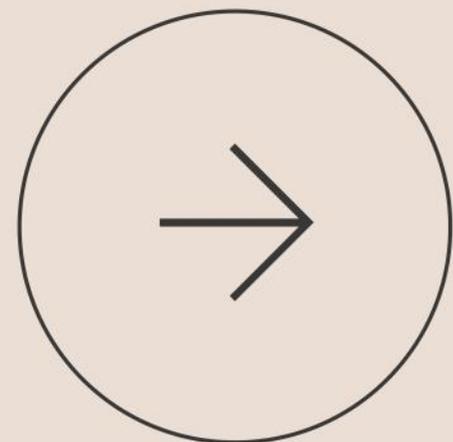


The Top 10 Advantages of Combining Fasting and Prayer



Hungry for God

FASTING IS A CRUCIAL ASPECT OF THE CHRISTIAN FAITH. IT HOLDS GREAT SIGNIFICANCE, AS EVEN JESUS HIMSELF PRACTICED IT BEFORE STARTING HIS MINISTRY. AFTER BEING BAPTIZED BY JOHN THE BAPTIST AND RECEIVING DIVINE CONFIRMATION, JESUS EMBARKED ON A 40-DAY FAST IN THE WILDERNESS. THIS HIGHLIGHTS THE IMPORTANCE OF FASTING AS A SPIRITUAL DISCIPLINE.

HOWEVER, THE ENEMY, SATAN, TRIES TO HINDER OUR UNDERSTANDING AND PRACTICE OF FASTING WITH PRAYER. HE KNOWS THAT ENGAGING IN FASTING CAN GRANT US SPIRITUAL POWER AND ENHANCE OUR SPIRITUAL JOURNEY. AS FOLLOWERS OF JESUS, IT IS ESSENTIAL FOR US TO INCORPORATE FASTING INTO OUR FAITH PRACTICE IF WE WISH TO SUCCEED.

EVEN AFTER JESUS ASCENDED TO HEAVEN, THE EARLY CHURCH CONTINUED THE HABIT OF FASTING WITH PRAYER. THIS DEMONSTRATES ITS CONTINUED SIGNIFICANCE IN THE CHRISTIAN COMMUNITY.

WHILE THERE ARE NUMEROUS BENEFITS TO FASTING WITH PRAYER, HERE ARE THE TOP 10 BENEFITS AS MENTIONED IN THE SCRIPTURES. I ENCOURAGE YOU TO REFER TO YOUR BIBLE, WHETHER IN PHYSICAL OR DIGITAL FORM, TO EXPLORE THESE REFERENCES AND DISCOVER THE EXCITING INSIGHTS THEY HOLD.

Hungry for God

Having the power to overcome Satan and his followers

01

IN THE JOURNEY OF MATTHEW 4:1-11, JESUS SHOWED HIS AUTHORITY OVER SATAN WHEN HE RESISTED TEMPTATION DURING A LONG PERIOD IN THE WILDERNESS. IN VERSE 11, IT IS MENTIONED THAT THE DEVIL LEFT HIM AND ANGELS CAME TO HELP HIM. LUKE ALSO WRITES IN LUKE 4:13 THAT AFTER ALL THE TEMPTATIONS, THE DEVIL LEFT JESUS UNTIL ANOTHER FAVOURABLE OPPORTUNITY. IF YOU WANT TO KEEP THE DEVIL AWAY FROM YOU FOR A WHILE, AS HE CAN BE BOTHERSOME, THE BEST THING TO DO IS TO DEVELOP A REGULAR HABIT OF PRAYER AND FASTING. THIS WAY, WHEN HE COMES BACK TO TEMPT YOU AGAIN, YOU WILL BE PREPARED.

Hungry for God

Getting ready for God's work

02

BEFORE JESUS STARTED HIS MINISTRY, HE FASTED FOR 40 DAYS. THIS DOESN'T MEAN THAT EVERYONE MUST FAST FOR 40 DAYS TO SERVE GOD. THE SCRIPTURES PROVIDE VARIOUS EXAMPLES OF DIFFERENT TYPES OF FASTING. MAY THE HOLY SPIRIT GUIDE YOU AND HELP YOU DISCERN WHAT IS BEST FOR YOU. REFER TO LUKE 4:1-13 FOR MORE DETAILS.

Hungry for God

Clearly understanding God's will in any situation

03

GOD CAN COMMUNICATE WITH US AT ANY TIME, WHETHER WE ARE FASTING OR NOT. HOWEVER, IT IS IMPORTANT TO REMEMBER THAT WE ARE ENGAGED IN SPIRITUAL BATTLES, AND SOMETIMES WE NEED EXTRA SUPPORT. IN THE STORY OF DANIEL, HE FASTED FOR 21 DAYS AND RECEIVED IMPORTANT INFORMATION FROM AN ANGEL ABOUT A DEMON PRINCE WHO HAD RESISTED HIM. THESE INSPIRING PROPHETIC WORDS ARE STILL RELEVANT TODAY.

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Praying to Heaven for God's will to be fulfilled

04

IN LUKE 2:36, WE LEARN ABOUT A WOMAN NAMED ANNA WHO LIVED IN THE TEMPLE AND DEDICATED HER LIFE TO SERVING GOD THROUGH FASTING DAY AND NIGHT. THIS WOMAN, WHO HAD A PROPHETIC GIFT, HAPPENED TO BE PRESENT WHEN BABY JESUS WAS BEING DEDICATED IN THE TEMPLE. IT IS RECORDED THAT SHE IMMEDIATELY GAVE THANKS TO THE LORD AND SHARED ABOUT HIM WITH ALL THOSE WHO WERE WAITING FOR REDEMPTION IN JERUSALEM.

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A Pleasing Sacrifice to God

05

PAUL URGES HIS FELLOW BELIEVERS TO OFFER THEIR BODIES AS A LIVING SACRIFICE TO GOD, WHICH IS A REASONABLE ACT OF WORSHIP. IN MY ARTICLE TITLED "FASTING AS A LIVING SACRIFICE," I DELVE DEEPER INTO THIS CONCEPT.

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Seeking Divine Guidance

06

DURING A TREACHEROUS JOURNEY TO ROME, PAUL AND HIS COMPANIONS FACED A SHIPWRECK ON THE ISLAND OF MALTA DUE TO A POWERFUL STORM CALLED EUROCLYDON. HOWEVER, THROUGH DIVINE PROVIDENCE, THEY WERE SAVED FROM THIS DIRE SITUATION. IN THE MENTIONED VERSES, PAUL FASTED AND PRAYED, SEEKING GOD'S INTERVENTION AND RECEIVED ASSURANCE FROM AN ANGEL THAT NO LIVES WOULD BE LOST.

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Making Covenants with God

07

WHEN WE MAKE SACRIFICES, SUCH AS SPIRITUAL FASTING, GOD SEES IT AS A COVENANT BETWEEN HIM AND HIS SAINTS. THE TERMS AND DETAILS OF THE COVENANT ARE DETERMINED BY GOD. THIS PRINCIPLE APPLIES TO ANY SACRIFICE GOD ASKS OF US. PSALM 50:23 SHEDS MORE LIGHT ON THIS TOPIC. YOU CAN FIND ADDITIONAL INSIGHTS IN MY ARTICLE TITLED "FASTING AS A LIVING SACRIFICE."

Hungry for God

Humility and Transformation through Fasting

08

FASTING IS A POWERFUL WAY TO HUMBLE ONESELF. THE PRESENCE OF FOOD OFTEN LEADS HUMANS TO BECOME SELF-INDULGENT. INTERESTINGLY, THE DOWNFALL OF ADAM AND EVE IN THE GARDEN STARTED WITH FOOD, AS DESCRIBED IN GENESIS 3. PURPOSEFULLY ABSTAINING FROM MEALS CAN BRING ABOUT A HUMBLING EFFECT AND A POSTURE OF REPENTANCE. HOWEVER, IF ABSTINENCE IS NOT INTENTIONAL, IT CAN LEAD TO QUICK ANGER OVER MINOR PROVOCATIONS. DAVID, IN PSALM 35:13, SHARES HIS EXPERIENCE OF HUMBLING HIS SOUL THROUGH FASTING.

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The Liberation of a Nation

09

WHEN HAMMAN ATTEMPTED TO ANNIHILATE THE JEWS IN THE ASSYRIAN KINGDOM, ESTHER AND HER MAIDENS FASTED FOR THREE DAYS. GOD INTERVENED MIRACULOUSLY, SAVING THEM AND DEFEATING THEIR ENEMIES. ALTHOUGH THE WORD "GOD" IS NOT EXPLICITLY MENTIONED IN THE BOOK OF ESTHER, THE ENTIRE STORY DEMONSTRATES HIS UNDENIABLE CONTROL AND PRESENCE.

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A Healthy Body

10

MEDICAL RESEARCHERS HAVE DISCOVERED THAT FASTING, EVEN WITHOUT INCORPORATING PRAYER (NON-SPIRITUAL FASTING), OFFERS NUMEROUS HEALTH BENEFITS. HERE IS A LINK TO A NON-RELIGIOUS ARTICLE ON THIS TOPIC:

https://www.healthline.com/nutrition/fasting-benefits#TOC_TITLE_HDR_2

Hungry for God

Fasting & Prayer

HAS THE LORD BEEN PROMPTING YOU TO FAST? ARE YOU HESITANT OR SIMPLY UNMOTIVATED? UNDERSTANDING THE PERSONAL AND OVERALL BENEFITS FOR YOURSELF AND GOD'S KINGDOM MAY ENCOURAGE YOU TO TAKE DELIBERATE STEPS FORWARD. REMEMBER, GOD IS FAITHFUL AND WILL MEET YOU WHERE YOU ARE. MAY YOU EXPERIENCE INCREASED STRENGTH AND BLESSINGS TODAY AND ALWAYS, IN THE NAME OF JESUS.

Hungry for God