

FASTING

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As you get closer to your destiny, you begin to realise that you are facing a higher order of Satan's confrontations: e.g. vision killers, destiny killers, strongholds, strong man etc.

This is the stage that requires advanced spiritual warfare with fasting. Man shall not live by bread alone but by the word of God. God desires to intervene in your circumstances, but like Daniel against the Prince of Persia, you may need to seek him more often by prayer with fasting (Daniel 9:3).

1. Introduction

- What is fasting? Abstaining from food and sometimes drinks (partial or complete)
- Fasting - a necessity to dislodge strange powers i.e. heavenly patterns, heavenly wickedness, marine spirits, territorial strongholds, Astral altars, generational patterns and cycles etc.
- Demands prayer conditions of particular (possibly higher) standards.
- Keeping a right attitude when fasting is a critical requirement!

2. Expected outcomes of a God led fast (Isaiah 58:6)

- It will loose the bonds of wickedness
- Undo the heavy burdens
- Let the oppressed go free
- And break unwanted binding and yokes
- The rewards of a God chosen fast (Isaiah 58:8-12)
- The light of God and the full joy of salvation & healing
- God's protection & presence manifested in our lives
- The lighting-up of darkness and oppression
- A new realisation of God's guidance, strength and faithfulness
- True restoration with the revival of God's standards and ideas

3. Confessions and repentance - spiritual cleansing areas

- Sins of thought (Proverbs 23:7)
- Sins of speech (Matthew 12:36)
- Sins of relationship (Matthew 5:23-24)
- Sins of commission (Ephesians 5:5)
- Sins of omission (James 4:17)
- Sins of self-rule and self-reliance (Galatians 2:20)
- Individual repentance comes before collective one (Leviticus 16:6)

4. Spirit of revelation and wisdom (Ephesians 1:17)

- Natural limitations of contemporary warfare thoughts
- The revelation at the East and Central Africa Regional conference (2010) "worshipping technology" (Psalms 81:13)
- The need to rediscover the enduring truth of "The battle belongs to God" (2 Chronicles 20:15)
- Intensive spiritual warfare (Leviticus 26:8)

5. Summary

Prayer can move mountains (Matthew 17:20), but there are those things which cannot go except with prayer and fasting (Mark 9:29). Fasting demands a deep, humble and repentant approach to the throne of grace. God promises to respond to such a broken heart attitude by providing atonement for our sins and by graciously breaking all binding and yokes. When fully combined with the twin weapons of the word of God and the blood of Jesus (Revelation 12:11), it will lead to awesome answers to prayer.

References

Dr. D.K. Olukoya: *Fasting and Prayer Programme*

Dr. Gregory R Frizzel: *Returning to Holiness*

Dr T.L Osborn: *How to Receive Miracle Healing*

Derek Prince: *Life-Changing Spiritual Power*