

The Secret
of
Many Victories

“fasting and prayer “

Dr. Fernando Garay

“The Secret of Many Victories”

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The Strong's Concordance was used for several definitions, and is mentioned accordingly.

Tomas MPRF

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(photo of Dr. Garay on the back cover)

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Acknowledgement

I would like to acknowledge Jesus who is taking me in an amazing journey. I never thought that I could do the things that I currently do. But His tender mercy and lovingkindness has raised me up.

I would like to say a big “I Love You” to my constant valentine, my wife Hazael. She has been there every step of the way with a smile or word of encouragement throughout our 20 years of marriage. She has also been a great mother to our three amazing kids: Lily Graciela, Fernando Enrique, and Ana Lorenza.

A special thank you to Apostle Dr. Roberto Ventura for having faith in me, and leading me during our first baseball stadium event in Tegucigalpa, Honduras.

Lastly, my spiritual parents in the faith, Dr. Morris and Teresa Cerullo. They have been an extraordinary example. I have been

constantly inspired through their love and understanding. If it had not been for this prophet of God, I would never have accomplish the impossible. Dr. Cerullo’s teaching on faith, miracles, anointing, and impartation has changed my life forever!

Introduction

For more than 25 years I have preached the gospel of our Lord Jesus Christ. During this time I have seen many miracles occur in the lives of people. There have been seasons in my ministerial life where I have been led by the Holy Spirit to fast and pray. Due to this many miracles of an extraordinary nature have occurred.

I wrote this book in order to explain about the Supernatural Greatness of our God, and what He wants to do by using your life. When you surrender your life to Jesus, all things become new.

“The Secret of Many Victories”



This precious sister received her miracle in Tegucigalpa, Honduras. She came out of her wheelchair and started to testify about what Jesus did in her life that night!

“The Secret of Many Victories”

Many received Jesus as their personal Lord and Savior. The baseball stadium, Chochi Sosa, in Tegucigalpa, Honduras was filled with the glory of God. It was an extraordinary evening!



April 5, 2014

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Chapter 1

Dimensions of Fasting

**THE KEY TO LIVING AN
"EXTRAORDINARY LIFE" BEGINS WITH
FASTING**

What is fasting? Fasting in Hebrew comes from a word *tsoon* (*tsuwm*) which means to cover your mouth. It also means to refrain from eating or drinking. It can be a full day or several days. It can be a partial day. For example 6 a.m.- 6 p.m. God teaches us much about fasting. The Bible is our guide to practicing this instruction God gives us.

The first time we find the word fasting mentioned in the Bible it teaches us a pattern of fasting.

It is important that the following law is understood. It is called the law of first mention.

The law of first mention is the principle used for the interpretation of Scripture that teaches us that the first time a word is mentioned or theme appears in Scripture, it sets a pattern that cannot be changed. That word or topic remains consistent in the Word of God.

Examples of the law of first mention are:

1. God changed Abram's name to Abraham and made him the father of many nations.
2. God changed Sarai's name to Sarah and made her the mother of nations.
3. God changed Jacob's name to Israel and became the first Israeli.
4. God changed Simon's name to Peter and gave primacy over the other apostles.

The law of first mention is important to know. It shows how God works, and the expectation that we have when we act according to the Word of God.

The First Time Ever Fasting is Mentioned

The very first time fasting is found in the Bible is in the book of Judges 20:20-21, 25-26. In this chapter we have a war going on between the children of Israel, and the children of Benjamin. On the first day of the war the following occurs:

“20-21 the children of Israel went out to battle against Benjamin, and the men of Israel went to battle at Gibeah. But the children of

Benjamin came out of the city and killed twenty two thousand men of the children of Israel that day."

"25 But the second day Benjamin came out of Gibeah against them, and killed eighteen thousand men of the children of Israel, all these drew the sword."

The first day 22 thousand men were killed in battle. This was very discouraging, and the second day 18,000 men were killed in battle. Everything seemed to be going wrong, but there was an answer for them.

"26 Then all the children of Israel, and all the people came to the house of God, and wept, and sat there before Jehovah, and fasted that day until evening, and offered burnt offerings and peace offerings before the Lord."

They were constantly losing battle. But they did something, they fasted all day till evening (6 p.m.). I noticed that during the fasting the following occurred:

1. They wept with pain deep in their heart. They needed God's help and sat in the

presence of the Lord, and tears would run down their cheeks. When a person cries it usually shows a sincerity of heart.

2. They fasted all day (usually fasting is done with only water or no water at certain times. Always seeking God's guidance in fasting.) In this case they fasted.

3. They offered something with the fasting, burnt offerings and peace offerings. We notice that an offering was dedicated to the purpose of the fasting and is sacrificed accordingly.

After they had corporately fasted, and sacrificed the offering God says in verse 28: "Go up, for tomorrow I will deliver."

The third day of the battle, after fasting, they went to war. The first two days had lost 40,000 men in the war. But the third day, Israel was victorious and killed more than 25 thousand men of Benjamin.

We see Israel's destiny changed when they fasted and gave an offered offering unto the Lord. They were victorious. Fasting is the weapon of God and is given to us in order

to win in life. It is always good to seek God in a season of fasting. God will reveal to you a dimension of Him that you did not know.

Let's Go to the Book of Acts 10:1-4

"There was in Caesarea a man named Cornelius, a centurion of the band called the Italian, pious, and fearing God with all his house, which gave much alms to the people, and prayed to God always. He clearly saw in a vision, at the ninth hour of the day, an angel of God coming to where he was, and said, Cornelius, and he looked on him, and was frightened. Cornelius said: What is It Lord? And he said, Your prayers and your alms have gone up for a memorial before God. "

This soldier had an experience that changed his life. He was a man of authority in the army, and he was a God fearing man that prayed and fasted. Being faithful in the pursuit for God, an angel was dispatched to him.

Fasting and prayer by Cornelius moved the hand of God. Scripture shows us that it became a memorial before God! What an extreme blessing! God gave him a "memorial

before God."

What is a Memorial?

1. Something that pays tribute to a person.
2. A reminder of an event.
3. Something that keeps alive the memory.

Not only did God make the fasting and praying of Cornelius a memorial before him, but he also sent an angel. Imagine an angel appearing at your home and talking on behalf of God. No wonder he was frightened. But at the same time happy with an extraordinary experience that would last the rest of your life time. God gave Cornelius the secret of the kingdom of heaven. In this book of Acts 10:30, Cornelius describes the clothes of this angel as a "shining" outfit!

Iglesia RevoluZion (Revolution Church),



Honduras prophetic dancer from Gerizim Church



Cornelius received an extraordinary blessing for his entire family. When Peter gave a sermon in the house of Cornelius, the Holy Spirit fell upon all who heard the word.

The family of Cornelius received the baptism of

the Holy Spirit, and began to speak in heavenly tongues. When you fast, God is observing your secret sacrifice. He rejoices in your faith, and sends a family blessing.

Glory to God!!! Cornelius pleased God with his fasting, and praying and giving. He was always known as a man who loved God.

In the Bible, in the book of Daniel, we find what is known as a partial fast. The fasting consisted of fruits and vegetables with water. This fast is known as the Daniel fast. You can start experiencing the benefits of fasting by doing a partial fast for three days to start.

All Fasting Carries the Ability to Strengthen Your Spirit

Jesus and Fasting

Matthew 6:16-18:

"When you fast, do not be somber as the hypocrites; for they disfigure their faces to show men they are fasting; verily I tell you, they have their reward. But you, when you fast, anoint your head and wash your face, not to be seen by men, but to your Father

who is in secret; and your Father who sees in secret will reward you openly."

GOD REWARDS PUBLICLY, God honors what you do in secret, and He honors it publicly. This is a major spiritual key to practice.

Chapter 2

Fasting Changes Your Destiny

Jesus Heals an Epileptic Boy

Matthew 17:14-21:

"When they came to the multitude, there came to him a man who knelt before him, saying, Lord, have mercy on my son, who is epileptic and suffers severely; he often falls into the fire, and often into the water. And I brought him to your disciples, but they could not cure him. Jesus answered and said, O faithless and perverse generation! How long shall I be with you? How long will I have to endure? Bring him here. And Jesus rebuked the demon, and he departed out of him, and he was healed from that hour. Then came the disciples to Jesus apart, and said, Why could not we cast him out? Jesus said to them, Because of your unbelief; for verily I say, If you have faith as a mustard seed, you will say to this mountain, Move from here to there, and it shall move; and nothing shall be impossible. But this kind goeth not out but by prayer and fasting."

Jesus clearly shows us that fasting gives the believer's faith. The reason that the disciples

could not heal the son of this man was a lack of faith. Fasting breaks every yoke in your mind that brings doubt. Doubt is destroyed with fasting.

The faith of a mustard seed is connected with fasting. We have such a good God. He shows us the secret of how to get the victory in moments of life that are difficult. He also tells us: "nothing will be impossible." Fasting opens our spiritual eyes and our confidence increases. Nothing will seem impossible for you to do when you put into practice what Jesus taught us.

Mark 9:29:

"He said to them: This kind can come out only by prayer and fasting."

In the book of St. Mark, Jesus again shows the importance of fasting. In this part of scripture, Jesus rebuked the mute and deaf spirit ordering it to leave the young.

Deaf or mute conditions are manifestations of the devil. But, with fasting you can defeat the enemy in the name of Jesus. Many people have been able to speak and hear the first time

because it is the will of God. Fasting and prayer is the secret of many victories. This situation may look impossible, but God gives us the key. With God, all things are possible. This dimension of the supernatural comes with fasting and prayer. Fasting is a divine tool that is extremely powerful.

All demons from hell tremble when they see people entering this dimension of relationship with Jesus. The authority of the church increases in your life when fasting.

Faith to believe increases to supernatural levels. Fasting helps our faith. There is no attack that satan can bring against a fast. Spiritual chains are broken. Addictions are destroyed. The love of God increases in our hearts. What a blessing to know about it!

“The Secret of Many Victories”



A miracle that only Jesus can do! This young 12 year old girl was born blind. The Lord Jesus healed her during this service in the country of Trinidad. When fasting and prayer is put into practice, your life and the lives of others will never be the same.

Fasting: It Changed the Destiny of An Entire Nation

In this part of the Bible we see that they were trying to destroy the Jews completely. We have to see how God brought His people from complete destruction. God being Sovereign can do what He wants at any time.

With one word He can destroy all our enemies. The way God gave them victory is very interesting. He sent an instruction to His people. It was the responsibility of God's people to follow that instruction in order to get the victory promised by God.

Esther 4:16:

"Go, gather together all the Jews who are in Susa, and fast for me, and neither eat nor drink three days, night and day; I also and my maidens will fast likewise, and then I will go in unto the king, although not according to the law; and if I perish, I perish."

In this verse we see God's instruction for the His people. All agreed to comply with that instruction. What happened? All the plans

against the Jews did not prosper. Any plan that the enemy tried to bring against the Jews was confused.

The same man who wanted the destruction of the Jews was ordered to be hanged by the king. The king realized that the man was wicked.

Fasting moves the hand of God in your favor. The corporate body of believers who are fasting make up a combined powerful spiritual force.

When one person fasts, or when a group of people fast they are aligned with God's purpose, and great things happen. Fasting is a weapon of divine origin that Jesus gives us. The divine weapons of God never fail. The laws that were passed were changed on behalf of His people. God's children got a great victory.

Esther 8:15-17:

“And Mordecai came before the king in royal apparel of blue and white, and a large golden crown and a mantle of fine linen and purple. The city of Shushan rejoiced and

was glad; 16 The Jews had gladness, and joy and honor. 17 And in every province and in every city where the king's commandment came, the Jews had joy and gladness, and a feast day. And many among the peoples of the land became Jews, because fear of the Jews had fallen upon them. "

Mordecai was promoted and received a rather high political position. He was instrumental to God's plan. The plans God has for His people will always be good. He has a plan for your life. There may come difficult times, but God always brings us to the point of being victorious. If God needs to change the laws on your behalf, He will!

People feel oppressed and hopeless because of the yoke of the enemy. They are often struggling and worried, year after year. They do not know how to get out of trouble. When Jesus is Lord of our lives, we do not feel that burden. We are not dominated by any unclean force.

The devil cannot defeat you because Jesus is your Lord. Jesus breaks the yoke. We leave

that prison and bondage that would not let us get ahead in life. Your mind starts to believe in things to happen that previously were impossible to believe. Every doubt is destroyed.

Let's look at another time that changed the fate of an entire city by fasting. We found some scripture that helps us to see things as God sees, and to think about the perfect will and purpose of God for us.

Fasting Changes the Destination

Jonah 3:5-10:

"5 And the men of Nineveh believed God, and proclaimed a fast, and put on sackcloth, from the greatest to the least of them. 6 And the news came unto the king of Nineveh, and he rose from his chair, removed his robe, and covered himself with sackcloth and sat in ashes. 7 And he caused a proclamation in Nineveh by the decree of the king and his nobles, no man nor beast, herd nor flock, taste anything; them not feed, nor drink water; 8 But let them cover themselves with sackcloth men

and animals, and cry mightily to God; and turn every one from his evil way, and from the violence that is in their hands.

9 Who knows if God will turn and repent, and turn away from his fierce anger, that we don't perish 10 And God saw their works, that they turned from their evil way; and God repented of the evil which He said he would do unto them; and He did it not"

This biblical text is well known. Jonah did not want to go to Nineveh. He knew that God is a God full of mercy and ready to forgive. Nineveh was a very bad city. Sin abounded and people behaved very wickedly. God wanted to send them a message using Jonah. God did not want to destroy Nineveh. He wanted to forgive.

The message that God sent was a message of repentance. If Nineveh repented, God would forgive them.

We noticed that Jonah gave the message. We see that as soon as the people of Nineveh heard the message sent by God, they proclaimed a fast. The king was the one who insisted heeding the message of repentance. They immediately began to tell everyone that

they had to fast. And not only fast, but cry out to God loudly. God saw that they turned from their evil ways and He forgave them. The fate of Nineveh and the entire population was altered by fasting. If they had not fasted, Nineveh would have been completely destroyed.

I find this analysis very interesting. When we analyze that the fast breaks yokes of fear and insecurity, we are seeing the response and the victory of a fast.

In the next part of the scriptures we see a very difficult situation. Read and consider the following scriptures.

2 Chronicles 20:1-2, 14-16

“1 After these things came to pass that the children of Moab and Ammon, and with them some of the Ammonites marched against Jehoshaphat to attack him. 2 and some of them came to give Jehoshaphat the news, saying, "they are coming against you in large numbers from across the sea and Syria; already in Hazazontamar, which is Engedi.”

Jehoshaphat was afraid; and Jehoshaphat set himself to seek the Lord, and proclaimed a fast throughout all Judah.

The king realized that the armies that came against him were supremely great. He did not have enough capacity to take the victory with the army he had. He needed supernatural intervention. He needed the type of intervention that would undoubtedly let everyone know that the God he served was able to do exceedingly and abundantly above!

Chapter 3

Fasting Releases Prophetic Gifts

King Jehoshaphat was afraid in this situation. He saw the difficult and impossible circumstances. In the natural mind of the king there was no way possible to conquer and defeat other armies.

King Jehoshaphat Acted

King Jehoshaphat humbled himself in front of God. The King had learned the principles that the prophets had taught him, and knew how to react in a situation like this. In this case, King Jehoshaphat proclaimed a fast and designated the fast for a specific purpose.

King Jehoshaphat began to pray and seek God. The king was constantly reminded of lessons he had learned, and had been given to him when he was a younger age. He knew that God had promised them this land.

Prophetic Anointing Unleashed

“14 And Jahaziel the son of Zechariah son of Benaiah, son of Jeiel, son of Mattaniah, a Levite of the sons of Asaph, was present and the Spirit of the Lord came upon him in the midst of the meeting.

15 and said, Listen, all Judah, and ye inhabitants of Jerusalem, and you king Jehoshaphat. The Lord says to you: Be not afraid nor dismayed by reason of this great multitude, because this battle is not yours, but God's.

16 Tomorrow go down against them; behold, they are coming up by the ascent of Ziz and you shall find by the brook, before the wilderness of Jeruel.”

Here we see the hand of God. After King Jehoshaphat proclaimed a fast and began to pray, the Holy Spirit moves in the heart of a servant of God.

The prophetic gift that is given by the Holy Spirit begins to motivate a young man named Jahaziel. Inspired by the Holy Spirit a divine instruction is given.

The prophetic word spoken to King Jehoshaphat made him fearless and was not afraid of the large armies coming against him. The instruction that was given prophetically was "the battle belongs to God." When fasting and prayer is practiced you will see how the victory is given by God. Not only did they conquer the enemies in this war, but also God gave them economic prosperity.

Chapter 4

God's Fast

Isaiah 58:6, 8-14

“6 The fast that I choose, is it not to loose the bands of wickedness, to undo the heavy burdens, to let the oppressed go free and break every yoke?”

We see here very well how God thinks about fasting. The purpose of fasting is to loose the bands of wickedness. This is the purpose to help your neighbor, and to see a free person who was bound by oppression. Fasting is directed and inspired by love for others.

“8 Then shall your light like the dawn and your healing shall spring up quickly; your righteousness will go before you and the glory of the Lord shall be your rear guard.

“9 Then you shall call, and the Lord will answer; you will cry, 10 and tell him: Here am I! If you remove from among you the yoke, the pointing of the finger and speaking wickedness, if you give your bread to the hungry and satisfy the afflicted soul, in darkness then shall your light and your darkness be as the noonday. 11 The Lord will

guide you continually, in drought He satisfy your soul and give strength to your bones. You will be like a watered garden, like a spring whose waters never stopped flowing. 12 And you will rebuild the ancient ruins; the foundations of generation and generation will arise, and you will be called the repairer of the breach,

13 If you hold back your foot from doing your pleasure on my holy day, the Sabbath, and call it a delight, and honor it, not doing your own ways, nor finding your own pleasure or speaking your own words,

14 then you will delight in the Lord. I will make you ride on the heights of the earth, and feed you with the inheritance of your father Jacob. The mouth of the Lord has spoken.”

When we are acting according to the word of God, our spiritual light shines abundantly. The glory of God is with you strongly. You'll be surrounded by the glory of God.

The glory of God will be so strong in your life that unusual miracles begin to manifest. God begins to do things in your favor that

coordinate with the fasting that you are sacrificing to Him! The glory of God will be there to guide you in whatever you do.

God sees the sacrifice you are secretly doing. When you're in prayer and fasting, you become more sensitive to the Spirit and what he wants to do. You'll be able to hear the voice of God, which is priceless. When difficult times arrive in your life, your life will shine light so bright, that the difficult time will seem to quickly disappear.

When bad news appears throughout the land, upon you will be the glory that comes from God. That glory will be refreshing and will be seen as good news for everyone.

Fasting also gives you natural strength. You have received it because God commands strength to run throughout your bones. You will be the person that other people will be looking for in order to receive counseling. Within you will flow streams of living water, which represent the word of God with an anointing and authority that comes from a Divine origin.

God's Fasting makes you a new person. You will be a builder used by God. You will be known as a repairer of the breach or a person who does not surrender. You receive from God such a new way of thinking that you will not think of only you and your family, but you start thinking about the next generation. You become a person who imparts the generational anointing upon others and their spiritual level continues to grow.

God's Fasting gives the revelation of the importance of being in a church that can demonstrate the power of God. Fasting gives the blessing to help you recognize that the day to go to church to worship God is an important day in your life. It isn't a weekly ritually, but a weekly opportunity to honor King Jesus!

Many people do not know the importance of going to church. They have heard that it is important to go to church, but within them the revelation and importance of this has not been born yet. Fasting helps our mind to understand and begin to learn what an honor it is to go worship at the House of God.

We are honoring God when we separate

weekly time to go to worship God. He is the King of Kings and Lord of Lords. He is the creator of heaven and earth. It is not a religious act when you go to church, it is an act of honor to King Jesus.

Chapter 5

Proclamation of Fasting

It's very likely that this act of honor is written in heaven.

God begins to reward people who honor Him. He starts to open doors at high levels for your life. This is a promise of God upon those who fast and seek Him.

Ezra 8:21-23:

“21 There, by the Ahava River, I proclaimed a fast to humble ourselves before our God and ask him a good trip for us, for our children and all our possessions. 22 For I was ashamed to ask the king for troops and horsemen to defend us against the enemy on the road, because we had told the king: The hand of our God is for good, on all who seek Him; but power and his wrath against all who forsake him. 23 So we fasted and asked our God about this, and he was entreated of us.”

Immediately we noticed in this scripture wisdom of Ezra. Then he raised his voice loudly and proclaimed a fast. He knew the power of fasting. When he had to make important decisions in life, the first thing he did

was to proclaim a fast.

We see that this fast was given to God to address the right path they had to take. They needed God's guidance. They humbled themselves in front of the Almighty for guidance.

This fast was dedicated to their children. They wanted the blessing of God on their children. They wanted protection, and health for their children.

They wanted protection for their possessions. The fasting that they did shows us certain specifications in front of God. They asked God's protection for their goods and everything they owned.

Clearly we see a pattern throughout the Bible. Fasting and prayer is the secret of blessing. ***Fasting and prayer is the secret of many victories.*** Through the Bible we see people used by God that fasted and prayed, and God gave them a spectacular result. After this fast Ezra received a great offering for the temple. The temple was built by the offerings the people gave.

When you feel it is time to make a personal fast, I want you to remember these three points:

- 1) You want God to guide you on the right path.
- 2) Family Protection.
- 3) Protection for your possessions.

I continue to practice prayer and fasting in my personal life. I have been able to see and live the results of this God-given secret. I pray that you get the revelation of this for your own edification. In Jesus Name

CONCLUSION

The word of God is the same yesterday, today and forever. It is written in such a precise manner and it is used to help us in our lives. I have taught this principle in order for you (and I) to reach higher spiritual levels, and see miracles like never before.

Pray and ask God to guide you in a personal

fast. I know that you are going to see new things with your own eyes, and the spirit of God will take you to another dimension that you had not previously known. Fasting restores, and helps and encourages you. God bless you, bless your family, bless your children, bless your career and everything you do. I ask God to smile on your life and guide you step by step.

Prayer of Salvation

For these principles to work in your life you have to do something first. Repent of sin, and recognize that you are a sinner. When you do this, Jesus enters your heart and begins a restoration process in your life which He is able to complete. Repeat these words with me:

"Lord Jesus I recognize that I am a sinner. I pray that you forgive me of all my sins and ask you to come into my life. Fill me with your Holy Spirit and take me step by step to know more. Thank you for a new opportunity. In the name of Jesus."

If you prayed this prayer with me write me a

note. Your email is very encouraging to me!

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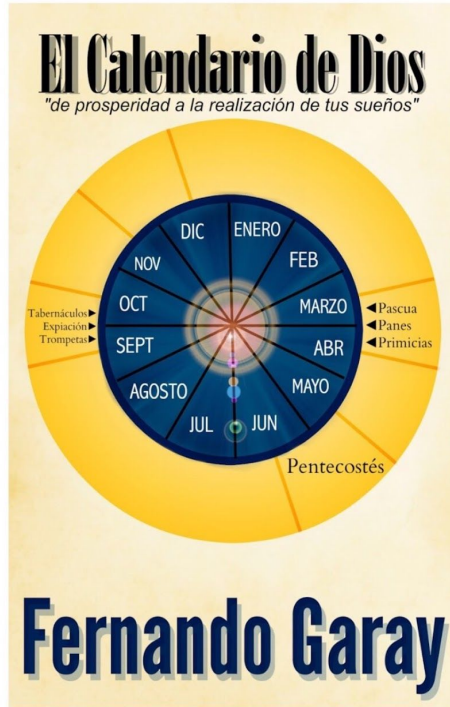
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Other books by Dr. Fernando Garay

Spanish and English



1. Conozca las temporadas de Dios.
2. Cual es el primer mes bíblico y su importancia en nuestras vidas hoy.
3. La semilla sembrada en la correcta temporada trae cosechas inusuales.

“The Secret of Many Victories”



FERNANDO GARAY

PREFACIO POR DR.MORRIS CERULLO

Prefacio

"Es con gran alegría paternal que comento sobre "Ganando por Fe" por Apóstol Fernando a quien amo como un hijo, junto con su encantadora esposa Pastora Hazael Garay. Prepara tu corazón para recibir una corriente pura de revelación sobre el tema de la fe, probada en el ámbito de las necesidades humanas y la cual se manifiesta una y otra vez a mi lado en las naciones del mundo. La fe ha sido un ingrediente clave en la vida de Fernando, lo que lo permite tocar tantas vidas, no sólo en Charlottesville, Virginia, sino también en una nación tras otra. No limite lo que Dios quiere hacer en su vida a través de las páginas de este volumen!!" ----

Dr. Morris Cerullo

“The Secret of Many Victories”

OBEDIENCIA

El Portal de Prosperidad



FERNANDO GARAY
PREFACIO POR DR. MORRIS CERULLO

“The Secret of Many Victories”

OBEDIENCE

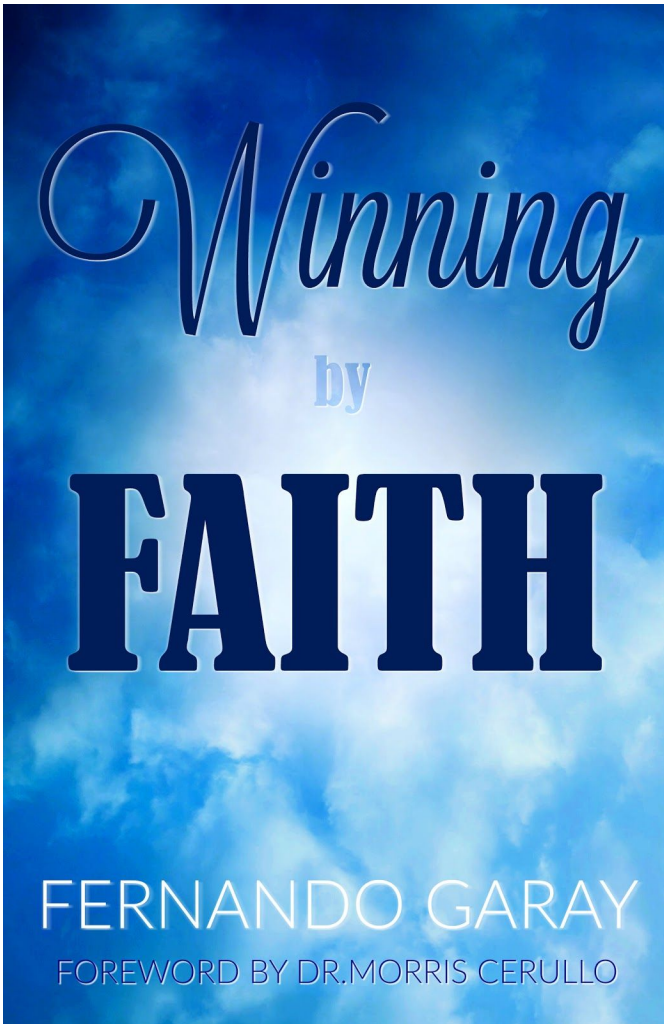
THE PORTAL OF PROSPERITY



FERNANDO GARAY

FOREWORD BY DR. MORRIS CERULLO

“The Secret of Many Victories”



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