

THE PURPOSE OF FASTING

FASTING AND PRAYER MOVES FAITH INTO ACTION.

The combination of fasting and prayer humbles and chastens the soul before God to such an extent that we feel His Heart beat, we become senseless to ourselves and sense God.

The awareness of God's Presence is so powerful and the knowledge that your life is completely dependant upon Him is an awesome experience.

WHAT IS FASTING?

FASTING IS GOING WITHOUT SOMETHING, FOR A SPECIFIED TIME IN ORDER TO DEVOTE ONESELF MORE FULLY TO GOD.

Fasting crucifies the appetites and denies the appetites to give the entire time to prayer.

It manifests sincere conviction before God to the exclusion of all else.

It shows obedience to God and gives the digestive system a rest.

FASTING IS MEANT TO GIVE UP SOMETHING- FOOD, MEDIA, RELATIONSHIPS, OTHERS FOR THE SAKE OF SOMETHING BETTER.

Fasting demonstrates the mastery of men over appetites, aids in temptation, helps to attain power over demons, develops faith, crucifies unbelief, and aids in prayer.

We should fast when under chastening, under judgment, in need, in danger, when worried, in trouble, in spiritual conflict, prayers are delayed, intimacy with God and when desperate in prayer or when seeking God for guidance.

Fasting and prayer will activate the Powers of Heaven – and on the wings of your prayers, GOD ANSWERS TO THEM.

FASTING IS THE MOST POWERFUL SPIRITUAL **DISCIPLINE** OF ALL THE CHRISTIAN DISCIPLINES.

THROUGH FASTING AND PRAYER, THE HOLY SPIRIT CAN TRANSFORM YOUR LIFE.

Fasting is for the mind body and soul.

1. Overcome trials
2. Increase Faith
3. Leads to Repentance
4. Increases the Anointing
5. Fast for Favor
6. Fast for Instructions
7. To break strongholds
8. Win Battlefields in the Mind
9. Answered Prayers

#1 TO OVERCOME TRIALS

Luke 4:1-2 Then Jesus, being filled with the Holy Spirit, returned from the Jordan and was led by the Spirit into^[a] the wilderness, ²being tempted for forty days by the devil. And in those days, He ate nothing, and afterward, when they had ended, He was hungry.

- Fasting and prayer will activate the Powers of Heaven –

#2 TO INCREASE IN FAITH

Matthew 17:19-21 Then the disciples came to Jesus privately and said, Why could we not cast it out? ²⁰ So Jesus said to them, Because of your unbelief;^[a] for assuredly, I say to you, if you have faith as a mustard seed, you will say to this mountain, Move from here to there, and it will move; and nothing will be impossible for you. ²¹ However, this kind does not go out except by prayer and fasting.

3 LEADS TO REPENTNACE-TO TURN AWAY

- A. **LUST OF THE FLESH** Fasting helps to keep your flesh under control.

Romans 12:1 I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, *which is* your reasonable service.

- B. **LUST OF THE EYE**

Fasting helps you to keep your **eyes on God**.

Hebrews 12:2 looking unto Jesus, the author and finisher of *our* faith, who for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God.

- C. **PRIDE OF LIFE**

Fasting helps you to stay humble to fight pride.

Proverbs 16:18 Pride *goes* before destruction,
And a haughty spirit before a fall.

- Fasting and prayer is so prominent in the bible, that we should do more of this until we receive power with God over all the power of the devil.

Ezra 8:21 I proclaimed a fast there at the river of Ahava, that we might humble ourselves before our God, to seek from Him the right way for us and our little ones and all our possessions.

2 Chronicles 7:14 Then if my people who are called by my name will humble themselves and pray and seek my face and turn from their wicked ways, I will hear from heaven and will forgive their sins and restore their land.

#4 INCREASE THE ANNOINTING Isaiah 58:6 *Is this not the fast that I have chosen: To lose the bonds of wickedness,
To undo the heavy burdens, to let the oppressed go free. And that you break every yoke?*

Isaiah 10:27 *It shall come to pass in that day That his burden will be taken away from your shoulder, and his yoke from your neck, And the yoke will be destroyed because of the anointing oil.*

5 FAST TO GET GOD'S FAVOR

Esther 4:16 *Go, gather all the Jews who are present in Shushan, and fast for me; neither eat nor drink for three days, night or day. My maids and I will fast likewise. And so, I will go to the king, which is against the law; and if I perish, I perish! This was a corporate fast. This fast lead many people to safety.*

God truly honors corporate fasting.

#6 TO GET INSTRUCTIONS FROM GOD

Exodus 34:28. *And he was there with the LORD forty days and forty nights; he did neither eat bread, nor drink water. And he wrote upon the tables the words of the covenant, the ten commandments.*

Moses fasted to hear crystal clear from God to get the 10 Commandments/INSTRUCTIONS

Jesus fasted while choosing the 12 Disciples

#7 TO BREAK STRONGHOLDS

1 Kings 19:8 *So he arose and ate and drank; and he went in the strength of that food forty days and forty nights as far as Horeb, the mountain of God.*

#8 FAST TO WARFARE OVER YOUR MIND WHICH IS WHERE THE BATTLEFIELD IS

Elijah mighty man of God. Jezebel threaten his life. He went on the run. Elijah was emotional. He felt self-pity, fear loneliness, and depression.

THE POWER OF FASTING AS IT RELATES TO PRAYER IS THE SPIRITUAL POWER THAT OUR Lord HAS GIVEN US TO DESTROY THE STRONGHOLDS OF EVIL AND USHER IN A GREAT REVIVAL AND SPIRITUAL HARVEST AROUND THE WORLD

#9 TO HAVE PRAYERS ANSWERED

Daniel 9:3 *And I set my face unto the Lord God to seek by prayer and supplications, with fasting, and sackcloth and ashes.*