



# NightLight

A NEWSLETTER OF McLEAN MINISTRIES

"take heed....as to a light that shines in a dark place." II Peter 1:19

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## Dear Friends,



Let me take you back in time briefly. Your recorded message is a previous **Nightlight** on fasting from a 2007 cassette message, done before we even offered CDs! Yet the message is new manna for today. Other than a brief reference to the Clinton administration, there is not anything in the recording that would deem it as outdated. Current circumstances still call for an ongoing spiritual warfare we were encountering from then up until now.

I want to pull back the curtain on one of my own memories concerning fasting. It was early in 1972, when out of sheer ignorant desperation, I was given fasting as a key to unlock spiritual warfare for me. I was a youthful, ignorant, sinfully tormented and morally unstable college freshman. Though I had a powerful encounter with the Holy Spirit, there was very little guidance for me culturally or even in the church. I am always hesitant to delve into this story for fear of sounding as if I am blaming someone for my vast ignorance. I was living in a very difficult moral confusion left over from the 1960's. My adult guides were groping

also. So I blame no one. I was a boy of unclean lips dwelling amidst a people of unclean lips. But my eyes had seen the Lord. And I cried out to Him for help. I did not know who or what I was supposed to be. All I knew was that I was desperately bound by lust and terrified of being alone. Then in one of my most desperate times of begging for help, I heard a Voice whisper, "Get alone with me, and fast." I knew it meant for me to come away with Him, to spend time with Him, and spend that time fasting.

Thankfully, I was not encumbered by the hysteria of false medical information on the dangers of fasting. I knew I could obey the inner impulse to abstain from food. I didn't know the spiritual meaning of that action. I would learn as I continued to obey. But I sensed that I was battling something bigger than me. It was something invisible, but tangible, and dark. And I sensed that the One who loved me was guiding me to fight, using a weapon I would not have chosen for myself. I didn't understand how fasting worked as a weapon in spiritual battles, but I trusted my Father's instruction to do it. I was not dependent on the how and why of it all. As I chose to humble myself to follow His voice, I was being given grace to obey.

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I would love to tell you that immediately light poured in, and I became free of my adolescent tormenting drives. That is not what happened! What did happen, this initial time and every time over the next few years that followed, was that I was given an ever increasing understanding - a revelation - of how the spirit realm worked. I began to see how supernatural knowledge and understanding communicated itself. I only read about it later, in some odd book or testimony from here or there. There was not much printed material that I knew about at the time on fasting, and I had little access to good ancient orthodox or Catholic spiritual resources that were not mixed with mediaeval superstition. So I had to listen to God.

Years later, after I was able to read good material and have helpful conversations with older wiser elders who could help me understand better, I began to formulate instructive guidance which is much of what you will hear in this edition of **Nightlight**. I hope it will help fill in the empty spaces in our thinking and maybe help us avoid the struggles I endured in my early search for help. But still, I don't think I would trade those early learning times when I let my body express in verbally silent but emotionally loud cries for help. It was not intellectually articulate; it was emotionally desperate. And even though during that period I rarely could say what was happening, I knew that **something important was happening to move me towards transformation**. There was a strange dance going on between the Holy Spirit and my failing humanity. And after a long dramatic journey through the dark, I finally emerged. And yet with all my misguided stumbling efforts, it was still ultimately by Grace alone.

Know this: your inexpressible, undefinable, times of inarticulate crying out, which fasting helps give nonverbal expression to, is a powerful declaration in the Spirit realm of your faith in God who is guiding and helping you in the process of growing and maturing you. The process is not merely on your behalf for you personally, but for your loved ones, your enemies, your country, your country's enemies, and for the world.

One more thing. When I refer to the inarticulate expression of things inside you that must struggle to find expression, that kind of groping for language drives the left brained self congratulatory pseudo-intellectual modern ego crazy. And I don't just mean super intelligent folks! It may be a physics professor or a backyard mechanic. Pseudo intellectualism is not snobbish. It will gladly make any of us self important fools no matter who we are. It usually takes some kind of jarring encounter with painful reality that helps drive us to the childlike wisdom to humbly cry out with fasting. Endure the process that you will soon enjoy. You will eventually find that you are truly hungering to fast.



## My Book List on Fasting

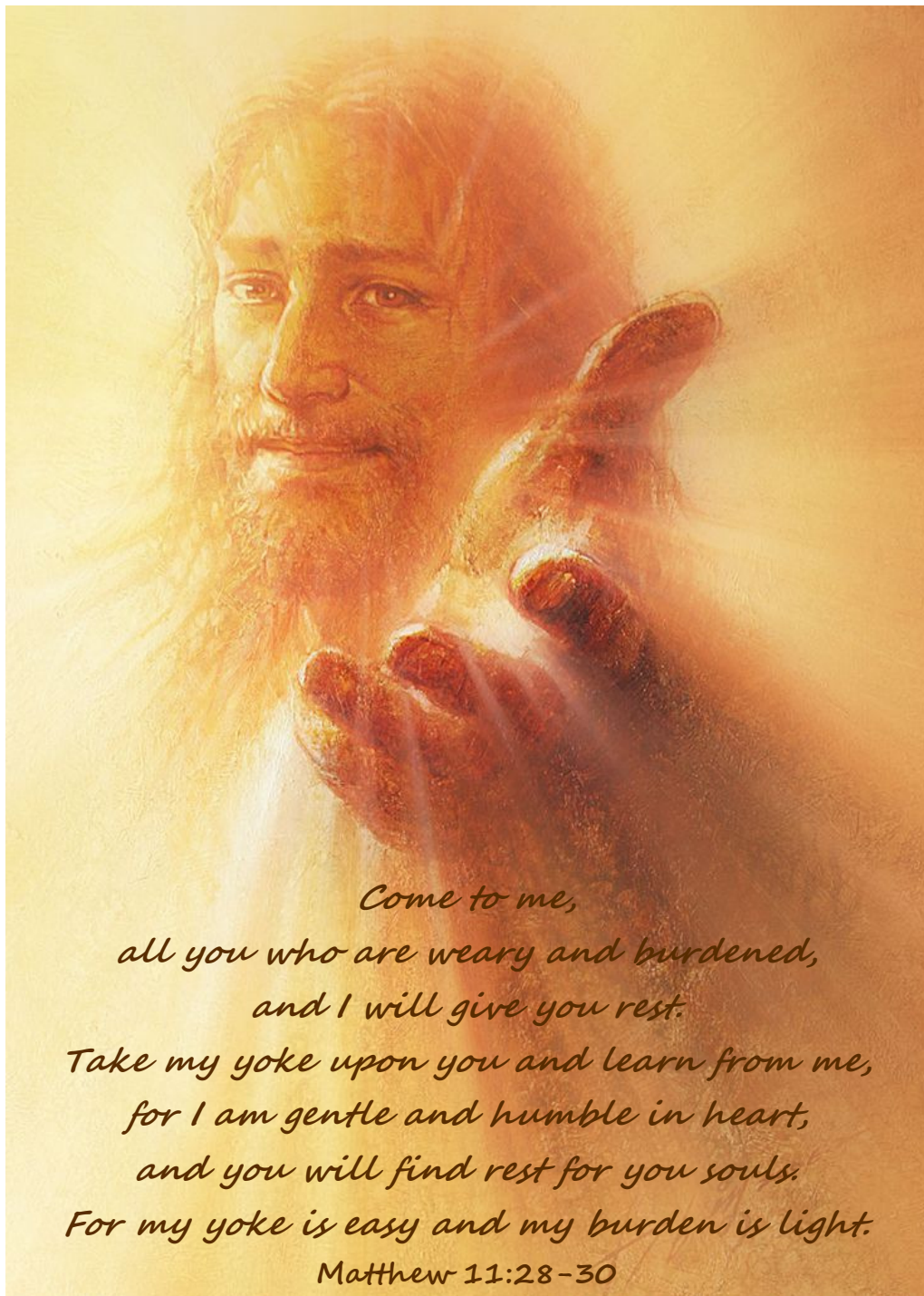
I have listed the ones I have experience with in hopes you will pursue your own education in this discipline. The health world has taken up the subject also, and you can get a bit overwhelmed with its claims. I would keep my focus on the spiritual growth aspects only. I was only moved by what the Holy Spirit was guiding me to do. Fasting is found in nearly all spiritual disciplines of religion, so there are many schools of thought. But the ones listed here are written by men and women who have been taught by the Holy Spirit, and folks I trust.

- [Shaping History Through Prayer and Fasting](#) by Derek Prince  
Great classic text of personal and historical significance
- [The Spirit of the Disciplines](#) by Richard Foster  
Great help for getting started in all the disciplines—including fasting
- [Fasting](#) by Scot McKnight  
An excellent overview of historical, practical, and wise significance
- [Adventure of Fasting](#) by James Lee Beall  
Practical guide from a seasoned pastor
- [God's Chosen Fast](#) by Arthur Wallis  
One of the early classic texts on all the different levels of fasting





## *Closing Thoughts...*



*Come to me,  
all you who are weary and burdened,  
and I will give you rest.  
Take my yoke upon you and learn from me,  
for I am gentle and humble in heart,  
and you will find rest for your souls.  
For my yoke is easy and my burden is light.  
Matthew 11:28-30*

*Following Jesus, Clay & Mary*

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