

Why Fasting is the Hidden Key to Unlocking God's Promises

God refines His people and brings His plans and purposes into their lives in multiple ways. Yet, what if there was one key that God gave to us to know Him better that was drastically under utilized?

In her video, "How Fasting Helps Speed Up Your Manifestation," Katie Souza talk about the power of fasting and seeking the Lord to see the purposes and plans He has for His people come to pass.

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"You want to food fast because you want to afflict your soul with fasting, that's what David said in the Psalms," Souza points out. "When you do that, you hear from God so much better, so much clearer."

Souza says that while fasting is hard and contrary to what we naturally desire, it does a work in us that connects us closer to God and His faithfulness.

"It lifts away the things that are inside your soul that would block you from going to the next level, block you from hearing the revelation of the Lord, block you from expanding your tent bags into that next area of larger dominion and authority," she continues.

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Fasting, however, must be yoked with a desire to delve into your relationship with Christ.

“It’s yoked with a feasting on Jesus,” Souza says. “Meaning, only reading the Gospels, meaning only reading the prophecies about Jesus, only listening to worship music that magnifies Him, that adores Him, that lifts Him up. Only doing Jesus. So, it’s a Jesus feast with a food fast. And I’m telling you what, you’re going to start to see problems melt away, resistance being exposed, demonic assignments being crushed and the manifestation of your promises.”



To order Katie Souza’s new book, “The Serpent and the Soul,” visit .

Souza references 2 Corinthians 1:20 which tells us: “For all the promises of God in Him are ‘Yes,’ and in Him ‘Amen,’ to the glory of God through us.”

“All the promises that you have are contained in Him,” Souza says. “That’s why we must not only food fast, but we must Jesus feast. Because as we feast on the One, who literally all of our promises are yes in Him, we’re going to see all of our promises manifest.”

She continues to make the point that it is Christ and Christ alone who we must lean into and find our refuge.

“We’re fasting and we’re praying and we’re warring, but are we focusing? Are we leaning into Christ? Are we looking only at Him?”

Souza also gives a profound revelation that it is only by spending time with Jesus that we can recognize when counterfeits arise in our lives.

“We’ve got to study more [of] the real deal. Christ is is the real deal. And when we start to spend more time with Him, we will start recognizing the littlest sparks of when He’s working in our life,” Souza says.

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Abby Trivett is content development editor for Charisma Media.