mentally and spiritually on the fast and learn the essential components of a successful fast.



JOURNAL: [JRNLF3863] \$15.00

FASTING 21-DAY JOURNAL

Fasting Journal: Your personal 21-day guide to a successful fast is a companion book to the best-selling book by Jentezen Franklin on Fasting. Use this 106-page companion Fasting Journal to take your prayer and fasting experience to a deeper level of intimacy. You will be amazed at the things God will show you as you press in to Him!



CD SERIES: [CDS0511] \$20

MP3 DOWNLOAD: [MP3-CDS0511] \$8.97

FASTING TO RELEASE GOD'S BLESSINGS IN YOUR LIFE CD SERIES

This three-message series will help provide you with encouragement and focus during your fast and will share how fasting can bring release, restoration and reward into your life. The series includes these messages:

- >> A Hunger Strike Against Hell
- >> A Heart for Fasting
- >> Pass This Fasting Test

MY 21-DAY JOURNEY OF FASTING AND PRAYER DEVOTIONAL/CD SET

You don't have to go it alone! In this comprehensive devotional set, Jentezen Franklin takes you on the journey of fasting. This quick "how to" resource includes the "Why Do We Fast?" CD and devotional booklet. This set is perfect to put in your purse or briefcase to carry with you for personal study or to share with someone. Explore the supernatural promises of fasting and learn some practical tips for your personal fast. Discover how 21 days can change your life!



SET: [FPCD060107] \$20
MP3 & PDF: [Z21DJ-060107] \$15.00

NINE REASONS FOR FASTING CD/FAST AND SIMPLE GUIDE

In this inspiring CD message, *Nine Reasons for Fasting*, you will discover the blessings that targeting fasting can bring. And combined with the *Fast and Simple Guide*, you have at hand an easy reference for answers to your basic fasting questions and practical tips for fasting. Whether you've never fasted before or want to make your fast even more successful, this resource will help.



SET: [CDB080106] \$20
MP3 & PDF: [Z9R-080106] \$15.00

PURSUE YOUR GOD-GIVEN DREAM

GOD HAS A VISION AND DIVINE PURPOSE FOR YOUR LIFE!

God has a divine assignment for your life. He has a plan and a purpose for you in His Kingdom to impact lives. The way He lets you know about your purpose is to plant the seed of vision in your heart. I want to encourage you to hold onto the dream God has given you, no matter what the odds.

The Bible is full of people who received visions and dreams directly from God. When Jacob dreamed, he saw a ladder coming from Heaven and angels ascending and descending (Genesis 28:10-22). Peter was asleep on the rooftop and in a dream God told him to go preach to the Gentiles (Acts 10:9-16). Because of a God-given dream, we all have access to the Gospel!

What's your divine dream? Whatever it is, hold onto the vision God has given you and you can impact the world!

You are already a part of all that God is doing through Jentezen Franklin Media Ministries. Every prayer and every gift of support you share takes this ministry closer to our God-given dream of seeing souls saved. You are a part of that dream. I believe as we join together in this vision to reach the lost, God will help you accomplish your own dreams.

Fasting is an important part of the journey to see your own visions and dreams fulfilled. So stand with me in prayer and fasting for the hungry in body and soul. Incredible things will happen!



Your name will also be displayed on the beautifully crafted Wall of Vision in our ministry media department.

Go to www.jentezenfranklin.org for more information!

HOW DO I JOIN IN THE VISION TO REACH ACROSS THE GLOBE FOR SOULS

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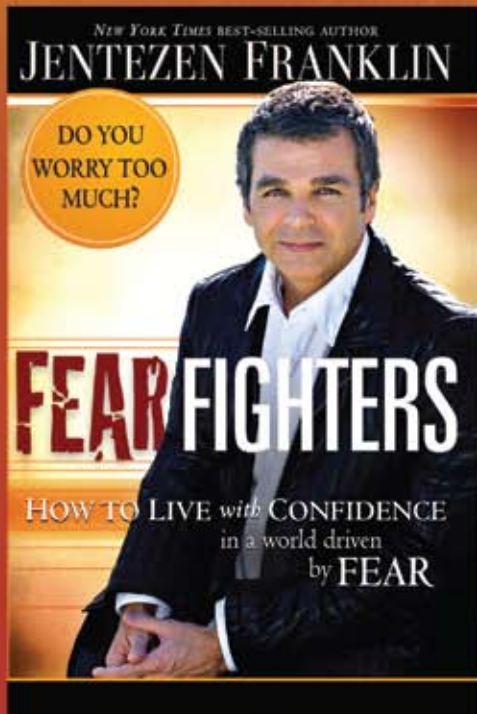
- Jentezen Franklin's hardcover book called, Believe That You Can.
- An iPod preloaded with 40 powerful messages, hand-picked to help you grow in your daily walk of faith. PLUS a special bonus CD of 20 additional messages!
- Jentezen's 3-message teaching series, Believe That You Can, which includes teachings taken directly from the Believe That You Can book.

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Fear has the deceptive ability to influence and affect our daily lives and the world we live in. What do you fear most in life? What are the greatest threats facing you? Crime? Violence? The economy? Failure? Death? Eternity? **Fear Fighters** will help you identify and defeat the very source of fear that threatens you from living in peace and joy. This incredible book will open your eyes, build your faith and empower you to reach out to those around you with the light of truth and hope. [BKFF7625] \$19.99

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CD: [CD090729] \$12.00 DVD: [DV090729] \$20.00

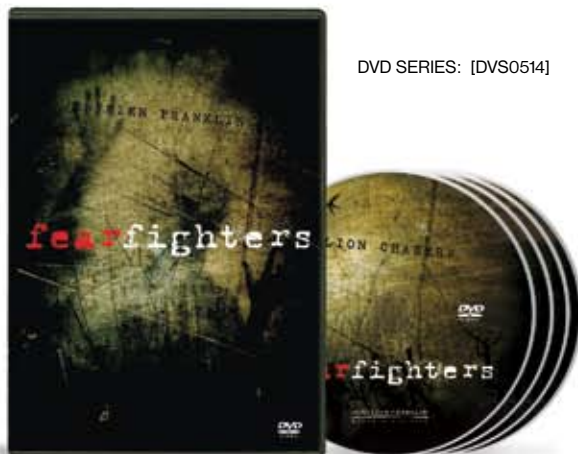
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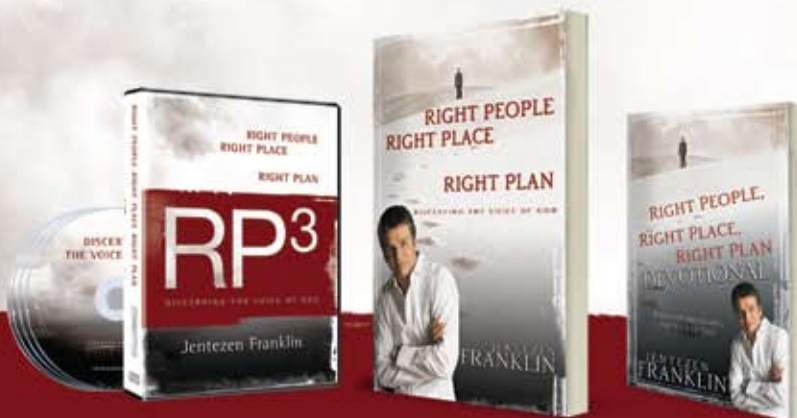
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DVD SERIES: [DVS0514]



RIGHT PEOPLE. RIGHT PLACE.

r IGht Pl an.

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beSt -Sel l InG book

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- > Learn to trust those divine "nudges"
- > Find out how to separate God's voice from all other voices in your life
- > Know what that inner, uneasy feeling means
- > Choose the right people for your life
- > Grow to fulfill your God-given destiny

devotional

You can also tap into your spiritual gift of discernment through this 30-day journey. Jentezen Franklin focuses on the three central elements of his best-selling book: associating with the right people, being in the right place and having the right plan. Learn how to be sensitive to the voice of God to help guide your family, your finances and help you to fulfill your purpose as a child of God.

4-cd Ser leS: r P3

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- > Prevailing Prayer
- > Right People, Right Place, Right Plan
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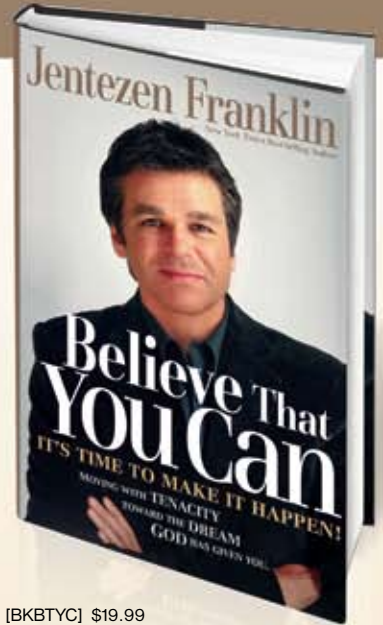
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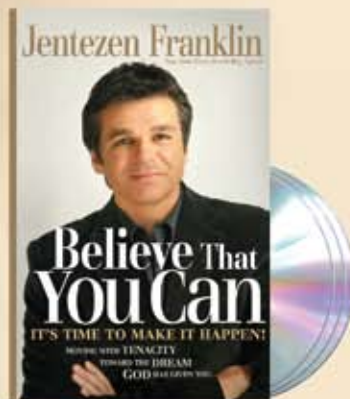
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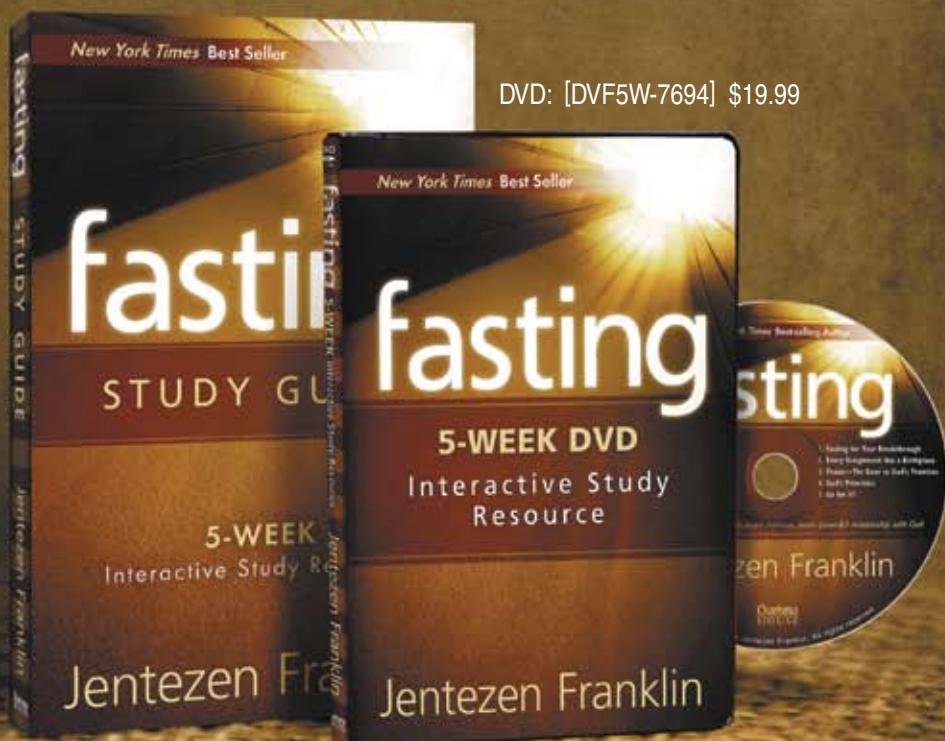
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