

The power and benefits of fasting and prayer

1. What is a fast?
2. What are the ways in which we can fast?
3. What benefits does fasting bring? Is a fast alone powerful or do we need something else?

⁵ Is it such a fast that I have chosen? a day for a man to afflict his soul? is it to bow down his head as a bulrush, and to spread sackcloth and ashes under him? wilt thou call this a fast, and an acceptable day to the LORD? 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? ⁷ Is it not to deal thy bread to the hungry, and that thou bring the poor that are cast out to thy house? when thou seest the naked, that thou cover him; and that thou hide not thyself from thine own flesh? ⁸ Then shall thy light break forth as the morning, and thine health shall spring forth speedily: and thy righteousness shall go before thee; the glory of the LORD shall be thy reward. ⁹ Then shalt thou call, and the LORD shall answer; thou shalt cry, and he shall say, Here I am. If thou take away from the midst of thee the yoke, the putting forth of the finger, and speaking vanity; ¹⁰ And if thou draw out thy soul to the hungry, and satisfy the afflicted soul; then shall thy light rise in obscurity, and thy darkness be as the noon day: ¹¹ And the LORD shall guide thee continually, and satisfy thy soul in drought, and make fat thy bones: and thou shalt be like a watered garden, and like a spring of water, whose waters fail not.

What is fasting? Fasting means abstaining from food for spiritual reasons, it is to take some time of ourselves to God. The Bible does not teach that fasting helps us to gain favor or manipulate God or to look holier before Him or to make Him think that he should give us something. Every good gift and every perfect gift comes from God James 1:17. The Bible refers to characters so that we understand fasting was a regular part of their lives, Moses , David , Elijah , Esther, Daniel , Anna, Paul and Jesus, which means that it is biblical fasting. Today we will learn important aspects about fasting.

I. What did Jesus teach about fasting? He taught by example and his words.

- A. Jesus said: "When you fast, not if you fast ..." He assumed that we were going to pray and fast. Although not a law, it should be a lifestyle that brings benefits.
- B. Jesus did not say it was optional to ... pray ... or fast. Mat. 6: 2,5,16
- C. Jesus said that the time would come for fasting. (today). Mat. 9:15

II. WHAT ARE SOME RESULTS AND BENEFITS OF A TRUE FAST?

- A. physical and emotional benefits of fasting
 1. Clean the body of toxins. While fasting you will feel headaches, bone pain, etc., because your body is detoxifying.
 2. Giving a break to the nervous system and the digestive system
 3. Lower blood pressure and reduce bad cholesterol.

4. Rejuvenate your body and sharpen your mental capacity.
5. Break the addiction to junk food and breaks the power of uncontrollable appetite.
6. Help you lose weight.
7. Bring a change in your emotional attitude.

B. Spiritual benefits:

1. Forgive and stop oppressing others with our resentments Isa. 58: 4 -6
2. We break with yokes or habits of sin. We are freed from demonic oppression. And we get a break in life. Isa. 58: 9-10
3. We removed the threatening finger, lets stop accusing and reminding the person of their past. Isa. 58: 9
4. We stop talking vanity and give glory to God.
5. We become sensitive to the needs of others. Isa. 58: 7
6. It helps us to submit, consecrate and sacrifice the body and when the body is subjected, the flesh has no outlet and is controlled Romans 12: 1
7. Humble soul into the presence of God. Psalm 35:13. The biggest problem of the believer is in the soul, not in the spirit. Sometimes God wants to free us but the ego gets in the way. The ego does not let us do the will of God because we are controlled by our own thoughts, feelings and desires.
8. The fast brings power. The revelation keeps us in revival. Fasting moves mountains. The mountains represent demons. There are demons that have been assigned to stop your business, to bring disease to your body and prevent you from receiving all that God has for your life. You have to get tired of that demon and remove it from its path by prayer and fasting.

III. SOME TIPS DURING FASTING.

- A. Make time for prayer and intercession with God alone.
- B. Ask God how He wants you to fast and obey it.
- C. Take extra time to read the Bible. Perhaps the time devoted to watching the news.
- D. Improve relations with your neighbor as God tells you: forgive, stop judging and criticizing.

Conclusion: Weapons of mass destruction are fasting and prayer. When you give, pray and fast, God releases the supernatural provision of heaven on his life. Take one day this week to fast and seek God in the right way.

Sinners Prayer:

Lord Jesus I recognize that you have sinned and died for me , today I repent and ask forgiveness. I give you my life and my heart to be my Lord and Savior , amen