

Defeat Satan With These Fasting Tactics

Fasting is a spiritual weapon that can be used to bring breakthrough in the hardest situations in life. The Bible lays out specific scenarios in which you should implement a fast.

We sat down with Pastor Tammy Hotsenpiller to talk about the key element often missing in the Christian faith today. It wasn't until Tammy and her husband Phil were looking to buy a church building in Anaheim Hills, California that they saw first hand the power of fasting.

Right before the purchase of the building went through their lender pulled out. They called the church to a fast and it came right down to the wire when a miracle happened. Someone came through and helped them buy the building.

In Matthew 17 Jesus approached a crowd of people and there was a little boy who was epileptic and suffering horribly. The father had brought his son to the disciples but they couldn't heal him. Jesus cast out the demon and the disciples later came to Him. In verse 21 it says, "But this kind does not go out except by prayer and fasting."

"What fasting does, it puts my flesh on notice that I am going into spiritual warfare with God," Tammy says. In her book 'Fasting for Miracles: A 21-Day Journey to Seeing Faith Become Reality,' Tammy takes readers step-by-step through the power and discipline of fasting and teach them how to exercise their  faith to see uncounted miracles.

In the Old Testament the Hebrew word for fasting means to shut your mouth. The Greek word in the New Testament means no food. While you may want to abstain from social media, TV or another time-consuming activity, Tammy reminds Christians that fasting

pertains to food.

"Everything in us is stirring to want to gratify the desire of our flesh," she says.

What are some examples that require fasting?

In the example above there are some demonic strongholds that require fasting for breakthrough. If you are struggling with depression, hopelessness or another kind of demonic oppression try fasting for the breakthrough.

Another example is in Esther 4 when Esther is going and warring in her nation and calls for a three day fast with no food or water.

In the book of Daniel you read about him believing for his witness and testimony with the king. He didn't eat meat, sweets, wine or carbs for 21 days.

When Jesus was in the wilderness for 40 days and 40 nights he didn't eat anything. Satan came and tempted Jesus but He had the breakthrough against the lies and schemes of the enemy.

"I would just say we have a personal relationship with Christ. We need to stop and ask the promptings of the Holy Spirit," Tammy says. Your circumstance might not be listed above but ask God if you should fast for the things you are praying for. The purpose of the fast is for power and breakthrough to be released.

Your fast is your offering to God. Sometimes, your fast is your prayer to God. You are honing in on your spiritual senses as you cut out food.

If you struggle to pray while you are fasting Tammy encourages Christians to go on prayer walks. Get out of your environment and talk to God like you would a friend.

God recently told Tammy "fasting is asking in faith."

What are the different types of fasts?

1. Daniel Fast – no vegetables, no meat, no alcohol, no carbs and no sweets.
2. Sun up to sun down – a partial fast.
3. No food at all – an absolute fast.

While you are fasting, remember that it is your offering to the Lord. Stay focused on why you are fasting in the first place.

Tune in to the rest of the interview with Tammy to hear personal testimonies to encourage you on your fasting journey.



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