

FASTING – A KEY TO BREAKTHROUGH

Teacher, I brought you my son, who is possessed by a spirit that has robbed him of speech. ¹⁸ Whenever it seizes him, it throws him to the ground. He foams at the mouth, gnashes his teeth and becomes rigid. I asked your disciples to drive out the spirit but they could not.” Mark 9:17-18

*“This kind can come out only by prayer
and fasting.” Mark 9:29 NKJV*



FASTING BRINGS REWARDS

“When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. ¹⁷ But when you fast, put oil on your head and wash your face, ¹⁸ so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.
Matthew 6:16-18

3 REWARDS OF FASTING AND PRAYER



1. Fasting helps you humble
your soul.

I humbled my soul with fasting...
Psalms 35:13 NASB

For all those who exalt themselves will be humbled, and those who humble themselves will be exalted.” Luke 14:11 NIV

“God opposes the proud but shows favor to the humble.”⁷ Submit yourselves, then, to God. Resist the devil, and he will flee from you. James 4:6-7

*Humble yourselves before the Lord, and
he will lift you up. James 4:10*

HUMILITY OPENS THE DOOR
TO INTIMATE FRIENDSHIP
WITH GOD.

Though the Lord is exalted, He regards the lowly [and invites them into His fellowship]; but the proud and haughty He knows from a distance. Psalm 138:6 Amp

(Isaiah 57:15 NIV) For this is what the high and exalted One says—he who lives forever, whose name is holy: “I live in a high and holy place, but also with the one who is contrite and lowly in spirit, to revive the spirit of the lowly and to revive the heart of the contrite.

For by the grace given me I say to every one of you: Do not think of yourself more highly than you ought, but rather think of yourself with sober judgment, in accordance with the faith God has distributed to each of you.

Romans 12:3 NIV

HUMILITY – AN ACCURATE
ASSESSMENT OF YOUR
STRENGTHS AND
WEAKNESSES.

2. Fasting reveals God's direction
for your life.

While they were worshiping the Lord and fasting, the Holy Spirit said, “Set apart for me Barnabas and Saul for the work to which I have called them.”³ So after they had fasted and prayed, they placed their hands on them and sent them off. Acts 13:2-3

3. Fasting breaks the oppression
of the enemy.

*“Is not this the kind of fasting I have chosen:
to loose the chains of injustice and untie the
cords of the yoke, to set the oppressed free
and break every yoke? Isaiah 58:6*