

PRAISE FOR THE JERICHO FAST

“*The Jericho Fast* is a biblical and practical way to grow in spiritual understanding, wisdom, and transformational revelation. When applied, the revelation in this book will shift your life to a place of breakthrough. Rhoda is a phenomenal leader, minister, and intercessor. She has been through the fire in her own life, and she knows what it means to walk in obedience with a lifestyle of prayer and fasting. After you have done all, stand and see God grant great victories. I highly recommend *The Jericho Fast*! It will greatly bless your life!”

—RACHEL JOY KNIGHT, Pastor and Co-Founder of Story Life Church in Apopka, Florida

“One of the best books I’ve read in a long time. Anointed and powerful, yet simple. The book outlines a plan for spiritual warfare with power-packed scriptures and prayers. She talks you through the whole fast. I absolutely enjoyed it!”

—PASTOR THOMAS HICKS, Founder of Christian Assemblies Ministry in Stewartsville, New Jersey

“We have been doing fasting for years. We believe this book is an easy to use guide for those who are new to

fasting, but also an asset for seasoned believers and anyone looking to draw closer to the Lord. Each chapter is filled with scripture along with helpful and meaningful explanations. We also really loved the prayers at the end of each chapter. ‘The Last Lap’ chapter especially touched our hearts. We are sure it will touch many more, inspiring them to press on and finish the race.”

—ERNEST AND JOAN STANLEY, Pastors of Shepherd’s House Christian Outreach in Severn, Maryland

“*The Jericho Fast* truly inspired me. As soon as I began reading in ‘Day One’ about God giving Joshua instructions, I knew the Lord was leading me to start the fast. Having just completed the fast, I can truly sense that walls were knocked down in my life. I’m excited to see what the Lord has in store!”

—BECKY WHARTON, Youth Pastor of Ministries for Christ in Newark, Delaware

“This book is a dynamic teaching on the underutilized yet powerful tools of prayer and fasting. In our day, time is of the essence, and success is the only option! This book is biblically sound and easy read. It will help you understand how to integrate fasting as a practical tool.”

—DAWN WORKMAN, Founder of Where Pearls
Prosper

THE JERICHO FAST

**How to Break through Walls
with Prayer and Fasting**

by Rhoda Faye Diehl



CALLED WRITERS
CHRISTIAN PUBLISHING

The Jericho Fast: How to Break through Walls with Prayer and Fasting

Copyright © 2020 by Rhoda Faye Diehl

Edited by Chris McKinney

Scripture quotations marked NIV are taken from the Holy Bible, *NEW INTERNATIONAL VERSION*,[®] NIV,[®] Copyright © 1973, 1978, 1984, 2011 by Biblica, Inc.[™] Used by permission. All rights reserved worldwide.

Scripture quotations marked NKJV are taken from the New King James Version[®]. Copyright © 1982 by Thomas Nelson. Used by permission. All rights reserved.

Scripture quotations marked ESV are from the ESV[®] Bible (The Holy Bible, English Standard Version[®]), copyright © 2001 by Crossway, a publishing ministry of Good News Publishers. Used by permission. All rights reserved.

Scripture quotations marked ISV taken from the Holy Bible: International Standard Version[®] Release 2.0. Copyright © 1996-2013 by the ISV Foundation. Used by permission of Davidson Press, LLC. ALL RIGHTS RESERVED INTERNATIONALLY.

Scripture quotations marked BSB taken from The Holy Bible, Berean Study Bible, BSB Copyright ©2016, 2018 by Bible Hub. Used by Permission. All Rights Reserved Worldwide.

Scripture quotations marked NLT are taken from the Holy Bible, New Living Translation, copyright © 1996, 2004, 2007 by Tyndale House Foundation. Used by permission of Tyndale House Publishers, Inc., Carol Stream, IL 60188. All rights reserved.

Published by Called Writers Christian Publishing, LLC

Tuscaloosa, Alabama

ISBN 978-1-7354760-0-1

CONTENTS

<i>Introduction: A Hard Place</i>	9
The Jericho Prayer	11
What to Know Before You Fast	13
Reasons to Fast	17
Choosing Your Fast	19
Day One	29
<i>Getting Started</i>	
Day Two	35
<i>Look Up</i>	
Day Three	39
<i>Personal Revelation</i>	
Day Four	49
<i>Scouting the Land</i>	
Moments of Weakness	57
Day Five	61
<i>Keep Silent</i>	
Day Six	67
<i>Walking Around the Walls</i>	
Day Seven	75
<i>Victory</i>	
Keep Walking in Victory	83
<i>Meet Called Writers</i>	87
<i>Recent Releases from Called Writers</i>	89
<i>About the Author</i>	91

INTRODUCTION: A HARD PLACE

From time to time, in life, we find ourselves stuck. We've come upon a hard place—a place that has us trapped. We can't seem to move forward. There is an area of our life that just won't change, no matter how hard we try or how much we pray.

Get ready for the walls to come down.

This book is your answer. We're going to learn some kingdom keys on prayer and fasting. We're going to change the way we think. We will learn how to walk in authority. We will gain strength and courage to move forward.

Just like the Israelites marched around the walls of Jericho for 7 days, we're going to march around the walls in our life—the ones that won't move. We will march around them with 7 days of prayer and fasting, and they will fall in Jesus' name.

The Lord Himself will knock down the walls in front of you. The enemy has tried his best to block you. He wants to keep you out of your promised land. He even tries to use these walls as weapons against you. He tells you lies. That you'll never get free. That it's over. There's no point in trying. That the situation is hopeless.

No more!

The Lord is saying, "Through your prayers and your faith, I'm tearing these walls down! No more will the enemy hinder your blessings or stop you from seeing what's on the other side of this pain. It's time to charge through the rubble and leave all the troubles behind!"

It's time to take the city.

It's time to take authority.

Somebody ought to shout:

The walls are coming down!

THE JERICHO PRAYER

Heavenly Father, just as You used Joshua to lead the Israelites, Lord, let the Holy Spirit lead us in this time of prayer and fasting.

Give us the instructions for our victory just like You did for Joshua. Equip us, Lord, with power and strength.

Give us the courage to overcome what is standing in front of us. Lead the way.

We know it's not by our power, but by You and through You, that we will destroy the walls in our life.

Lord, we are standing on Your promises. We believe and trust in You. In Jesus' name, Amen.

WHAT TO KNOW BEFORE YOU FAST

When we fast, we are acknowledging that we need spiritual help. We are humbling ourselves and acknowledging that we cannot solve our own problem. We're acknowledging that the natural isn't enough, and that we need to tap into the spiritual.

We're exercising our faith in God by saying, "Lord, I cannot fix this on my own. I can't bring down these walls. Nothing good is going to happen unless You move!"

The Bible, as well as Christian history, has much to tell us about prayer and fasting. There are just a few quick things I'd like to note here.

Fasting is a Personal Event

When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show men they are fasting. I tell

you the truth, they have received their reward in full. But when you fast, put oil on your head and wash your face, so that it will not be obvious to men that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret will reward you. – Matthew 6:16-18 (NIV)

You Can Fast from Things Besides Food

The husband should fulfill his marital duty to his wife, and likewise the wife to her husband. The wife does not have authority over her own body but yields it to her husband. In the same way, the husband does not have authority over his own body but yields it to his wife. Do not deprive each other except perhaps by mutual consent and for a time, so that you may devote yourselves to prayer. Then come together again so that Satan will not tempt you because of your lack of self-control. – 1 Corinthians 7:3-5 (NIV)

Jesus Noted That His Followers Would Fast

They said to him, “John’s disciples often fast and pray, and so do the disciples of the Pharisees, but yours go on eating and drinking.” Jesus answered, “Can you make the friends of the bridegroom fast while he is with them? But the time will come when the bridegroom will be taken from them; in those days they will fast. – Luke 5:33-35 (NIV)

Fasting is a Form of Worship

There was also a prophet, Anna, the daughter of Penuel, of the tribe of Asher. She was very old; she had lived with her husband seven years after her marriage, and then was a widow until she was eighty-four. She never left the temple but worshiped night and day, fasting and praying. – Luke 2:37 (NIV)

Fasting is Powerful

Moses, Elijah, Ezekiel, and Daniel fasted and prayed. Jesus fasted for forty days. Paul and the early Christians fasted. The early church fasted on Wednesdays and Fridays. Martin Luther was criticized for fasting “too much.” John Calvin fasted and prayed until the greater part of Geneva turned to God. John Knox fasted and prayed, and the wicked Queen Mary of Scotland (aka Bloody Mary) said she feared no armed force as much as she feared the prayers of John Knox.

Jonathan Edwards, who was God’s instrument in a revival known as the Great Awakening, fasted and prayed. He was not known to be an eloquent or powerful speaker, but God would move to save thousands when he preached. He credited this to prayer and fasting.

John Wesley, who also saw thousands respond when he preached, fasted twice a week. Charles Finney, one