ONE CHURCH

LANDING THE IMPOSSIBLE

The Son of God fasted because He knew there were supernatural things that could only be released that way. Jentezen Franklin

Fasting is about decreasing our reliance on the world, breaking out of fleshly ruts, and prioritising God. It makes us weak in one way, but strong in another. In Matthew and Mark fasting is linked with landing the impossible.

Look up Mark 9.29 in the NKJV. Why did the disciples struggle to gain a victory?

Fasting has become trendy. Everyone is talking about the benefits of fasting on your body. But true fasting - the kind we see in scripture - is about the benefit fasting has for your spirit. Chris Hodges says, 'Simply put - fasting is about less of us, and more of God'. If you want more intimacy with God, a renewed focus, prayer space and the miraculous results that follow, engage in a fast that is centred on God.

1. *FASTING TIP #1: PLAN IT*

Decide which fast you will do and plan for it. Types of fast include a complete fast (no food for a specified amount of time), a selective fast (removing certain things from your diet), a partial fast (removing certain meals from your day) or a soul fast (removing certain comforts or pleasures that otherwise fill your time). Once you have chosen, plan for how this might work practically.

2. *FASTING TIP #2: CHOOSE A FOCUS*

Here are some questions that may help you to choose a focus area for your prayer and fasting season:

Are you in need of healing or a miracle?
Do you need a fresh encounter with God in your life?
Is there a dream inside you that only He can make possible?
Do you desire a deeper, more intimate and powerful relationship with the Lord?
Do you need to break away from bondages of sin that have been holding you hostage?
Do you have a friend or loved one who needs salvation?
Do you desire to know God's will for your life?

3. FASTING TIP #3: KEEP A JOURNAL

As you make space to pray and listen to God, record what he speaks to your spirit or any revelation you receive as you turn to the word. During fasts, your spirit can be more sensitive to the leading of the Holy Spirit, and your ears more attuned to God's voice. Journalling ensures you won't forget this heavenly download.

4. FASTING TIP #4: EXPECT A BATTLE

Jesus experienced his wildest temptations while in a fast. The enemy will likely want to draw your focus away from your fast. Be prepared to resist him, and talk to God about your experiences here. He is with you! Arm up each morning with a determination to protect what God wants to do in you, in this fast.

A GREAT RESOURCE:

Fasting, by author Jenetzen Franklin is a great book introducing the life of fasting...

https://www.amazon.co.uk/Fasting-Opening-Intimate-Powerful-Relationship/dp/1599792583