



The Hidden Power of Prayer & Fasting

BY MAHESH CHAVDA

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- ▶ He came from a Hindu family and was raised in Kenya. He studied in the UK and then finally moved to the US where he began his ministry
- ▶ Prior to writing a book on this topic, he has over 20 years experience in leading a fasting and prayer ministry
- ▶ He follows many forms of fast, including personal and corporate, and has been doing 40-day fasts regularly
- ▶ **This is a book written by someone who not only knows what he is talking about, but practises it consistently in his walk with Christ**



What is fasting in the Christian context

- ▶ As Christians, disciplined fasting and praying is not an option. ***It is a spiritual imperative*** – Matthew 6:16
- ▶ Fasting is **found throughout the Bible**. It always seem to show up when ordinary men need extraordinary power, provision, and perseverance to overcome impossible odds, enemies, or obstruction. Some of the best known "fasters" include Moses, Ezra, Esther, Isaiah, Daniel, Jesus...
- ▶ **Fasting and Prayer goes hand in hand:** *"If prayer is the capsule containing our gifts and requests to God, then fasting is the booster rocket that lifts our prayers beyond the boundaries of earth and into the heavenlies"*
- ▶ We don't fast to earn something; we fast to **make a connection with Him** into the spiritual realm, which is the only place where we can get spiritual revelation, authorization, and power from the Holy Spirit

9 reasons why we should fast

- ▶ In **obedience** to God's Word – *Joel 2:12, 2 Corinthians 6:4-6, Matthew 9:15*
- ▶ To **humble** ourselves before God and obtain His grace and power – *James 4:10*
- ▶ To **overcome temptations** in areas that keep us from moving into God's power – *Luke 4*
- ▶ To be **purified from sin** (and to help others become purified) – *Daniel 9:3-5, Jonah 3:5-10*
- ▶ We fast to **become weak** before God so His power can be strong (i.e. we want His answers, not ours) – *Psalms 109:24-28, 2 Corinthians 12:9-10*
- ▶ To obtain **His support** in order to accomplish His will – *Acts 13:3-4; 14:23*
- ▶ In **times of crisis** – *Esther 4:15-16*
- ▶ When seeking **God's direction** – *Ezra 8:21-23*
- ▶ For understanding and **divine revelation** – *Jeremiah 36:6*

Benefits of fasting – when you fast...

- ▶ You are humbling yourself
- ▶ You will see life's priorities more clearly
- ▶ You will see balance return to areas of your life where there is imbalance
- ▶ Your selfish ambition and pride will begin to be washed away
- ▶ You will be more sensitive to God's Spirit, and the gifts of the Holy Spirit will work more effectively in your life (as in 1 Cor 12:7-11)
- ▶ Your hidden areas of weakness will rise to the surface so that God can deal with them
- ▶ God will make you more unselfish

Different ways to fast

- ▶ **The Complete Fast** – no food and water. Max is 3 days and nights. This is a fast of desperation, a fast of all-out hunger and urgency for the presence of God to come on the scene. Referenced in Ezra and Esther when they were in desperate times leading their nation.
- ▶ **The Normal Fast** – no food but regular intake of water, which Jesus did when He was in the wilderness. It is usually observed for 1 day, 14 days or up to 40 days
- ▶ **The Partial Fast** – no meat and only vegetable and water. Daniel pleased and honored the Lord when he observed this fast for 21 days. This is a good starting point for those who have medical condition and those who need to work in physically demanding jobs while fasting
- ▶ **Group or Corporate Fast** – the kind of fast that turns God's wrath away

How to start?

- ▶ Start with short intervals like 1 day normal fast or partial fast
- ▶ Don't eat too much prior to fasting
- ▶ Go somewhere else and pray while others are having their meals
- ▶ Tell only the people who really need to know – e.g. spouse
- ▶ When breaking a fast, start with very little food and take it slowly
- ▶ Don't expect overnight sensation, don't compare with others
- ▶ Make it a regular and consistent habit