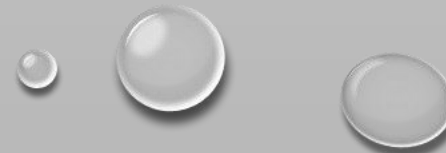




KNOWING, LOVING, & EXPERIENCING JESUS



2 CHRONICLES 7:14 (NKJV)

- ¹⁴IF MY PEOPLE WHO ARE CALLED BY MY NAME WILL HUMBLE THEMSELVES, AND PRAY AND SEEK MY FACE, AND TURN FROM THEIR WICKED WAYS, THEN I WILL HEAR FROM HEAVEN, AND WILL FORGIVE THEIR SIN AND HEAL THEIR LAND.



MATTHEW 17:21 (NKJV)

“THIS KIND DOES NOT GO OUT EXCEPT BY
PRAYER AND FASTING.”

WHAT IS FASTING?

- FASTING IS NOT A HUNGER STRIKE TO MANIPULATE GOD—IT IS A HOLY DISCIPLINE THAT POSITIONS US TO HEAR HIM, OBEY HIM, AND ALIGN WITH HIS WILL.
- PRAYER CONNECTS US TO GOD; **FASTING DISCONNECTS US FROM DISTRACTIONS** SO THAT PRAYER BECOMES SHARPER, DEEPER, AND MORE EFFECTIVE.

1. FASTING HUMBLE US BEFORE GOD

- **EZRA 8:22–23 (NKJV)**

- ²²FOR I WAS ASHAMED TO REQUEST OF THE KING AN ESCORT OF SOLDIERS AND HORSEMEN TO HELP US AGAINST THE ENEMY ON THE ROAD, BECAUSE WE HAD SPOKEN TO THE KING, SAYING, “THE HAND OF OUR GOD IS UPON ALL THOSE FOR GOOD WHO SEEK HIM, BUT HIS POWER AND HIS WRATH ARE AGAINST ALL THOSE WHO FORSAKE HIM.” ²³SO WE FASTED AND ENTREATED OUR GOD FOR THIS, AND HE ANSWERED OUR PRAYER.

EZRA 8:31

- ...“THE HAND OF OUR GOD WAS UPON US, AND HE DELIVERED US FROM THE HAND OF THE ENEMY AND FROM AMBUSH ALONG THE ROAD.”
- THE ENTIRE GROUP ARRIVED SAFELY IN JERUSALEM, NOT LOSING A SINGLE PERSON OR ITEM ENTRUSTED TO THEM...



JAMES 4:10

- ...“HUMBLE YOURSELVES IN THE SIGHT OF THE LORD, AND HE WILL LIFT YOU UP.”...



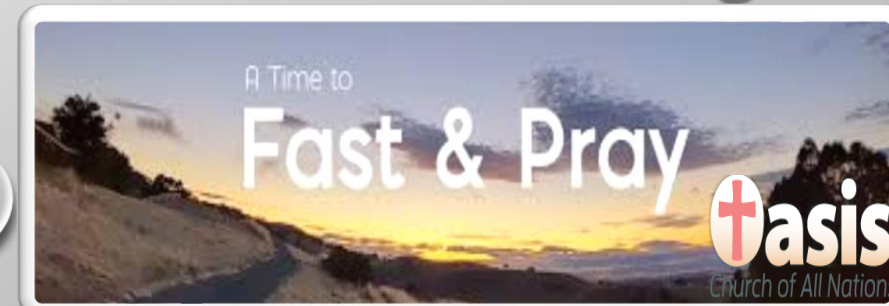
1. FASTING HUMBLE US BEFORE GOD

- FASTING STRIPS AWAY SELF-RELIANCE AND EXPOSES OUR DEPENDENCE ON GOD. IT IS A PHYSICAL DECLARATION THAT **GOD IS OUR SOURCE**, NOT FOOD, COMFORT, OR CONTROL.
- THINK OF FASTING LIKE LOWERING THE VOLUME OF THE WORLD SO YOU CAN HEAR GOD **CLEARLY**. PRIDE SHOUTS; **HUMILITY LISTENS**.



1. FASTING HUMBLE US BEFORE GOD

- IN A CULTURE FILLED WITH INSTANT GRATIFICATION—FAST FOOD, FAST INTERNET, FAST ANSWERS—FASTING SLOWS US DOWN AND REMINDS US THAT **SPIRITUAL POWER FLOWS FROM SURRENDER, NOT SPEED.**



1. FASTING HUMBLE US BEFORE GOD

- **FAST** WHEN PRIDE CREEPS INTO YOUR LIFE
- **FAST** WHEN SUCCESS HAS REPLACED DEPENDENCE.
- **FASTING** IS NOT PUNISHMENT—IT'S POSTURE.
- HENCE, **FASTING** MUST BECOME A REGULAR POSTER OF A SERIOUS CHRISTIAN



2. FASTING SHARPENS SPIRITUAL SENSITIVITY

- **ACTS 13:2–3 (NKJV)**
- **²AS THEY MINISTERED TO THE LORD AND FASTED, THE HOLY SPIRIT SAID, “NOW SEPARATE TO ME BARNABAS AND SAUL FOR THE WORK TO WHICH I HAVE CALLED THEM.”...**
- **³THEN, HAVING FASTED AND PRAYED, AND LAID HANDS ON THEM, THEY SENT THEM AWAY.**

2. FASTING SHARPENS SPIRITUAL SENSITIVITY

- THE RESULT WAS THE BEGINNING OF THE FIRST INTENTIONAL MISSIONARY JOURNEY, THROUGH WHICH CHURCHES WERE PLANTED, REGIONS WERE EVANGELIZED, AND THE GOSPEL SPREAD ACROSS THE GENTILE WORLD.
- FASTING AND PRAYER DO MORE THAN BRING ANSWERS—THEY ALIGN THE CHURCH WITH HEAVEN’S AGENDA. WHEN YOU SEEK THE LORD FIRST, GOD SPEAKS WITH CLARITY, LEADERS ARE SENT WITH AUTHORITY, AND DIVINE PURPOSE IS ADVANCED THROUGH OBEDIENT ACTION.

2. FASTING SHARPENS SPIRITUAL SENSITIVITY

- **MATTHEW 4:4** “MAN SHALL NOT LIVE BY BREAD ALONE, BUT BY EVERY WORD THAT PROCEEDS FROM THE MOUTH OF GOD.”
- FASTING TUNES OUR SPIRITUAL EARS. WHEN THE FLESH IS QUIETED, THE SPIRIT SPEAKS MORE CLEARLY.



2. FASTING SHARPENS SPIRITUAL SENSITIVITY

- JUST AS STATIC INTERFERES WITH RADIO SIGNALS, FLESHLY INDULGENCE CAN INTERFERE WITH SPIRITUAL CLARITY. **FASTING** REMOVES THE STATIC.
- DO YOU WANT TO KNOW GOD'S WILL FOR 2026? SCRIPTURE SHOWS THAT **DIRECTION FREQUENTLY COMES DURING FASTING**, NOT BUSYNESS...

3. FASTING STRENGTHENS SPIRITUAL AUTHORITY

- JESUS' RESPONSE IN **MARK 9:29**—“*THIS KIND CAN COME OUT BY NOTHING BUT PRAYER AND FASTING*”
- NOT ALL SPIRITUAL CHALLENGES ARE EQUAL, AND NOT ALL AUTHORITY FUNCTIONS AUTOMATICALLY. THE ISSUE WAS NOT THE ABSENCE OF CALLING, BUT THE LACK OF SPIRITUAL PREPARATION AND SUSTAINED DEPENDENCE ON GOD.



3. FASTING STRENGTHENS SPIRITUAL AUTHORITY

- CERTAIN STRONGHOLDS REQUIRE A DEEPER LIFE OF PRAYER AND FASTING—AN ONGOING POSTURE OF INTIMACY, HUMILITY, AND SPIRITUAL SENSITIVITY.
- PRAYER AND FASTING POSITION BELIEVERS TO OPERATE IN GOD'S POWER CONSISTENTLY, AND INCREASE EFFECTIVENESS AGAINST ENTRENCHED OPPOSITION
- SPIRITUAL AUTHORITY FLOWS FROM SUSTAINED COMMUNION WITH THE FATHER, NOT PAST SUCCESS OR DELEGATED AUTHORITY ALONE.

3. FASTING STRENGTHENS SPIRITUAL AUTHORITY

- **ISAIAH 58:6 (NKJV)** ⁶“IS THIS NOT THE FAST THAT I HAVE CHOSEN: TO LOOSE THE BONDS OF WICKEDNESS, TO UNDO THE HEAVY BURDENS, TO LET THE OPPRESSED GO FREE, AND THAT YOU BREAK EVERY YOKE?”



3. FASTING STRENGTHENS SPIRITUAL AUTHORITY

- ADDICTIONS, GENERATIONAL CYCLES, SPIRITUAL OPPRESSION, AND CHURCH STAGNATION OFTEN REQUIRE **FOCUSED FASTING**, NOT SURFACE-LEVEL SPIRITUALITY.
- A DULL BLADE STRUGGLES, BUT A SHARPENED ONE CUTS EFFORTLESSLY.
PRAYER SHARPENS FAITH; **FASTING SHARPENS PRAYER.**

3. FASTING STRENGTHENS SPIRITUAL AUTHORITY

- FAST WHEN CONFRONTING SPIRITUAL RESISTANCE.
- FASTING IS WARFARE, NOT WEAKNESS.
- DELIVERANCE FLOWS FROM OBEDIENCE, NOT NOISE.



PRAYER DECLARATION

- **FASTING DOES NOT CHANGE GOD—IT CHANGES US. IT HUMBLER THE HEART, SHARPENS THE SPIRIT, STRENGTHENS AUTHORITY, AND REALIGNS DESIRE.**
- **WHEN THE CHURCH FASTS AND PRAYS: HEAVEN LISTENS, CHAINS BREAK, CLARITY COMES, AND POWER FLOWS.**



NUMBERS 6:24–26 (NKJV)

- ²⁴“THE LORD BLESS YOU AND KEEP YOU;
- ²⁵THE LORD MAKE HIS FACE SHINE UPON YOU, AND BE GRACIOUS TO YOU;
- ²⁶THE LORD LIFT UP HIS COUNTENANCE UPON YOU, AND GIVE YOU PEACE.” ’



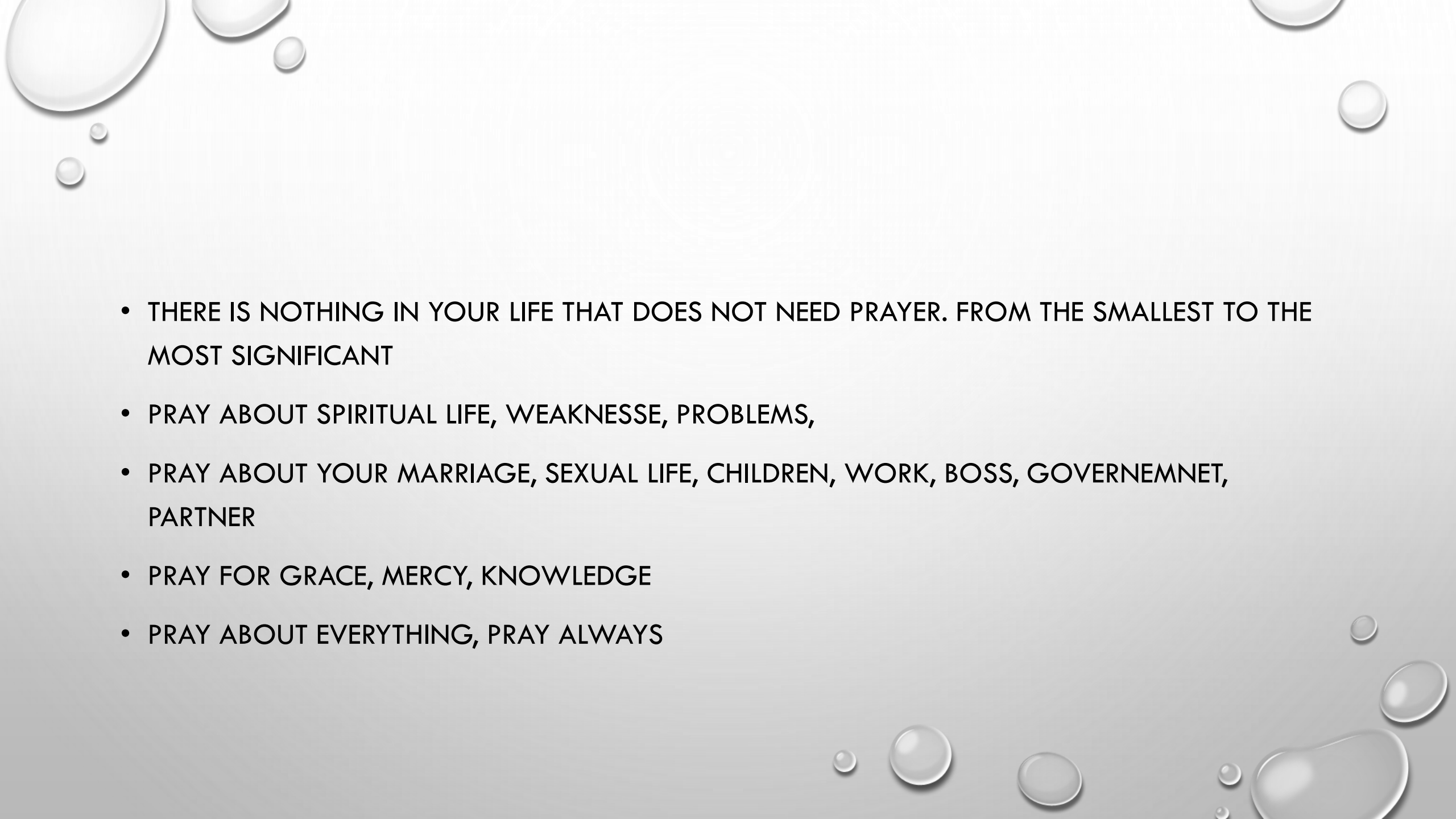
2026



NEXT WEEK
PART TWO

- 1 THESSALONIANS 5:17–18 (NKJV)
- ¹⁷PRAY WITHOUT CEASING,
- ¹⁸IN EVERYTHING GIVE THANKS; FOR THIS IS THE WILL OF GOD IN CHRIST JESUS FOR YOU.

- EPHESIANS 6:18 (NKJV)
- ¹⁸PRAYING ALWAYS WITH ALL PRAYER AND SUPPLICATION IN THE SPIRIT, BEING WATCHFUL TO THIS END WITH ALL PERSEVERANCE AND SUPPLICATION FOR ALL THE SAINTS—
- LUKE 21:36 (NKJV)
- ³⁶WATCH THEREFORE, AND PRAY ALWAYS THAT YOU MAY BE COUNTED WORTHY TO ESCAPE ALL THESE THINGS THAT WILL COME TO PASS, AND TO STAND BEFORE THE SON OF MAN.”

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- THERE IS NOTHING IN YOUR LIFE THAT DOES NOT NEED PRAYER. FROM THE SMALLEST TO THE MOST SIGNIFICANT
 - PRAY ABOUT SPIRITUAL LIFE, WEAKNESSE, PROBLEMS,
 - PRAY ABOUT YOUR MARRIAGE, SEXUAL LIFE, CHILDREN, WORK, BOSS, GOVERNEMNET, PARTNER
 - PRAY FOR GRACE, MERCY, KNOWLEDGE
 - PRAY ABOUT EVERYTHING, PRAY ALWAYS

PRAYING LEADS TO PEACE.

- PHILIPPIANS 4:6–7 (NKJV)
- ⁶BE ANXIOUS FOR NOTHING, BUT IN EVERYTHING BY PRAYER AND SUPPLICATION, WITH THANKSGIVING, LET YOUR REQUESTS BE MADE KNOWN TO GOD;
- ⁷AND THE PEACE OF GOD, WHICH SURPASSES ALL UNDERSTANDING, WILL GUARD YOUR HEARTS AND MINDS THROUGH CHRIST JESUS.