

The Power of Fasting

Defraud ye not one the other, except it be with consent for a time, that ye may give; yourselves to fasting and prayer; and come together again, that Satan tempt you not for your incontinency. **-1 Corinthians 7:5**

Fasting brings you through the outer court of your body, through the inner court of your soul and into the Holy of Holies of your spirit, where God resides.

When Jesus cast out the demon, He said, "This kind cometh out not but by prayer and fasting," but He didn't first go pray and fast. He immediately cast the demon out, because He was living a fasted lifestyle.

You cannot wait until the devil comes knocking on your door to pull out your Bible verses and your ten keys to deliverance.

Let us be lean, mean fighting machines in the Holy Ghost, ever ready to face the devil's onslaughts. That is what putting on the whole armor of God is about (Ephesians 6:11). Live a fasted life and be ready for the devil whenever and wherever he knocks!

In fasting, we surrender the desires of our flesh and our spirit man takes charge of our lives. Fasting creates within us an attitude for focusing entirely on Jesus and putting aside self-interests and attention.

**Jesus, I seek Your work in my life through prayer
and fasting. Teach me when I need to pray and
fast for a mighty work of Your Spirit. Amen.**