

## FASTING IS NOT WHAT YOU THINK

My name is Nicole Hudson and I am a 45 year old former registered nurse turned minister in Sacramento, California.

What I'm about to share with you is my near death experiences testimony of what happened when Jesus showed me the shocking truth about fasting. I literally really saw and experienced something that completely changed my understanding of fasting, prayer and the spiritual realm but before we start, please let me know where you're listening from.

It will be nice to feel closer, even if we are physically apart, also don't forget to like and comment on what you thought about this near death experience testimony.

Let's have a fair and open discussion so we can learn from each other on this channel. Enjoy listening.

It happened on September 12<sup>th</sup>, 2023. I was on my 7<sup>th</sup> day of a water only fast, something I had felt strongly LED by the Holy Spirit to undertake. Fasting has always been part of my spiritual journey, but this particular fast felt different.

There was a supernatural weight to it that I couldn't explain.

I remember driving to our church's early morning prayer meeting at 5:00am. The streets were quiet and a gentle rain was falling, unusual for Sacramento in September.

I was listening to worship music and praying, feeling particularly close to God's presence. I had just turned onto Madison Avenue when everything changed. A drunk driver in a pickup truck ran through a red light at high speed striking my car directly on the driver's side.

The impact was devastating. I later learned from the medical reports that the crash had caused severe internal bleeding, multiple organ failures and my heart had stopped beating for 17 minutes and 23 seconds, but what happened during those 17 minutes was more real than anything I've experienced in my 45 years of life.

The transition from life to death was instant. One moment I was in my crushed car and the next I felt myself floating above the accident scene.

I could see everything with perfect clarity. The paramedics working frantically on my body, the police officers redirecting traffic, even the young man who would hit me sitting on the curb with his head in his hands, but then something extraordinary happened, everything around me began to fade and I found myself being drawn upward through what I can only describe as a tunnel of pure living light, the sensation was unlike anything earthly.

There was no fear, no pain, just an overwhelming sense of peace and love that permeated every part of my being. As I move through this tunnel, I became aware that I was no longer in my physical body, yet I felt more real and alive than I ever had before.

My spiritual senses were heightened to a degree I never knew was possible. Suddenly, I emerged into what I can only describe as the outer courts of heaven. The beauty was indescribable, colors that exist on earth, music that seem to come from everywhere and nowhere at once and a light that brighter than the sun, yet didn't hurt to look at, but what caught my attention most was what I saw happening between heaven and earth.

From this vantage point, I could see golden threads of light extending from earth up into heaven. These weren't just random strands, they were spiritual pathways created by people who were fasting and praying. It was like seeing a spiritual map of the world with these brilliant connections bridging the gap between the physical and spiritual realms, then I heard His voice, Jesus.

I knew instantly it was Him though He hadn't yet appeared to me. His voice resonated through my entire being. Nicole. I have brought you here to show you what your eyes have not seen, and your ears have not heard.

At that moment, Jesus appeared before me. His appearance was both familiar and gloriously different from any artistic depiction I'd ever seen. His presence was overwhelming, pure love, authority and power radiating from Him in waves. His eyes held such depth of love and understanding that I felt completely known and completely loved at the same time.

What, she said, and suddenly I was shown a series of visions about fasting that would forever change my understanding of the spiritual discipline. The first thing Jesus showed me was how fasting affects the spiritual atmosphere.

I saw how when someone enters into a genuine fast, it creates what looked like a tear or opening in what appeared to be a dark, heavy spiritual blanket covering the earth.

Through these openings, Heaven's light and power could pour through more freely. Many of My children, Jesus explained, do not understand the power they have access to through fasting. When you fast with a pure heart seeking Me and My Kingdom, you partner with Heaven in ways you cannot imagine.

He then showed me my own fast that I had been in the midst of when the accident occurred. I saw how each day of fasting had been creating a clearer and stronger channel between Heaven and Earth. It was like watching a spiritual muscle grow stronger.

With each passing day, I saw how my prayers during the fast carried greater authority and broke through spiritual barriers that would normally have taken months or even years to overcome.

Jesus then took me to what He called, the holes of time, where I saw countless believers throughout history who had undertaken serious fasts.

I saw Moses during his 40 day fast, receiving the Ten Commandments, but now I could see the spiritual dynamics of what was happening. His fasting had literally created a space in the spiritual realm where God's glory could manifest in a way that allowed Him to receive The Law.

I saw Daniel during his times of fasting and how his fasting had literally pushed back dark spiritual forces over entire regions. I saw countless unknown believers throughout history whose fasting had shifted spiritual atmospheres and changed the course of events in ways they never about in their lifetime.

Nicole, Jesus said, I'm showing you these things because My church is entering a season where understanding the power of fasting will be crucial.

The battles ahead cannot be won through regular prayer alone. Fasting must be restored to its proper place.

He then showed me something that deeply moved me. I saw how corporate fasting, when groups of believers fast together, creates what looked like spiritual storms of power.

These combined fasts generated spiritual momentum that could shift entire atmospheres over cities and nations. I saw how, in the times ahead, this kind of corporate fasting would become essential for breakthrough in many situations, but daughter, Jesus cautioned, not all fasting carries the same weight in the spiritual realm.

He then showed me different types of fasting and their effects.

I saw how fasting done for show or religious obligation had almost no spiritual impact, but fasting done with humility, genuine repentance and a pure desire to draw closer to God created powerful spiritual

dynamics.

I was then shown something that particularly surprised me. Jesus revealed how fasting affects our spiritual DNA, if you will. When we fast, it's like our spiritual senses undergo an upgrade.

I saw how extended periods of fasting actually created new spiritual pathways in people allowing them to operate in greater levels of discernment and spiritual authority, even after the fast was over.

Many of My children, Jesus explained, see fasting as a way to get Me to do something, but fasting is not about convincing Me, it's about positioning yourself to partner with what I'm already wanting to do.

When you fast, you tune your spiritual frequency to Heaven's frequency.

He then showed me how fasting affects spiritual warfare. I saw believers who were fasting and they appeared to be clothed in additional spiritual armor. Their prayers during fasting were like precise spiritual weapons hitting their targets with increased accuracy and power, but there was a warning too.

I saw how the enemy specifically targets people during fasting because he knows it's power. Protection during fasting is crucial.

Jesus emphasized, stay under the cover of My blood and My Word, don't fast in your own strength or understanding, then Jesus showed me something about the relationship between fasting and spiritual authority.

I saw how each day of sincere fasting increased the believers spiritual authority in prayer and warfare. It was like watching someone receive progressive promotions in rank in Heaven's army.

Their words carried more weight in the spiritual realm and their prayers had greater impact. Remember, Jesus said, this authority is not earned, it's granted. Fasting positions you to carry greater authority, but the authority itself comes from Me.

I was then shown how fasting creates what looked like spiritual reservoirs. These were like storehouses of spiritual provision that could be drawn upon in times of future need.

I saw how people who developed a lifestyle of regular fasting had built up significant spiritual reserves that strengthen them in times of trial. One of the most beautiful things Jesus showed me was how fasting affects worship during times of fasting.

Our worship seemed to carry a special fragrance in Heaven. It was like the sacrifice of fasting added a precious ingredient to our prayers and praise, making them especially pleasing to God.

When My children worship while fasting, Jesus explained, it creates a unique harmony with Heaven's worship. The sacrifice of praise combined with the sacrifice of fasting is powerful, then, came one of the most sobering parts of what Jesus showed me.

I saw how we're entering times where understanding the power of fasting will be more important than ever. I saw coming challenges and trials that would require God's people to operate in levels of spiritual authority that can only be accessed through prayer combined with fasting.

The times ahead, Jesus said, will require My people to be spiritually prepared. Fasting is not optional for the battles that are coming. It is a weapon of spiritual warfare that must be understood and used wisely.

He showed me how fasting breaks what looked like dark chains in the spiritual realm. These chains represented various forms of bondage addictions, generational curses, spiritual oppression.

When someone fasts and prays with faith and pure motives, these chains begin to weaken and break, but then, Jesus showed me something that brought me to tears. I saw how our fasting partnered with His

ongoing ministry of intercession.

When we fast, it's like we are joining Him in His work of intercession in a special way. I saw how this partnership brought Him joy, actual joy, as His children chose to deny themselves to partner with His purposes.

Nicole, He said, when My children fast with pure hearts, it moves My heart. It's not about earning My love, you already have that fully. It's about partnering with My purposes in deeper ways.

Jesus then showed me how fasting affects our spiritual inheritance. As we fast, it's like we're clearing away debris from wells of spiritual inheritance allowing those ancient springs to flow again. I saw how some people's fasting was actually restoring access to spiritual blessings that had been blocked for generations.

He showed me how fasting creates what looked like spiritual bridges. These bridges seem to connect different aspects of God's work and purposes creating highways for His Power to flow. I saw how sometimes our fasting creates connections that God uses long after our fast is over.

Then Jesus showed me something about fasting and spiritual multiplication. When we fast with pure hearts, God often multiplies the spiritual impact beyond what we could imagine.

I saw how one person's faithful fasting could affect an entire community creating ripple effects in the spirit realm that continued for generations. The spiritual impact of fasting, Jesus explained, often goes far beyond what you can see in the natural realm.

Sometimes the greatest fruit of your fasting will only be seen in eternity. He then showed me how fasting relates to spiritual timing. Sometimes God calls us to fast, not for immediate breakthrough but to prepare us for something He knows is coming.

I saw how fasting strengthened people spiritually before they even knew they would need that strength. In the times ahead, Jesus said, many of My children will need to learn to fast preemptively, not just in response to crisis but in preparation for what I know is coming.

I was then shown how fasting affects our spiritual discernment, it's like fasting fine tunes our spiritual antenna allowing us to pick up Heaven's frequency more clearly. I saw how people who fasted regularly developed increased sensitivity to The Holy Spirit's leading, but perhaps more importantly, Jesus showed me how fasting deepens our intimacy with Him.

He showed me how it creates special moments of communion that transform people from the inside out.

Fasting, He said, create space in your soul for more of My presence. It's not just about spiritual power, it's about knowing Me more deeply.

As my time in Heaven was drawing to a close, Jesus gave me one final crucial understanding. He showed me that we're entering times where understanding the power of fasting will be more important than ever.

I saw how God was calling His people back to Biblical fasting as preparation for the days ahead. Tell them what you've seen, Jesus commanded.

Tell them that I am calling my church back to Biblical fasting. The time is short and My people need to understand these truths. Just everything began to fade, Jesus looked at me with such love and tenderness that it felt like my spirit would burst.

Remember, He said, the power isn't in the fasting itself, the power is in Me. Fasting positions you to partner with what I'm already wanting to do. The next thing I knew, I was back in my body in the hospital surrounded by shocked medical staff.

They couldn't believe what they were seeing. Not only had I come back to life after being clinically dead for over 17 minutes, but I had no brain damage or lasting effects from the trauma. The doctors called it a miracle and they were right, but they didn't know half of it.

Just when I thought God had already revealed so much through my first near death experience, He had an even deeper revelation in store. It happened 3 months after my initial NDE during a time of extended fasting and prayer.

This time I wasn't in an accident, instead I experienced what the doctors would later call an unexplained cardiac event. While praying in my bedroom, my heart stopped for 4 minutes and 12 seconds, but in those precious moments, I was once again transported into that familiar realm of living light.

The moment I entered that space, I knew why God had brought me back. There was more He wanted to show me about fasting.

Jesus was there, His presence just as overwhelming and beautiful as before, but this time His demeanor was even more intimate, like a friend eager to share a precious secret.

Nicole, He said, I've brought you back to show you the fruit of what you've learned. Suddenly, I was shown a panoramic view of the spiritual impact that had occurred since I began sharing my testimony about fasting.

I saw streams of light, those same spiritual channels I'd witnessed in my first experience multiplying across the earth. Each light represented someone who had begun to understand and practice Biblical fasting.

After hearing what Jesus had shown me, watch, he said, and I saw people's lives transforming. I witnessed addictions breaking, healing manifesting and relationships being restored, all through the combined power of prayer and Biblical fasting, but what touched me most was seeing the intimate moments between these people and Jesus.

During their fast, each sacrifice of food had created a special space for deep communion with Him. Do you see, Jesus asked? What I showed you wasn't just for you, it was for My beloved church, My precious Bride.

Every truth you shared has planted seeds that are now bearing fruit, then He showed me something that brought me to tears. I saw how every time someone applied these truths about fasting in their life, it created a ripple effect in the spiritual realm that impacted not just their life but generations to come.

These ripples were creating what looked like waves of revival preparing the way for something greater.

The days ahead, Jesus said, will require My people to walk in levels of spiritual authority they've never known before. What I showed you about fasting isn't optional, it's essential preparation for what's coming.

He then revealed how the corporate understanding of fasting was creating a new spiritual dynamic in His church as more believers began to understand and practice Biblical understanding.

Their combined spiritual authority was pushing back darkness in unprecedented ways. Tell them again, Jesus said, but this time tell them with the authority of one who has seen the fruit.

Tell them that I'm calling My church back to Biblical fasting, not as a religious duty but as preparation for the greatest outpouring of My Spirit they've ever seen. He showed me how every person who embraced these truths about fasting became like a spiritual lighthouse.

Their light pushing back darkness in their families, communities and nations. But He emphasized again that the power wasn't in the fasting itself, it was in His faithfulness to honor the humble sacrifice of His

children.

Remember, Jesus said, as My time then began to draw to a close, I didn't show you these things just so you could understand, I showed you so you could help My people understand. The hour is later than they know and My church must be prepared.

Just before everything faded, Jesus gave me one final message.

Tell them that I'm not calling them to fasting to earn My love, they already have that completely. I'm calling them to fasting because I want to entrust them with My Power. The darkness is increasing but through prayer and fasting, My light in them will shine brighter still.

When I returned to my body the second time, I knew with even greater certainty why God had allowed me to see these things. Every detail He showed me about fasting hadn't just been confirmed in Scripture, it had been proven in the lives of countless believers who begun to apply these Truths.

This second experience left me with an even deeper conviction.

Jesus is calling His church to rediscover the power of Biblical fasting, not as a way to manipulate God or earn His favor but as a means to position ourselves to partner with Heaven in these crucial times.

The question isn't whether Jesus is calling us to fasting, He clearly is. The question is how will we respond? Will we answer His call to prepare ourselves through prayer and fasting for the days ahead, will we embrace the spiritual key He's given us or will we let fear and complacency hold us back?

If you're watching these, it's not by accident.

Jesus is inviting you into a deeper understanding of fasting, not as a religious obligation, but as an profound partnership opportunity with Heaven.

Don't let anything hold you back from stepping into this Truth. The spiritual realm is more real than anything we can see with our physical eyes and through Biblical fasting we can partner with Heaven in ways that will impact generations to come.

The time is now, Jesus is calling and He's waiting for His church to respond.