

FASTING AND
PRAYER
WORKS

When It's Between
You And God

By Darryl William Crawford

It Works for the Believer

Prayer and Fasting has so many benefits for "the believer" (one who exercises faith/trust/reliance in GOD'S WAY OF DOING THINGS) and will improve their life (and can improve others lives when understood and correctly applied) inside out.

Nevertheless fasting should always be accompanied with Prayer, otherwise you are just starving yourself and not making any thing happen in your situation or others life.

Prayer must be present.

When applied **correctly**, (using this illustration) **continuous prayer** or **praying the spirit alone** (another name for it is **praying without ceasing**) is like a series of multiple **cherry bombs** going off and it will move things out of the way in the spirit realm. This is certain.

Continuous prayer and fasting is like a series of **dynamite** going off and it will move **greater things** out of the way in the spirit realm.

But to go even deeper, **Continuous Prayer, Periodic Fasting and Continuously Pleading the Blood of Jesus over your life and situations, Hearing and Responding to God's every word each day, Praising and Worshiping HIM AND taking Communion** is a series of **NUCLEAR BOMBS** in the spirit realm and will move **everything** that is **NOT OF GOD** or not from **GOD out of the way.**

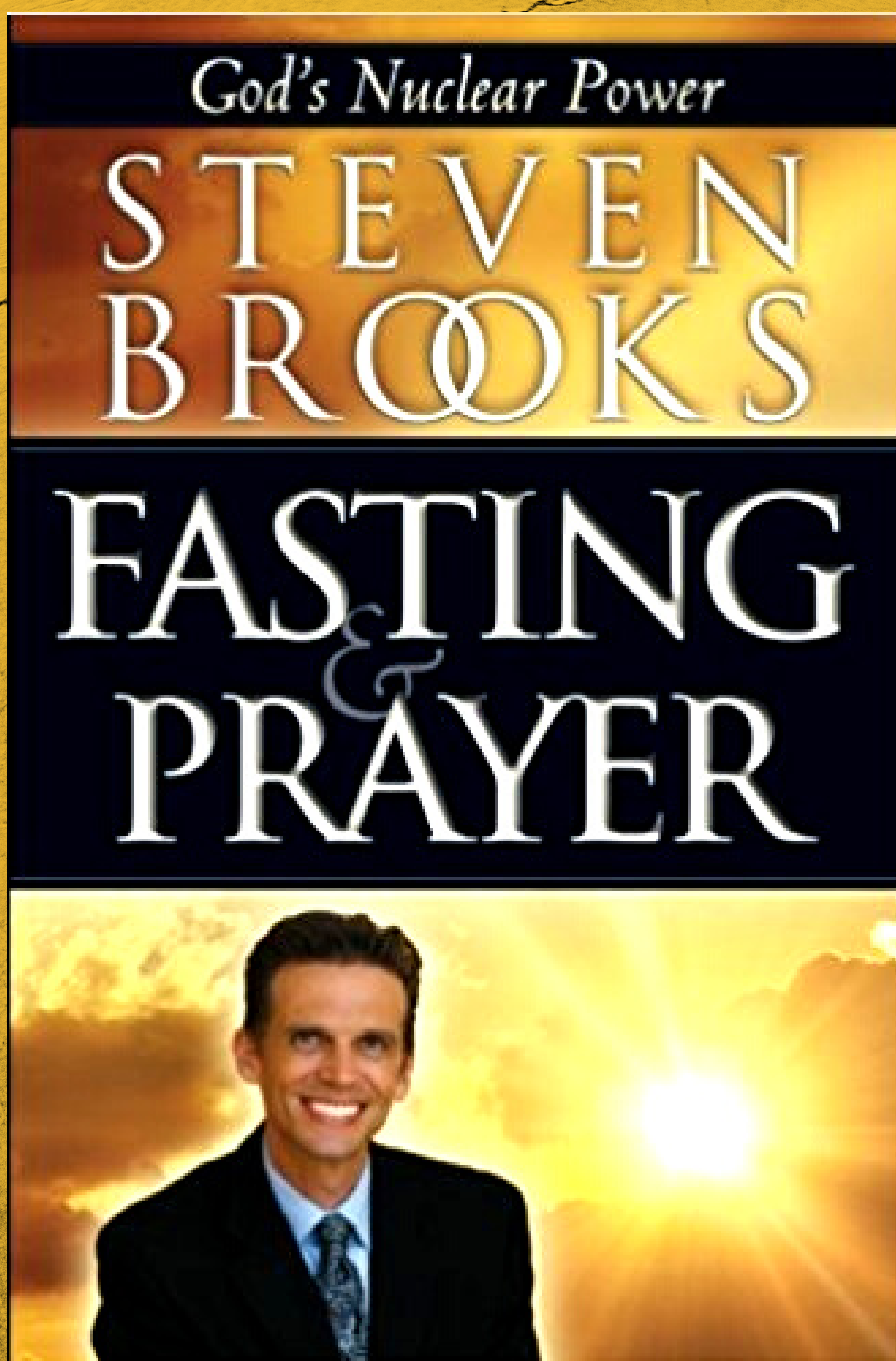
The Bible refers to prayer and fasting as a **necessity throughout a Christian life.**

We read in Matthew 6:16 (New Living Translation) "And when you fast, **don't make it obvious, as the hypocrites do,** for they try to look miserable and disheveled so people will admire them for their fasting. I tell you the truth, that is the only reward they will ever get." We notice that it clearly says "**And when you fast**" and not "And if you fast."

Other Fasting mentioned in the Bible: Deuteronomy 9:18, Matthew 4:2, Matthew 9:15 and Luke 2:37, there are more.. .

For further study on fasting, I would search on the internet for this book titled **"God's Nuclear Power, Fasting and Prayer by Steven Brooks.**

Or by clicking the picture below you can **go directly to his ministry store** and purchase this book and others by Steven Brooks.



But why does God tell us to fast?

In Ephesians 6:12, we were clearly told that:
"we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of darkness of this world, against spiritual wickedness in high places.

The Amplified Bible says in Ephesians 6:12:
:For we are not wrestling with flesh and blood [contending only with physical opponents], **but against the despotisms, against the powers, against [the master spirits who are]** the world rulers of this present darkness, **against the spirit forces of wickedness** in the heavenly (supernatural) sphere.

Fasting and prayer is needed when we wrestle with doubt or unbelief and fasting and prayer causes our flesh to go down and for our spirit to rise up. Fasting coupled with prayer destroys burdens and removes yokes, which all comes from the enemy (satan and his wicked demons).

Also when we read the story of Jesus How he cast out a spirit (wicked spirit) in Mark: 9:29: And he said unto them, This kind can come forth by nothing but by prayer and fasting.

There will be some things in our life that prayer alone will not move it, period.

Fasting isn't just for cleansing, detoxing the body and such (also very beneficial) but it also has an equivalent spiritual cleansing - spiritually healing component also! The same as our natural, body has need to be cleansed to once more be made as healthy as possible ... **so does our spirit.** We are spirit beings, we have a soul and we live in a body. When you fast you will notice that time **SEEMS** to go's by very slowly. That's a good thing so that **you can consume God's word and or hear from HIM directly** and you can hear and see (spiritually) more clearly. You would be surprise how much noise there is when you fast. **When you are full of food you don't notice it.**

Again when you are **full of God's word** and **fasting** you hear Him **much more clearly** you will see these better (in the spirit about yourself and other things). When you fast and pray you have to keep in mind that there is a reason why you are doing this and **not just going through the ritual** of fasting and praying. **You are going somewhere you have never gone before and receiving something you never received before concerning that particular situation or circumstance.**

ONE WORD FROM GOD CAN CHANGE YOUR WHOLE LIFE!

One word from God can and will change your life when you believe in Him and that you are going to get your prayers answered through prayer and fasting and get results.

Just think if you're **one word** from receiving your **breakthrough**, one word from **knowing** what you didn't do, one word from God to **know your next course of action.**

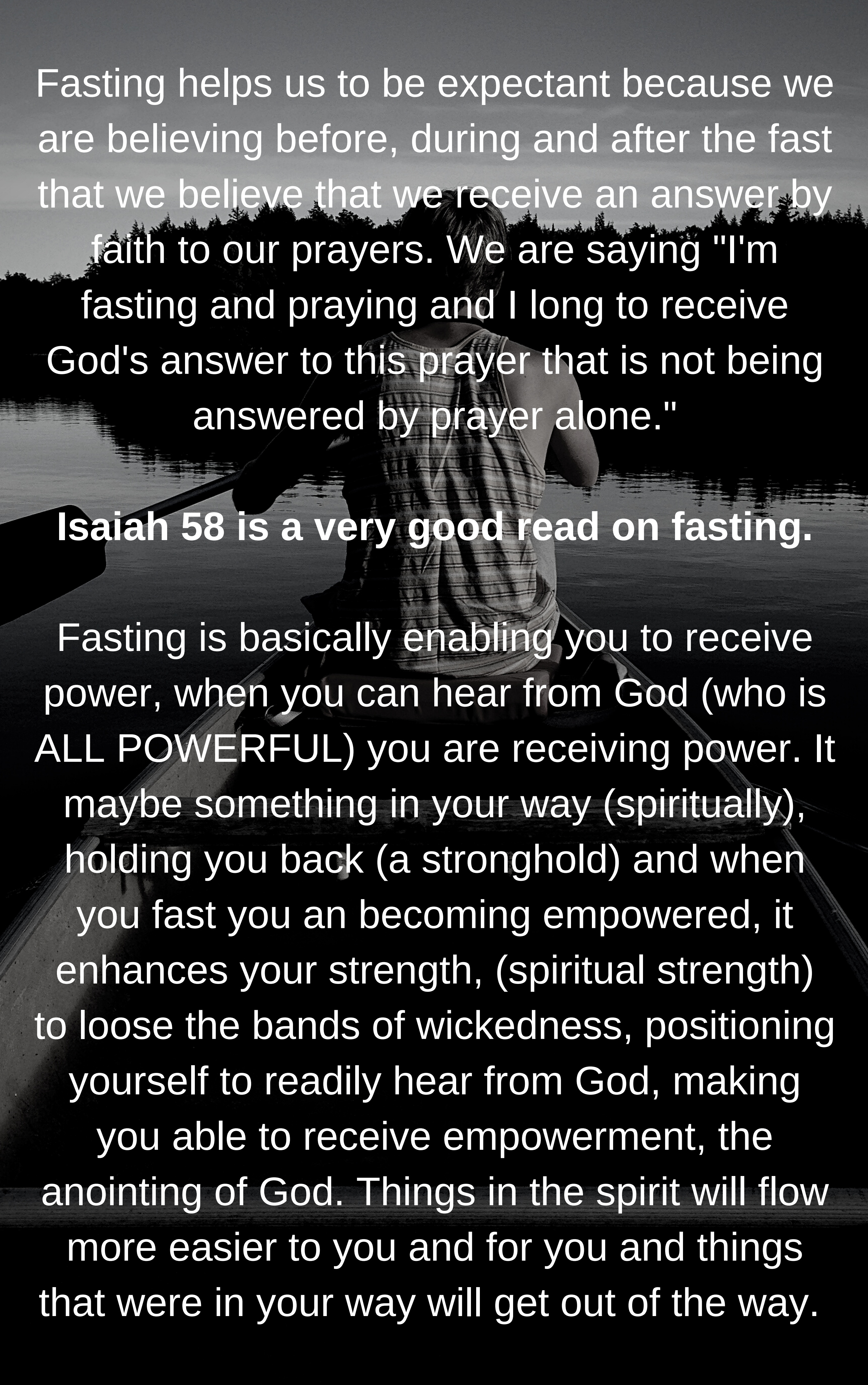


And all this time all you needed to do was to **hear from GOD clearly** and so you fasted and prayed and heard God clearly **this time?**

GLORY TO GOD...YOU'RE ON YOUR WAY!

ONE WORD OF GOD CAN REALLY CHANGE YOUR LIFE! HALLELUJAH!

IT'S TRUE! Nevertheless **God is always speaking to us** and we can always clearly hear HIM when we are in a committed relationship with HIM. However at times we **need to fast and pray to completely hear him**, to empower us and remove burdens and destroy yokes which the devil tries his best to distort our receiving or hearing with doubt or unbelief.



Fasting helps us to be expectant because we are believing before, during and after the fast that we believe that we receive an answer by faith to our prayers. We are saying "I'm fasting and praying and I long to receive God's answer to this prayer that is not being answered by prayer alone."

Isaiah 58 is a very good read on fasting.

Fasting is basically enabling you to receive power, when you can hear from God (who is ALL POWERFUL) you are receiving power. It maybe something in your way (spiritually), holding you back (a stronghold) and when you fast you are becoming empowered, it enhances your strength, (spiritual strength) to loose the bands of wickedness, positioning yourself to readily hear from God, making you able to receive empowerment, the anointing of God. Things in the spirit will flow more easier to you and for you and things that were in your way will get out of the way.

Fasting is a way to subdue the body to **raise up the spirit**, it enables your spirit to control your body. Again we are not our bodies, we are in fact Spirit Beings, having a soul in living in a temporal body because our spirit is eternal. During a fast you move from ordinary to **extraordinary**.

You will see things about yourself and other things you couldn't see before. **It's a way of refilling the lamp in your life**. Sustaining the anointing in your life or empowering, enabling yourself or you and others to have victory in a situation.

Now today we are being lied about who we are, programmed, through so many ways that at times we have a hard time to hear God. **Fasting empowers us** to hear from God, builds us up, refuels us for the coming days, weeks and months ahead. You can fast many ways. **However when you fast and pray, I must say that you should ask God that you will have a "supernatural grace" over you when you fast.**

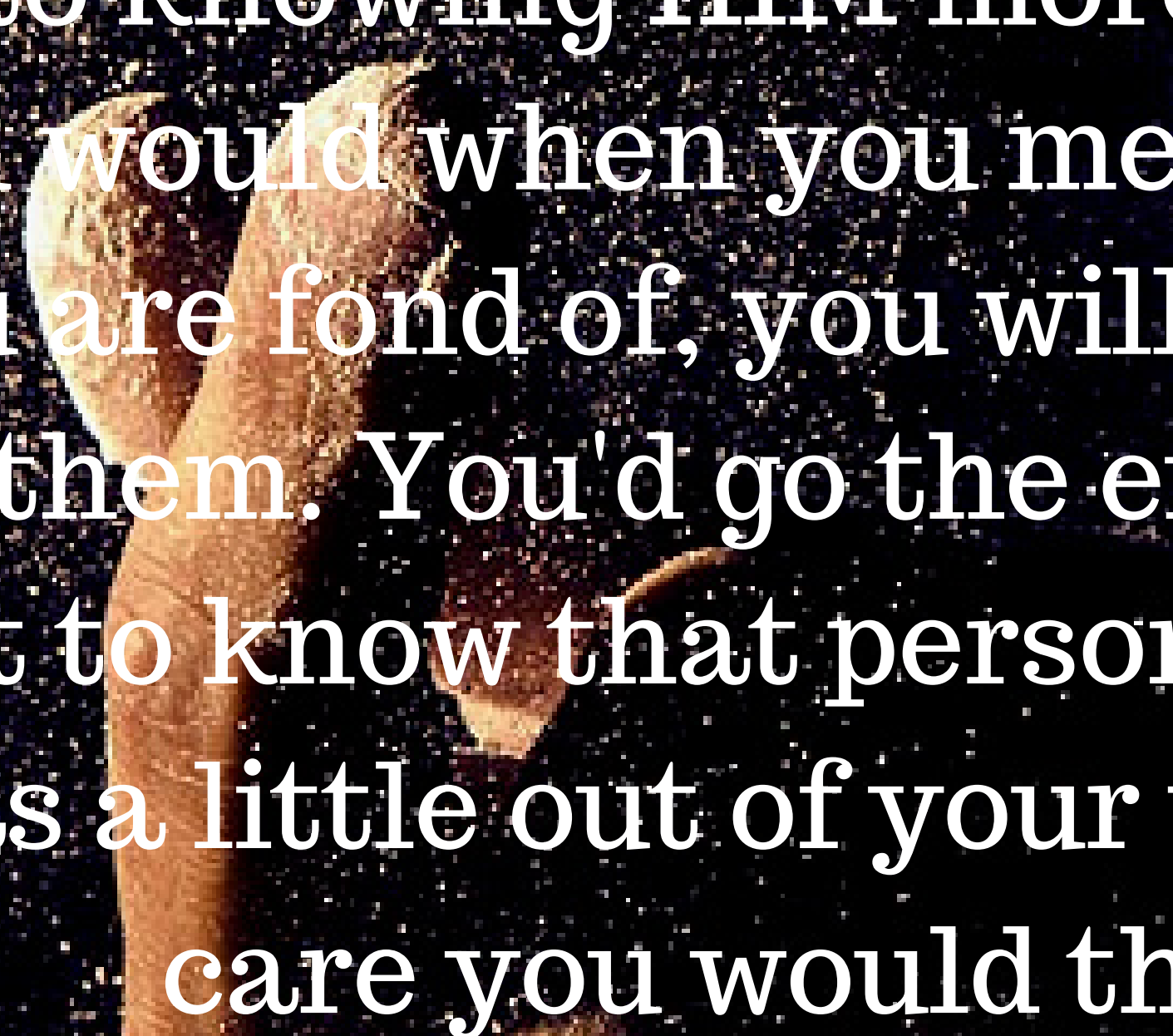
Pray when you fast, read the word of God as you are led and be quick to listen and respond to what God will tell you.

If you never fasted before make sure your doctor says it's OK for you to fast.

Most know of the **24 hour fast, 3 day fast, 21 day fast and 40 day fast.** (Note there are some forms of light fasting for example, fasting from activities that can rob you of time from God at times, like the Phone, TV, reading the news etc., for a time period and to use that time to get closer to your maker).

If we talk on the phone 50-70 hours a week and only pray to God 1 hour a week, **for the Christian**, there is something wrong with that picture.

If we watch 30-50 hours of TV a week and only read the bible one hour a week, again **for the Christian**, there is something wrong with that picture. Maybe once in a while we need to flip the script more often.



Often when we devote that time for GOD it doesn't mean that we are doing all the talking to GOD, it means that we are investing time into knowing HIM more. Just like you would when you meet someone you are fond of, you will make time for them. You'd go the extra mile to get to know that person, even if it was a little out of your way. If you care you would that is.

Here's one truth you can hold on to, **GOD THINKS ABOUT YOU ALL DAY EVERY DAY, ALL NIGHT EVERY NIGHT AND ALWAYS WILL MAKE TIME FOR YOU.** God cares about you! More than you can fathom!

Fasting helps set the priorities in our lives.

Fasting is disciplining the body, mind, and spirit.

(Prov. 25:28)

1. It honors God - (Mathew 6:16-18, Luke 2:37, Acts 13:2, Mt 5:6)

2. It Humbles you; dethroning selfishness; pride - (2 Chronicles. 7:14-15)

3. Repentance - personal failures - (Psalm 51, Jeremiah. 29:11-14, James 4:8-10)

5. Discernment - obtaining healing - (I Cor. 11:30, James 5:13-18, Isaiah 59:1-2)

6. Deliverance from sinful bondage - (Matthew 17:21, Isaiah 58:6-9: loose bands of wickedness)

7. Destroying strongholds of doubt and unbelief whereby increasing one's faith for more effective ministry - (Mark 9:29)

8. Increased confidence and effectiveness in our prayer-life - (2 Corinthians 10:4)

9. Revelation - God's vision and will - (Daniel 9:3, 20-21, Daniel 10:2-10, 12-13)

10. Revival - personal and corporate - (Acts 1:4, 14 / 2:16-21, Joel 2:12-18)

11. And last for the very serious believer and even though they may have nothing wrong in their life they may just want to go the extra mile just because and as a believer just wants more of God in their life or fast on behalf of another person for their break through, deliverance, etc. and yes God loves to see this.

Fasting helps us to be **less selfish** and helps us to **intercede for others**. Yes you can intercede for others.

In the Bible **Esther fasted on behalf of her people:**

Esther 4:13-16,

Darius fasted in concern for Daniel:

Daniel 6:18-24,

also **you can pray and fast for personal intervention** as in

Daniel, who fasted regarding a mysterious vision from God:

Daniel 10:3-13.

and so on.

Think of it like this **you're not changing God's mind on the matter**, HIS will for you is that you prosper but when you add fasting along with your prayers, **you are giving HIM 100% attention**, so HE is more likely to drop some jewels (**knowledge, wisdom, understanding, revelation, etc.**) your way for doing so.

Now, God will at times answer your prayer without fasting however, **when you have been asking for sometime and nothing has happened you should fast** so you can hear from God. There could be some doubt or unbelief that you are not even aware of.

Or perhaps you are just missing a vital part of the puzzle, or maybe you have missed the whole thing and are (thinking or saying or doing) building the wrong puzzle (self deception), confused with misdirection, befuddled or just (mildly) ignorant and one doesn't know left from right about a particular situation.

Sincere fasting and prayer clears the air.

Trust me I can say I've been there dozens and dozens of times and when we finally realize without God plans, we'll always **(I mean 100% of the time)** miss the mark or God's Perfect Will and God's Perfect Will is for us to prosper. To be completely honest, **I had to just decrease so God could increase** me no matter how right I thought I was. It's Ok to be wrong and learn from your mistakes. This is sooooo true.

Just think, **perfection (GOD)** knows everything, and if you have a question, at first you **ask** (prayer).....no answer yet, then you **seek**, search to find out what could be deafening your spiritual ears from God, (un-forgiveness, bad habits, etc.).....no answer yet, then you must **knock on the door, with fasting prayer.**

It's an important part of a Christian's lifestyle. It's not for doubters who don't believe in much (to be blunt) but **it is for believers who want change** and have an expectant end and desire to see it happen **in the name of Jesus.**

Finally I would like to encourage you to do everything possible to hear from God because God is always talking to us, sharing wisdom for our own good and the good of those in our life.

When you first start out you may need to start with fasting from 2-3 meals and devoting that time to God and then the one day fast, (which is called the **normal fast**) drinking water (not cold water which will stimulate hunger), but room temp. water.

Spend that time **hearing the word of God, reading the word of God, declaring the word of God, praying in the spirit** and then **soaking** and listening to God speak to you.

There also the **Partial Fast** which means you only eat or juice vegetables and drink water. Examples of this fast, seen in the bible are with regards to Daniel, Shadrack, Meshach and Abednego who ate only vegetables and drank only water (Daniel 1:15) and later on when Daniel alone practiced a limited diet for three weeks (Daniel 10:3). Some people argue that this isn't really a fast at all, but as Daniel said in Daniel 10:3 does use the word "mourned" which is a Biblical occasion for fasting, and a common synonym for fasting, which moved God and repositioned Daniel and God moved mightily through his life.

For the **seasoned and serious believer**,
fasting **1-3 days** is very good.

For those that are very hungry for God's intervention and are **well seasoned in their faith and have their doctor permission**, fasting **3-7-21** days is not easy but with a doctor's approval is **extremely powerful for the believer**.

(NOTE: WHILE FASTING, **YOU THE BELIEVER ARE BELIEVING THAT YOUR CONCERNS, YOUR PRAYERS ARE GOING TO BE HEARD AND ANSWERED, PERIOD. NOT STARVING YOURSELF BUT YOU ARE GETTING SERIOUS ABOUT SOMETHING AND YOU NEED SOME SUPER ON YOUR NATURAL,- SUPERNATURAL SOME EXTRA ON YOUR ORDINARY - EXTRAORDINARY** - because with prayer alone (**at times**) some things are not happening for you or some else.

Fasting helps us to pray persistently and seriously. Also fasting **should never be viewed as a contest** of who can fast the longest. **God doesn't honor that anyway** so be sure to keep this fasting and prayer time between you and God **unless you are doing corporate fasting and prayer or fasting and prayer with believers who have your best interest** but over all keep it between only those involved.

Jesus fasted for 40 days and so did Moses, however these men were strong in the faith and God called them to do so. Don't ever go on such a long fast passed 21 days unless you know that you know that it is the LORD leading you to do so.

If ever you start a fast and not be able to finish it, **don't ever condemn yourself.**

GOD WILL NEVER DO THAT, know that IS THE LIAR, the deceiver, satan the devil, so don't be fooled and know who's who.

Just praise GOD for the time you were able to go whether it was 1 day or 1 month or anywhere in between. It's not just the length of time but your heart, your motive, to hear from him, to please him, to grow with him.

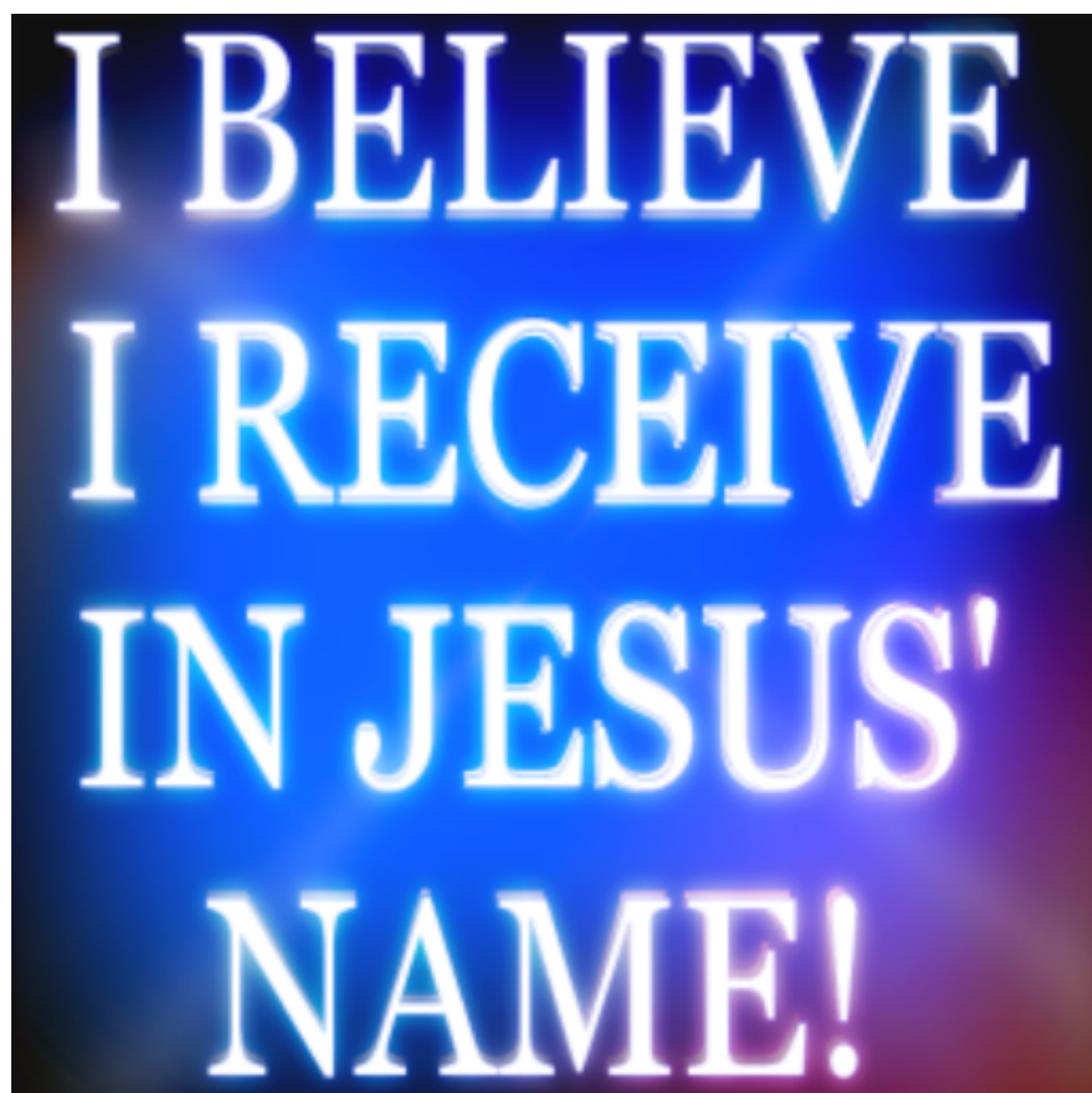
Praise HIM anyways and always!

I would add it's good to have **soaking music** going on during your fasting, hearing the word of GOD, listening to God, resting in his presence (**SOAKING**) and not really thinking about anything or anyone but GOD.

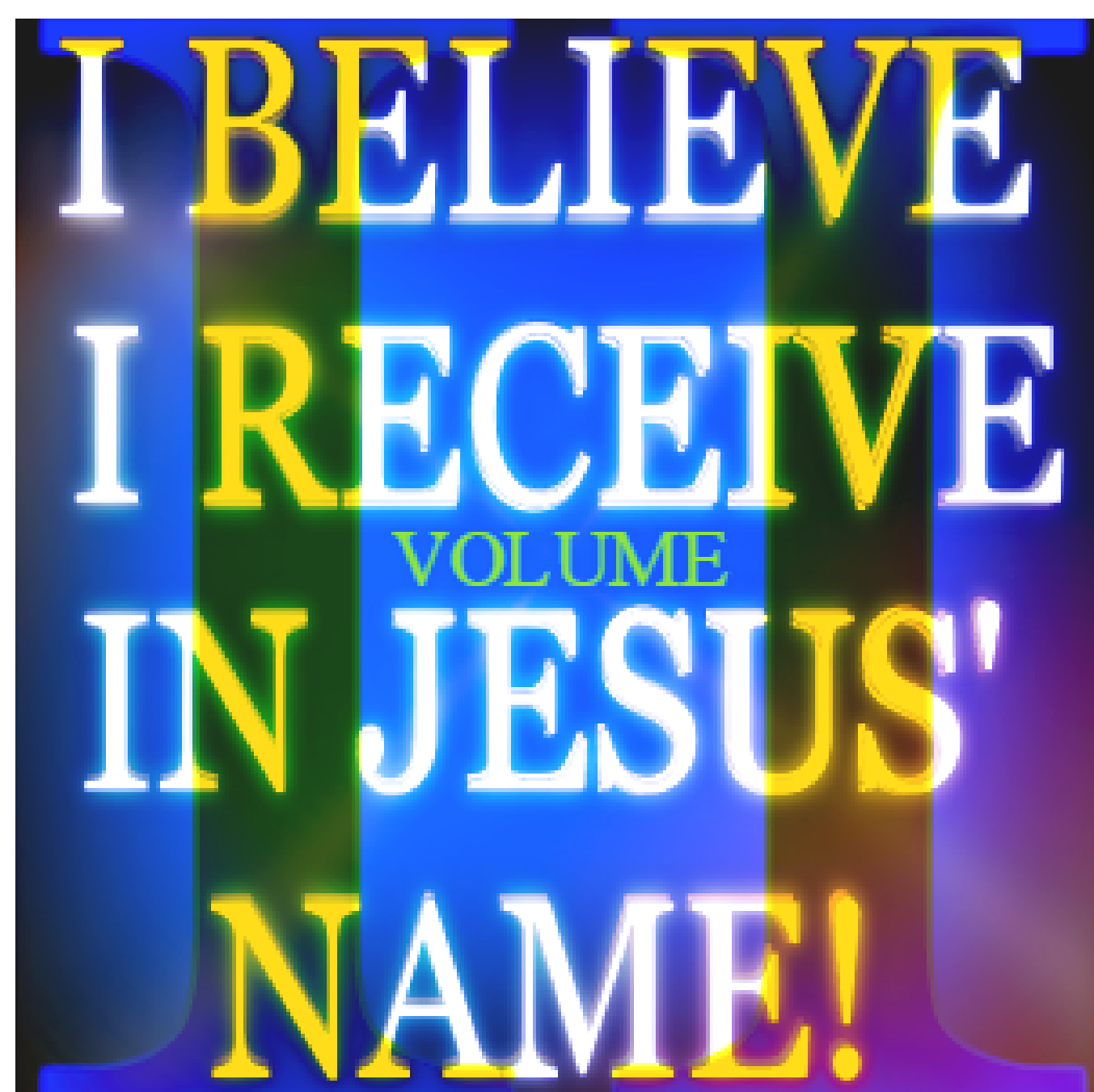
Praying the spirit is a huge bonus also.

I hope and pray this is a
blessing to you.

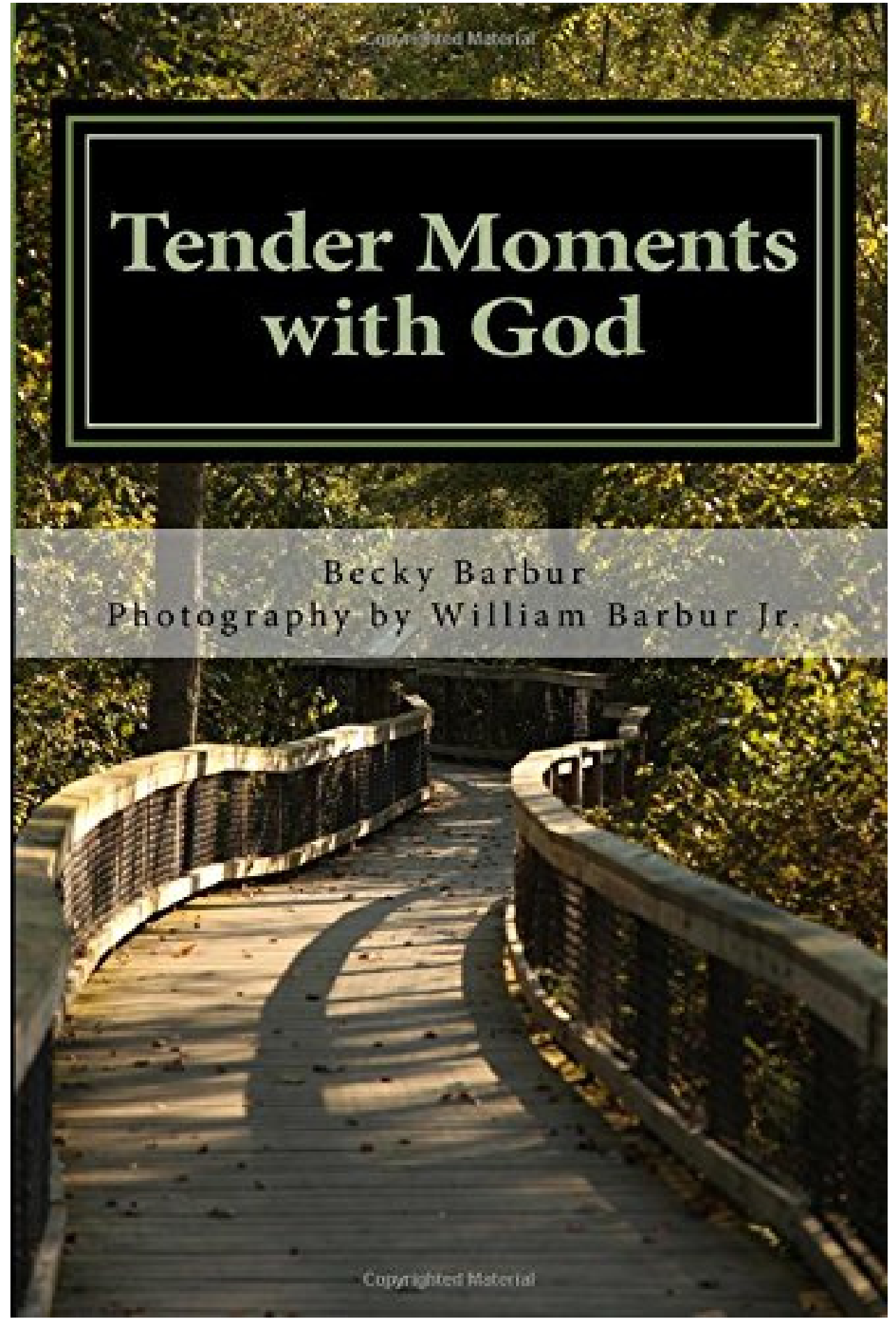
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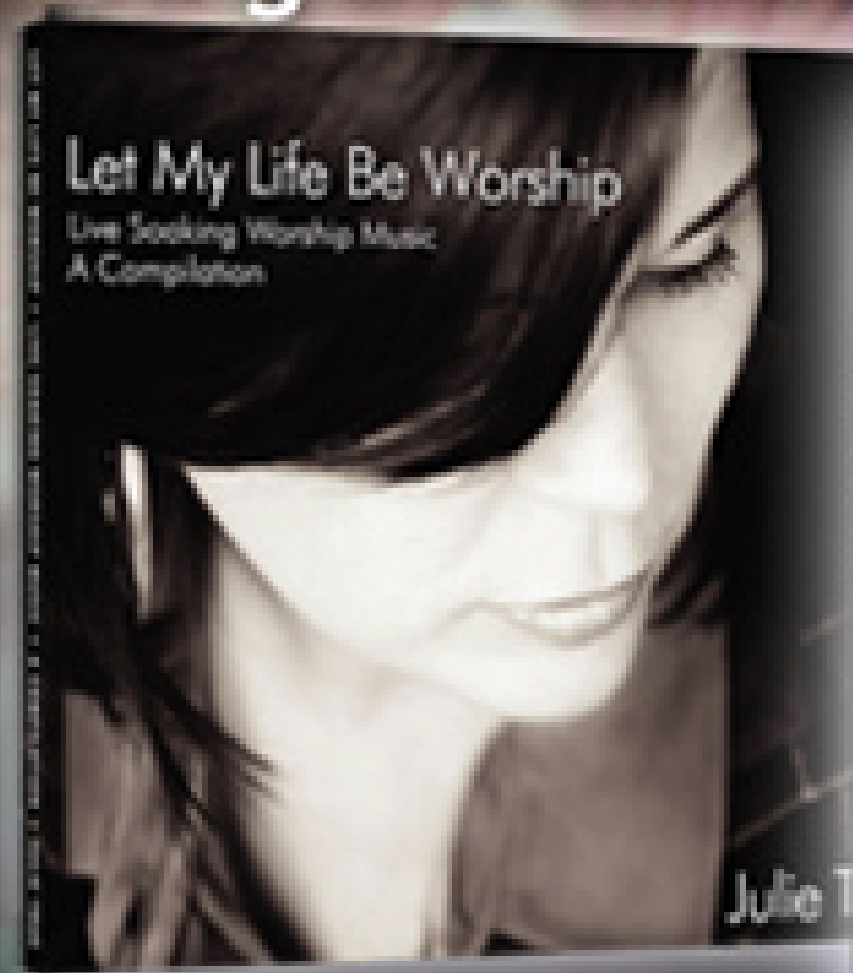
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