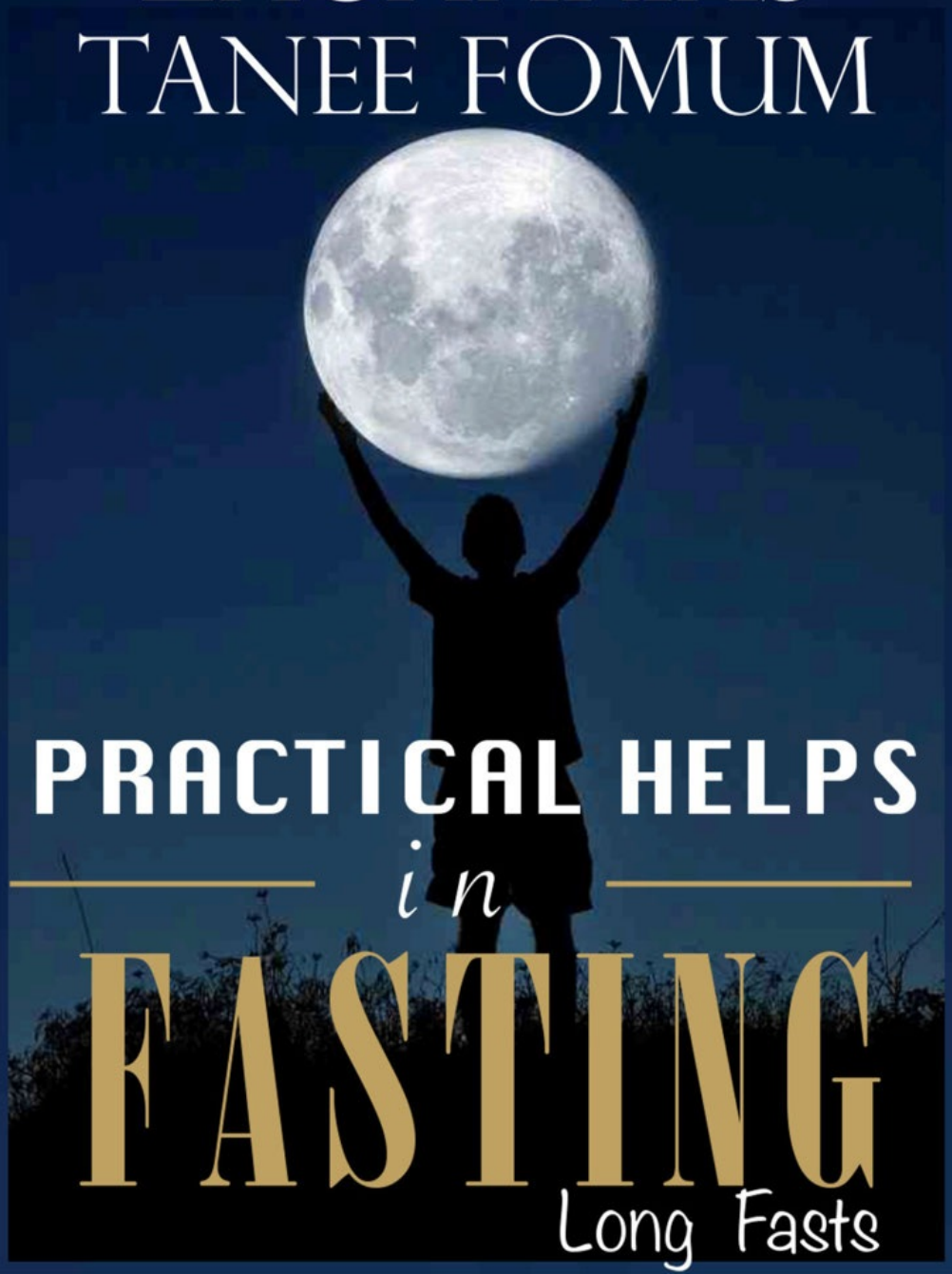
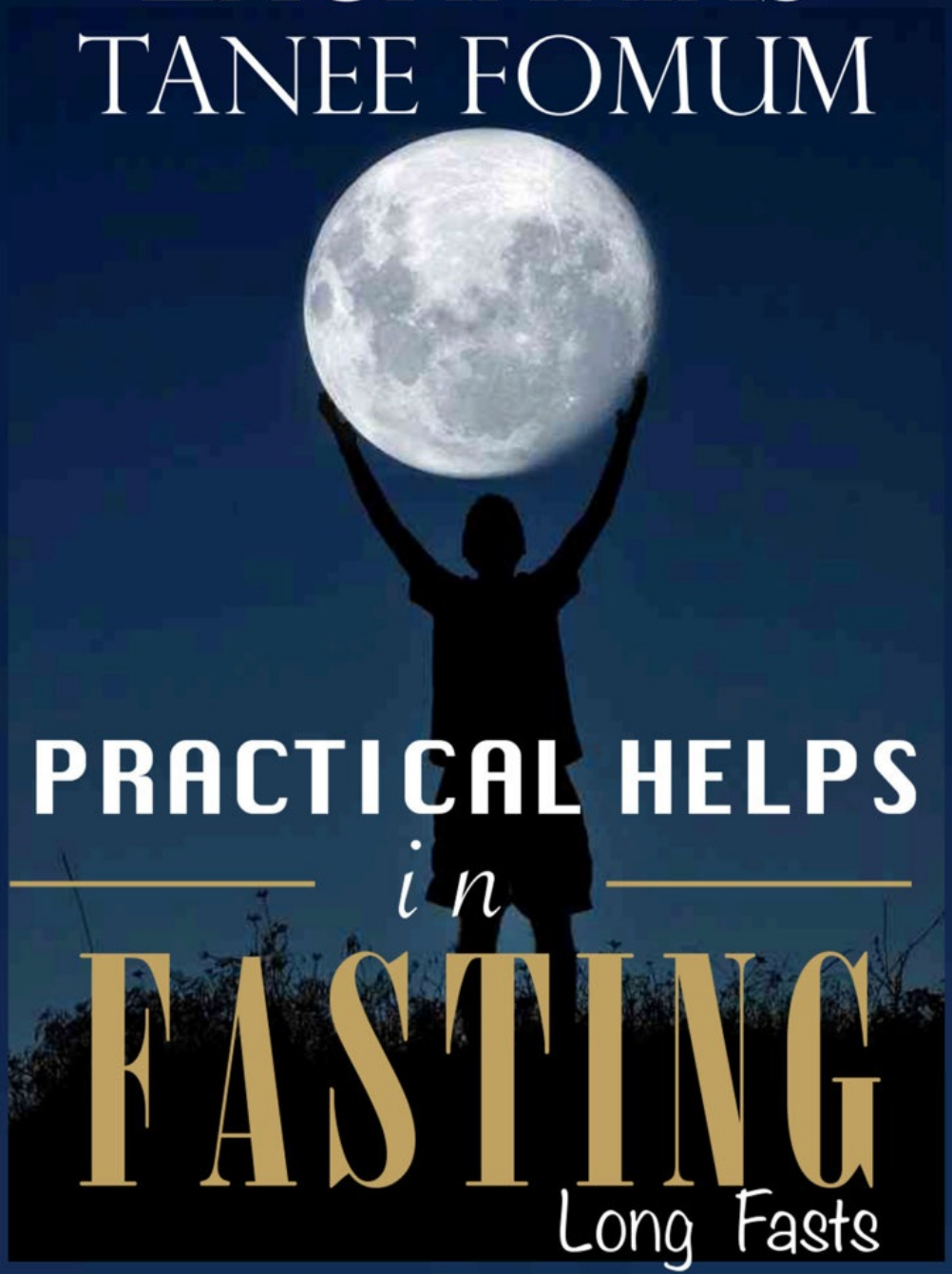
ZACHARIAS TANEE FOMUM



PRACTICAL HELPS *in* FASTING

Long Fasts

ZACHARIAS TANEE FOMUM



PRACTICAL HELPS *in* FASTING

Long Fasts

PRACTICAL HELPS IN FASTING LONG FASTS

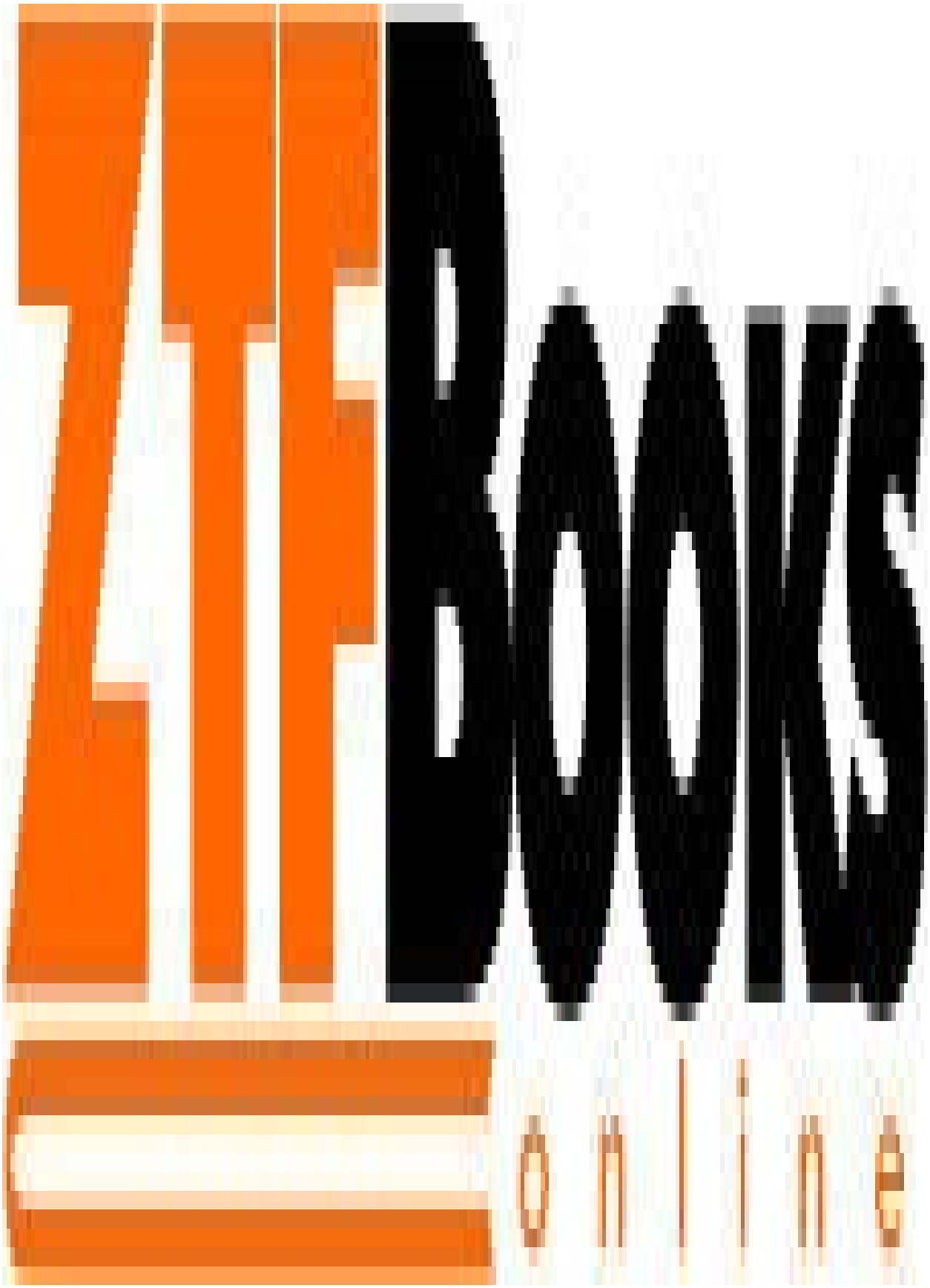
By

Zacharias Tanee Fomum

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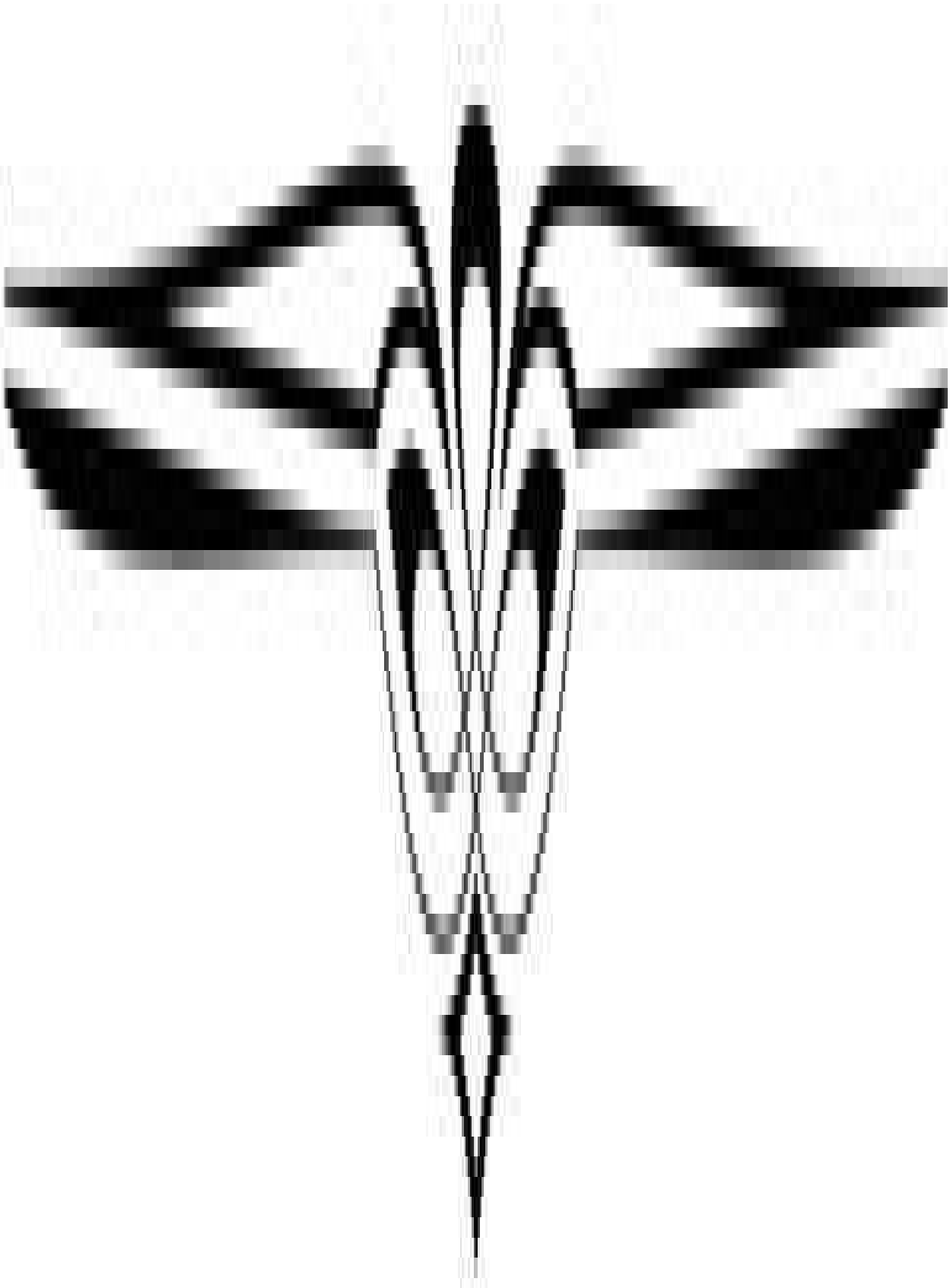
TESTIMONY OF THE 40-DAY FAST

REPORT OF MY LAST FAST

ABOUT THE AUTHOR

OTHER BOOKS

PRACTICAL ADVICE



It is advisable to take enema in order to wash bowels and get rid of excess or undigested food that may get hardened before the fast ends. Another substitute is to ensure that the last meal to be taken before the fast is soft. Preferably fruits or light okra-soup. This helps you not have difficulty in passing out stool when breaking the fast. Many people have suffered from pile after a long fast due to hardness of stool.

Below are some discomforts of a long fast.

NUMBNESS OF HANDS / PAIN

Especially during the last days, you experience numbness in hands, muscle contraction, waist pain, pain on the knees or joints. This is evidence of inadequate preparation in calcium intake. It is advisable to feed on calcium-content foods like carrots, dry fish, garden eggs, various nuts while preparing for a fast. However, if you feel these symptoms, take calcium tablets that are chewable or can easily be diluted in water.

YELLOW URINE

This is an indication that you are not drinking enough water. Water helps to clean the kidneys and to eliminate all impurities. We recommend that you take enough water even when you don’t feel like.

COLD (LACK OF HEAT)

As fat is going away, the body becomes sensitive to cold. You need to keep yourself warm. Wear warm clothes.

HEADACHE

In some cases, it could either be because you've stayed for long without fasting, or you have been taking too much coffee, tea or those beverages that contain caffeine. It is advisable to avoid stimulants before fasting.

BAD BREATH

It is because unpleasant and unhealthy matters within are being eliminated. Brush your teeth often or use some menthol gum that will keep your mouth fresh. Too much brushing of teeth can also cause you wounds in the gums.

SLEEPLESSNESS

(Insomnia) Could be an indication that your mind is over-congested and active. Do less strenuous work. Get enough fresh air by taking walks. Prayer walks are helpful for choked minds.

DIZZINESS

Sometimes at the latter part of the fast, a sudden change of position can cause dizziness and imbalance. It is advisable to stand slowly or sit slowly.

HEAVINESS IN THE HEAD

It comes about when there is not enough rest. Take every opportunity to quietly rest by lying down and avoid talking. Use such moments to listen to God.

NAUSEA

Some people become allergic to certain odours like the smell of cooked food, perfume, etc. Just stay away from such.

GENERAL BODY WEAKNESS

Due to lack of food.

Feed much on the WORD for it is spiritual food and life. Besides ‘man shall not live by bread, but by every word that proceeds out of the mouth of God’. Strength is always regained from reading the WORD.

CONSTIPATION

Some people send out much air after fasting. It is usually an indication that the fast was poorly broken. It could be too much eating or eating at short intervals. Be careful!

SWOLLEN LEGS

After the fast, avoid salt as much as possible. It contributes a lot to swollen legs.

For some sisters, fasting can cause disorder in their menstrual cycle. Do not be alarmed. After a while, things can get back to normal. Once in a while you are forgetful and unable to concentrate. Do not be disturbed.

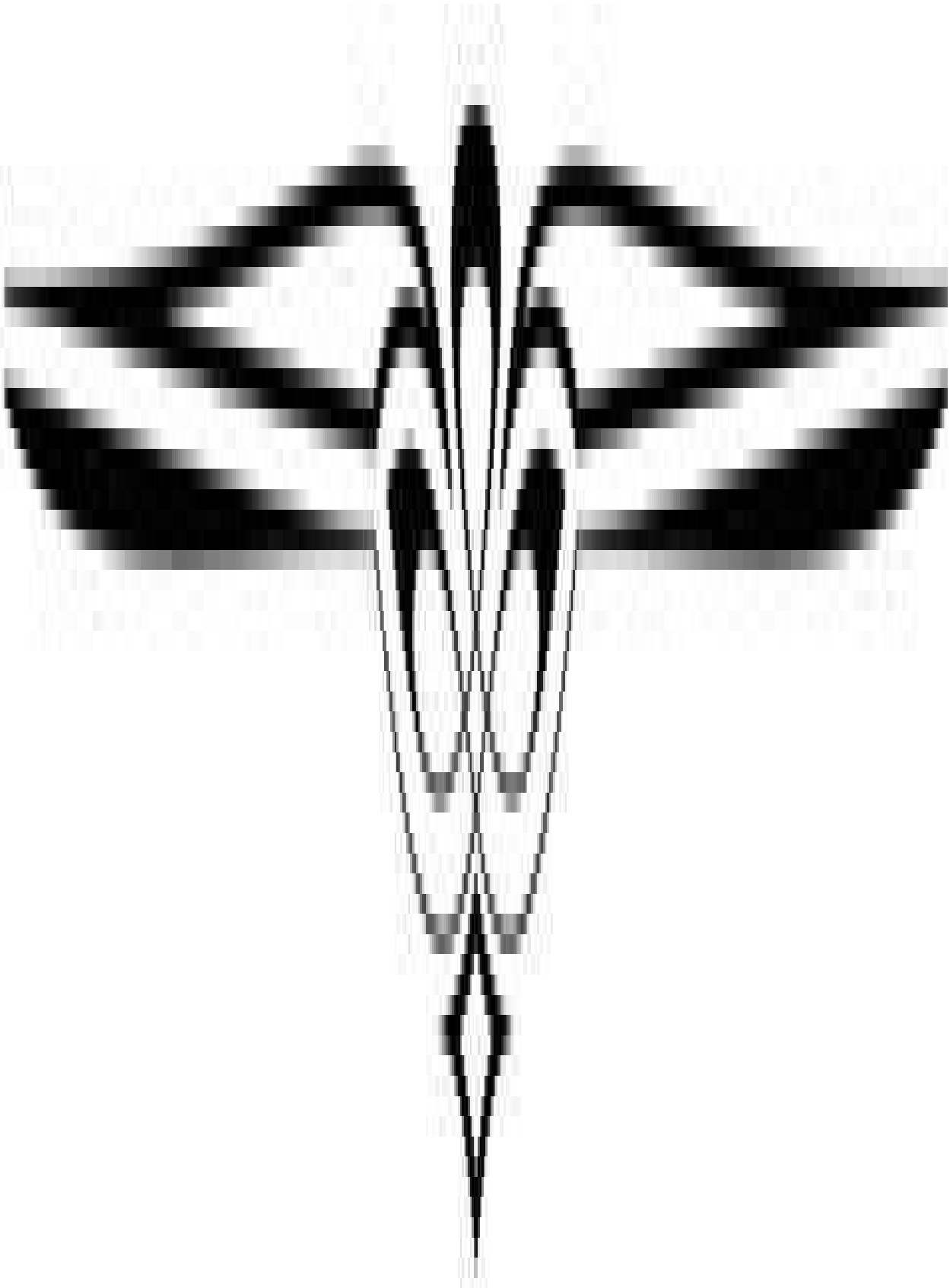
It is advisable to bath warm water, but this is a matter of a person's preference. Generally, it is best to keep your environment clean, dress well and be neat at all levels. Because your body is undergoing a cleansing process inwardly in the kidneys, the mouth, the lungs, the liver, etc. and the intestines are also enjoying rest, you must co-operate outwardly by practicing clean habits. Besides, neat dressing makes you radiant.

Whatever the inconveniences, they are short-lived. The out-come is that our bodies are kept fit and healthy to serve the Lord. Fasting is part of fellowshipping with Him in suffering.

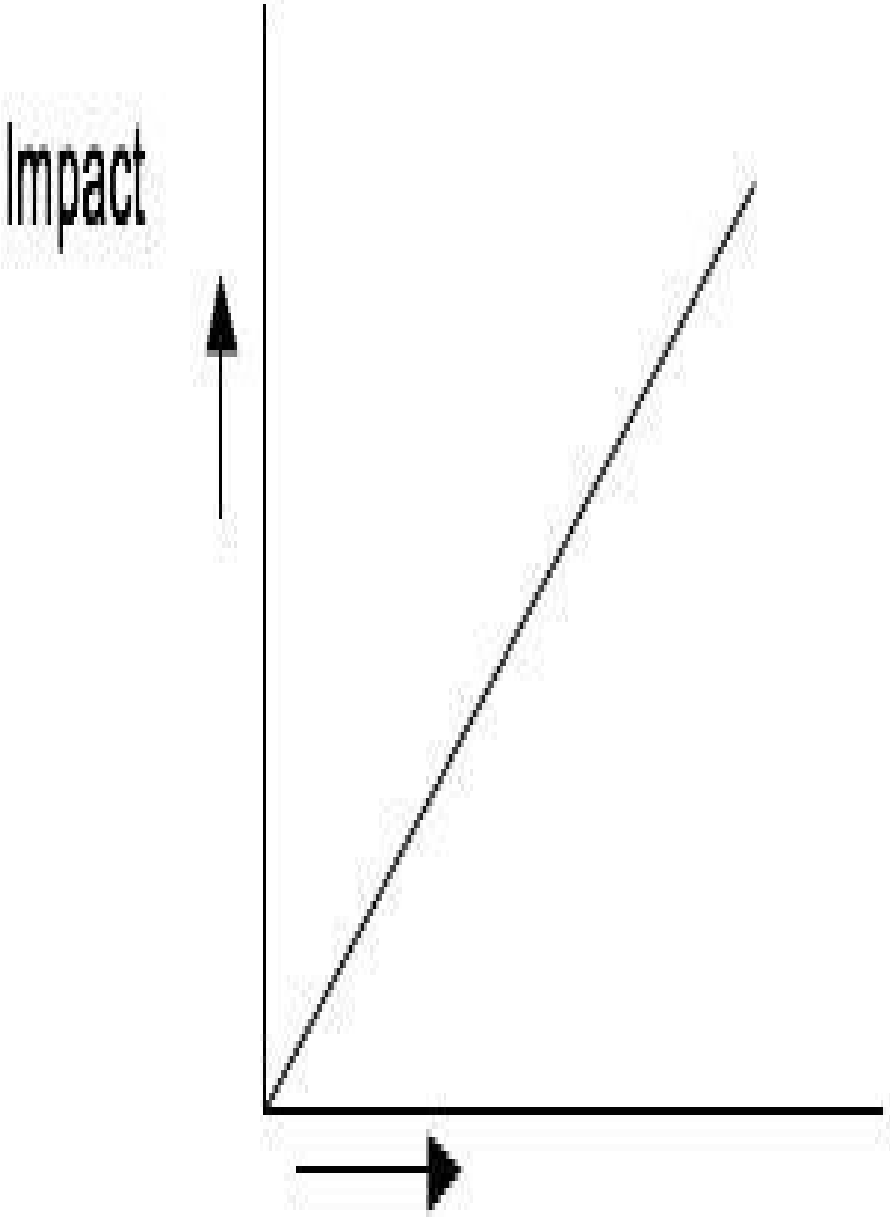
GLORY BE TO GOD.

Make sure you own and read the book The Ministry of Fasting by Z.T. FOMUM.

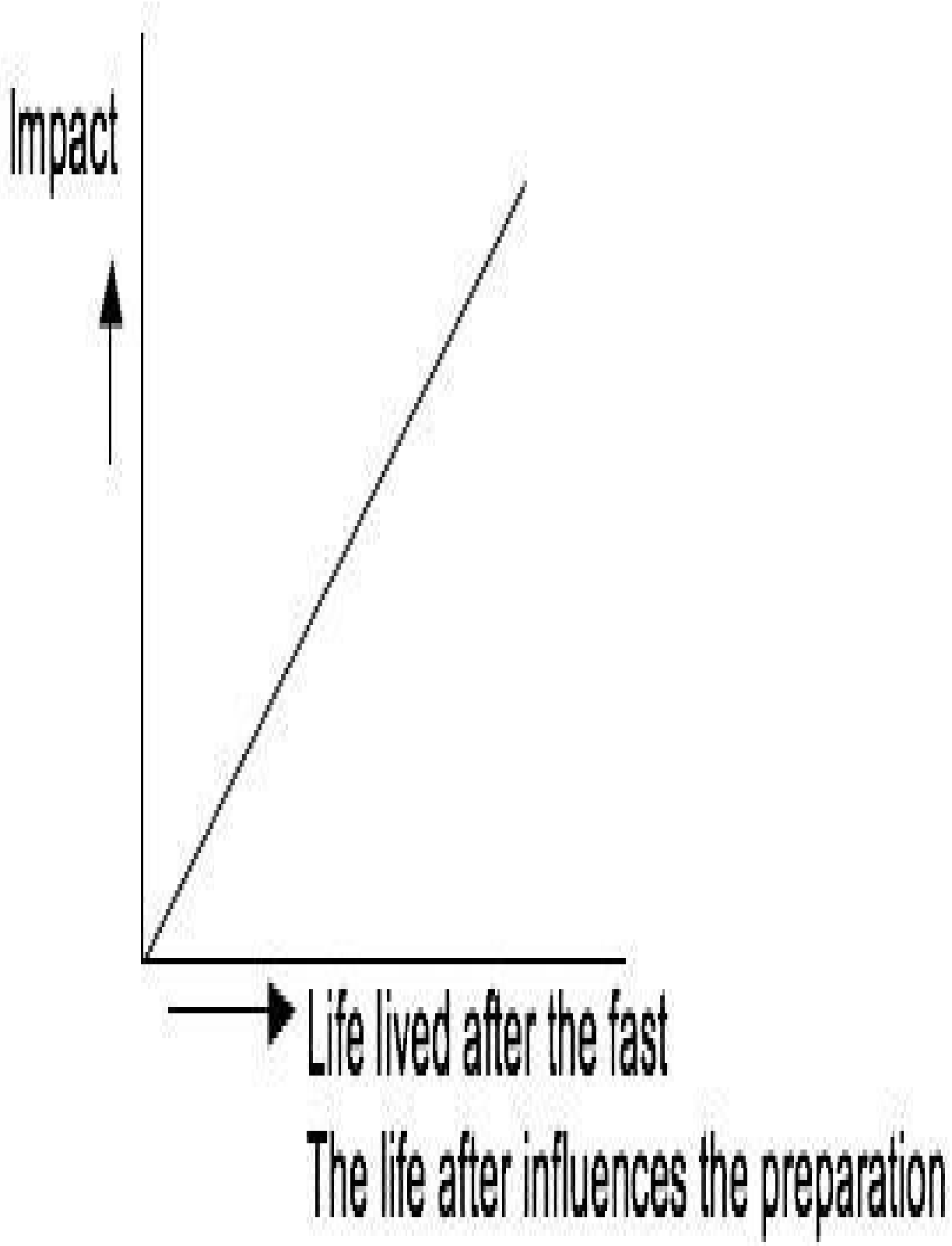
FASTING: IMPACT



The impact is proportional to the life lived before the fast.

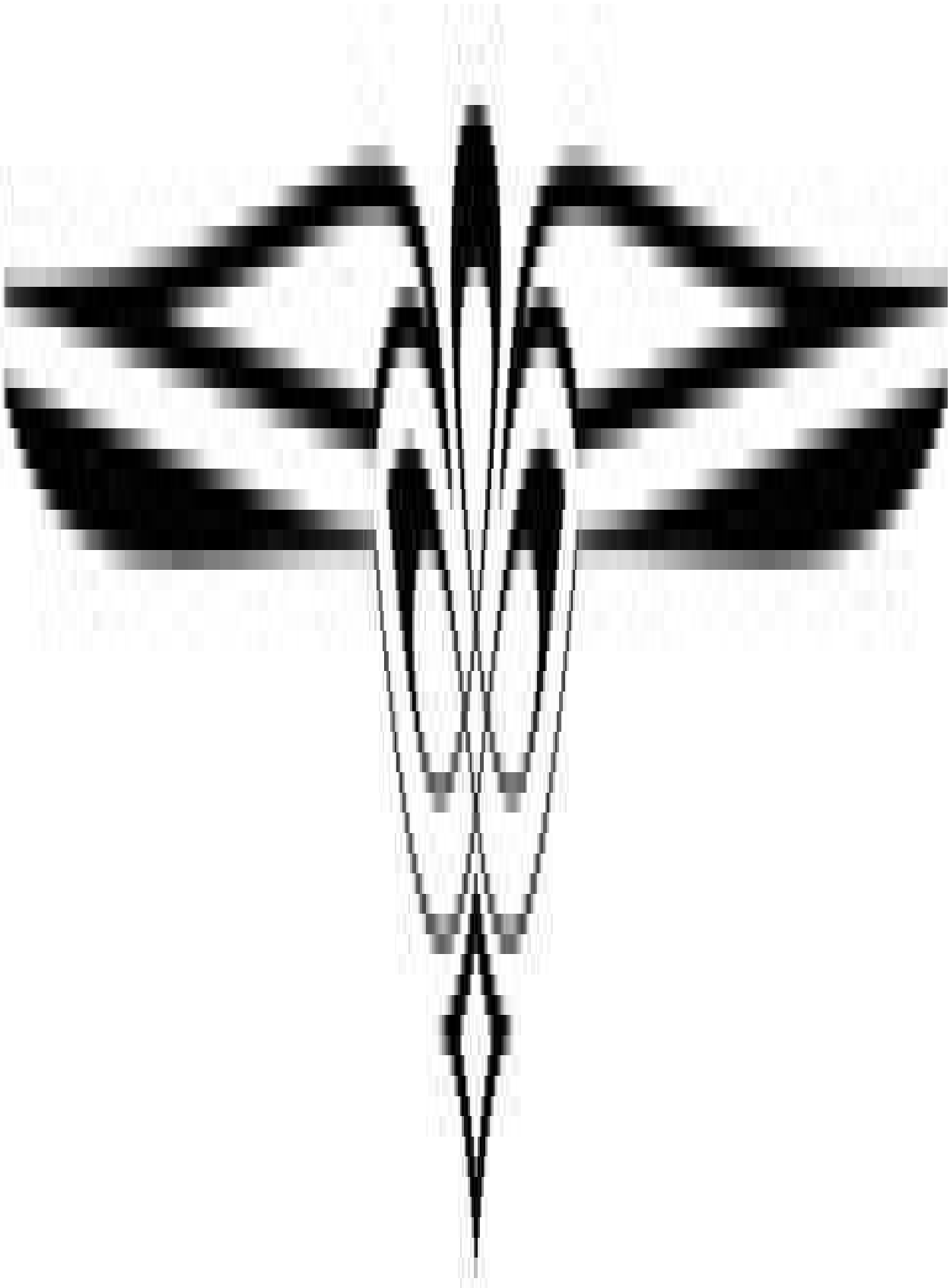

Impact
Life lived before the fast
The life before influences the preparation

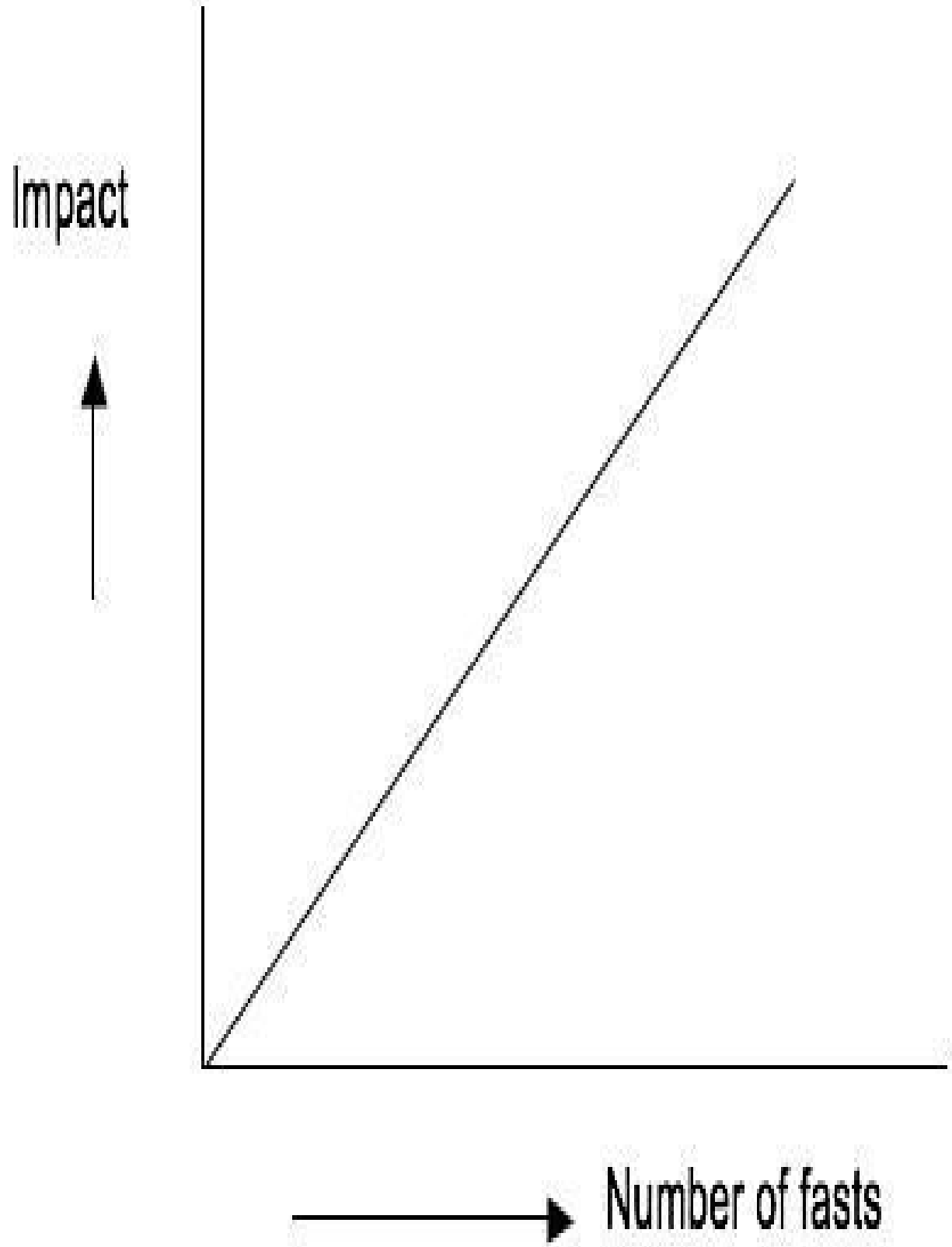
The impact is directly proportional to the life lived after the fast.


Impact
Life lived after the fast
The life after influences the preparation

YAOUNDE, 10/03/97

QUALITY OF A FAST




Impact
Number of fasts

Quality is determined by

Purity of heart

Consecration

Sacrifice for the Lord

Self-denial

Suffering for the Lord

Love of the Lord

Knowledge of the Lord

Clarity of goal for the fast

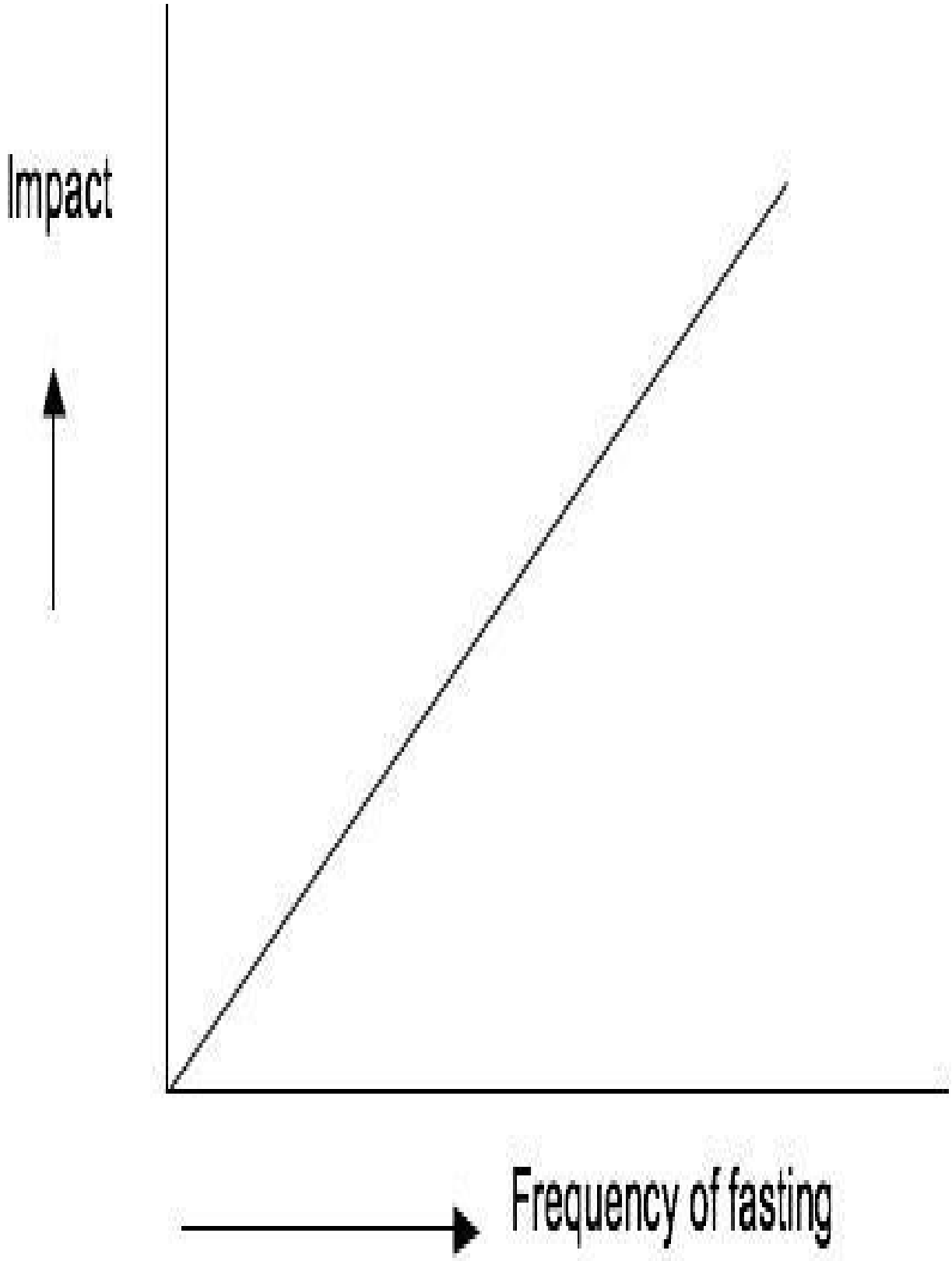
Extent of seeking God during the fast

Extent of withdrawal from man during the fast

Level of praying during fast

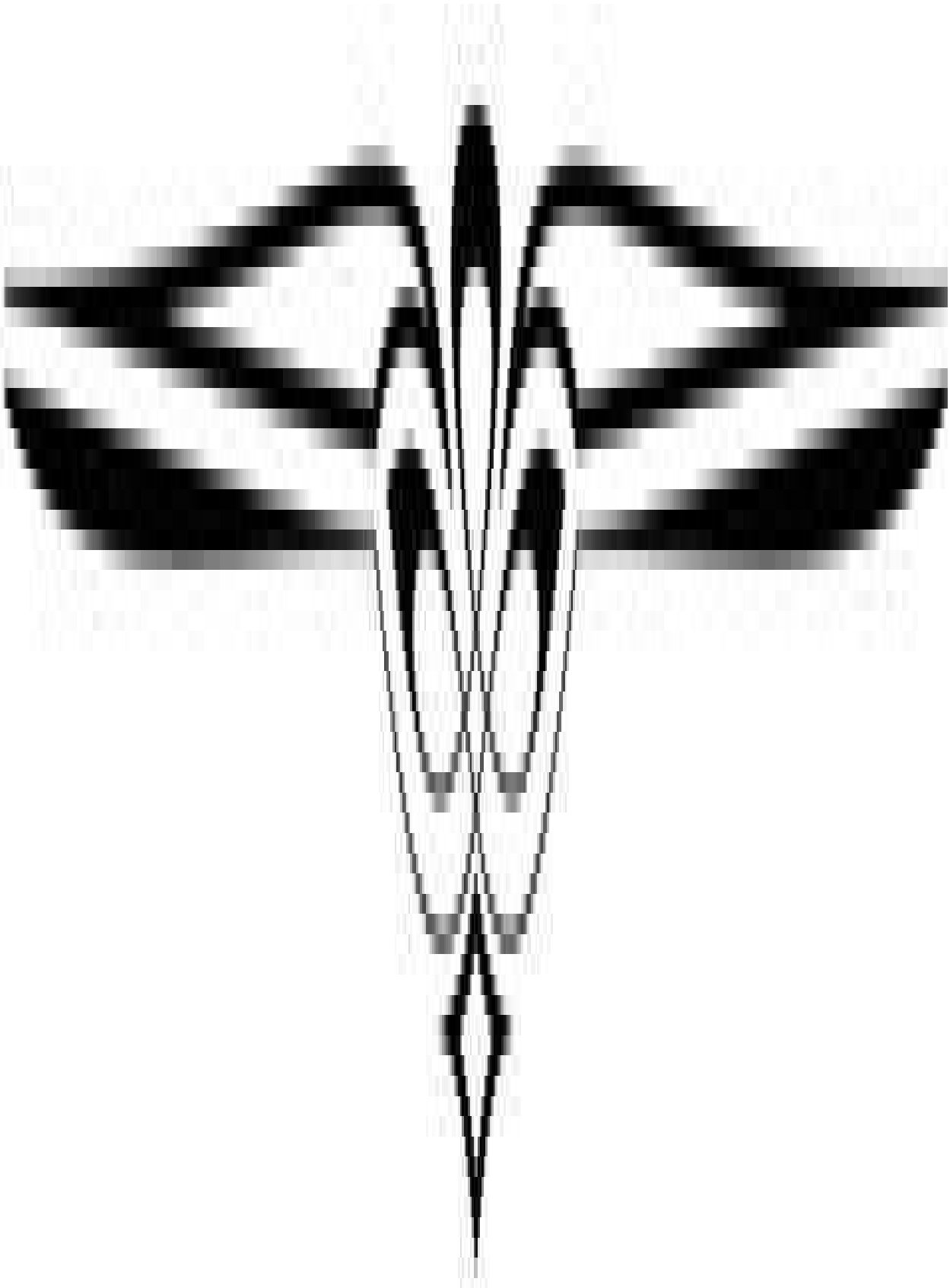
Joy during fast

Secrecy of the fast


Impact
Frequency of fasting

YAOUNDE, 10/03/97

PRAYER AND HARD WORK



Hard work is to be demonstrated first of all in prayer.

Hard work is manifested by time invested in prayer - minutes, hours, days, weeks.

Hard work is manifested by importunity

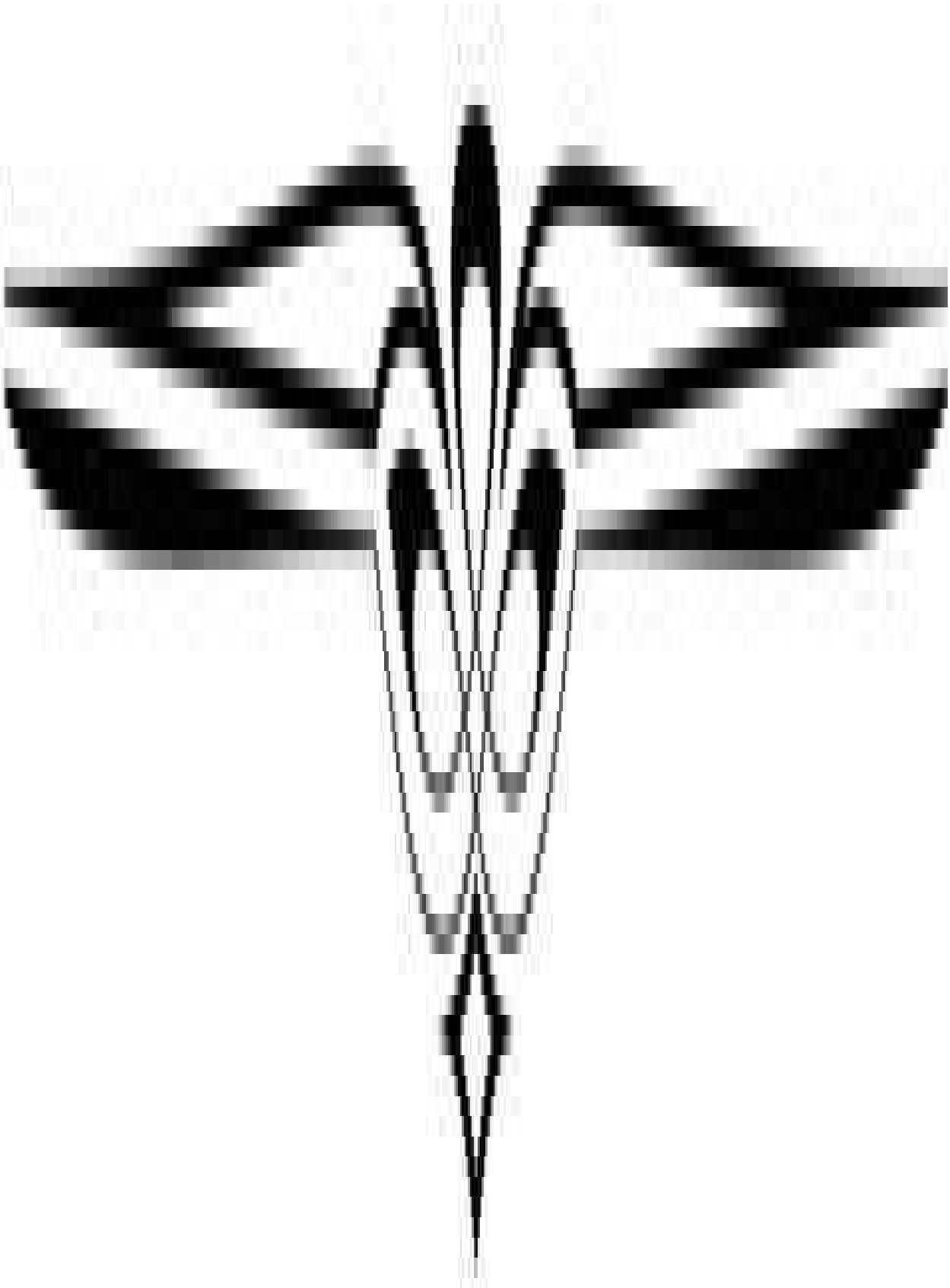
Hard work is manifested by intensity

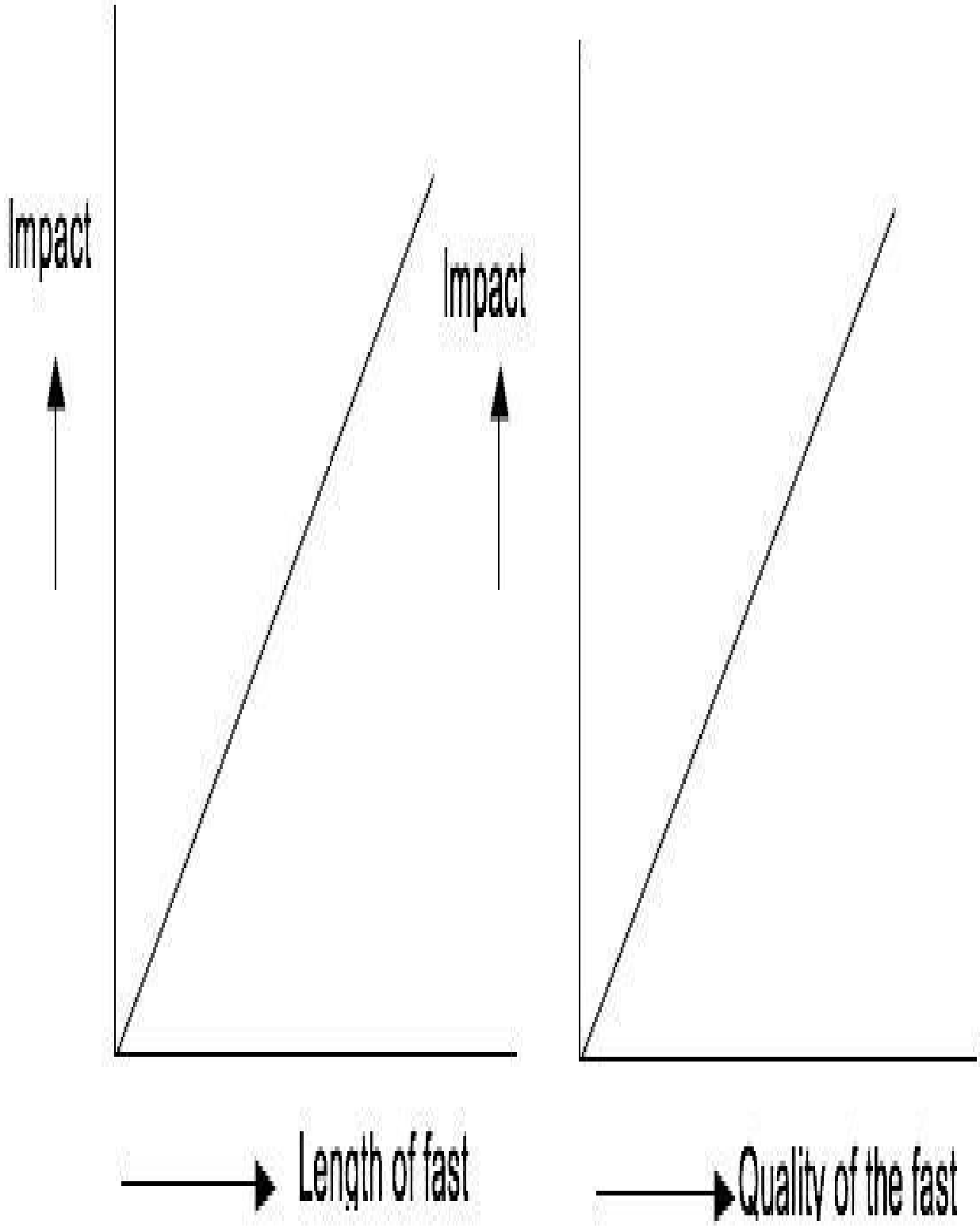
Hard work is manifested by aggression

Hard work is manifested by the stubbornness that will not give up or turn to something else until the answer comes.

YAOUNDE, 09/03/97

FASTING AND HARD WORK




Impact
Length of fast
Impact
Quality of the fast

Fasting is the final claim on God.

Fasting is the decision of the will

Hard work in fasting means pressing on in the fast until the goal is accomplished or one collapses.

Hard work in fasting is the refusal to stop the fast pre-maturely.

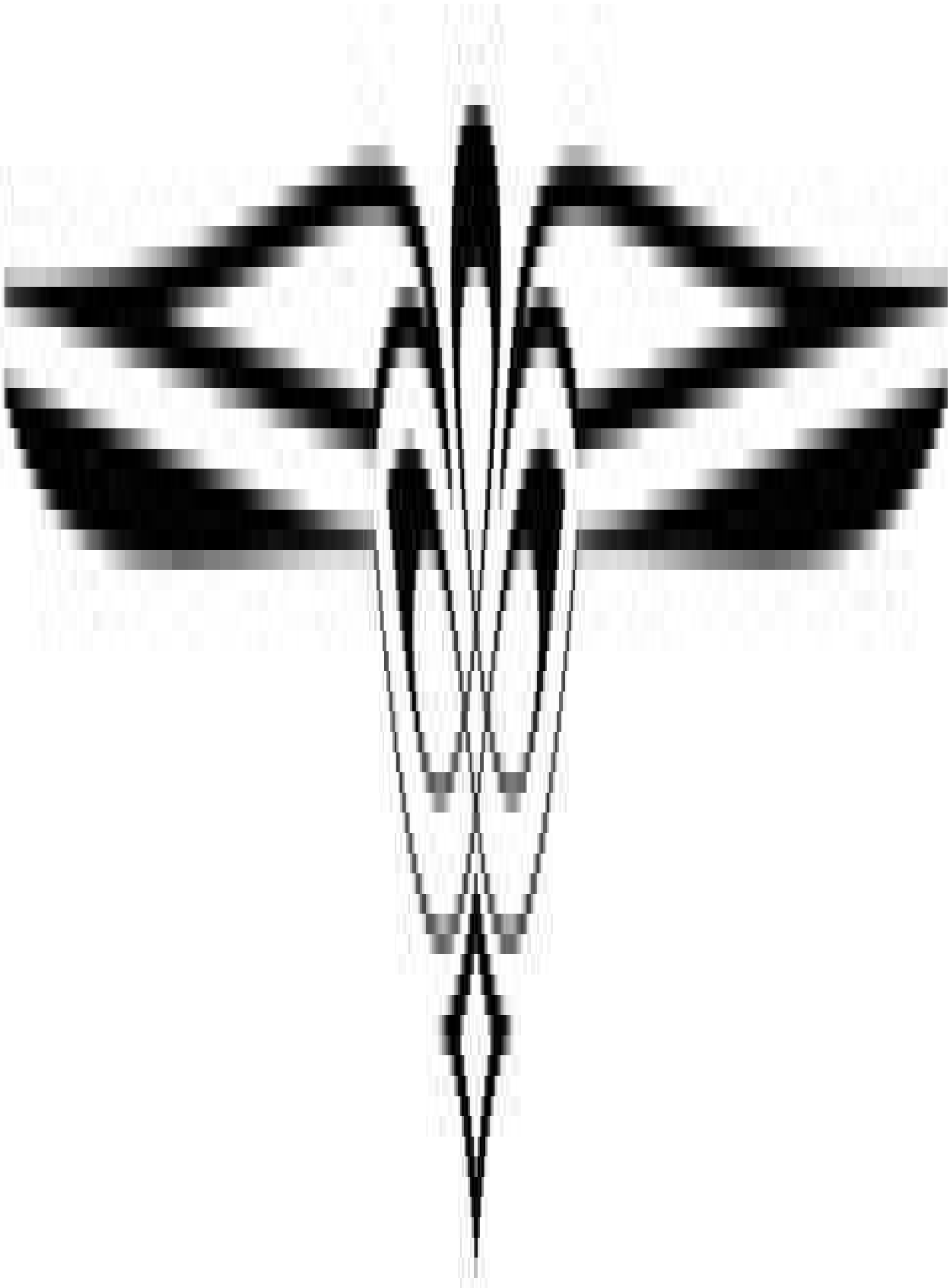
Hard work in fasting means that the fast is goal directed.

Hard work in fasting means that prayer, much prayer is carried out during the fast.

Hard work in fasting means to set massive goals for the fast and pressing on to ensure that the quantity of fasting is proportional to the desired goal.

YAOUNDE, 09/03/97

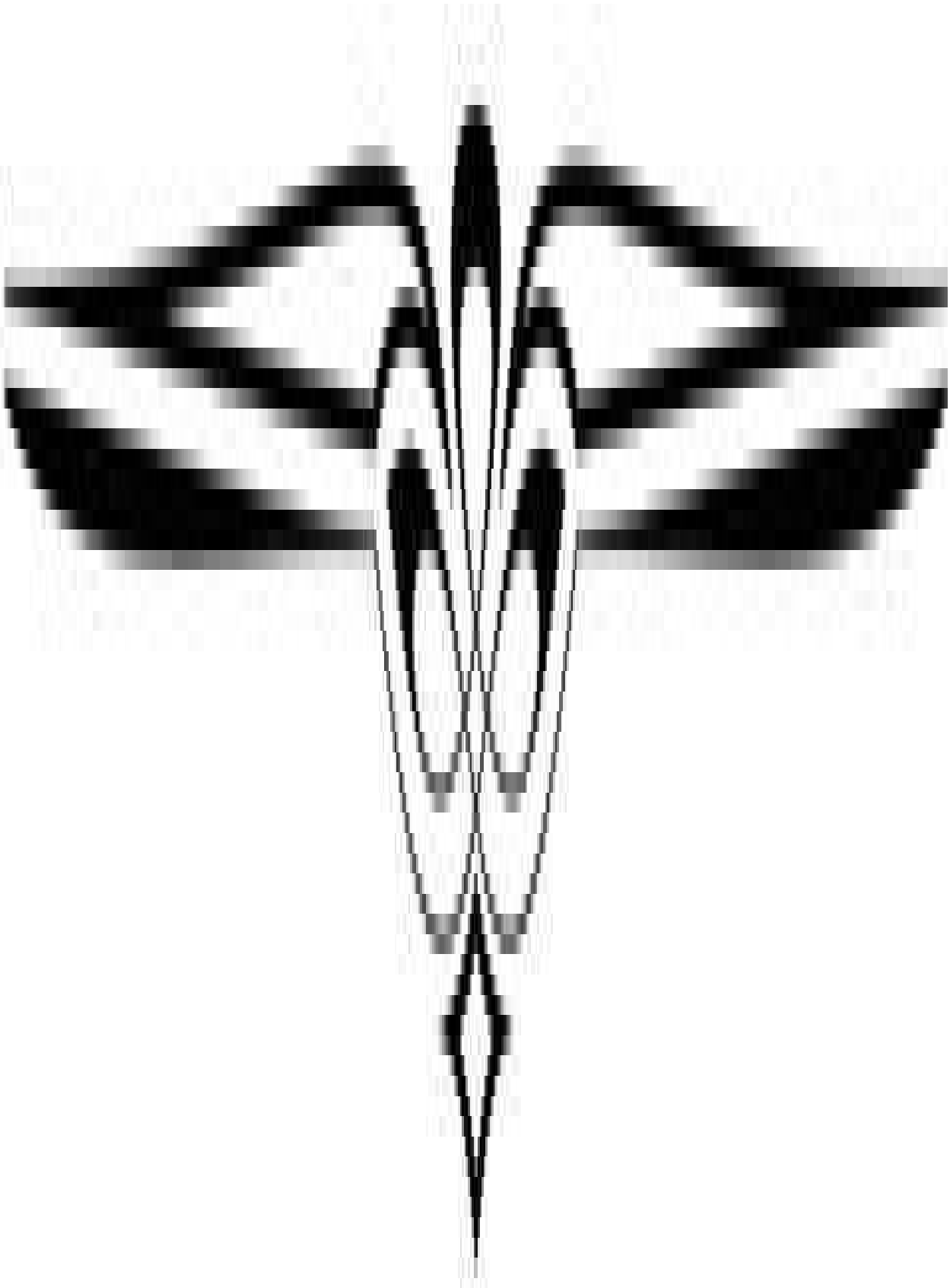
FASTING



Routine fasts of three, four, five, six, seven or ten days are good for maintaining gain grounds. However, for the penetration of new territories, long fasts, very long fasts or ultimate fasts are indispensable.

YAOUNDE 10/ 03/ 97

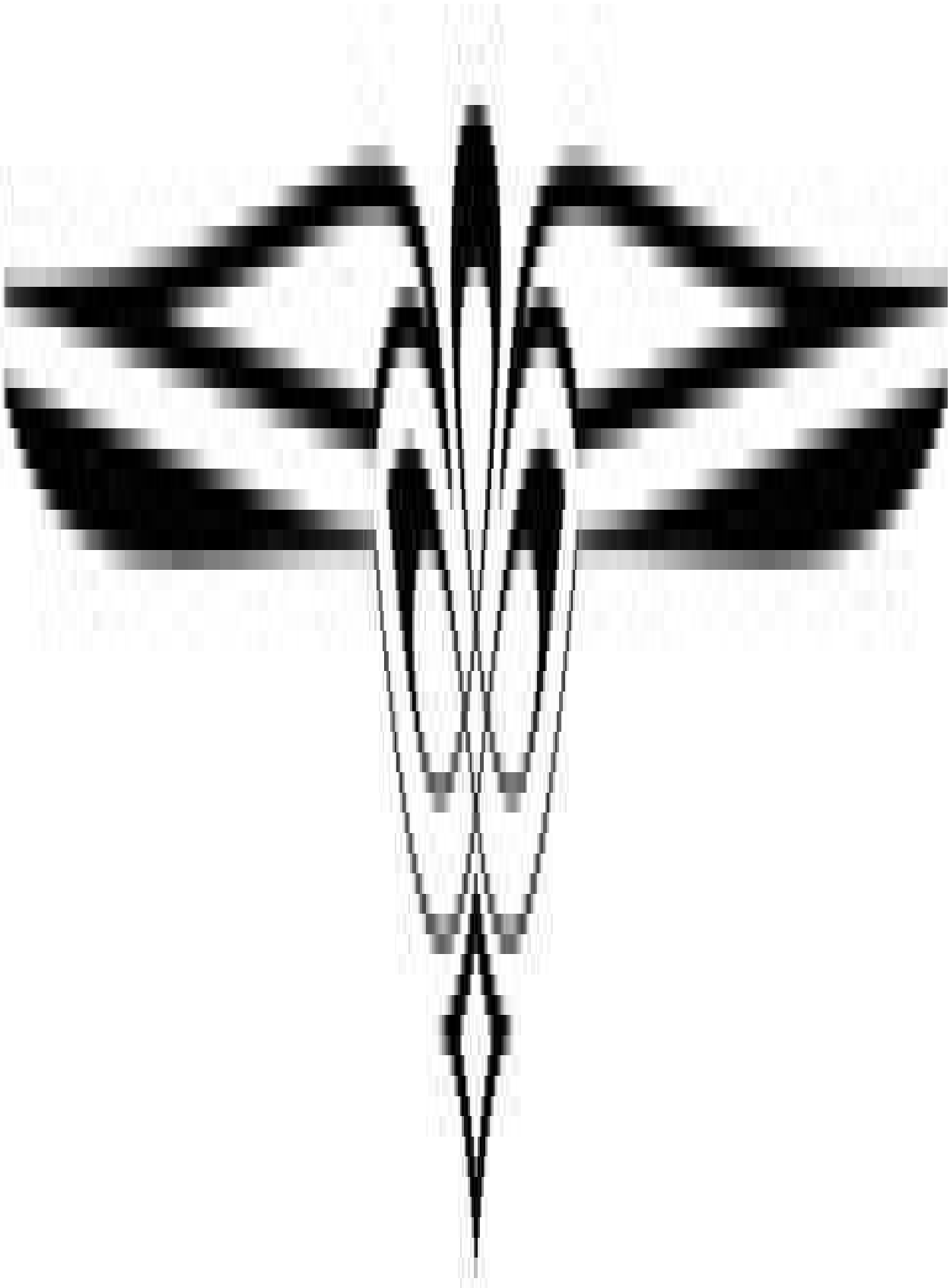
FASTING



When like-hearted and like-minded people fast together for the same goal, there is an added element of victory that is introduced.

YAOUNDE 10/ 03/ 97

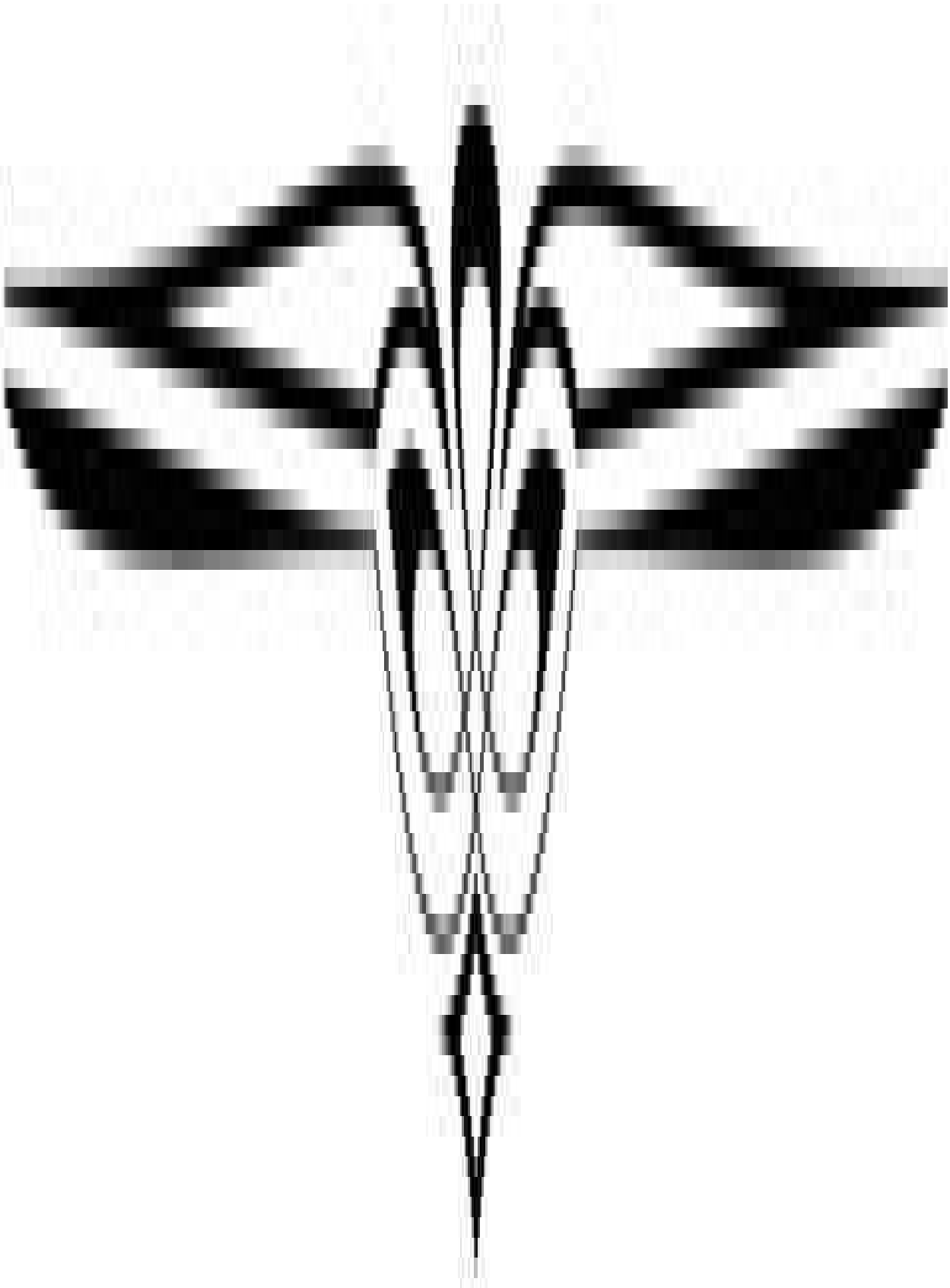
FASTING



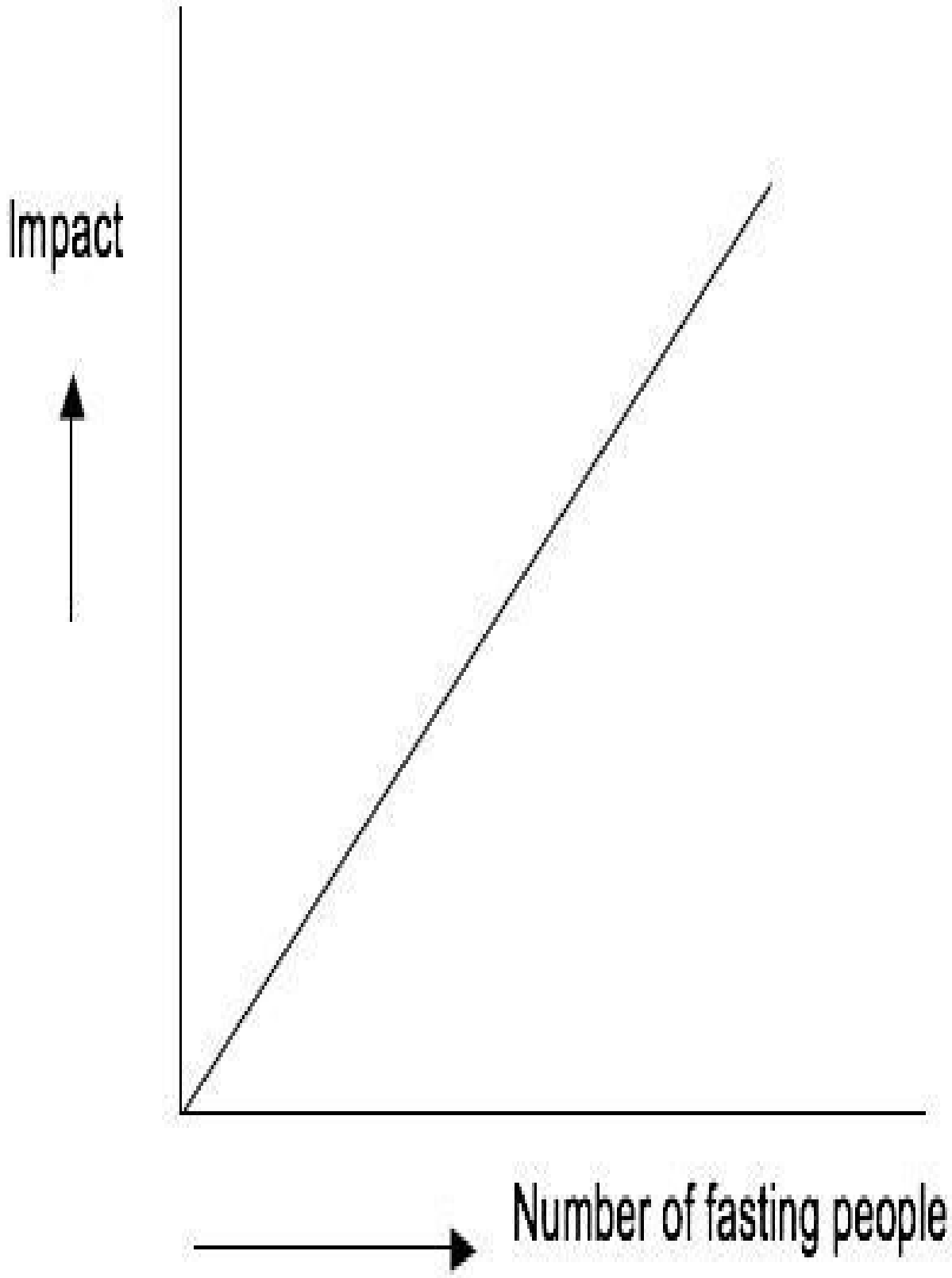
The Enemy asks “who is fasting?”

YAOUNDE 10/ 03/ 97

FASTING

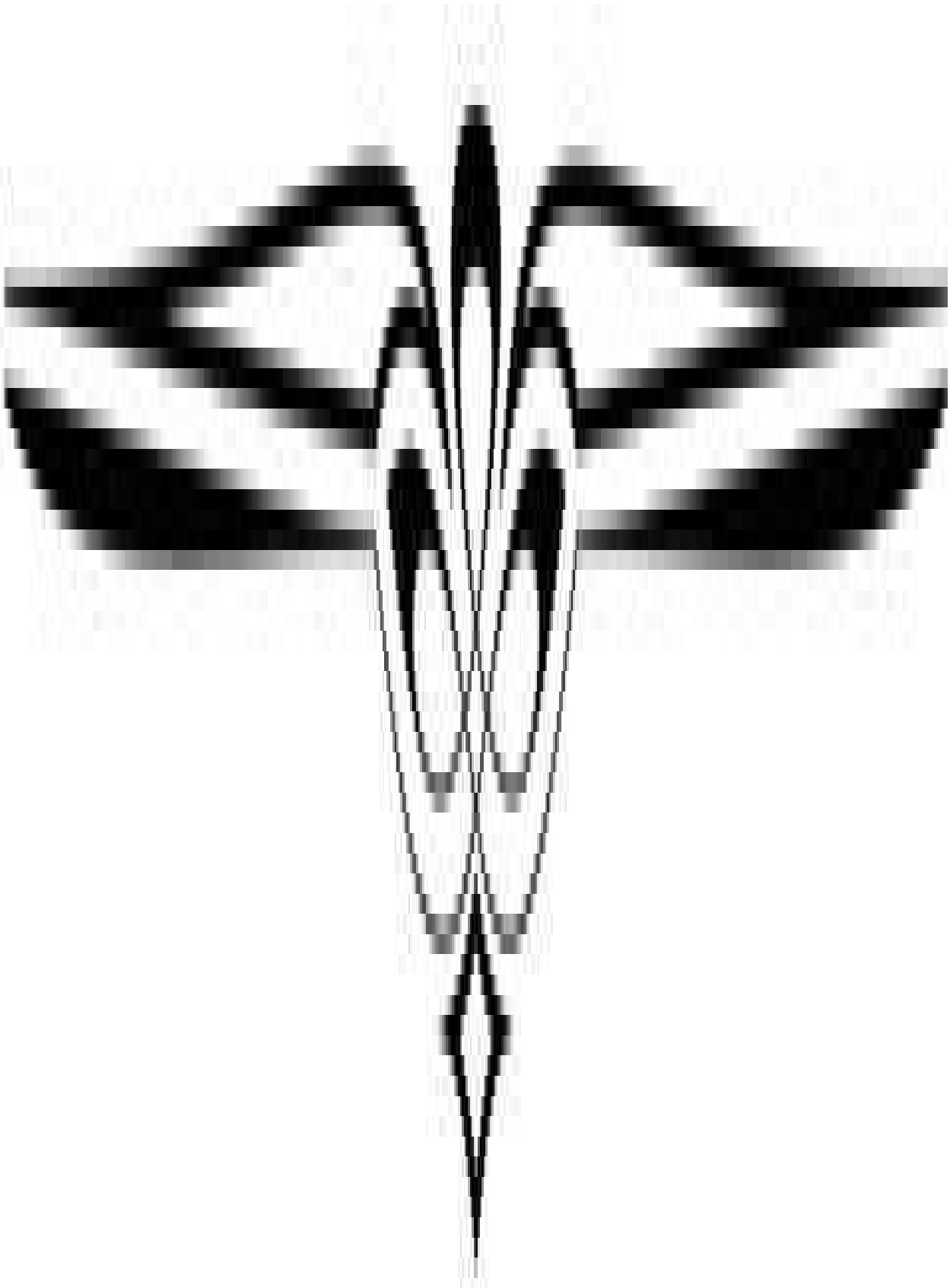


The Enemy asks; “how many people are fasting?”


Impact
Number of fasting people

YAOUNDE 10/ 03/ 97

FASTING



The pain in the

heart

Kidneys

Lungs

Intestine

Head

Etc.

during the fast are evidence of the fact that the fast is accomplishing its desired end.

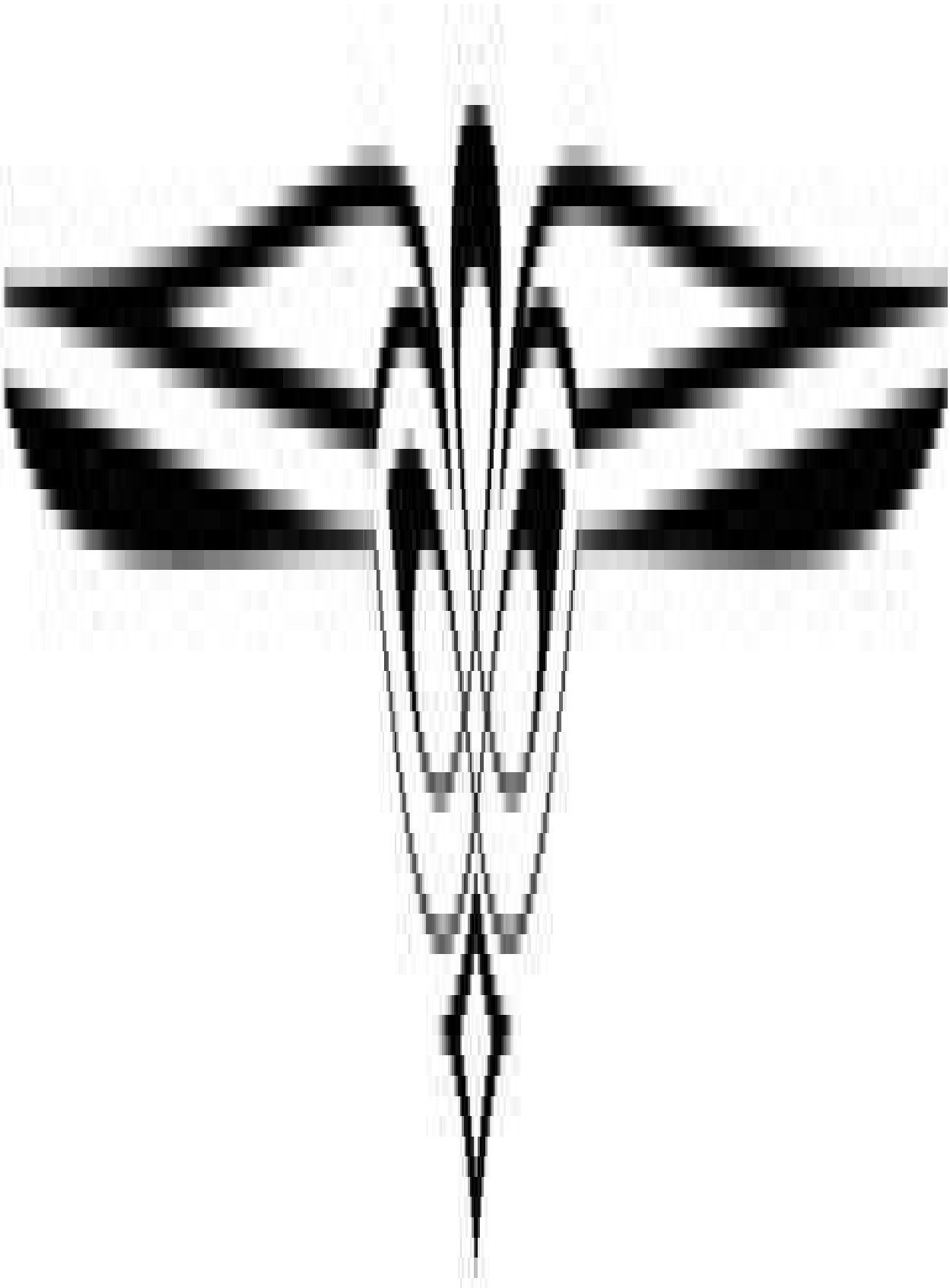
The pains are the blows of the devil. They are his attacks on the body saying. “Why do you not stop this fast? It is doing us harm. Please stop it and we will attack your body no more.”

If a fast is stopped because of pain and all the malaise that the Enemy brings in,

the pain will stop immediately. The Enemy is saying, “Because you have stopped troubling us, we will trouble you no more. We withdraw our labours. We withdraw the pains”

YAOUNDE 20/ 03/ 97

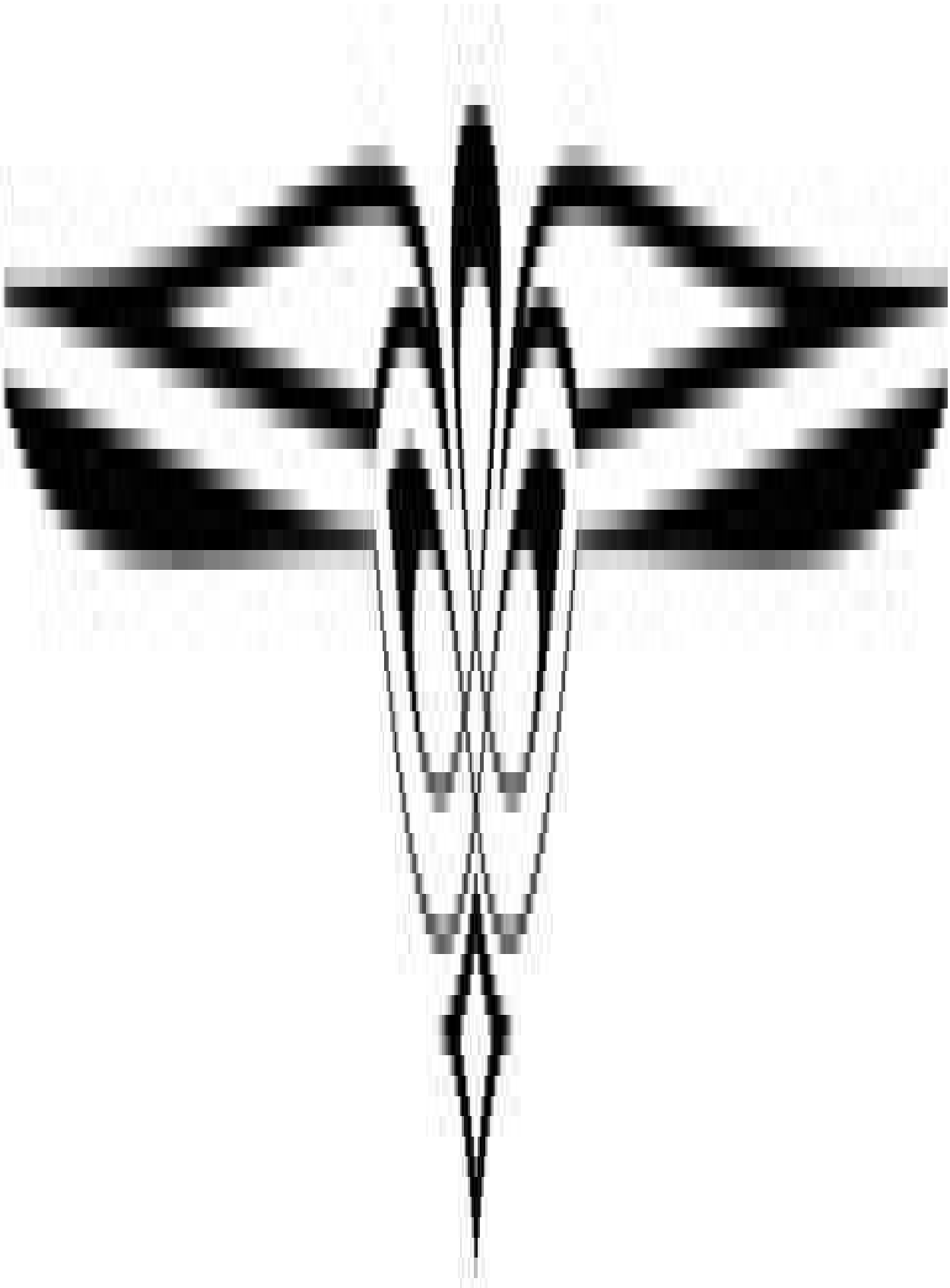
FASTING

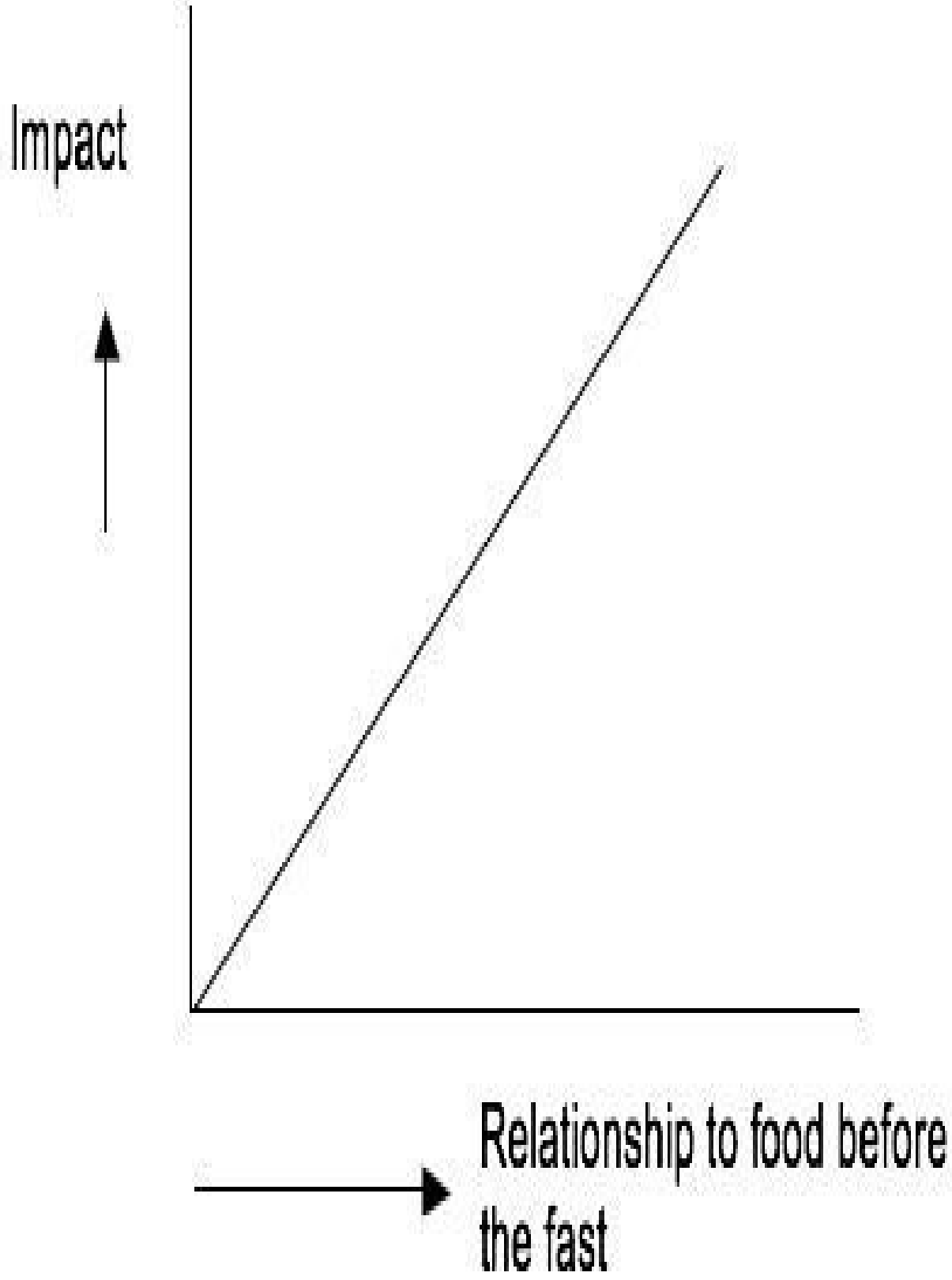


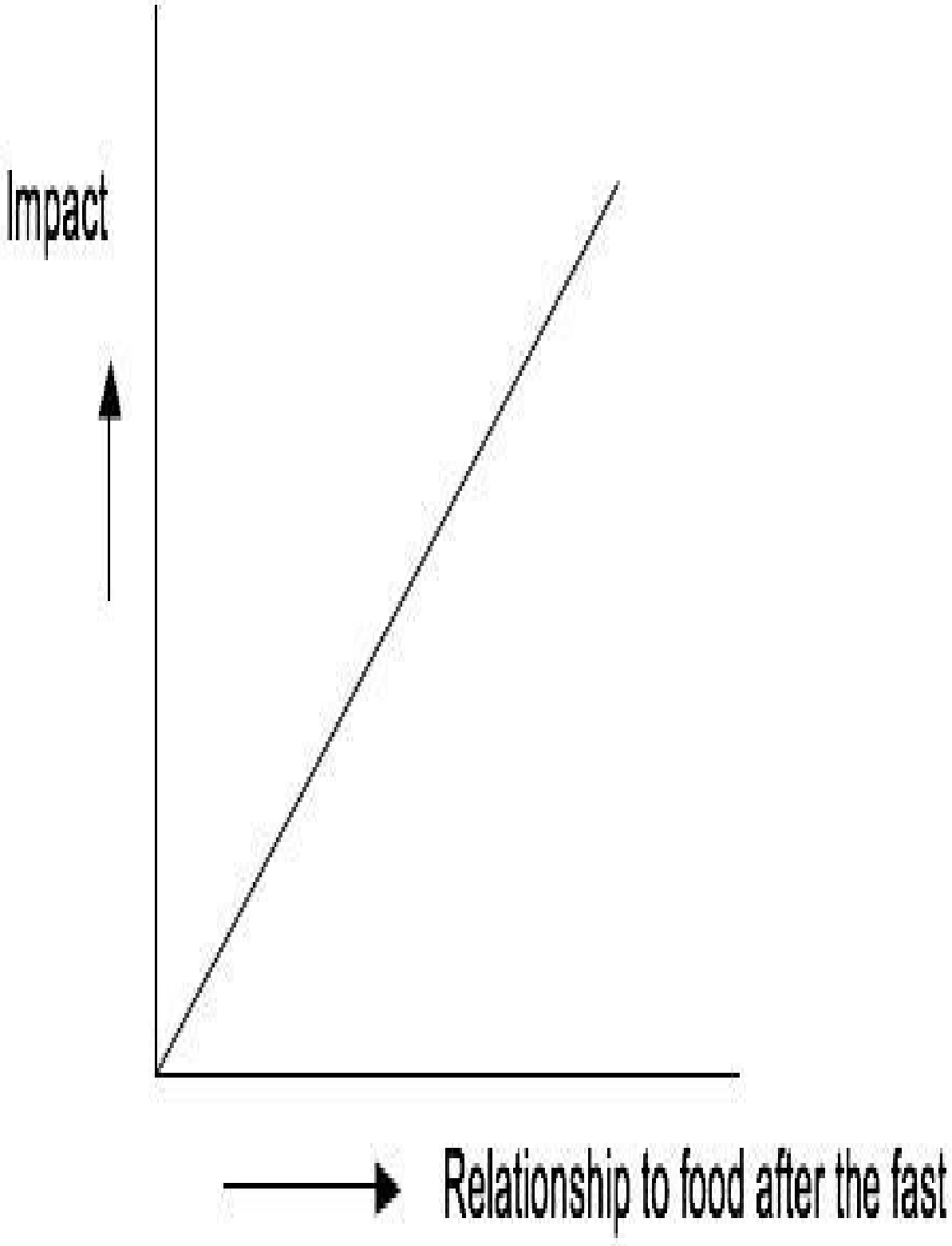
Once the duration of the fast has been settled with God, no other duration may be allowed to have any place whatsoever in the mind of the fasting person. By clear and settled resolves, by firm and unchanging resolves, every obstacle in the way of the fast is to be tackled and overthrown in the spirit of “if I perish, I perish”.

YAOUNDE 20/03/97.

FASTING

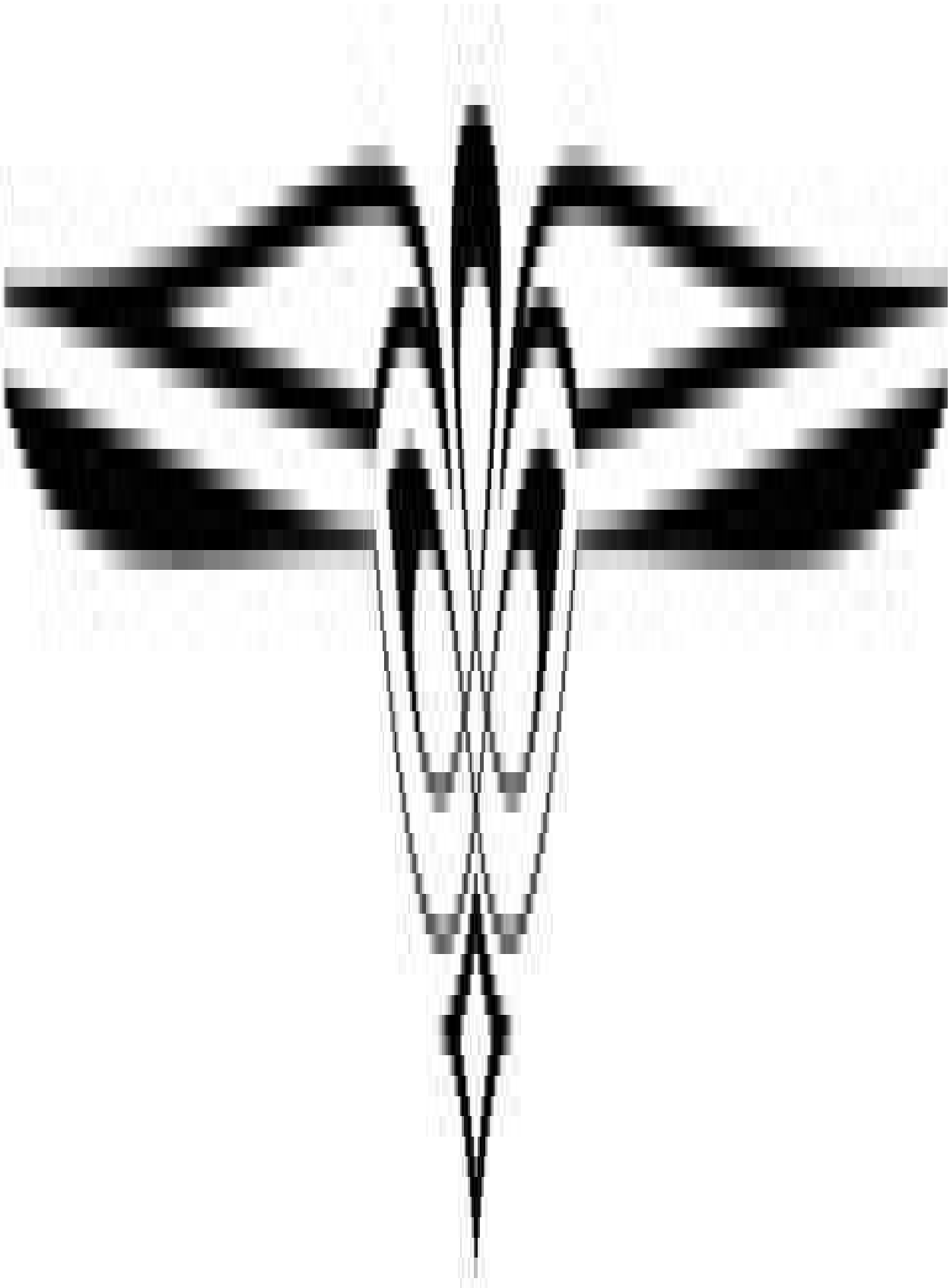


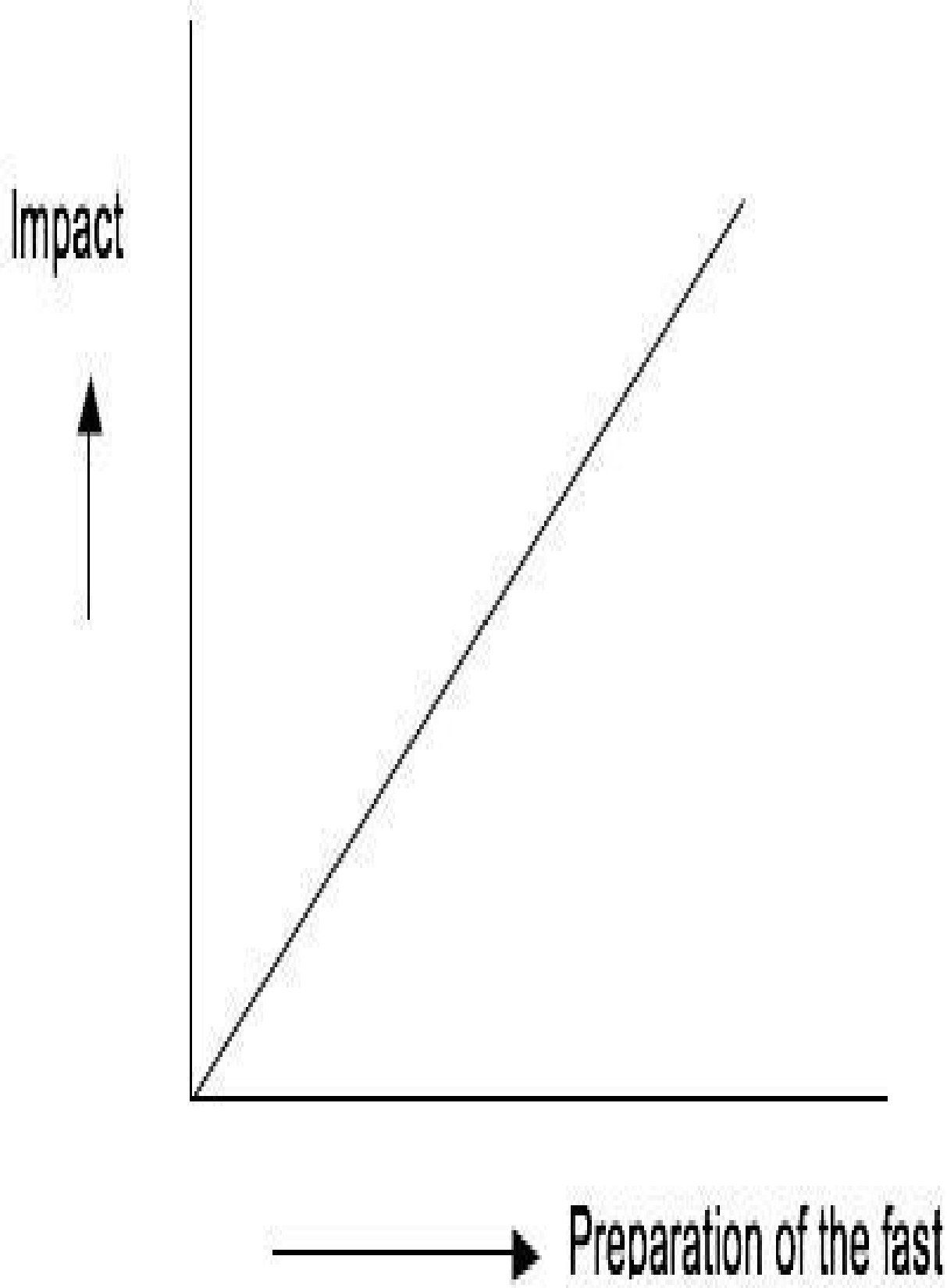

Impact
Relationship to food before the fast

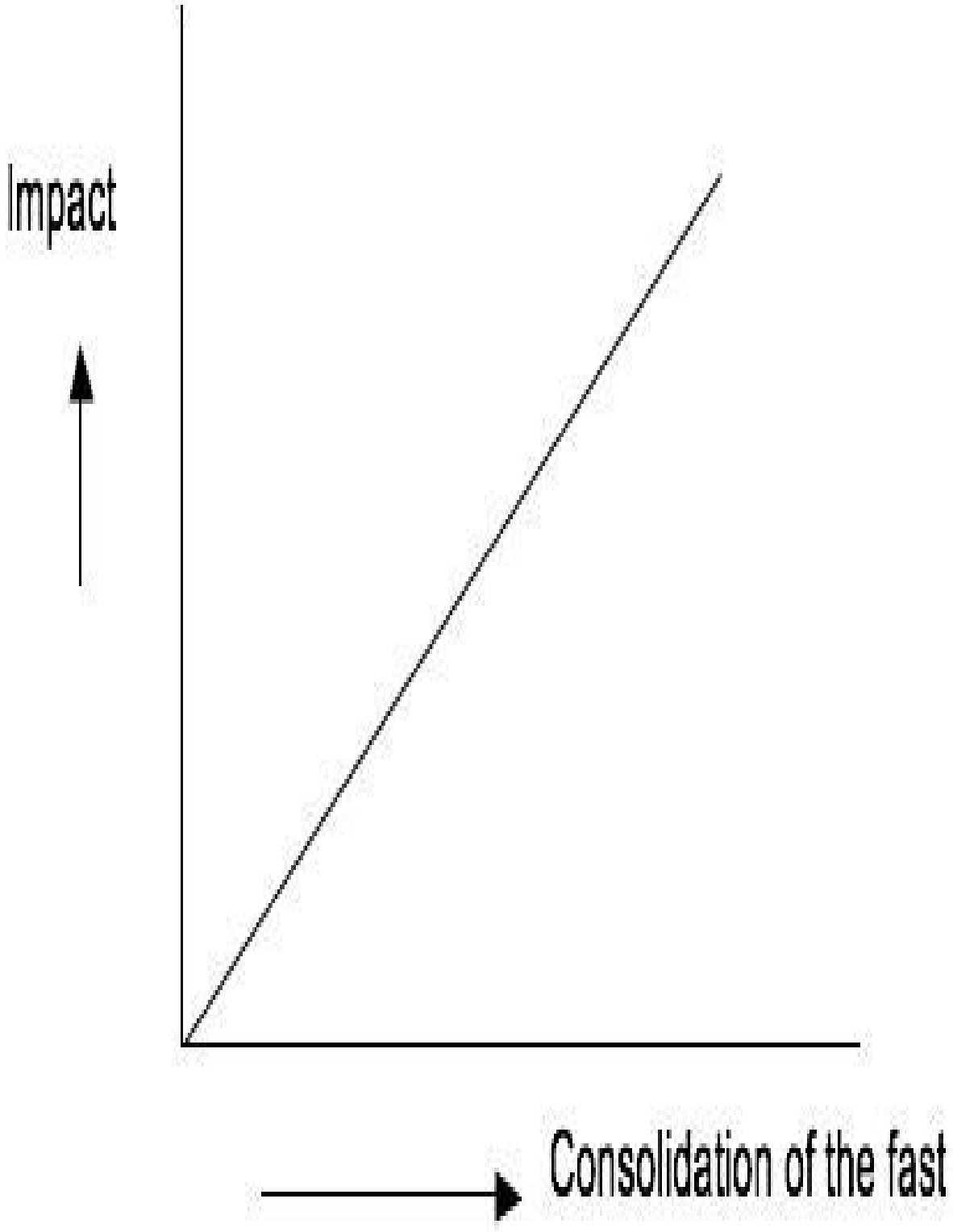

Impact
Relationship to food after the fast

YAOUNDE 20/03/97.

FASTING

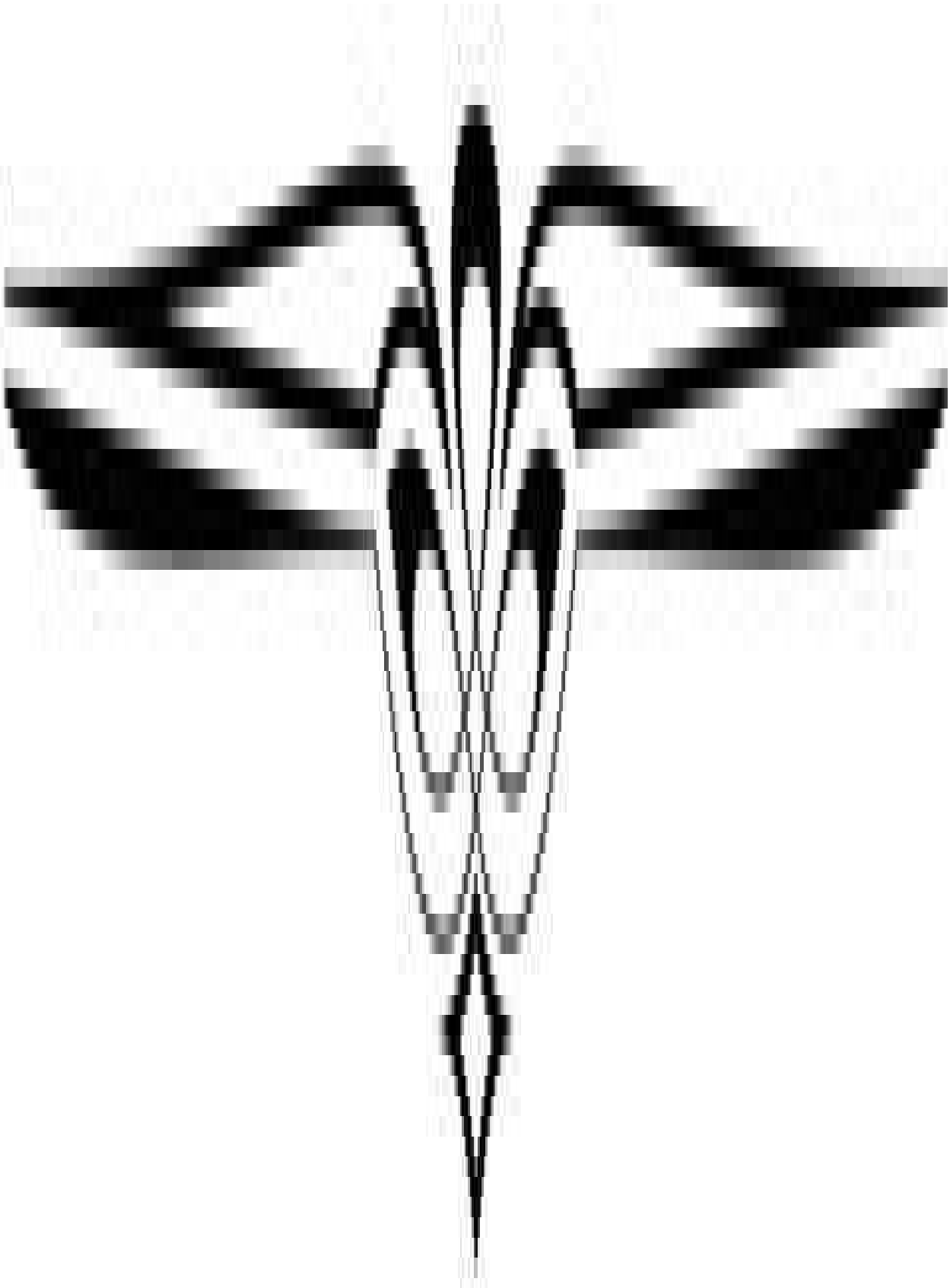



Impact
Preparation of the fast


Impact
Consolidation of the fast

YAOUNDE 20/03/97.

IMPACT OF FASTING



The impact of the fast depends:

on the number of people involved,

on the frequency of the fast.

The more frequently you fast, the more the body is used to fasting and you can fast easily.

The impact of the fast is directly proportional to the life lived before the fast.

The impact of the fast is directly proportional to the life lived after the fast.

The impact is directly proportional to how the fast was prepared.

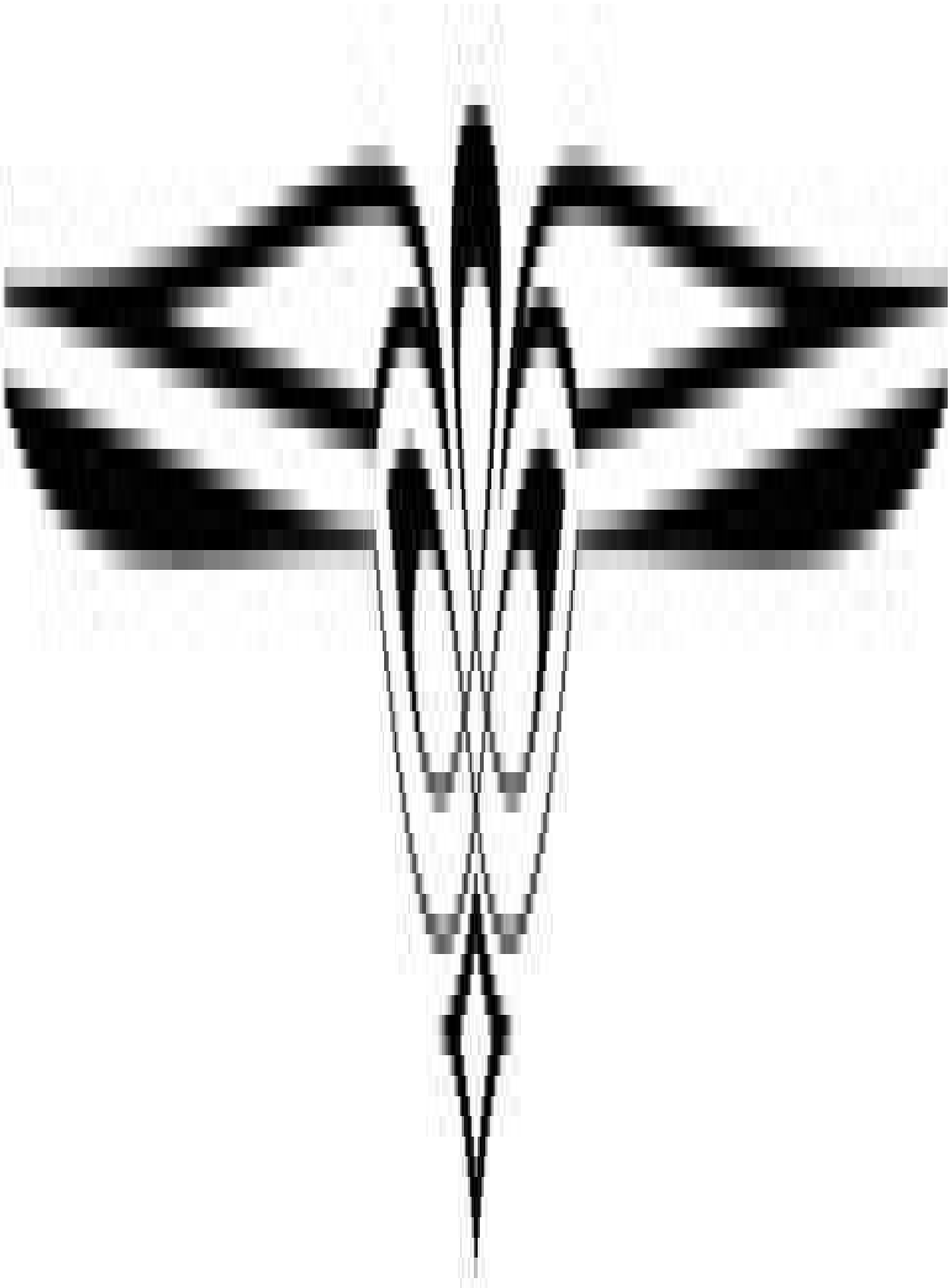
The impact is directly proportional to what and how you eat before and after the fast.

The impact is directly proportional to the number of fasts carried out.

New truths are received during a fast.

Include your disciples and those who are close to you in your fasting programmes.

HARD WORK IN FASTING



Hard work in fasting is manifested by:

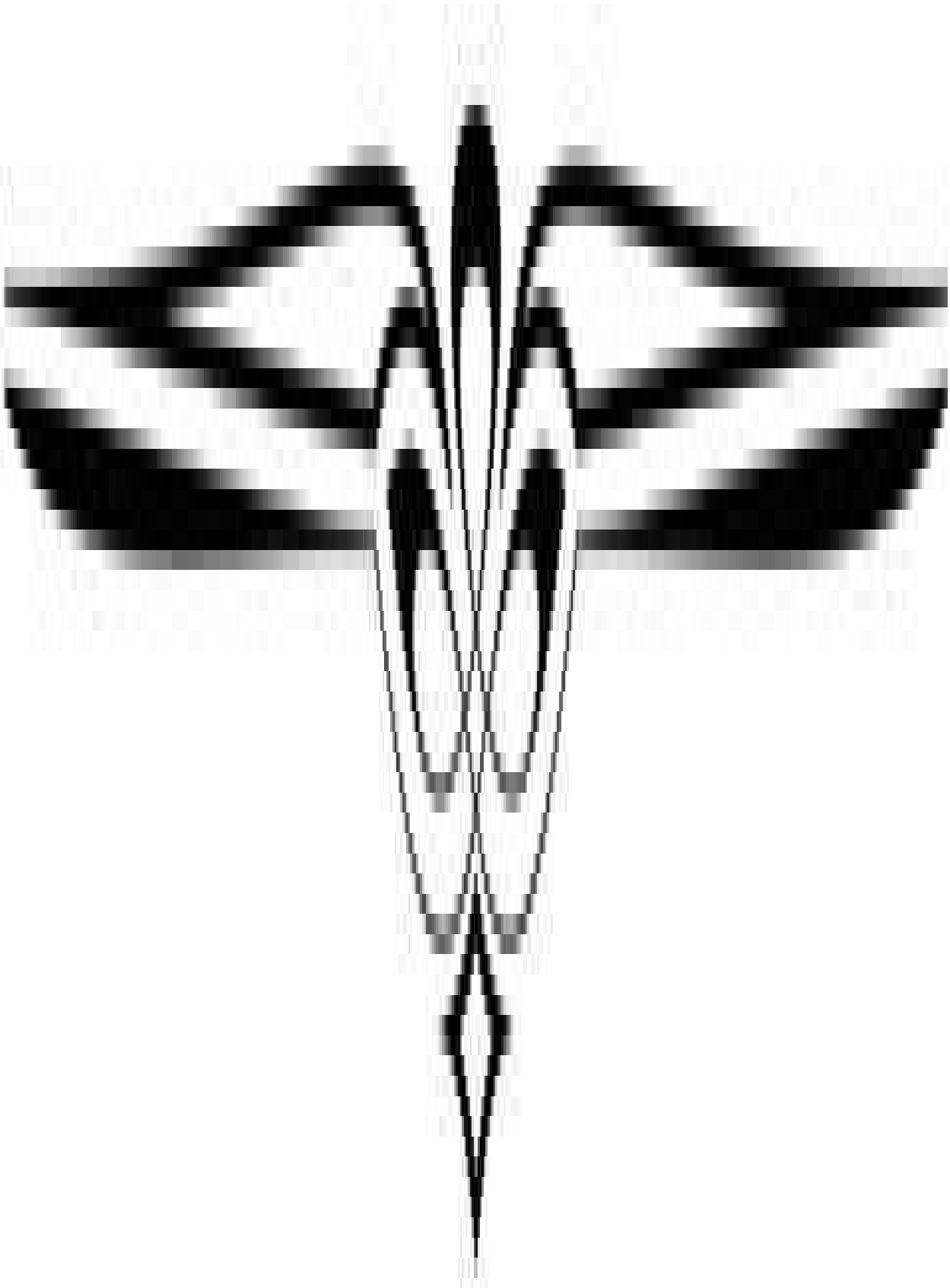
Not stopping the fast until the goal is attained or until you collapse

Pressing on till breaking point

Much prayer carried out during the fast

Having a clear goal

NOTE ON FASTING - 1



(Tuesday 04/03/97)

Fasting is good - first of all, it purifies the System.

Fasting is time to seize lions.

Fasting waters and softens the heart so that you can uproot all that God doesn't want in your life.

Fasting softens the heart so it is more sensitive to God's will.

Fasting makes God's will preciously sought on issues much clearer.

Fasting softens hearts so that unbelief can easily be recognized and eradicated.

Fasting brings finesse.

Fasting men are men of faith.

Fasting liberates authority before God and before men.

Fasting increases spiritual sight.

Fasting weakens the grip of the world on the heart.

Fasting weakens the grip of the things of the world on the heart.

Fasting causes those who have no admiration for the things of the world to feel peer from it.

Fasting weakens hurts.

Fasting weakens sexual desires.

Fasting sharpens the capacity for correctness.

Fasting stirs the heart to action for God.

Fasting pushes people out of inertia.

Fasting breaks procrastination.

Fasting creates the power for repentance in the heart.

Fasting draws the person nearer to God.

Fasting makes the presence of God dearer and sweeter.

Fasting makes the presence of man more disturbing.

Fasting brings hope and encouragement.

Fasting releases faith to believe that God will win in the battle ahead

Fasting increases the capacity to believe the promises of God.

Fasting softens the heart to forgive oneself and opens the heart for restoration.

Fasting enlarges the heart to contain the purposes of God.

Fasting makes prayer more real.

Fasting makes it easier to receive revelation in God’s Word.

Fasting makes it easier to discern God’s voice in all that is real.

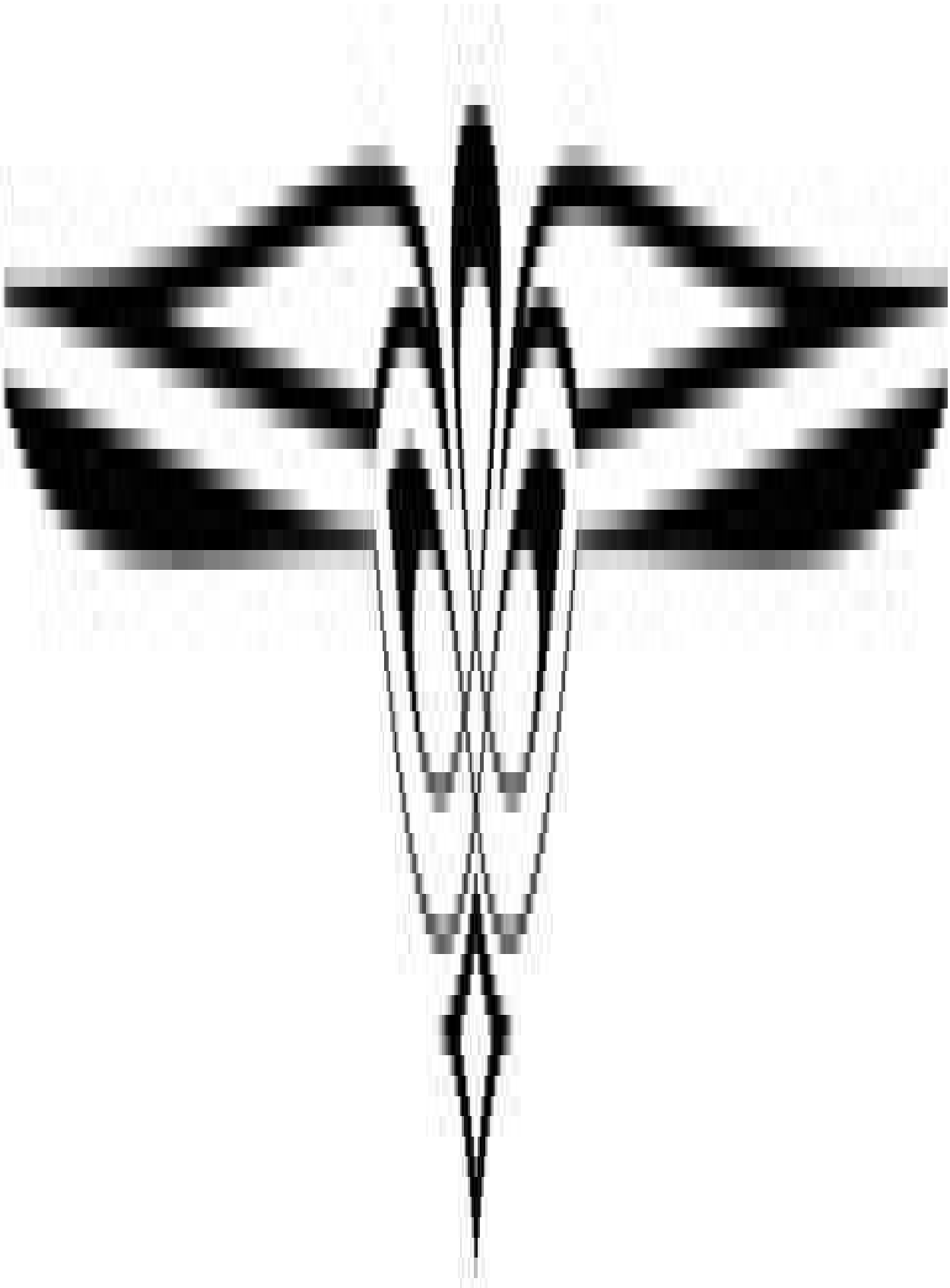
Fasting liberates spiritual power.

Fasting enables the power received during the baptism into the Holy Spirit to be released.

Fasting liberates the power that was released on the Lord Jesus.

Fasting will liberate the power of God that is in us for us to use.

NOTES ON FASTING - 2



SPECIAL PRAYER CRUSADE (Monday 09/03/97)

Fasting is the final claim on God.

Fasting is opposing the curse.

Fasting is a weapon that affects all the other weapons.

Fasting and prayer together precipitate victory.

Fasting combined with prayer precipitate divine action.

Fasting is a decision of will - you will to fast and you fast.

Fasting liberates from sin.

Fasting makes prayers powerful.

Fasting people work harder.

Fasting liberates from greed.

The prayers of fasting saints are more powerful.

The fasting saints understand the Bible more.

Fasting brings revelation.

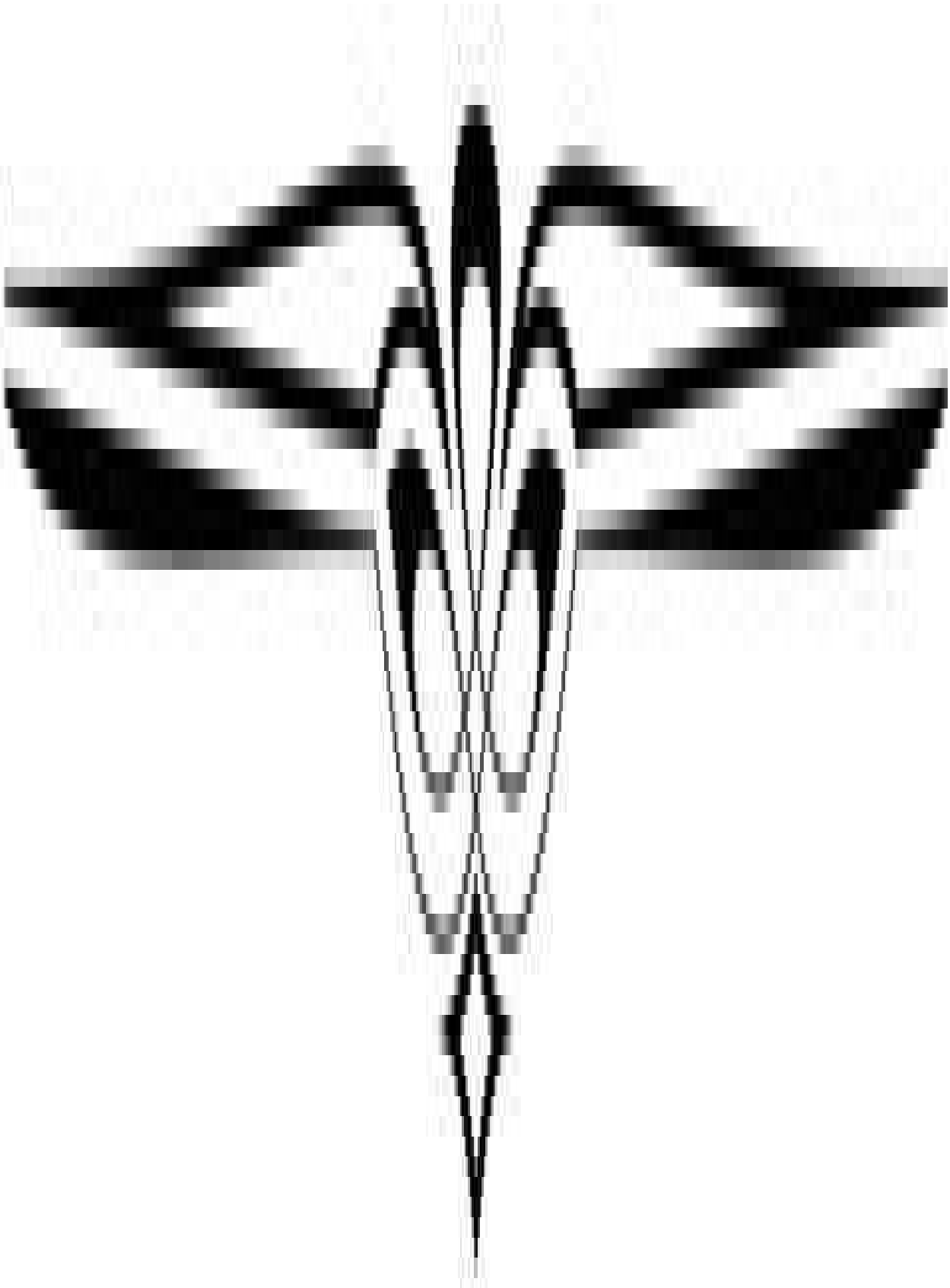
Fasting people live longer.

Fasting people are younger.

Fasting people are alert.

Fasting people are beautiful.

FASTING AND IMPACT



Impact is directly proportional to the length of the fast.

Big requests require big fasts.

The impact is directly proportional to the quality of the fasting saints.

The spiritual quality of fasting saints depends on:

Holiness

sacrifice

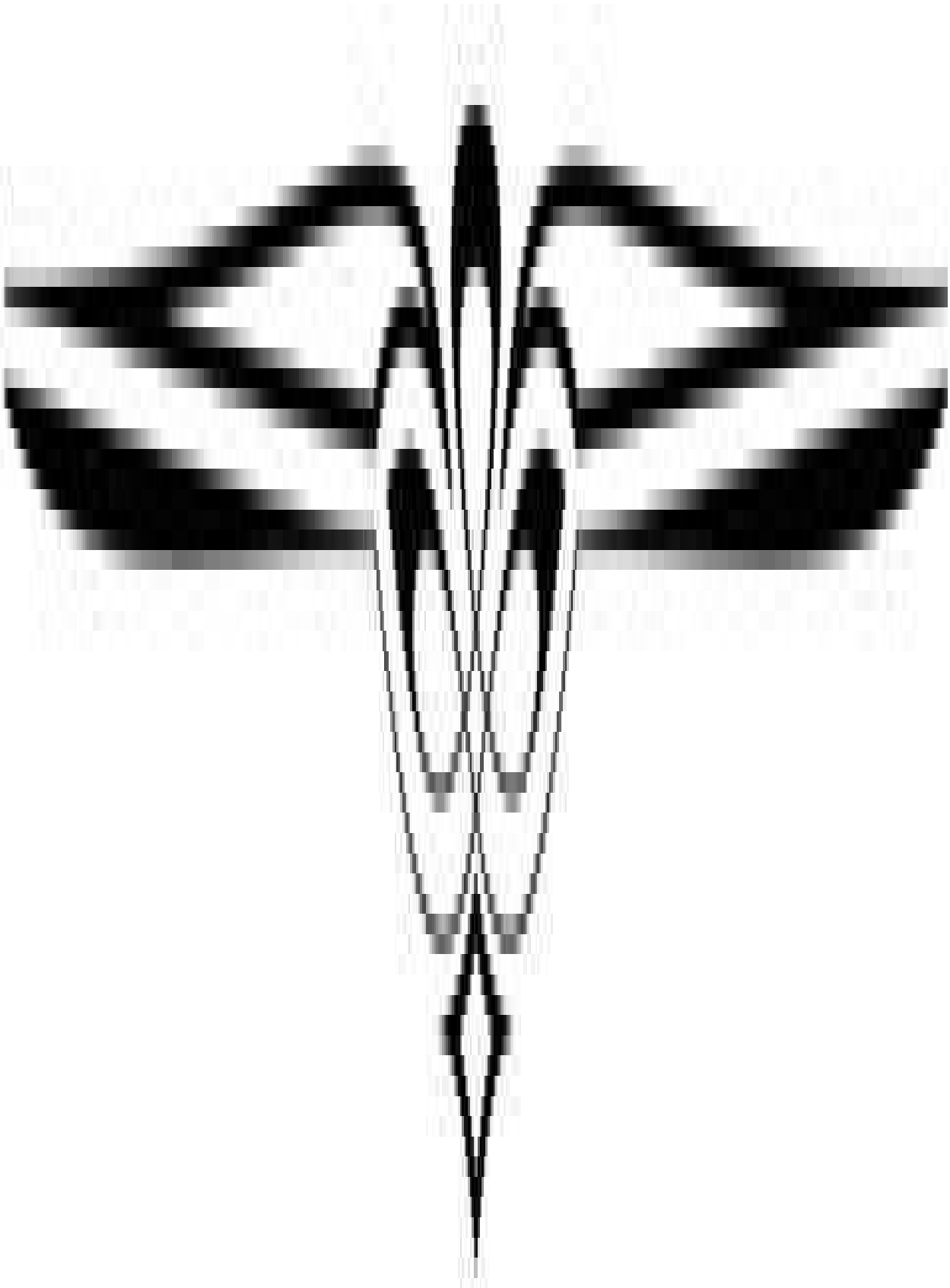
consecration

hunger for God

The impact of the fast depends on the quality in fasting.

The enemy asks : “Who is fasting?”, “How many saints are fasting?”

QUALITY IN FASTING



Quality in fasting is determined by :

purity of heart

consecration to the Lord

love for God

self-denial

suffering for God

depth of love for the Lord

extend of withdrawal in God’s presence

level of withdrawal in God’s presence

knowledge of the Lord

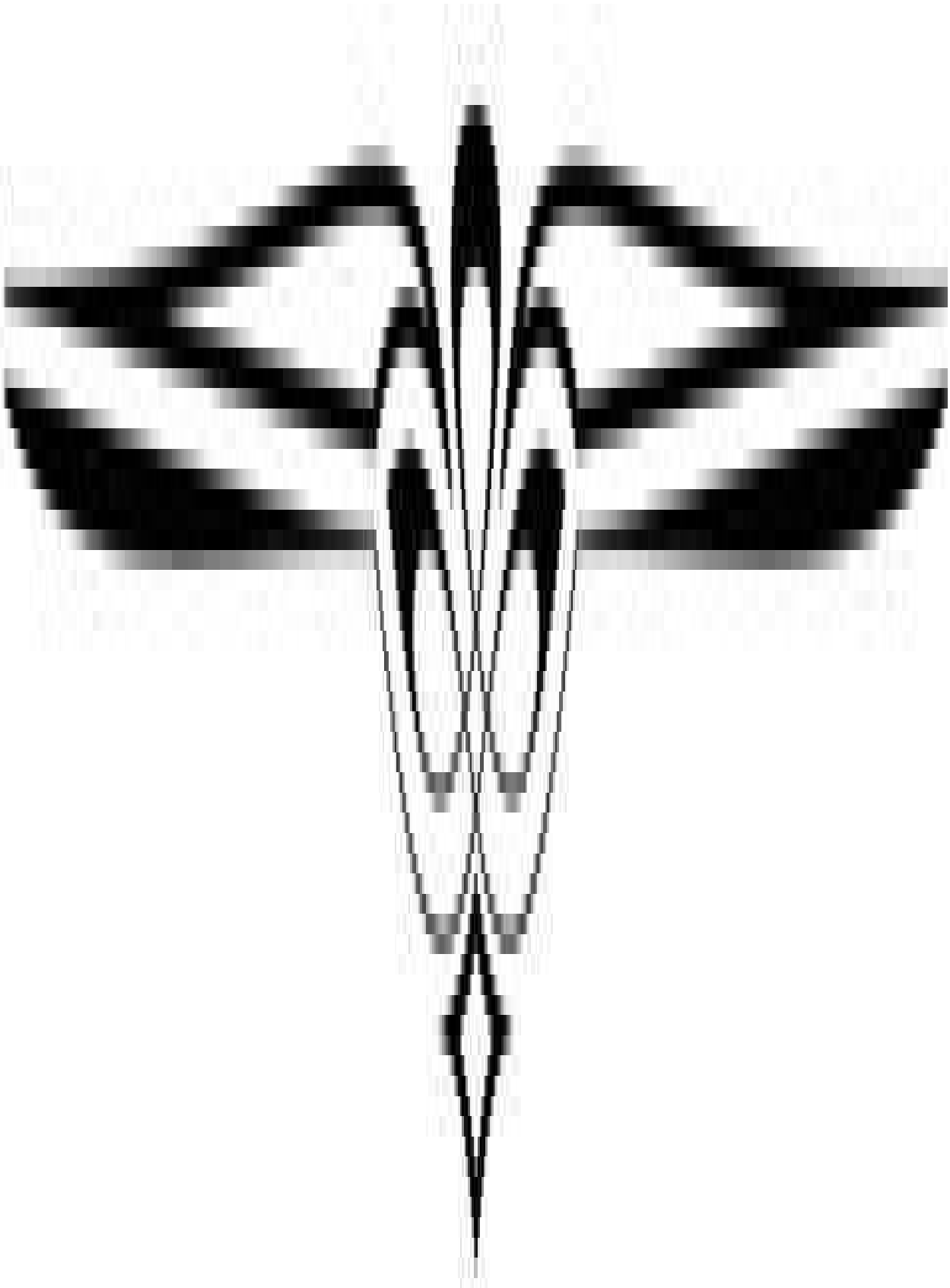
clarity of God in the fast

secrecy of the fast

Level of prayer

rejoicing in the fast

TESTIMONY OF THE 40-DAY FAST



FROM THE 28/12/97 TO THE 05/02/98 (THE SONGO-BAYIIs)

It was the first 40-day fast for me and the third for my wife.

This fast took place during the period of the Ramadan (30/12/97 to 28/01/98).

The fast took place in a country that is 85% muslim.

The fast took place in a hotel.

It was forty days of fasting and prayer.

1. BEFORE THE FAST

The burden for this fast came during our prayer crusade of 19/11 to 28/12/97. Then, it became clear to us that, in these countries where Muslims fast and pray diligently, a work can only be built and survive if it is rooted in prayer and fasting.

We were greatly encouraged by the Lord “who is able to do exceeding more than

we ask or imagine” (Ephesians 3:20), we planned this 40-day fast as follows:

160 hours of group praying.

120 hours of praying individually.

Initially, we had planned that my wife fasts for 40 days and myself 28 days. But by the 7th day, I did not feel free any longer to end my fast on the 28th day;

The battlefield was too hostile for my wife to go alone.

Moreover, the pretext of professional constraints which I was putting up so as not to go up to 40 days were no longer holding because of a decision that had just been taken by the company where I was working.

2. DURING THE FAST

The Lord is very faithful:

we each meditated 40/40 days

I prayed for 263 hours (94 %)

My wife prayed for 263 hours (94 %)

On the 27th day, we accompanied some colleagues who were travelling to the airport without their noticing anything.

On the 28th day, to avoid any suspicion, we changed hotels.

On the 29th day, (the 25/01/98), we decided to pray all night. It was the 27th day of the Ramadan. On that night, the Muslims watch and pray, waiting for the revelations and blessings from Allah.

In the second hotel, we were in an apartment (room and living room) and we were praying in the living room. While we were singing “we overcome Satan, we overcome demons, we overcome wizards, in the name of Jesus.” We heard the door leading to the balcony of the room close violently; I went to look, the door was locked and keyed. While I was there (in the room), I heard a loud bang on the living room door. Wanting to sit down, I saw the window pane vibrating and making a noise. Then my wife started coughing much, she was chocking and appeared to be about to vomit. That was the only day we had some difficulties during the fast. After an anointing with oil, we continued praying normally.

On the 30th day, we went to buy provisions from the market (we expected no one’s help).

By 32nd day, we had each lost about 16 kgs, but our faces were very little affected. The hotel personnel who knew us very well did not seem to notice any

difference.

Of all the malaise that my wife fears during long fasts, there was only spitting, and even the spitting stopped on the 40th day, whereas, they had often lasted for 2 weeks after the fast.

Towards the 33rd day, we started thinking that the fast was no longer “normal”, considering our physical form: My wife who was on her third long fast had never experienced such a fast. Myself, considering my past experiences, I was expecting to pass through difficulties after the 30th day, but there was nothing of the sort.

While we were getting worried that the fast might not be normal and there might have been a problem somewhere, the One who took His people through the desert for 40 years without their feet swelling up and without their clothes and shoes wearing out reassured us that the fast at work.

It was only on the 33rd day that we started having the problem of insomnia.

On the 39th and 40th day, we were able to prepare some broth and fruit juice to break the fast.

We broke the fast on the 5th February 1998 at about 14H30

3. AFTER THE FAST

I was far from imagining that I was going to have problem after breaking the fast. While I was expecting to sleep deeply, I remain awake till 7H00 the following day. I had hardly closed my eyes to sleep when some huge massive individual pursued me with a club. I awoke and started praying. At the same time, I heard my wife praying violently in the other room. Some minutes later, I went to see her. She was sleeping profoundly, and did not remember having prayed during that period. I was not dreaming; until this day, I confirm that I heard the voice of someone praying.

On the 6th and 7th/02/98, I could not sleep night or day. Once I closed my eyes, there were frightful dreams. I prayed warfare prayers, sang warfare songs, worship songs to no avail. I even laid hands on some books on Islam written by believers.

On the 8th/02/98, I had hardly fallen asleep when I was attacked by a bison (buffalo). As I was on the floor and that the bison wanted to jump on me, someone came and attack the bison.

I asked the Lord to tell me what all this meant; I started getting worried; I was already afraid of bed.

On the 9th/02/98, I was fed up. I violently snatched my mobile phone to call brother Zach and tell him that things were bad. A voice inside me said: “That is not the solution.” When I dialed his number, this message appeared on the screen: “You must change your SIM card in order to call this number”. I burst out laughing.

After the Lord delivered me without any human intervention, I could call

Cameroon once more with the same phone and the same SIM card.

The Lord’s deliverance happened on the 11th/02/98 around 18H15 after He has shown me the following things:

Without Him I am nothing, I can do nothing ;

The battle was rough, He protected us ; He fought for us.

To Him belong the glory and the honour.

It is worth noting that, even my wife did not have a peaceful sleep. Though she did not have the same frightful dreams like I had. She later said : « the Lord showed those things to the right person”. I have never known such moments all my life ; not even when I was an unbeliever. I cannot tell exactly how I would have react if I had those things during the fast.

Our Lord is marvelous.

O may all the glory be given to the great Victor, the Lord JESUS CHRIST.

4. MESSAGES

Some hours before we broke the fast, the Lord revealed to us that He had His priorities.

So while breaking the fast on the 05/02/98, we asked Him to show us what to do after the fast; we needed to know how to continue the battle.

The most exciting and most encouraging event of the fast happened on the 07/02/98. On that day, we both received the same message from the Lord during our Daily Dynamic Encounter with God. It was the same illustration with almost the same words.

MESSAGE 1 (RECEIVED BY SIS. ELISABETH)

"My children, all is well; all is well; you are fighting the good fight; keep it up, keep it up, but, take no rest, I say take no rest.

You have fasted and prayed. That's good, do not think that is enough. Allow the enemy no respite. When the Muslims finish their fasting and prayer (Ramadan), do you hear them saying that they would abandon prayers and other activities for some time because of the one month of fasting and praying?

For what reason do you think I reconstituted you so quickly after the fast? It is to enable you to continue the warfare in prayer without ceasing.

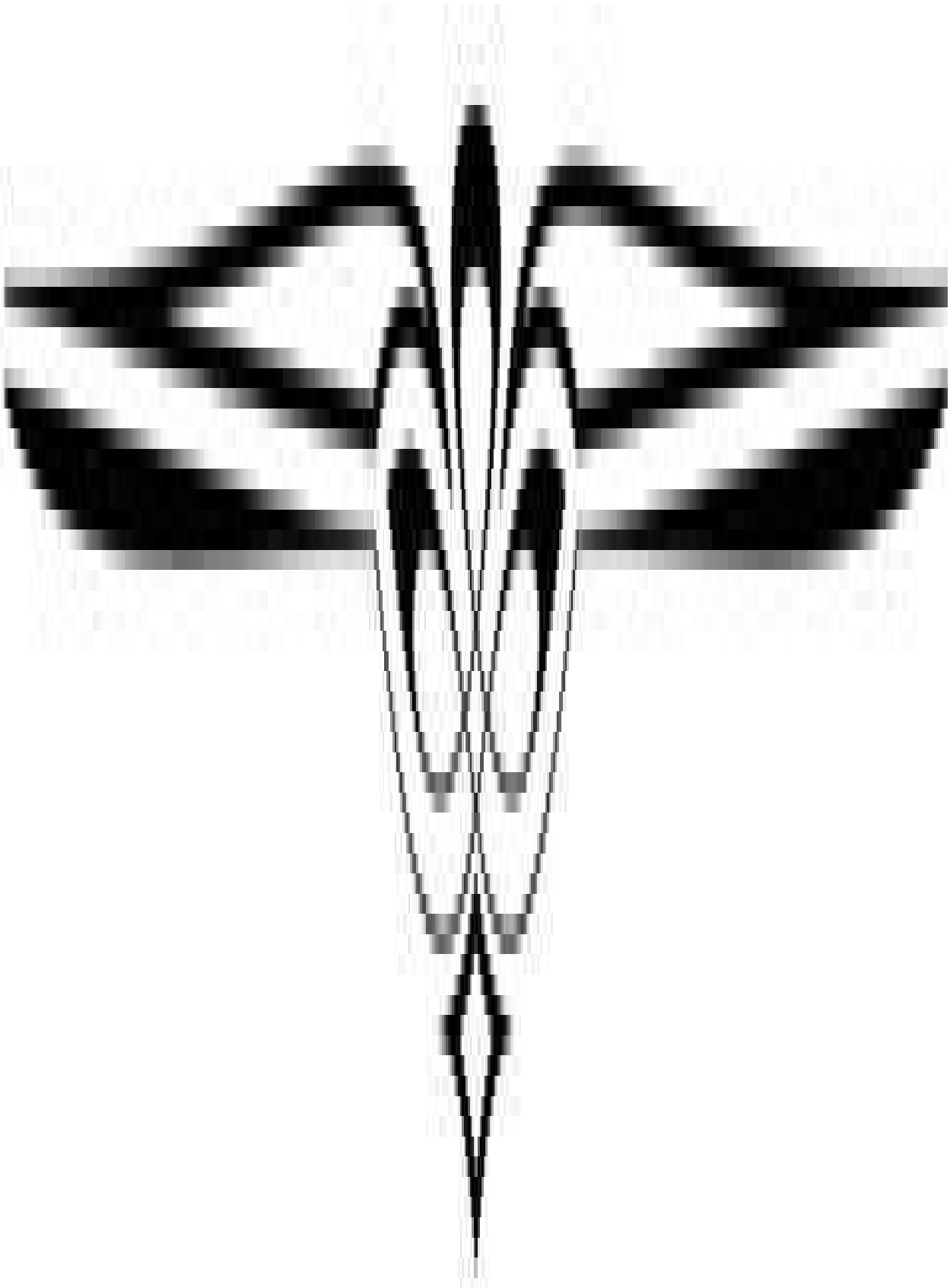
MESSAGE 2 (RECEIVED BY BR. SILAS)

"You are specially equipped for this demanding warfront. You are not equipped for a part of the conflict but for the whole of it. Since you are specially equipped,

all the battles will be similar to this one.

It will always be fasting and praying. When the fast ends, praying continues; sustained and unceasing praying. Have the Muslims stopped praying five times a day? Can you stop praying when those who belong to my enemy are praying unceasingly? You must continue to pray with intensity."

REPORT OF MY LAST FAST



1st May to 9th June 1998

I came out of the last long fast with a spirit of warfare. At first, I simply had no particular burden. I only continued because the Holy Spirit had impressed on me to fast. As confirmation, there was no desire for food. Neither was I weak nor hungry as I went on.

However, towards the twentieth day, I was overwhelmed by a spirit of praise and worship. I spent most of my quiet times worshipping the Lord. Even when I had an attack of malaria, I could hardly pray for healing but continued to praise and worship the Lord. I worshipped Him for His creation thoughtfulness, faithfulness and power. I spent many days in ministering to the Lord. I read through the book of Psalms with devotion and joy, I learnt a lot about the power of praise and what it does, not only to the believer but to God. He is pleased, honoured and his heart is moved with love towards the praising saint.

I also learnt that praise is a powerful weapon for spiritual warfare. It sends the enemy into flight and brings confusion in the enemy's camp. The praising one becomes more offensive than defensive and God's word is sent into the enemy's territory.

By the end of the fast, I had cultivated a spirit of warfare. My hatred for Satan was heightened and my eyes were opened generally to see how he was gaining grounds in the church and harassing God's children because many of us are still bound by sin, satanic habits, strongholds and unliberated spirits. Even though we have been equipped with all spiritual weapons for warfare, we have folded our weapons, especially fasting and surrendered to Satan's threats and provocations. God must win! This is my heart-consuming determination. He must raise an army of men and women with warrior spirits that are angry with Satan and

determined to restore the honour and victory of Calvary.

My burden was so passionate that I started praying for the Lord to raise an army of zealous ministers. I received this in my spirit as was meditating on II Timothy 2:3-4.

The greatest need of the hour is the gift of men. God is looking for men on fire for Him. His word says His ministers are flames of fire. He needs men and women, boys and girls filled with the Holy Spirit and ready to turn the world right side up for Him. The Lord is looking for servants and hand maidens in whom he will put the spirit of boldness and a sound mind to proclaim the Gospel of salvation to a dying world. God needs those with compassion for lost humanity who will deliver them from the chains of Satan and sin into God's liberty. God needs servants who will seek the honour of God by engaging in spiritual warfare - to put a halt to Satan's grip of God's children aimed at dragging them back into the world. God needs men delivered from the love of money, ease, pleasure, love of their homes, wives, children, jobs, etc. to be totally consecrated to the one task of wining souls for Christ.

Consequently, I wrote prayer topics to this effect. The emphasis being the release of labourers for his vineyard. There must be a breakthrough in the heavenlies for the power of God to be released in His church. The weapon of fasting must be greatly utilized to combat Satan, accompanied by praise. A thanksgiving God must win. He had already won.

Immediately after the fast, I had a 2 days prayer retreat (18th-20th June), with a team of sisters where we fervently prayed for the release of missionaries, consecrate labourers, salvation of souls, etc. It was warfare mingled with praise. God will answer.

Before the end of the retreat, the Lord gave us this message which encouraged and strengthened our hearts to pray especially for work in Kumba and our ministry.

“ Listen my daughters, listen

I am here just to bless.

I cannot restrain my hand of blessing

To a people that desires me.

Before you started I was here.

I have come to bless you as individuals, to bless the work of this town.

I have brought down with me abundance of blessing.

Ask what you desire, I’ve come to bless.

I’ve raised you from the knees of crying and tears into a heart of praise, to abundance of blessing.

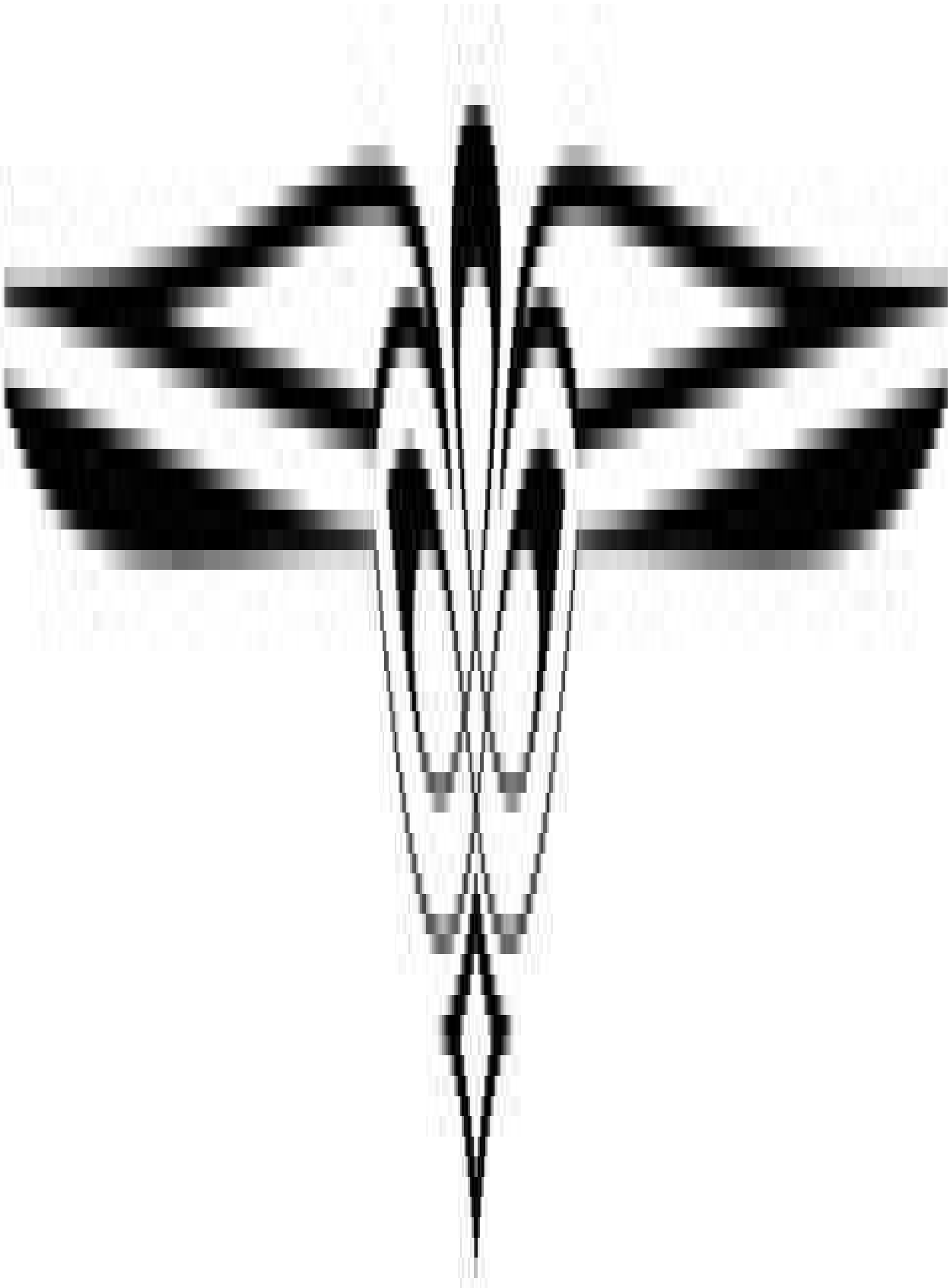
What has stood as a wall and mountain, I will break down.

The night of weeping is past. I have come to bless.

I will not restrain my hand of blessing.

I have come to bless”

THANK YOU FOR READING MY BOOK



If you have been blessed by it, won't you please take a moment to leave me a review at your favourite retailer?

Thank you!

Zacharias Tanee Fomum

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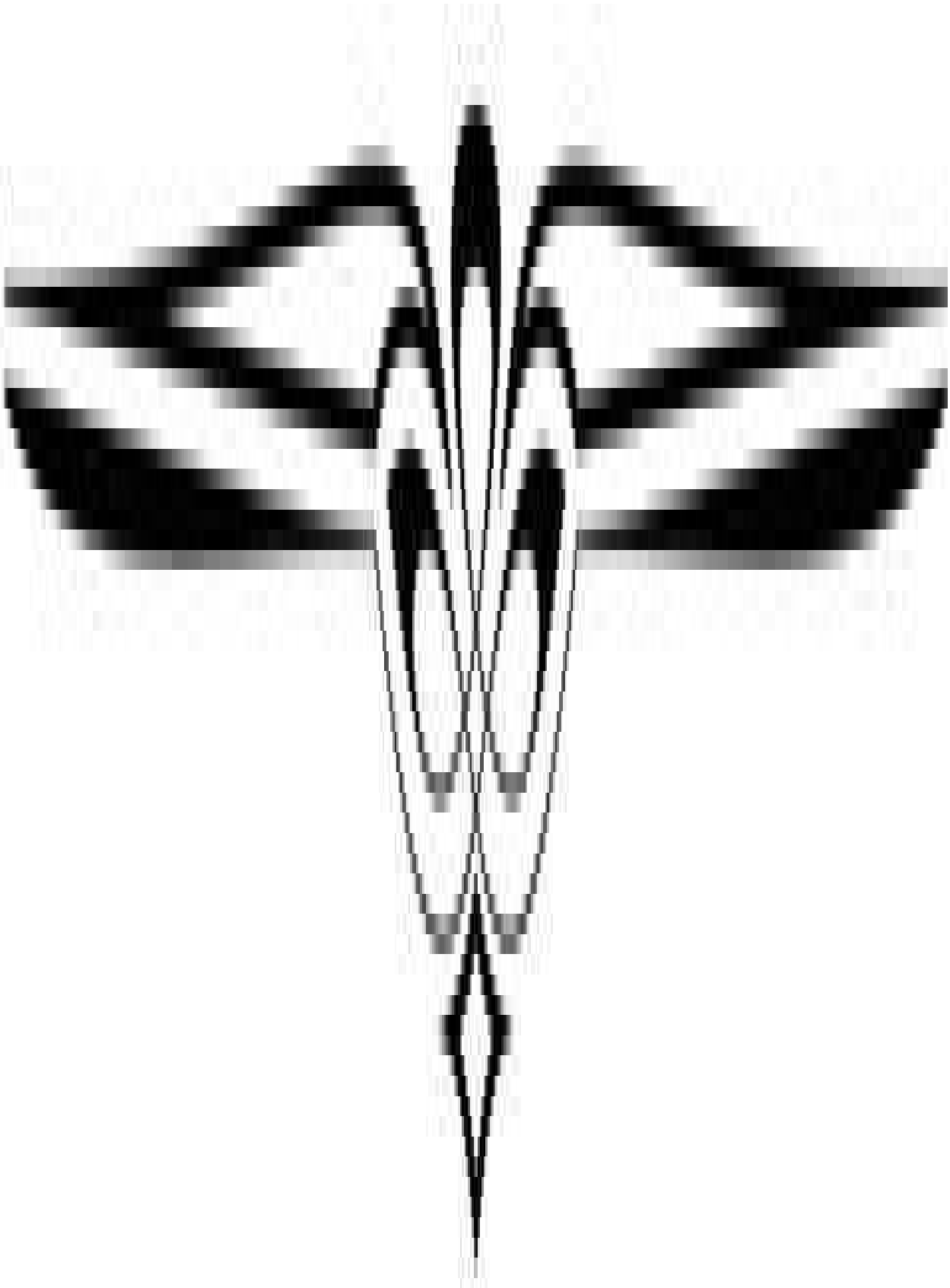
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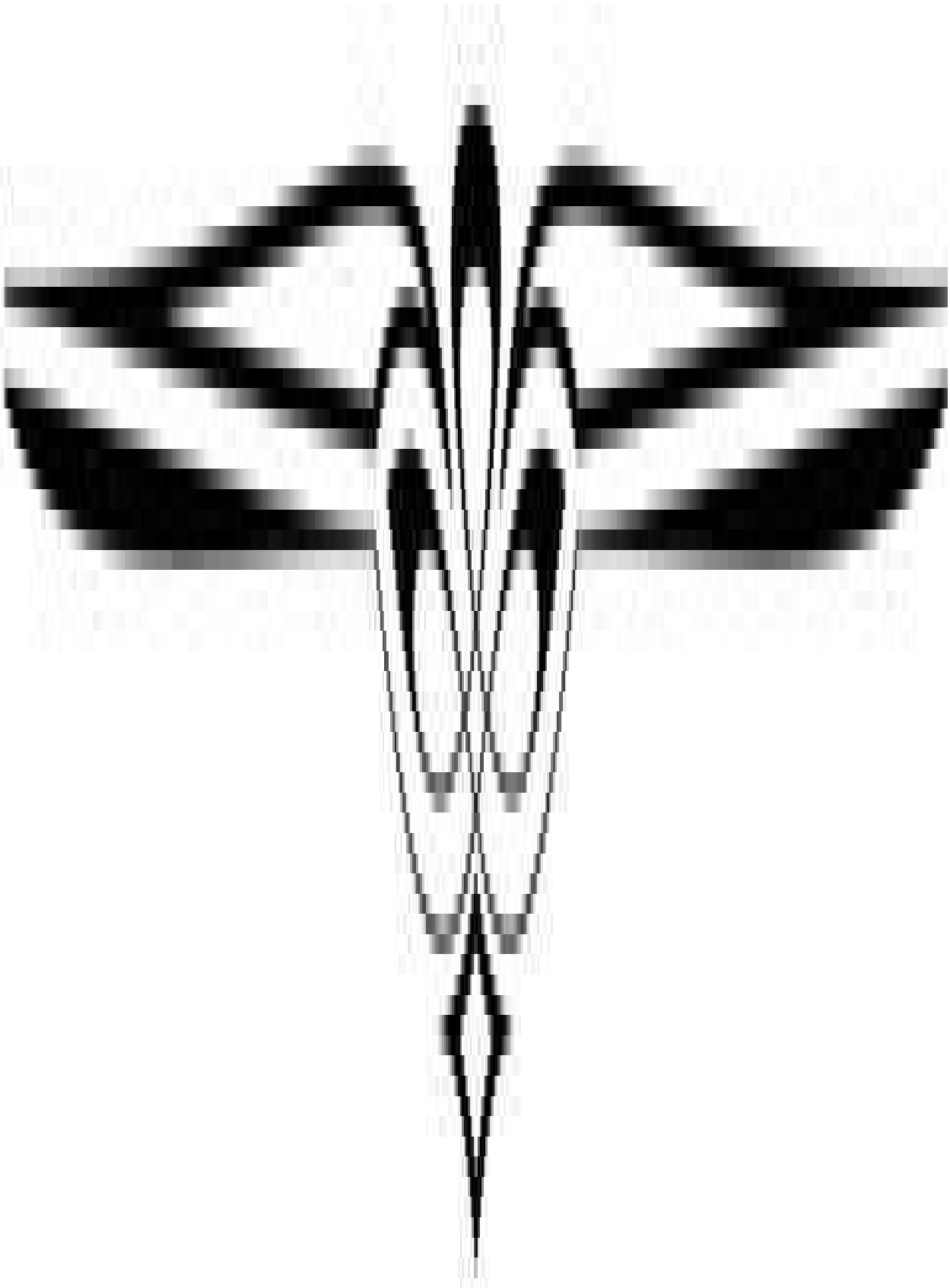
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Click the button below and you can sign up to receive emails whenever Zacharias Tanee Fomum publishes a new book. There's no charge and no obligation.


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VERY IMPORTANT!!!



If you have not yet received Jesus as your Lord and Saviour, I encourage you to receive Him. Here are some steps to help you,

ADMIT that you are a sinner by nature and by practice and that on your own you are without hope. Tell God you have personally sinned against Him in your thoughts, words and deeds. Confess your sins to Him, one after another in a sincere prayer. Do not leave out any sins that you can remember. Truly turn from your sinful ways and abandon them. If you stole, steal no more. If you have been committing adultery or fornication, stop it. God will not forgive you if you have no desire to stop sinning in all areas of your life, but if you are sincere, He will give you the power to stop sinning.

BELIEVE that Jesus Christ, who is God's Son, is the only Way, the only Truth and the only Life. Jesus said, "I am the way, the truth and the life; no one comes to the Father, but by me" (John 14:6). The Bible says, "For there is one God, and there is one mediator between God and men, the man Christ Jesus, who gave himself as a ransom for all" (1 Timothy 2:5-6). "And there is salvation in no one else (apart from Jesus), for there is no other name under heaven given among men by which we must be saved" (Acts 4:12). But to all who received him, who believed in his name, he gave power to become children of God..." (John 1:12). BUT,

CONSIDER the cost of following Him. Jesus said that all who follow Him must deny themselves, and this includes selfish financial, social and other interests. He also wants His followers to take up their crosses and follow Him. Are you prepared to abandon your own interests daily for those of Christ? Are you prepared to be led in a new direction by Him? Are you prepared to suffer for Him and die for Him if need be? Jesus will have nothing to do with half-hearted people. His demands are total. He will only receive and forgive those who are prepared to follow Him AT ANY COST. Think about it and count the cost. If you are prepared to follow Him, come what may, then there is something to do.

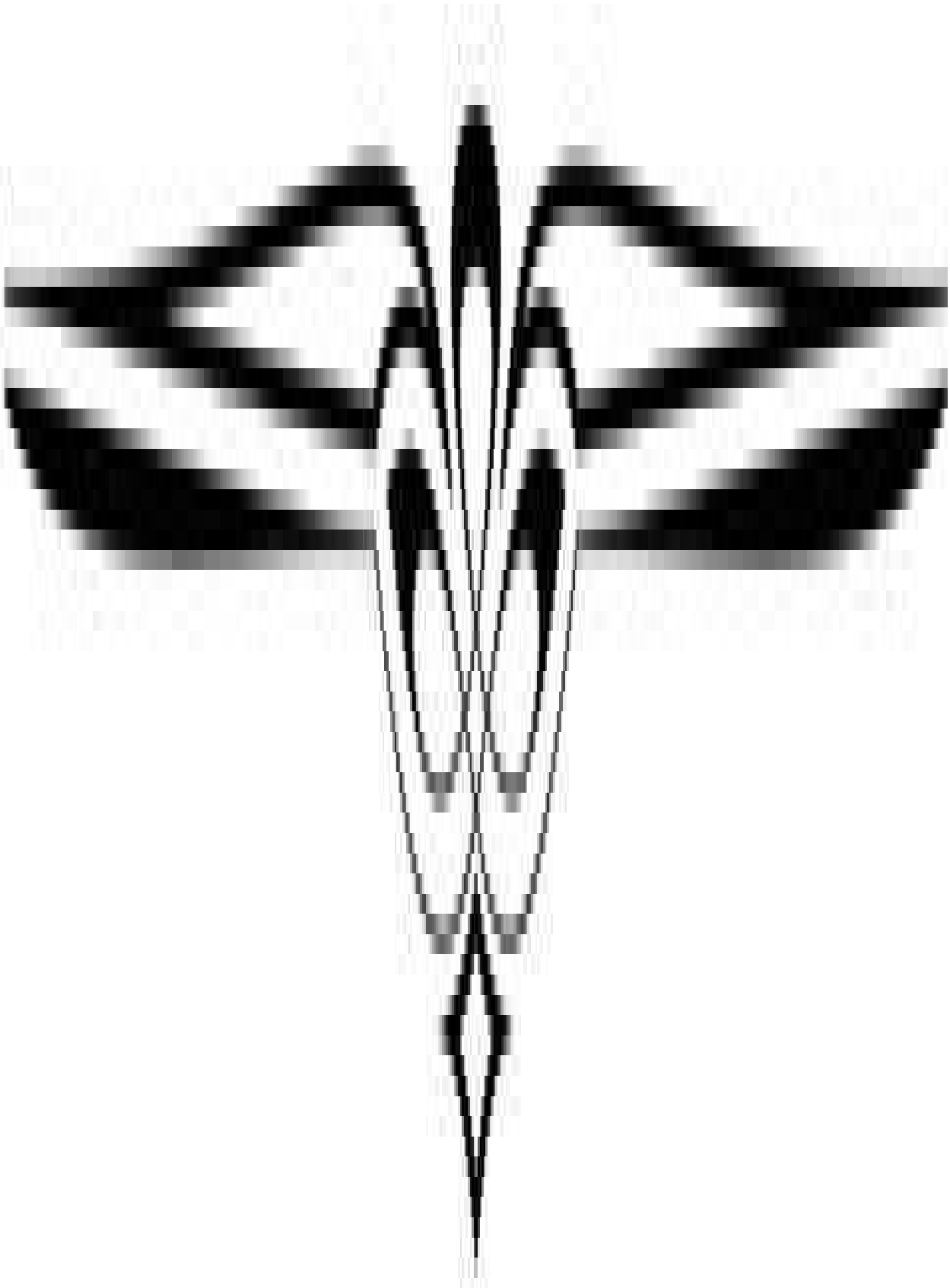
INVITE Jesus to come into your heart and life. He says, “Behold I stand at the door and knock. If anyone hears my voice and opens the door (to his heart and life), I will come in to him and eat with him, and he with me ” (Revelation 3:20). Why don’t you pray a prayer like the following one or one of your own construction as the Holy Spirit leads?

“Lord Jesus, I am a wretched, lost sinner who has sinned in thought, word and deed. Forgive all my sins and cleanse me. Receive me, Saviour and transform me into a child of God. Come into my heart now and give me eternal life right now. I will follow you at all costs, trusting the Holy Spirit to give me all the power I need.”

When you pray this prayer sincerely, Jesus answers at once and justifies you before God and makes you His child.

Please write to me (info@ztfbooks.com) and I will pray for you and help you as you go on with Jesus Christ.

ABOUT THE AUTHOR



Zacharias Tanee FOMUM, 1945-2009

Founding Leader,

Christian Missionary Fellowship International (C.M.F.I)

Professor Zacharias Tanee Fomum was born in the flesh on 20th June 1945 and became born again on 13th June 1956. On 1st October 1966, He consecrated his life to the Lord Jesus and to His service, and was filled with the Holy Spirit on 24th October 1970. He was taken to be with the Lord on 14th March, 2009.

Pr Fomum was admitted to a first class in the Bachelor of Science degree, graduating as a prize winning student from Fourah Bay College in the University of Sierra Leone in October 1969. At the age of 28, he was awarded a Ph.D. in Organic Chemistry by the University of Makerere, Kampala in Uganda. In October 2005, he was awarded a Doctor of Science (D.Sc) by the University of Durham, Great Britain. This higher doctorate was in recognition of his distinct contributions to scientific knowledge through research. As a Professor of Organic Chemistry in the University of Yaounde 1, Cameroon, Professor Fomum supervised or co-supervised more than 100 Master's Degree and Doctoral Degree theses and co-authored over 160 scientific articles in leading international journals. He considered Jesus Christ the Lord of Science ("For by Him all things were created..." – Colossians 1:16), and scientific research an act of obedience to God's command to "subdue the earth" (Genesis 1:28). He therefore made the Lord Jesus the Director of his research laboratory while he took the place of deputy director, and attributed his outstanding success as a scientist to Jesus' revelational leadership.

In more than 40 years of Christian ministry, Pr Fomum travelled extensively, preaching the Gospel, planting churches and training spiritual leaders. He made more than:

700 missionary journeys within Cameroon, which ranged from one day to three weeks in duration.

500 missionary journeys to more than 70 different nations in all the six continents. These ranged from two days to six weeks in duration.

By the time of his going to be with the Lord in 2009, he had preached in over 1000 localities in Cameroon, sent over 200 national missionaries into many localities in Cameroon and planted over 1300 churches in the various administrative provinces of Cameroon. At his base in Yaounde, he planted and built a mega-church with his co-workers which grew to a steady membership of about 12,000. Pr Fomum was the founding team-leader of Christian Missionary Fellowship International (CMFI); an evangelism, soul-winning, disciple making, Church-planting and missionary-sending movement with more than 200 international missionaries and thousands of churches in 65 nations spread across Africa, Europe, the Americas, Asia and Oceania. In the course of their ministry, Pr Fomum and his team witnessed more than 10,000 recorded healing miracles performed by God in answer to prayer in the name of Jesus Christ. These miracles include instant healings of headaches, cancers, HIV/AIDS, blindness, deafness, dumbness, paralysis, madness, and new teeth and organs received.

Pr Fomum read the entire Bible more than 60 times, read more than 1350 books on the Christian faith and authored over 150 books to advance the Gospel of Jesus Christ. 5 million copies of these books are in circulation in 12 languages as well as 16 million gospel tracts in 17 languages.

Pr Fomum was a man who sought God. He spent between 15 minutes and six hours daily alone with God in what he called Daily Dynamic Encounters with God (DDEWG). During these DDEWG he read God's Word, meditated on it, listened to God's voice, heard God speak to him, recorded what God was saying to him and prayed it through. He thus had over 18,000 DDEWG. He also had over 60 periods of withdrawing to seek God alone for periods that ranged from 3 to 21 days (which he termed Retreats for Spiritual Progress). The time he spent seeking God slowly transformed him into a man who hungered, thirsted and panted after God. His unceasing heart cry was: "Oh, that I would have more of God!"

Pr Fomum was a man of prayer and a leading teacher on prayer in many churches and conferences around the world. He considered prayer to be the most important work that can be done for God and for man. He was a man of faith who believed that God answers prayer. He kept a record of his prayer requests and had over 50, 000 recorded answers to prayer in his prayer books. He carried out over 100 Prayer Walks of between five and forty-seven kilometres in towns and cities around the world. He and his team carried out over 57 Prayer Crusades (periods of forty days and nights during which at least eight hours are invested into prayer each day). They also carried out over 80 Prayer Sieges (times of near non-stop praying that ranges from 24 hours to 120 hours). He authored the Prayer Power Series, a 13-volume set of books on various aspects of prayer; Supplication, Fasting, Intercession and Spiritual Warfare. He started prayer chains, prayer rooms, prayer houses, national and continental prayer movements in Cameroon and other nations. He worked with leaders of local churches in India to disciple and train more than 2 million believers.

Pr Fomum also considered fasting as one of the weapons of Christian Spiritual Warfare. He carried out over 250 fasts ranging from three days to forty days, drinking only water or water supplemented with soluble vitamins. Called by the Lord to a distinct ministry of intercession, he pioneered fasting and prayer movements and led in battles against principalities and powers obstructing the progress of the Gospel and God's global purposes. He was enabled to carry out 3

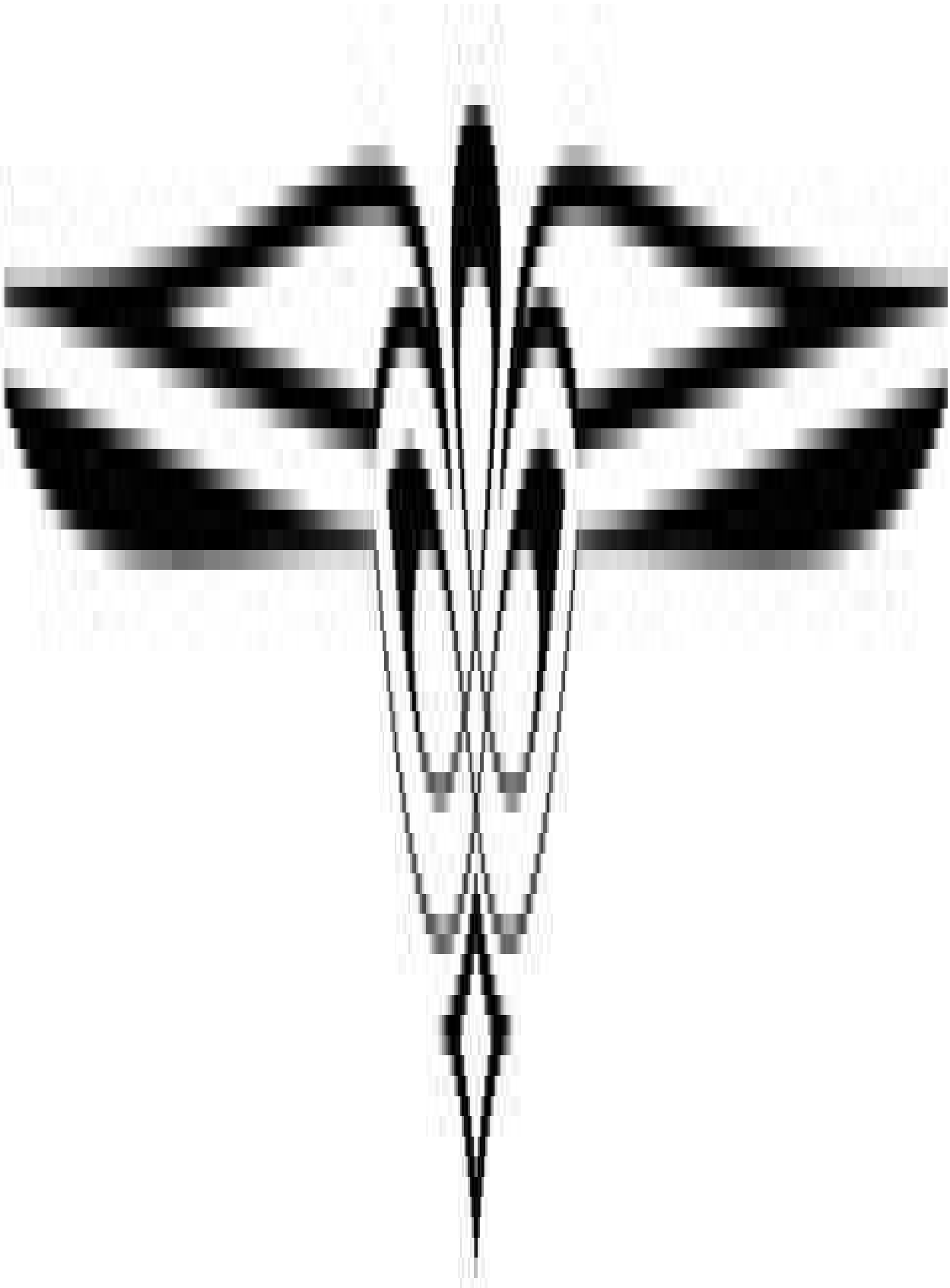
supra – long fasts of between 52 and 70 days in his final years.

Pr Fomum chose a lifestyle of simplicity and “self- imposed poverty” in order to invest more funds into the critical work of evangelism, soulwinning, church-planting and the building up of believers. Knowing the importance of money and its role in the battle to reach those without Christ with the glorious Gospel, he and his wife grew to investing 92.5% of their earned income from all sources (salaries, allowances, royalties and cash gifts) into the Gospel. They invested with the hope that, as they grew in the knowledge and the love of the Lord, and the perishing souls of people, they would one day invest 99% of their income into the Gospel.

He was married to Prisca Zei Fomum and they had seven children who are all involved in the work of the Gospel, some serving as missionaries. Prisca is a national and international minister, specializing in the winning and discipling of children to Jesus Christ. She also communicates and imparts the vision of ministry to children with a view to raising and building up ministers to them.

The Professor owed all that he was and all that God had done through him, to the unmerited favour and blessing of God and to his worldwide army of friends and co-workers. He considered himself nothing without them and the blessing of God; and would have amounted to nothing but for them. All praise and glory to Jesus Christ!

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