

Why Your Prayers Aren't Working, And the Ancient Key That Unlocks Breakthrough

Let's be honest, when was the last time you went without food for an entire day just to get closer to God? Not for a diet, not for detoxing, but purely for spiritual breakthrough? If you're like most Christians today, the answer is probably... never.

Pastor Mike Signorelli of V1 Church is calling that out. And he's not holding back.

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"You claim to be a Christian for years, you've probably never only drank water for three full days," he said in a recent sermon. "You can't watch teachings on fasting and experience the benefits of fasting—you have to actually do it."

That's a challenge few believers take seriously today. But according to Signorelli, fasting isn't optional. It's a spiritual weapon, a forgotten discipline that the early church understood was "absolutely necessary for spiritual warfare."

Fasting: Weakening the Flesh to Strengthen the Spirit

Signorelli is currently in the middle of an extended water-only fast, and what he's experiencing is raw, intense, and deeply revealing.

"The deeper you go into the fast, the more you feel like you want to die," he admitted. "Your spirit is saying, 'Yes, die!

Yes, shut up finally! Quit all that stupidity!’”

That might sound extreme, but he’s making a crucial point—our flesh constantly fights against our spirit. It craves comfort, distractions, and self-indulgence. But fasting forces the flesh to shut up and step aside so the spirit can rise.

“The weaker my flesh gets each day, the more my spirit starts to come forward,” Signorelli explained. “It’s my flesh that’s always scared. It’s my spirit that’s bold.”