

The Power of Fasting

Esther 4: 13-17

This is our season of consecration our choice to set ourselves apart for God's purpose and work, We do this through the activity of Fasting that is our form of worship.

In the Old Testament our forefathers would Fast when they wanted to be heard by God, used by God or when they needed God's involvement in their lives. "They would Fast". This usually happen when they reached a moment in their life after they exhausted all of their energy and efforts they realized I can't do anything else

Taking a stand for Christ is always costly. One of the areas that Satan attacks regularly to defeat you is your flesh.

What does fasting do to your flesh it humbles it, by breaking down the carnal nature and allowing the spirit to be stronger.

1 Corinthians 10:1-6

How did Fasting help Ether?

- 1. It helped her Fight her Problems.**
- 2. It Helped her Fight her Fears.**
- 3. It helped her Fight her Flesh.**
- 4. It helped her Gain Victory.**

Final questions

What is the nature of your personal battle?

Under God's authority how do you plan on responding ?

The Prayer:

Heavenly Father, I am in a battle I cannot win alone. I not only need Your help, I need You to fight this battle for me. Intervene in those areas over which I have no control and protect me from attacks I cannot withstand. Strengthen me to endure the conflict You choose to allow me to face and show me Your way of escape in each situation I encounter. Watch over and protect my family and others who have engaged the Enemy with me. Grant us a victory that will bring glory to You and allow for the advancement of Your agenda in the world today. Lord, as I follow Your leading in my life and observe the Esther Fast, show me the things in my life that hinder You in accomplishing Your purposes and give the enemy an advantage. Deliver me from the Evil One. In Jesus name I pray, amen.