

Seven Potential Breakthroughs Through Fasting

1. A Deeper Friendship with God (Psalm 42)

Fasting helps us develop a deeper relationship with God. The ultimate aim of any spiritual discipline or practice must always be a deeper and richer relationship with God. God is not the means to an end; He is the end.

We don't fast to make God do something for us or even through us. We fast because we long to remove anything that might distract us from the unequalled pleasure of personally knowing and loving God. Of Developing a friendship with God.

In Psalm 42, David plumbs the depths of his friendship with God in the midst of a fast. Fasting can bring us the reward of God's presence.

2. Renewed Hunger for Heavenly Things (John 6:27)

Fasting gives us an increased spiritual hunger for heavenly things. It is easy to cultivate an appetite for things of this world. Biblical fasting has a way of not only loosening our grip on the world but also loosening the world's grip on us. It is difficult to long for the things of Heaven when all the things of earth keep us completely satisfied. As we empty our stomachs for a short time, we often become more aware of the emptiness in our souls that only God can fill. As we become aware of our hunger pangs in fasting, we also become aware of the true hunger pangs of our hearts as well.

3. Soul Training for Self-Denial (Mark 8:34)

Fasting gives us training in denying ourselves. In a world that constantly invites us to fulfill ourselves, Jesus invites us to deny ourselves. By saying no to the cravings of our bodies for a short time, we train our souls to say yes to the upside down ways that

Jesus invites us to embrace. Self-denial is not about being miserable for the sake of God. It is actually about being joyful knowing that only Jesus knows what is truly best for us. Fasting is a valuable practice for helping us step not this way of thinking.

4. Strength in Temptation (Luke 4:1-4)

Fasting often gives us strength as we face temptations. Jesus fasted for 40 days before being tempted by the devil. And our practice of prayer and fasting will help us walk in the strength and power of our God as we not only face but overcome temptations from our enemy.

5. Clarity in Prayer (Daniel 10 and Isaiah 58)

Fasting often serves to clear the mind and give clarity in prayer. Just as Daniel received an answer from the Lord in a season of fasting, we also can experience levels of clarity in seasons of fasting and prayer. The act of fasting often will open our ears and our hearts more fully to God's answer to our prayers.

6. Humility for Revival (2 Chronicles 7:14)

Fasting often gives us an increased awareness of our need for humility - especially in connection with revival. God is drawn to humility and fasting has a way of bringing us low. It raises our awareness of our own sin and our deep need for God. And only when we are desperate for God are we suitable vessels for revival. Prayer and fasting work to properly position us before God in such a way that God can use us in powerful ways. There is a reason you will be hard-pressed to find any revival in human history the did not start with a deep commitment to prayer and fasting.

7. Freedom from Demonic Strongholds (Mark 9:9)

Fasting can help believers experience freedom from demonic strongholds. In Mark 9, the disciples were struggling to understand why they couldn't cast out a demon that had plagued the life of a young child. Jesus had already given them the authority to cast out demons but they couldn't cast this one out. Jesus told them that this kind of demon only comes out by prayer and fasting. There are times in our spiritual battles that we must come into deeper fellowship and dependence on God through prayer and fasting before gaining the victory.