RUSSELL SANDERS

1-23-2024

THE POWER FROM FASTING AND PRAYER

PART 4

THE BENEFITS – LESSON 2

The second benefit I previously listed is the purification of body, soul, and spirit; that is our complete being. This purification is important because we, our whole person, are the temple of the Holy Spirit, with the indwelling life of Jesus Christ.

The body gets purified through fasting and prayer. The normal diet causes impurities in our physical bodies. As we fast, eating nothing and drinking only water, the water flushes the impurities from our bodies. We achieve a purified body with a fast of at least four days or longer. Our “temple” is cleaned.

The soul gets purified through fasting also. As we fast and pray, our desires and our daily thoughts or reasonings come into alignment with God’s word. Our undesirable strongholds are broken. God’s words and plans become foremost in our minds.

The spirit, our own human spirit, aligns closely with the Holy Spirit. This alignment close to the Holy Spirit opens the way to the next five benefits we shall study. Understand that these five benefits may be experienced by any Spirit-filled believer without the need for fasting, depending on the depth of your own personal experience in Jesus. However, if you have come short on these five manifestations (benefits) then fasting is the best way to attain those benefits.

What are those five benefits? Review yesterday’s lesson. ([click here](file:///J:\Newsletters\Daily%20Messages\THE%20POWER%20FROM%20FASTING%20AND%20PRAYER%20PART%203%20-%20BENEFITS%20LESSON%201%20-%201-24-2024%20-%20-RUSSELL%20SANDERS.pdf)) They are numbered 3-7. We will continue our study on those five benefits tomorrow.