



MOUNTAIN OF FIRE AND MIRACLES MINISTRIES

International Headquarters, Lagos.

MONDAY SPIRITUAL HOSPITAL (BIBLE STUDIES - 42ND SERIES)

WE WRESTLE (Part 2)

LECTURE 1- FASTING: OLD, BUT EFFECTIVE WEAPON

MEMORY VERSE: Matthew 17:21- *“Howbeit this kind goeth not out but by prayer and fasting.”*

BIBLE TEXTS: Luke 4:1-14; Matthew 17:14-21; Esther 4:15-5:3.

INTRODUCTION: Truly, *“The weapons of our warfare are not carnal but mighty through God to the pulling down of strongholds....”* In the Christian armoury are many fantastic and highly efficacious weapons to confront and demolish satanic assaults, harassment and bombardments. One of such weapons is **FASTING!** Amazingly, many deluded liberalists and those who have been alienated from the kingdom dynamics are erroneously teaching and claiming that Jesus Christ did all the fasting for us. Therefore, contemporary Christians need not fast again. Conversely, on this Mountain, we make bold to state that **FASTING, THOUGH AN OLD WEAPON, STILL REMAINS RELEVANT AND EFFECTIVE!**

A. FASTING FROM BIBLICAL PERSPECTIVE

We shall be looking at what fasting is, under this sub-heading:

1. Fasting is a spiritual exercise that entails abstinence from food for a period of time in order to spend time with God.
2. Fasting is a sacrificial practice aimed at denying oneself the basic necessity of food in order to pray.
3. Fasting is a deep cry of the soul that makes one forsake food and the pleasurable things in order to seek for more of God.

B. FASTING IN THE OLD TESTAMENT

There are many cases of fasting in the old testament which are potent to challenge many contemporary Christians:

1. Moses fasted 40 days on two different occasions. (Exo. 24:18-for the sustaining the presence of God & Exo. 34:28 – to receive the tablets of the law again).
2. Fasting on the day of atonement (Lev. 16:29-30- as a solemn sign of humility).
3. Fasting as a sign of mourning over a loss (Judges 20:26; 2 Sam. 1:12).
4. Queen Esther's marathon fasting for divine intervention (Esther 4:16).
5. Fasting as an expression of personal sorrow (1 Sam. 1:7; 20:34).
6. Fasting as a sign of repentance and sorrow

for sin (1 Sam. 7:5-6; Jonah 3:5; 2 Sam 12: 16; 1 Kgs 21: 27).

7. Fasting as a means of deepening one's prayer life (Neh. 1:8-10; 1 Sam. 1:7-11).
8. Fasting to secure victory on the battle field (2 Chron. 20: 3).
9. Fasting to secure success in a given assignment (Ezra 8:21-23).
10. Fasting for divine protection (Esther 4:16).
11. Fasting in intercessory prayer (Dan. 9: 3-5).

C. FASTING IN THE NEW TESTAMENT

The practice of fasting still continued in the new testament. This could be classified as pre-Christian era and Christian era.

1. **Pre-Christian Era**

- a. Anna (Lk. 2:36-38)
- b. Saul (Acts 9:9)
- c. Cornelius (Acts 10: 30-31)

2. **Christian Era**

- a. Jesus fasted forty days (Matt. 4:1-9).
- b. Jesus taught on fasting (Matt. 6: 16 - 18).
- c. When responding to John's disciples (Matt. 9:14-17).
- d. Jesus taught on the combined power of prayer and fasting (Matt. 17: 14- 21).
- e. The church in Antioch (Acts 13: 1-3).
- f. The church in Galatia (Acts – 14: 21- 23).

g. Fasting in the ministry of Apostle Paul (2 Cor. 6:4-10, 2 Cor. 11: 23-28).

D. FACTS ABOUT FASTING

1. Fasting is a sacrificial spiritual discipline aimed at taming the flesh and strengthening our prayer.
2. Fasting is not a punitive measure and must not be employed as such
3. Spiritual fasting is not a dieting tool.
4. Fasting must be directed at promoting things that glorify God.
5. Fasting, if it must be acceptable to God, must be done with the right motive.
6. Fasting must never be embarked upon to impress others (Matt. 6:16).
7. Fasting is not meant to prove one's spiritual superiority over others (Lk. 18:11-12)
8. Fasting must not be done with ritualistic mentality (Isa.58: 5-7)
9. Fasting must never become a presumptuous tool to atone for deliberate sin (Isa. 58:3-4).
10. Fasting without adequate reading of the Word and Prayer is tantamount to hunger strike.
11. Fasting is one of the spiritual instruments that sharpens our sensitivity to the Holy Spirit.
12. Fasting is a spiritual tinder used by God to ignite the fire of revival.
13. Fasting is a spiritual discipline that must be engaged by every Believer who desires to hunger for more of God.
14. Fasting is a powerful expression of our total dependence on God.
15. Fasting has been a consistent spiritual discipline employed by our church fathers.
16. Fasting is good but living a fasted life is better.
17. Fasting is the gauge of the degree of our discipline.
18. The more will fast, the more will garner spiritual authority.
19. Fasting is a spiritual vitamin that nourishes the spirit-man.
20. Fasting reinforces our spiritual antenna.
21. Fasting has variant modes.
22. Fasting combined with prayer is the gateway to spiritual power.

E. THE FORCE OF FASTING IN CONTEMPORARY TIME

At this juncture, we shall be looking at the

effectiveness of the power of fasting (when combined with Prayer) in our contemporary times:

1. Fasting weakens the recklessness of Mr. Flesh.
2. Fasting mortifies sinful habits and desires.
3. Fasting destroys habitual vicious cycle.
4. Fasting can break the curse of acidic poverty.
5. Fasting can deliver from ancestral evil captivity.
6. Fasting has the power to stop the tide of periodic affliction.
7. Fasting can dry up the evil fountain of sickness and disease.
8. Fasting can resurrect one from the grave of spiritual dryness.
9. Fasting can paralyze demonic assaults.
10. Fasting increases the flame of God's fire in one's life.
11. Fasting is a great aid to effective deliverance exercise.
12. Fasting adds beauty and vitality to one's life.
13. Fasting enhances spiritual growth and relevance.

CONCLUSION: It is a great satanic deception to believe that fasting is an obsolete spiritual exercise which has none relevance in the church today. On the contrary, fasting, when combined with prayer, has great potency to frustrate and crush any satanic manifestation and birth divine agenda.

PRAYER POINTS

1. Powers programmed to paralyze my spiritual life, scatter by fire, in the name of Jesus.
2. I plug my spirit-man into the socket of God's fire, in the name of Jesus.