



## FASTING AND PRAYING

### **Luke 18:1**

**And he spake a parable unto them to this end, that men ought always to pray, and not to faint (lose heart)**

Prayer—Petition, entreat, ask, communion with God.

### **Matthew 17:21**

**Howbeit this kind goeth not out but by prayer and fasting.**

Fast—To abstain from food, especially as a religious discipline.

Fasting is a means by which we can worship the Lord and submit ourselves in humility to Him. The goal of any discipline is freedom, if the results is not greater freedom, something is wrong!

We fast and pray for results, but always remember the results are in God's hands. One of the greatest spiritual benefits of fasting is becoming more attentive to God, becoming more aware of our own inadequacies and His adequacy.

The term fasting, in the Old Testament, is derived from the Hebrew term *tsom*, which refers to the practice of self-denial. In the New Testament, fasting is derived from the Greek term, *asitos* which means to not taking food.

Every Christian should have a day set aside to fast and pray. It's a day we dedicate ourselves to the Lord to commune and hear from Him. Fasting, praying along with reading the Bible enables us to be more sensitive to the Spirit and the voice of God. As we continue

our spirit will dominate the flesh. The flesh is indicating our heart, and soul (will, mind and emotions).

God will never go over our will because He has made us free-will agents. Our wills, minds and emotions is what get us in trouble and through fasting, praying, and reading the word of God it will help us to control our wills, minds and emotions. God is not going to control them for us, but through dedicating ourselves to prayer, fasting and reading the Bible we can conquer our flesh through the spirit.

The will is our mental faculty by which we deliberately chose a course of action. We have different thoughts that come into our mind; some are good and some are bad. With our will, we will carry out those thoughts. This is why the Bible instructs us to think on things that will edify and not things that will destroy us because with the mind we can imagined every form and fashion of sin. Before a sin is carried out, it first comes as a thought, and as we continue to think on it; evidentially we will carry out the action of the thought.

### **Philippians 4:8**

**Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.**

Fasting, prayer and reading the Bible will enable us to take control of our emotions. Our emotions can cause us to have strong feelings as of sorrow, hatred, bitterness, resentment and unforgiveness. The soul is what causes us to sin against God, and in order to take control and dominate our soul it comes through fasting, prayer, reading the Bible and submission to God.

The mind also consist of the heart. Once the heart has the word of God engraved in it; the heart, mind, will and emotions will line up with the Bible. Evil thoughts comes from the heart, if it hasn't been submitted to the Lord.

### **Matthew 15:19**

**For out of the heart proceed evil thoughts, murders, adulteries, fornications, thefts, false witness, blasphemies.**

Fasting and prayer also consist of submission to the Lord. Many religions will fast and pray, but they haven't submitted to the Lord or to God, but they have submitted themselves to Hinduism, Buddhism, Confucianism, Taoism, Islam, Judaism and themselves. In order to see the manifestation of the power of God in our life and in our situations, we must surrender ourselves completely and totally to the Lord when this happens; and that's when Jesus has become our Lord and not just our Savior.

As Christians we must know who we're fighting against. It's not our spouse, children or neighbors.

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It's the spirit(s) that have set up residence and have attached themselves to the individual. There are only two spirits, God and Satan, if God isn't controlling us, Satan is.

Satan uses individuals the same way God uses individuals, and he will use anyone that will yield themselves to him.

### **Ephesians 6:10**

**For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places.**

Satan has Christians so focused on "Christians can't be possessed", but being influenced by one or in the state of being in a stronghold and carrying out the deed is no less than being possessed. The individual is still carrying out Satan's mission, so if the person is carrying out the mission, they still needs deliverance.

Fear, low self-esteem, lying, gossiping, self-willed, bitterness, uncontrollable anger are spirits that comes from Satan. Many Christians have these and other spirits manifesting through them. That's why when we fast, we must fast with a purpose to destroy the work of Satan operating in our life and in the lives of others.

### **Isaiah 58:6**

**Is not this the fast that I have chosen? To loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke**

Fasting will destroy yokes and burdens and the craving of the flesh to worldly things.

People are faithful in attending church, but many are still in fornication, adultery, gossipers, abusers of drugs and their spouses. Christians are bound by pornography and lust. Christians are still going to bars, attending secular concerts and listening to worldly music. When God has instructed us to be separated from the things of the world.

### **2nd 6:17**

**Wherefore come out from among them, and be ye separate, saith the Lord, and touch not the unclean thing; And I will receive you.**

In order to be a Christian, it comes with restrictions. We cannot continue to do things we were doing prior to accepting Jesus as Savior. Jesus will save you from an accident, He will save you from disease, but after He saves you and you don't surrender your life to Him, you will be Hell bound. We have a choice of who we will serve. If we have strongholds, prayer and fasting will bring deliverance.

In order to receive deliverance we must first have a desire to be free from whatever has us in bondage. Once we have the desire and take it to God in prayer and fasting we can expect our prayers to be answered. God is still answering prayers, the problem is that people don't want to make the sacrifice for their deliverance.

What's manifesting in our flesh is what we have been feeding it. When we starve the appetite by not feeding it, the craving will leave. It's just like if you leave food around the house, you will draw roaches and rats, stop leaving food around; the pests will find another home. If we only read the Bible or listen to Biblical teaching when we're in church

we're not feeding our spirit enough spiritual food. The old saying "You are what you eat" is a true saying for what we feed our spirits.

God has given us a solutions for deliverance, it comes through fasting, praying and faith. When the Word of the Lord was prophesied by the prophet Joel, God was calling His people to repentance, prayer and fasting.

### **Joel 1:14**

**Sanctify (consecrate) ye a fast, call a solemn (sacred) assembly, gather the elders and all the inhabitants of the land into the house of the Lord.**

We all know areas that we need deliverance in, but in order for deliverance to come, we must be truthful to ourselves, tell God the areas you want deliverance in. He already knows, but He's waiting on you to tell Him. Fast and pray until you see deliverance in the areas you're praying for. Don't let anyone tell you if you ask God once, then don't ask Him anymore is a sign of unbelief. Faith is when you continue to pray and when you haven't received an answer to your prayer.

### **Luke 18:5, v.7**

**Yet because this widow troubleth me, I will avenge her lest by her continual coming she weary me. And shall not God avenge his own elect, which cry day and night unto him, though he bear long with them.**

Faith is the things hope for the evidence of things not seen. You don't see your deliverance, but if you continue in faith, continue to fast and pray, you will see a break through, you will receive an answer to your prayer, don't give up keep praying!

## FASTING AND PRAYING

Prayer, praise and worship along with fasting is what will help us to defeat the enemy of our souls. Prayer gives us a desire to get into the presence of God. We can't get into the presence of God practicing sin. Prayer will help us to submit our will to His will. Prayer will help us to begin to love through the heart of God, hear through the ears of God, see through the eyes of God, yield to the Spirit of God.

Praise will change the atmosphere of sadness, anger, fear and confusion.

### **Isaiah 61:3**

**To appoint (console) unto them that mourn in Zion, to give unto them beauty for ashes, the oil of joy for mourning, the garment of praise for the spirit of heaviness; that they might be called trees of righteousness, the planting of the Lord that he might be glorified.**

Ungodly people and spirits don't like to be around people that will praise God.

Worship is not just when we're coming into the church building, but worship is the way we live our life daily. Our focus is presenting ourselves to God as a living sacrifice. A sacrifice is an offering, we offer ourselves to God, spirit, soul, mind and body. In worship we desire His will and not our will. Fasting and prayer will help us to yield ourselves to God completely.

Fasting, praying and reading the Bible enriches our spirits, it enables us to be more sensitive to the voice and Spirit of God as well as more sensitive to the operation of demonic spirits influence and attacks. The Bible teaches us the truth whether we accept the truth or not, it's still the truth and it will make us free in many areas of our life if we follow the directions of its instructions.

Fasting, praying and reading the Bible to a Christian is like water is to a fish; without it, we will die spiritually. We cannot grow spiritually if we don't submit ourselves to fasting, prayer and reading the Bible consistently.

The reason why there is an abundance of weak Christians is because they don't want to fast, pray, and read the Bible as well as go through the test and trials that will make them strong in faith. We can't say what God will do if we never been through something to receive His deliverance, healing, peace, joy and strength.

Fasting, praying and reading the Bible with the Grace of God will strengthen us so that when we do go through difficult situations we have prepared ourselves. It's like taking a test at school, if you don't prepare yourself by studying when you take the test you will fail. Well it's similar in the spirit. If we don't prepare ourselves with the word of God by reading and studying the word, fasting and praying, we will fail the spiritual test.

Desiring to grow spiritually and never taking the initiative to do something will get us nowhere, but when we begin to hunger and thirst after righteousness, we will do whatever it takes; and it takes your will-power, fasting, prayer, reading and studying the Bible and be submissive to what the Bible instructs us to do.

### **Ecclesiates 12:13**

**Let us hear the conclusion of the whole matter: Fear God, and keep his commandments: for this is the whole duty of man.**

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**Word of Life Ministries**

**C/o Evangelist Carolyn Luke**

**P.O. Box 148694**

**Chicago, Illinois 60614**

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