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THE POWER FROM FASTING AND PRAYER

PART 3

THE BENEFITS – LESSON 1

We will now look at some of the specific benefits that can be derived from fasting with much prayer. I will list them first and then will consider each benefit one at a time. The benefits include, but are not limited to, are:

1. The perfecting of one's faith.
2. Purification of body, soul, and spirit.
 - a. Impurities are eliminated from the physical body.
 - b. The soul's fleshly desires that impede us are removed.
 - c. The human spirit comes closer to the Holy Spirit.
3. You come to hear the Holy Spirit more clearly than ever.
4. Miracle working power becomes a reality in your life.
5. You may bring the dead or dying back to life.
6. You come to discern demon spirits by their names or character.
7. You can actively oppose the strongest of demons successfully.

The first benefit listed has to do with the perfecting of your faith. The Holy Spirit gave you the initial faith to come to the Father through Jesus into the kingdom of God through salvation. Our faith must continually grow to a "mountain moving" faith. That kind of faith is not instant. It continues to grow from a small beginning to a continuous higher summit. It should always be growing greater as time goes by.

We saw in Matthew 17:14-23 how Jesus' disciples asked Him why they could not cast out the demon of epilepsy from the boy. They had previously cast out many demons, so why not this time? Jesus told them in verse 20 that it was because of their unbelief. Young's Literal Translation of this verse is more accurate. It says, **"Through your want (lack) of faith."** Jesus was telling them that although they had some faith, it was not strong enough or perfected to the degree that would be needed against this very strong demon. It had not grown to "mountain moving" faith. Their "seed" of faith still had some growing to do.

In verse 21 he told them that prayer and fasting was the only way to get rid of their unbelief and achieve that measure of "mountain moving" faith.

Jesus promptly cast out that strong demon in the boy. Jesus spent many, many days of fasting and prayer. He walked daily in perfect faith and is our example.