

RUSSELL SANDERS

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THE POWER FROM FASTING AND PRAYER

PART 5

THE BENEFITS – LESSON 3

The third benefit I listed in part 3 of this series ([click here to read](#)) was that you will likely come to hear the Holy Spirit speaking to you more clearly than ever before.

Every born-again believer has the ability to hear from the Holy Spirit, and even more so when they have been baptized with the Holy Spirit (Spirit-filled). However, we often are dull of hearing with our own spiritual ears. The Holy Spirit speaks to our human spirit. If our own spiritual ears are not tuned in to listening to the Holy Spirit, we might not recognize when He is speaking to us.

In Revelation 2 and 3 Jesus' instructions to the seven churches was, ***"He that hath an ear, let him hear what the Spirit saith unto the churches."*** This indicates not everyone in those churches had an ear inclined to hear what the Holy Spirit was saying, because many were not even believers.

Prayer and fasting opens the dull ears of your spirit. The Holy Spirit communicates with our spirit. It comes through thoughts and impulses to our natural minds. We may or may not recognize it being from the Holy Spirit, but it does come to your mind in thoughts or impulses. Just as Satan puts thoughts into our minds, so does the Holy Spirit.

As we fast and pray, our spiritual ears become more finely tuned to hear the Holy Spirit. Just as a musical instrument must be regularly fine-tuned, so do the ears of our human spirit need fine tuning to the voice of the Holy Spirit and the Word.

John 16:13 tells us that the Holy Spirit will speak to us those things that he hears from the Father. We must have our ears prepared to hear.

Let me clarify a point here. There are many born-again believers who have clear ears to the Holy Spirit. Their relationship is very intimate with the Lord. Many of them may never have fasted, but their relationship is strong, and their spiritual ears are well-tuned. However, if you feel like your spiritual ears have dulled, or you do not think you hear the Holy Spirit, then prayer and fasting is the best way to tune up the ears of your spirit to hear the voice of the Holy Spirit.