



Supercharging Your Prayer Life

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Let's face it – no one likes to fast. Especially, those of us who like to eat really, really good food! Fasting puts the flesh under submission, and honestly it's not very pleasant. Fasting is a sacrifice, something we don't like to talk about much. And yet, fasting is a powerful tool – supercharging our prayer life and bringing amazing results in the life of the believer.



Jesus started His earthly ministry after the Holy Spirit led Him into the desert to fast and pray for 40 days. When it was over, not only had He overcome the devil, but Luke 4:14 tells us He returned to Galilee in the power of the Holy Spirit. In the Gospel of Mark 6:16-17 Jesus said; "when you fast..." indicating to us that fasting has a place in the life of one who follows after God. It was fasting, Jesus tells us in Matthew 17:20-21, that enabled Him to cast out a particularly stubborn demon that was tormenting a young boy. Pray and fasting breaks the yoke of bondage – it defeats the works of the devil and brings breakthrough to victory and success.

One of the best books I have read on fasting is Jentezen Franklin's book entitled, *Fasting*. I highly recommend it. It is faith building, balanced and will actually get you excited about fasting! Pastor Jentezen recently taught on *The Benefits of Fasting* from Isaiah 58:6-12 and it was so inspiring I decided to share my notes with you – along with a few added insights I received while putting this together. Let's start with the Amplified Version of Isaiah 58:

Isaiah 58:6-14

6 [Rather] is not this the fast that I have chosen: to loose the bonds of wickedness, to undo the bands of the yoke, to let the oppressed go free, and that you break every [enslaving] yoke?

Fasting releases the bondages that hold us back in life. Fasting lifts oppressive powers – it releases us from demonic oppression. Fasting breaks every yoke – such as bad habits and strongholds that are holding us back from being all we can be. This applies to us personally and others for whom we are praying.

7 Is it not to divide your bread with the hungry and bring the homeless poor into your house — when you see the naked, that you cover him, and that you hide not yourself from [the needs of] your own flesh and blood?



Fasting draws us closer to God and causes us to be conformed to His image – God is a giver, God is generous. Fasting gives us the ability, resources and grace to help our own family and others in need.

8 Then shall your light break forth like the morning, and your healing (your restoration and the power of a new life) shall spring forth speedily; your righteousness (your rightness, your justice, and your right relationship with God) shall go before you [conducting you to peace and prosperity], and the glory of the Lord shall be your rear guard.



Fasting sheds light on the situations we're facing in life. It brings revelation knowledge. We can hear God more clearly. He will answer our questions. He will bring relevant, fresh revelation of His word to apply in our life. Many have been healed through prayer and fasting. Even in the natural, fasting with fresh fruits and vegetables are cleansing to the body. *(Always check with your Doctor before fasting food especially if you are seriously ill. There are many types of fast – if you can't fast food, you can fast distractions such as texting, television and the internet.)*

Fasting calls upon the protection of God to go before us and head off problems in advance. It also protects us from problems that sneak up on us from behind. God is our rear guard – He has our back!

*9 Then you shall call, and **the Lord will answer**; you shall cry, and He will say, **Here I am**. If you take away from your midst yokes of oppression [wherever you find them], **the finger pointed in scorn** [toward the oppressed or the godly], and **every form of false, harsh, unjust, and wicked speaking**,*

Fasting will cause our prayers to be answered quickly. Fasting is a time to repent from acting against the word of God, especially from gossip and backbiting. It's a time to cleanse our hearts before God.

10 And if you pour out that with which you sustain your own life for the hungry and satisfy the need of the afflicted, then shall your light rise in darkness, and your obscurity and gloom become like the noonday.

Fasting will cause you to be sensitive to those who are poor in spirit, those who are hungry for God as well as those who have physical needs. When you fast and pray and take care of those in need, your light shall dawn in darkness. God will cause you to be noticed. He will shine His light on you and give you favor and good success.

11 And the Lord shall guide you continually and satisfy you in drought and in dry places and make strong your bones. And you shall be like a watered garden and like a spring of water whose waters fail not.

Fasting will cause us to be sensitive to the leading of the Holy Spirit. He promises to guide us continually. Even in drought – or tough times, we will be satisfied. (Psalm 1:3 and Psalm 37:19) To quote Jentezen Franklin; *"Fasting helps us to live from promise to promise, not from paycheck to paycheck."* God will meet our needs. Our resources will not dry up – there will be a continuous flow.

*12 And your ancient ruins shall be rebuilt; you shall raise up the foundations of [buildings that have laid waste for] many generations; and you shall be called **Repairer of the Breach, Restorer of Streets to Dwell In**.*



Fasting will help us fulfill the Great Commission. God will use us to bring the lost to Christ, to bring hope to the hopeless, healing and deliverance to the oppressed. He will help us rebuild broken lives through His anointing, His word and His Spirit.



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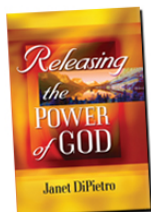
The rest of this passage is also excellent:

13 If you turn away your foot from [traveling unduly on] the Sabbath, from doing your own pleasure on My holy day, and call the Sabbath a [spiritual] delight, the holy day of the Lord honorable, and honor Him and it, not going your own way or seeking or finding your own pleasure or speaking with your own [idle] words, 14 Then will you delight yourself in the Lord, and I will make you to ride on the high places of the earth, and I will feed you with the heritage [promised for you] of Jacob your father; for the mouth of the Lord has spoken it.

A few more words about fasting – spend extra time in prayer when you fast. *A fast without prayer is simply a diet and does not have the power to change or affect anything.* Check your motive for fasting – does it line up with God's word? Be careful not to judge others or compare your fast with another person's fast. When you fast, fast with humility knowing it's God's grace helping you to get through. Do not allow fasting to become legalist or works oriented. We fast because we want to draw closer to God and we want to see God's plan for our lives come to pass. We fast because we want to see the power of God manifest in and through our lives. We fast to bring about the will of God in our lives, our families, our nation and the entire body of believers worldwide!

Once again, if you have a medical condition check with your Doctor before you start fasting food. Also be aware there are many kinds of fasts and many ways to fast. We can fast one particular food such as sweets. We can fast one meal such as breakfast. If we can't fast food, we can make more time for prayer by fasting an activity such as surfing the internet, television or excessive texting and long telephone conversations. The purpose of fasting and prayer is to draw closer to God by spending more time with Him and sacrificing the desires of the flesh.

One of the most popular fasts is the Daniel Fast. The Daniel Fast allows vegetables and fruit and no meat or sweets. There are several versions of the Daniel Fast all of which are good to follow. The whole idea is to put God first and make more time for prayer. For more information on how to fast, how long to fast and other related questions check out Jentezen Franklin's website at <http://www.jentezenfranklin.org/fasting>. God Bless!



Order Dr. Janet's books online and sign up for her monthly e-Newsletter at:

www.jdministries.info

TYPES OF FASTS

- Total Fast:** juices, broths and water
- Daniel Fast:** vegetables, fruits, no meat or sweets (details available online)
- Partial Fasts:**
 - fast from sun up to sundown choose either total fast or Daniel fast
 - fast one type of food; for example sweets, bread
 - fast one meal a day

Fasting Suggestions: one meal, 1 day, 3 days, 21 days

Non-food Fasts: fast time spent on television, internet fast entertainment

Pray and ask the Holy Spirit to direct you as to which fast to go on and how long you should fast. *Always check with your doctor before starting a fast.*