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THE POWER FROM FASTING AND PRAYER

PART 2

Let us now look at one example from each the Old and New Testaments that had tremendous impact from prayer and fasting, namely Moses and Jesus.

Moses had a direct and personal line of communication with Jehovah, with the Father. He fasted 40 days and nights, not once, but twice. Miracle working power was given to him as God worked wonders through him. Twice, when there was no water in the wilderness, he extracted enough water from a rock to give to over two million people plus herds of animals. Many other miracles came through him.

Moses was considered to be the greatest of all prophets of the Old Testament up to the time of Jesus and John the Baptist. As Moses led God's people forty years, neither their clothes nor their shoes wore out. They were also miraculously fed with manna and quail.

Let us now consider Jesus. He was (is) God in human flesh, yet He chose to live out his life on earth through His humanity and not through His godhead. How did He accomplish this?

After being baptized by John, Jesus was led by the Spirit into the wilderness, where he fasted and prayed for forty days and nights. It is there where He heard the Father and the Father's full plan. It was there that He gained strength and power for the ministry that lay ahead of Him. This fasting and prayer took him far beyond the strength of his humanity. It launched His ministry for the Kingdom of heaven.

Throughout His ministry years He continued periodically to retreat at night to the mountains alone in solitude to fast and pray. This kept Him "recharged."

In our next lesson, we shall look at some of the specific benefits derived from fasting and prayer. The list may not be entirely complete, but these benefits will be backed up by scripture, and possibly a little added from my own personal experience.

Stay tuned for the ride.