

# John Eckhardt: How to Pray the Benefits of Fasting Over Your Life

The rewards of fasting far outweigh the obstacles of the enemy. Fasting has great rewards. Many believers are unaware of the great rewards that come through fasting. Understanding the great benefits of fasting will motivate more believers to make it a regular part of their lives.

Matthew 6:17-18 says: "But you, when you fast, anoint your head and wash your face, so that you will not appear to men to be fasting, but to your Father who is in secret. And your Father who sees in secret will reward you openly."

God promises rewards to those who fast in secret. Reward is God's favor, abundance and blessing. The open rewards of fasting include blessing, abundance, favor and prosperity. Learn the secret of obtaining God's reward through private fasting.

No one needs to know you are fasting. As the Holy Spirit leads you, make this a personal discipline between you and God and see how He rewards you. "And without faith it is impossible to please God, for he who comes to God must believe that He exists and that He is a rewarder of those who diligently seek Him" (Heb. 11:6).

Declare these rewards of fasting over your life to break the strongholds of the enemy: "Lord, I believe in the power of Your chosen fast (Isa. 58). Let my fasting destroy the yokes that the enemy has set up against me. Let Your light come into my life. Let health, healing and miracles be released in my life, and let me see breakthroughs of salvation and deliverance in my life through Your chosen fast. Let Your power and authority be released in my life. I drive every

stubborn demon out of my life. Let every assignment of hell against me be broken—all pride, rebellion and witchcraft operating in my life will be destroyed through Your chosen fast.”

Believers can also declare the blessings of God in their life: “I humble my soul through fasting; let Your favor exalt me. Let Your anointing increase in my life. Let me enjoy restoration. Let Your covenant blessing and mercy be released on me. Nothing is impossible with You, Lord. Let my impossibilities become possibilities through Your chosen fast. Let my prayers be answered speedily. Guide me and manifest Your glory to me.”

For a slightly different approach, pray and declare the promises God gave his followers in Scripture: “I will fast according to the fast chosen by the Lord (Isa. 58:5). I will set my face toward the Lord God to make requests by prayer and supplication, with fasting, sackcloth and ashes (Dan. 9:3). I will proclaim a fast and humble myself before our God, to seek from Him the right way for my family and all our possessions (Ezra 8:21). I will turn to the Lord with fasting, weeping and mourning (Joel 2:12). I fast to loose the bonds of wickedness, to undo heavy burdens, to let the oppressed go free and to break every yoke (Isa. 58:6). I will fast in the secret place, and my Father, who sees in secret, will reward me openly (Matt. 6:18). I will not depart from the temple of the Lord but will serve God with fasting and prayers night and day (Luke 2:37).”

**John Eckhardt** *is overseer of Crusaders Ministries in Chicago. Gifted with a strong apostolic call, he has ministered throughout the world. He produces a weekly television program, Perfecting the Saints, and has written more than 20 books. Eckhardt lives in the Chicago area with his family.*