

Quantum Fasting and Your Spiritual Nature

English Transcript – Emerson Ferrell

One of the things that we have entered into is contaminating our temple through wrong eating and my book, **Quantum Fasting**, talks about fasting.

For me, fasting was the most important exercise I could do to feed my spirit and starve my flesh. And it's very interesting to understand where the word “fasting” comes from.

How many of you know where the word fasting comes from?

It's a German word and it actually comes from the old Norse “fasta” which means “to hold firmly.” So back in those days the Germans used that term “fasta” to hold fast and then it evolved over time to mean “to control oneself”. So later it became used in “fasting” to “control your appetite.” So fasting is to control your urges and your desires to eat. It's very interesting to see how that term fasting has evolved over time.

One of the things that I've learned is that our physical well-being depends on our spiritual nature, and that's one of the reasons I believe fasting helps you get in contact with your spiritual nature. The more physical material you do without, whether it be your social media with your phones, whether it be your physical foods, all of the social contacts you have, etc... the more you do without that for a period of time the more in contact you come with your spirit, the more sensitive you become to your spirit, and the more you start to understand the authority God's given you through your spirit. That is *who you are* but most of us think we're who we see in the mirror, or how we feel, or what other people say about us, or what you read on your Facebook page that that's who you think you are, but that's not who you are.

That's why Jesus says in **John 6:63**, one of my favorite scriptures in all of the Bible:

“It is the Spirit who gives life; the flesh profits nothing. The words that I speak to you are spirit, and they are life.”

Now, if Jesus is saying that *“it is the Spirit who gives life and the flesh profits nothing”* then we have to understand that all of the things that we're doing for this physical body is not what's producing life. What's producing life are the words that we heard, and we hear and we understand from the One who is life.

Jesus said, *“I came to bring you life”* (John 10:10). Right? And Jesus, *“is the Life and the Light of all men.”* (John 1:4)

Look in John chapter 1, where we see that the spiritual connection is undeniable. And we have to really stay focused with that.

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English Transcript – Emerson Ferrell

John 1:1-3

In the beginning was the Word (Jesus is the Word and He's speaking the Word)

And the Word was with God, and the Word was God.

He was in the beginning with God,

*All things were made through Him, and without Him
nothing was made that was made.*

In Him was life, and the life was the light of men.

So everything that has physical being came from the Word, right?

Now John is talking in past tense here. He says, “*In Him was life and the life was the light of men,*” this is before the foundation of the world. So, everything you're living today you have already lived in the spiritual realm because in the spiritual realm there's no time, time doesn't exist; so, the *real you* is living in that *timeless place now*.

So, when John is talking about, “in Him was life” you've already lived your life as His life, that life is in Him, that light is in Him. So, if you're walking in darkness, if you're living in darkness, if you're surrounded by darkness, it's because the light that was in you, you chose to walk away from because that's part of our choice, we have that choice.

So, when Jesus says, “*The words that I speak are a life,*” He's trying to reconnect you. Listen now! He's reconnecting you to your spirit that was made by Him. Your spirit was made by Him. All things were made by Him. If He reconnects your spirit you're connected to His light, then you don't walk in darkness anymore, then your choices are not made from the physical realm that have no life.

You see when people make choices from this dimension Jesus says *that's the dimension that has no life. The life comes from the dimension of your spirit.* I want that to sink in because you're not going to fix anything that's wrong with you from this dimension, it has to be from the dimension from where you were created because where you were created you were **created perfect**, there was nothing wrong with you.

In Him was life and His life was the light of all men.

So, he's saying we're separated from that life when we come to this physical planet, so if you want that life, you must reconnect your spirit to the Life Giver. Now that takes a conscious decision on every human being's part. That's why John uses past tense, that's why salvation is a spiritual reconnection, the **new birth** with your original design, when you start focusing on that, when you start concentrating on that, things are going to start shifting in your life.

You're going to start breaking those connections from the images of the past that have kept you locked into the pain, suffering, doubt, unbelief, because now you're going to start focusing on *who you were from the beginning*. Right?

Quantum Fasting and Your Spiritual Nature

English Transcript – Emerson Ferrell

Look at this verse in **Ephesians 1:3-4**

Blessed be the God and Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly places in Christ, just as He chose us in Him before the foundation of the world, that we should be holy and without blame before Him in love.

You see in that condition that Paul is describing here that's where holiness is, that's where there's no blame, that's **who you are**, that's **who your spirit is**.

All of the *physical things* you're going through, all of the pain and suffering, all of the things that are happening to distract you from that revelation and that knowledge is keeping you from the treasures you were designed to leave for the next generation.

You're not here just to be here, you're here to leave treasures for the future generations to grow in a greater revelation of Christ. And that's the amazing thing about Christ, He never stops ascending in revealing who He was before the foundation of the world.

The minute you put Him in a box, the minute you think you have Him figured out is the minute you have left eternity -- you're no longer a spirit, now you have brought Him down to the dimension of this physical dimension where *“He's Jesus of Nazareth and suffers on a cross and He's got to come back to save me.”*

His resurrection gave you the keys over all of the circumstances of this dimension.

That's what He said. He said, *“In this world you will have tribulation but be of good cheer I have overcome it.”* (see John 16:33)

You know what overcome means? You don't **have to** go through it, but *you can* (if you want to) because tribulations are going to come. You can get involved in them, you can wrap your mind in them, you can go through them, you can say, “Poor me, I'm such a victim.” And all of the things that your mind gives you are those reasons or justifications to attach onto. So, you **can** go there, and you **can wallow in it**.

Have you ever seen a pig wallowing in mud? Have you ever seen how they root around in it?

The dirt can be dry land, but you put a pig in a pen and let him root around and roll around in the dirt and pretty soon he will be wet and muddy because he will keep digging and he will keep moving the earth around, and he will keep wallowing. They wallow in this pit and it becomes a big mud puddle and then it's what the Bible calls, **“miry clay”** and you get stuck in it because you chose to see yourself surrounded by a pin thrown in there with *no way out*.

That's what circumstances do to you, that's what your *justification for feeling sorry for yourself* will do to you.

Quantum Fasting and Your Spiritual Nature

English Transcript – Emerson Ferrell

You have the keys!

You're the overcomer and you've been designed to overcome, but if you want to wallow in the “**miry clay**” and say, “Poor old me, why is this happening to me? I don't deserve it!”

Did Jesus deserve it? No, but He chose to go through it so that we wouldn't have to.

So, every time we choose to go through and stay in a situation instead of going through it then we're saying, “What Jesus did is not good enough for me.” But **it is** good enough and it's **more than good enough**.

So, all of these conditions that you find yourself in you need to recognize that they were already taken care of, and it's got to be more than just a *cliché*. It can't be just *Bible language*, you have “*to know*” that you have to go through because **going through these experiences is what gives you the confidence to be the overcomer of all the distractions that you will go through while you're on this planet**.

Ok, so we know that we're a spirit being, we know that we were created before the foundation of the world, “perfect”, and that reconnection gives us the ability not to be distracted by the symptoms or the circumstances that we may be going through.

Let's look at **Zachariah 12:1**

This burden of the word of the Lord against Israel. Thus says the Lord, who stretches out the heavens, lays the foundation of the earth, and forms the spirit of man within him:

OK, He makes this big stage that we “live on” physically and forms the *spirit of man* within him, so get this picture:

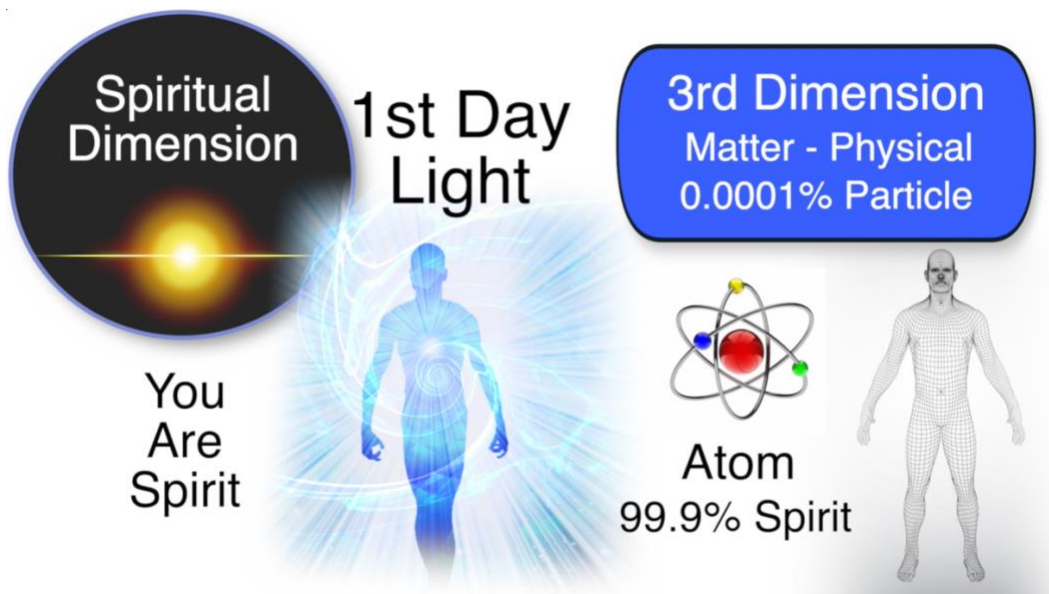
Here is God stretching out all of the physical realms of the *space-time*, all of that. He stretched it out, He forms the earth, He builds the foundation of the earth and forms the spirit of man within him.

So, He takes heaven, He takes this inexhaustible creative space that's beyond time, beyond dimension and puts it inside this *physical being* and puts it in this physical dimension.

Look at the picture. This spirit that is in you is timeless, it's eternal, it's creative, it's connected to the Creator, it's inside this physical being placed inside this physical dimension.

Quantum Fasting and Your Spiritual Nature

English Transcript – Emerson Ferrell



So, the physical dimension is going to be interacting in a *finite realm* with an *infinite being*.

You're an infinite being with all the secrets, all the ability to touch your Creator inside this finite space, so that you can create everything you believe on this planet. That is the immortality God has put inside of you.

And when you reconnect that back to your Creator, all of the knowledge, all of the power, all of the authority over this creative space is at your disposal.

Quantum Fasting and Your Spiritual Nature

English Transcript – Emerson Ferrell

Meaning you're not in this box that you see, you're outside this box connected to your Heavenly Father and you are part of those witnesses above *time and space* rooting yourself on.

If you see yourself as a *finite being* surrounded by the circumstances without any way to escape, then you don't see the picture that He describes here in Zachariah.

Because that's what makes your spirit that much more powerful, and that knowledge makes you that much more an overcomer than the *average bear* walking the planet. So, you have to see that.

Let's go to **John 6:51-53**, our real life is connected by the Spirit.

“I am the living bread which came down from heaven. If anyone eats of this bread, he will live forever; and the bread that I shall give is My flesh, which I shall give for the life of the world.”

The Jews therefore quarreled among themselves, saying, “How can this Man give us His flesh to eat?”

Then Jesus said to them, “Most assuredly, I say to you, unless you eat the flesh of the Son of Man and drink His blood, you have no life in you.”

So, Jesus is using the metaphor of eating His flesh drinking His blood, as the communion, to have life in Him.

John 6:55

“For My flesh is food indeed, and My blood is drink indeed.”

So, this goes back to what we spoke about with the communion, this goes back to Jesus being the manna in the wilderness for the children of Israel. This goes back to the *Bread of Life*, right?

Now, as we see in **John 6:53**, *there is no life in us until we reconnect with our spirit.*

I keep hammering on that because I want you to see your **spiritual nature**. I want you to get a hold of this. I can't emphasize it enough, but if you are just distracted by the physical realm and the circumstances of the physical realm, you'll stay disconnected from your spirit where the real authority is, where your real life is. And you have to keep reminding yourself every time your mind wants to go back and justify your condition or your symptoms with something that's happened in the past, you lose your connection with *the present* and **the present is where the Spirit of the living God is**. OK?

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English Transcript – Emerson Ferrell

All right, I mentioned fasting, I want to take you to what Jesus did in **Luke 4**.

Luke 4:1

Then Jesus, being filled with the Holy Spirit, returned from Jordan and was led by the Spirit into the wilderness,

Now He was filled with the Spirit after He was baptized by John and then He was filled with the Spirit. John describes seeing the dove land on Jesus after He came out of the water. We've all read that. So, He was filled with the Spirit, and the Spirit led Him into the wilderness. So obviously, if you receive the Spirit of God, you're going to be tested to understand exactly what that means. Are you an overcomer?

If you're receiving your connection back to the Spirit of God, you're going to absolutely be tested, absolutely! There's no two ways about it.

So, He returns ***filled with the Spirit***.

Luke 4:2

Being tempted for forty days by the devil. And in those days He ate nothing, and afterward, when they had ended He was hungry.

And if you read the rest of these scriptures, you're going to see that Jesus overcame the devil on “what”? An empty stomach.

So, it's not about you being full of the food from this dimension as a warrior or anything else, to overcome the devil, Jesus defeated the devil face to face on an empty stomach.

So, He's showing us something here, isn't He? He's saying, “It's not the substances of this planet that's going to give you authority over the spiritual nature. It's about your relationship with the Spirit of God that makes the devil leave you.” All right. So, I believe the devil was defeated after Jesus was resurrected, and I believe that *right now* what we go through is the design of heaven to overcome and remove all of those images that we passed down through our bloodline of our condition after the fall.

After the fall, man is born into this condition where his mindset is *this nature that we're in*, “this physical arena that we have to fight in is the reality of who we are.” It is NOT the reality of who you are, but if you believe that, then you're going to create these mindsets; you're going to create these *stumbling blocks*, you're going to have all these reasons why you do what you do and why you're going through what you're going through.

Quantum Fasting and Your Spiritual Nature

English Transcript – Emerson Ferrell



Jesus is showing us, “It’s not this physical realm that has the authority over the spiritual realm. It’s that recognition of who your Father is.” Because every time Jesus was confronted with a temptation, He quoted what He was hearing His Father say. He knew what His condition was spiritually, and **if you know what your condition is spiritually, what you’re coming against naturally has no substance.**

You give it substance and you give it life through what you believe. And if you take that “life away” because you don’t believe that “that authority” is over you, or that situation, or those circumstances have that “authority” over you, then it’s ineffective to you.

So, Jesus goes through these temptations on an empty stomach, and we see that “that power” that He displayed was visible on Him. **He was recognizable as someone who was not from this planet.**

That’s why the religious people didn’t like it because He was carrying an authority and a power that was greater than what they were serving. They were serving “an image”, they were serving *something from the past*. He was bringing them the revelation that was coming of the *new covenant*, but they were just focused on the past; and if you’re focused on *the past*, you’re going to live under that *cause and effect “religion”*, and not on what He’s done and not what He’s doing “daily” in your life. Because He’s doing something individually with every one of us, every day. That’s the interaction, that’s *the connection* we have with the life of God.

Now let’s look at **Deuteronomy 8:2-3**

Quantum Fasting and Your Spiritual Nature

English Transcript – Emerson Ferrell

Deuteronomy 8:2-3

*And you shall remember that the Lord your God led you all the way these forty years in the wilderness, to humble you and test you, to know what was in your heart, whether you would keep His commandments or not. So He humbled you, allowed you to hunger, and fed you with manna which you did not know nor did your fathers know, that He might make you know that **man shall not live by bread alone; but man lives by every word that proceeds from the mouth of the Lord.***

So, in Deuteronomy, Moses is talking about what Jesus was displaying in the wilderness because one of the temptations the devil was giving Jesus was “turn these stones into bread.” Because the devil knew that Jesus was “the Manna”, the devil knew that He was the Son of God, but he knew that He was hungry as well.

So, what Moses is connecting with what Jesus went through in *the temptation in the wilderness* is this hunger and this desire. So, hunger is not just associated with bread, but hunger is associated with all of our appetites.

And this is what fasting brings to the surface *inside of us*. We start to recognize *what our appetites are*. For some people, it's not just food --- it's entertainment, it's the desire to stay busy, it's an appetite *not to be still*, it's *to be moving*, it's an *appetite for consumption of all things*.

So, “appetite” means *consuming*. Now, we are created to be consumers physically. We have to consume water, we have to consume air, we need to have sleep... all of these things we are designed to consume. **But when you start fasting, the most basic of those things such as food and water, you start to recognize *the voices* that your physical body have and your mind.**

So, I can remember the first time I started fasting. I was thinking more about what I was fasting than if I was eating. I could not get away from thinking about, “Oh, I can't wait until I eat. I can't.” I started planning that meal, I started tasting it inside of me; all of those things, so your body has associated hunger and consumption with all of these things that satisfy us, or so that we think are satisfying. So, fasting starts to disconnect you from what you were satisfied by and ***then you start to recognize there's not anything in the physical plane that is more satisfying than the presence of God***. His presence satisfies you; it fills every part of your spirit, soul, and body with Who created you. So, that's why fasting is such an important tool. You start to identify those things inside of you that are *driving you*, that are *consuming you*, that are making you think about things that are taking you away from ***being present with God, because that's where the authority is, that's where the power is, that's where your spirit reconnects with your Creator, that's where your rest is!***

Let's look at one of the early designs of fasting in Daniel. Look in **Daniel 1:3**

Quantum Fasting and Your Spiritual Nature

English Transcript – Emerson Ferrell

Daniel 1:3-4

The king instructed Ashpenaz, the master of his eunuchs, to bring some of the children of Israel and some of the king's descendants the some of the nobles, young men in whom there was no blemish, but good-looking, gifted in all wisdom, possessing knowledge and quick to understand, who had ability to serve in the king's palace, and whom they might teach the language and literature of the Chaldeans.

And the Chaldeans were the Babylonians. It's interesting to understand God was the One that had Israel overthrown and taken captive by Babylon.

Daniel 1:5

And the king appointed for them a daily provision of the king's delicacies and of the wine which he drank (the king himself drank), and three years of training for them, so that at the end of that time they might serve before the king.

So, the king had this program in place where he would choose the best candidates from places that they dominated or over overthrew, and he would take the next generation and train them in their language and their customs so that they could serve before the king and understand their position. This is important. *And the king appointed for them a daily provision of the king's delicacies.*

Daniel 1:8

But Daniel purposed in his heart that he would not defile himself with the portion of the king's delicacies, nor with the wine which the king drank; therefore he requested of the chief of the eunuchs that he might not defile himself.

Now why was the wine also connected with what Daniel abstained from?

Now wine is created as a spiritual drink in many places, it connects you with the culture, it connects you with the attitudes and thoughts of the people. Wine comes from the indigenous regions in most places, in this particular area, and it was before the king. The king was drinking this wine. And for a reason, Daniel said, *"I don't want to eat the food, and I don't even want to drink the wine from the table of the king."*

So, he was making a decision that everything from the Chaldeans would defile his temple that he grew up in this Jewish understanding. They had a very strict regimen of what they ate, and Daniel was a very *wise man*, and he was also *very strong in his commitment*.

So, he says, "This is what I want you to give me." He said:

Quantum Fasting and Your Spiritual Nature

English Transcript – Emerson Ferrell

Daniel 1:11-12

So Daniel said to the steward whom the chief of the eunuchs had set over Daniel, Hananiah, Mishael, and Azariah, “Please test your servants for ten days, and let them give us vegetables (it is not “vegetables”, in the original language it’s “pulse”) to eat and water to drink.”

Now this is what we don't understand because we've probably heard different “fastings”, like “I’m going to have a Daniel fast.”

Well, Daniel asked for “pulse” to eat and water to drink. And if you study what “pulse” is you'll see that it's *the seed*, it's the *germ of the grain*. In other words, you've had alfalfa sprouts perhaps or bean sprouts or things of that nature. The germ that's inside the bean or the germ that's inside the grain is the life of that seed.

So, Daniel was asking for *the life of the seed* and pure water to drink for ten days, and he said that he would be much better off than if he was drinking the wine or eating the meat from the king's table. And he understood that was part of the detoxification process that his body needed to go through. He understood that he was taken captive.

There are many of us who have been taken captive by our appetites; many of us have been taken captive by pharmaceutical drugs, many of us are taken captive by the thoughts in our condition of imprisoning ourselves through our mental condition.

And Daniel understood the physical body needs to be detoxed in order to receive the spiritual enlightenment that we are designed to be antennas for.

As an antenna, we can receive from the realm that we're connected to; and if our appetites keep us connected to this dimension through wrong eating, through wrong believing, wrong thoughts, and wrong entertainment or whatever, it disconnects us from the spiritual realm, and it disconnects us from receiving from what the Spirit says.

And it only took ten days. Now you're going to discover that 10 is a very, very important number. It's the number God used for **balance**, for perfection in the physical body.

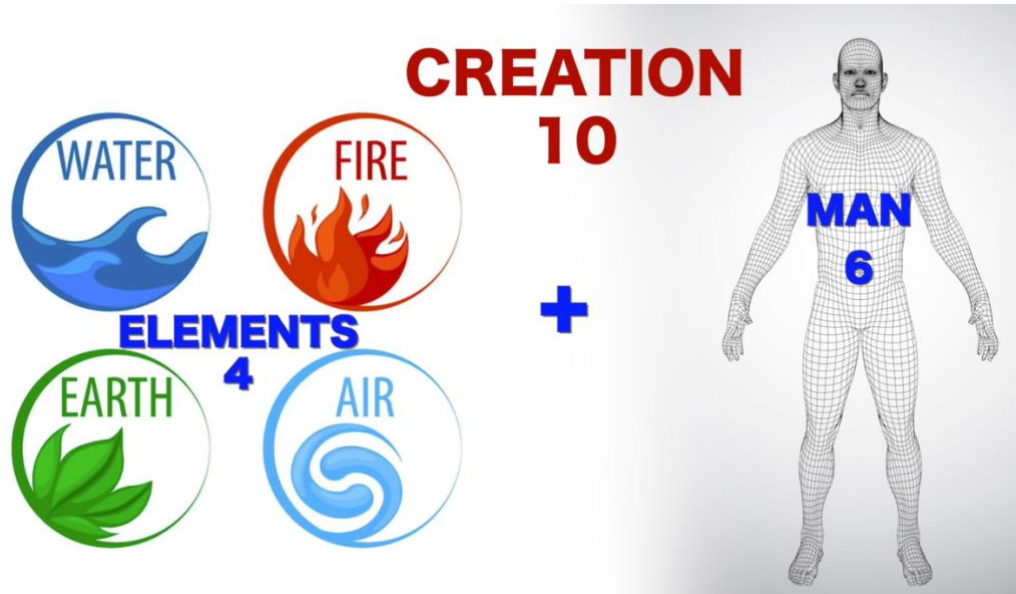
You count *how many fingers you have*; you count *how many toes you have*, you look at all the ways 10 has been used throughout the scriptures. Let me just give you a couple of ideas here for you to study.

Quantum Fasting and Your Spiritual Nature

English Transcript – Emerson Ferrell

Ten is a very important number in the scriptures:

- Joshua was fighting the battle, and it was moved back 10° because he needed more daylight (Joshua 10:13-14).
- Then the creation is wind, water, fire, and earth (four) and man is 6. So the number of creation is 10.



- There were 10 commandments.
- In the temple there were 10 lampstands and 10 bowls.
- In Genesis 1, if you count how many times “God said”, it was 10 times.
- The Passover lamb was selected the 10th day of the first month.
- The 10th day of the 7th month was atonement.
- There were 10 horns in the book of Revelation.
- There were 10 generations that lived before the flood.
- The Holy Spirit fell 10 days after the Ascension.
- Jesus used the 10 lepers as a design of how many would come back (only one came back to give glory to God).
- There were 10 plagues in Egypt.
- Jesus told the parables with the 10 virgins, 10 coins, 10 minas.
- 10 is the number of the Tithe.

So, all through the scriptures we see this number 10 as being one of the ways (like 3 and 7, three and seven is also a number of perfection) that God used the number 10.

Quantum Fasting and Your Spiritual Nature

English Transcript – Emerson Ferrell

There were 10 commandments, right? So, all of these “tens” are very significant when it comes to the *physical nature of man*. That's the balance, that's the design that God shows that will put us in an organized position of balance. You see we have 10 toes, 10 fingers, and ten is the balance that our body needs to be cleansed.

Daniel didn't just come up with “ten”, that was a design from the Spirit of God.

You want to detox yourself? You want to be clean before God? I recommend that you fast with water and live seeds (sprouts or something alive) for 10 days and see what that does for your physical being. Just do water and start detoxing yourself and just use the number 10 as a way that God has put it and originated it (before the foundation of the world) to get your body in balance. Because I think you're going to start to experience something different if you'll do that.

I didn't start that way. I started with 21 days, and I did the water fast and I did all of these other things, but as I started researching this, I started to see the design of God.

If you've taken the time to be here and you take the time to study this material, the Lord is going to give you revelation and understanding that you didn't have before, and it will help you understand your spiritual nature, and help you understand that your desires can be controlled by the Spirit of God, your appetites can be controlled by the Spirit of God.

Your frustration and anxiety and discontent is just part of the distraction process from the mind that has not been conditioned to recognize the Spirit of God, because before the foundation of the world, you were connected with your Heavenly Father, you were spiritually connected and that's who you are! That is your life and all of this stuff that has been going on around you or has distracted you, you can come into *alignment*, and I believe this is a word for you today.

Get alone with the Spirit of God for 10 days --- detox your body from the appetites that have corrupted the *way you think and the way you believe* and let the Spirit of God speak to you. And then I want to hear from you, and I want to know how you're doing, and what's going on in your life. We are here for you. And if you support this ministry and if you will stay connected with what we are doing and use this material as an avenue for your growth and for you to expand in what you already know, then we can move at a greater dimension in Christ and we can leave treasures behind for the next generation. And we know the Lord is going to bless you, we know He's already blessed you.

Quantum Fasting and Your Spiritual Nature

English Transcript – Emerson Ferrell

PRAYER

Heavenly Father, I prophesy right now that they will no longer be a victim, that they'll recognize the keys over death and hell have been given to them and they are no longer going to be under the circumstances and under the weight and pain and suffering and distress. That You will show them how to enter Your rest, and that You will teach them Your ways.

And I ask You Lord, that every person under the sound of this voice will receive a hundredfold for giving to and supporting this ministry. Lord, I want You to show Yourself as the God of all supply to everyone who trusts You with their resources, in Jesus' name.

We love you and we bless you and we'll see you next time!

God bless you!