

Ruling Your World Through Prayer With Fasting

“Howbeit this kind goeth not out but by prayer and fasting” (Matthew 17:21).

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Christ unravelled fundamental truths for the benefit of mankind on fasting including the:

1. Necessity of fasting when he taught **“Moreover, when (not if) ye fast...”** (Matthew 6:16);
2. Importance of fasting when He declared **“Howbeit this kind goeth not out but by prayer and fasting”** (Matthew 17:21).

The story of the battle between Israel and the tribe of Benjamin in Judges 20:1-35 illustrates this very clearly. Two times they prayed and heard from God, before the wars and two times they were defeated. On the third time they added fasting to their prayer and won in their next battle. Therefore, fasting in addition to prayer is the key for ruling your world. However, Zechariah 7:5 points out the salient truths - that for prayer with fasting to be effective, it must be:

1. God led, directed or ordained
2. Governed by right motives
3. Driven by specific needs
4. Focused on desired results
5. Performed with a determination to minister unto The Lord (Acts 13:2)

Many have found fasting combined with prayer to be a powerful weapon for controlling their world because fasting brings the flesh under (i.e. off the throne) (I Corinthians 9:27) thereby making room for God to rule in their situations. You too can discover this power and victory! God is the same yesterday, today and for ever (Hebrews 13:8). His word is for ever settled in Heaven (Psalms 119:89). Be therefore, inspired by these examples to rule your world through fasting and prayer:

1. Defeat ruled Israel's world despite praying

“Jesus said unto him, If thou canst believe, all things are possible to him that believeth” (Mark 9:23).



and hearing from God on two occasions, until they primed their prayers with fasting (Judges 20:1-35).

2. Three days prayer and fasting (Esther 4:16) averted crisis of the destruction of the Jews through Haman's plot.
3. Saul's 3 days (Acts 9:9-18) fasting and prayer brought miraculous restoration of sight and deliverance from crisis. Similarly, the Amalekite was healed after 3 days fasting and prayer (I Samuel 30:11-15).
4. Daniel's 21 days partial fast (Daniel 10:2-3,14) brought divine revelations / victory (see also Daniel 9:3,23).
5. Divine judgment was lifted off wicked Ahab when he humbled himself, fasted and prayed (I King 21:27-29).
6. Forty days supernatural fast by Jesus brought dominion (Luke 4:1-2,14). The same was true of Moses and Elijah.
7. Fresh consecration and Spiritual renewal are produced through prayer with fasting (Psalms 35:13; Leviticus 23:27; Jeremiah 36:6).

Fasting is a potent weapon for victory and dominion in today's world, but we must heed Christ's admonition not to make fasting a bondage like the Pharisees did. Knowledge is only of benefit when it is put to good use (John 13:17). **Tap this potential today and begin from now to rule your world!**