

# How to Fast Successfully

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Jesus did not say, "If you fast," but rather, "When you fast."

As you read Derek Prince's biblical teaching on fasting, you will discover answers to such questions as:

- >> Why should I fast?
- >> What happens during a fast?
- >> What are the rewards of fasting?
- >> How long should I fast?
- >> How should I break a fast?

Derek Prince (1915-2003) was born in Bangalore, India, into a British military family. He was educated as a scholar of classical languages at Eton College and Cambridge University in England and later at Hebrew University, Israel. As a student, he was a philosopher and self-proclaimed agnostic. While in the British Medical Corps during World War II, Prince began to study the Bible as a philosophical work. Converted through a powerful encounter with Jesus Christ, he was baptized in the Holy Spirit a few days later. This life-changing experience altered the whole course of his life, which he thereafter devoted to studying and teaching the Bible as the Word of God.

Internationally recognized as a Bible scholar and spiritual patriarch, Derek Prince taught and ministered on six continents for more than sixty years. Until a few years before his death at the age of 88, he traveled the world, imparting God's revealed truth, praying for the sick and afflicted, and sharing his prophetic insights into world events in the light of Scripture. He is the author of over eighty books, six hundred audio teachings, and one hundred video teachings, many of which have been translated and published in more than one hundred languages. He pioneered teaching on such groundbreaking themes as generational curses, the biblical significance of Israel, and demonology.

Derek Prince Ministries, with its international headquarters in Charlotte, North Carolina, continues to distribute his teachings and to train missionaries, church leaders, and congregations through its worldwide national offices. It is estimated that Derek Prince's messages have reached more than half the globe through his books, CDs, and daily radio program, which is now known as Derek Prince Legacy Radio. In 2002 he said, "It is my desire-and I believe the Lord's desire-that this ministry continue the work, which God began through me over sixty years ago, until Jesus returns."

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