

FASTING

Dick Eastman To combine fasting with intercession is to add special power to our prayer. It is authoritative praying that allows us to fast down enemy strongholds.

Fasting in conjunction with intercessory prayer is authoritative praying at its highest level.

- 1. Fasting is a personal, voluntary humbling of the heart before God that increases spiritual brokenness. Fasting carries this quality of humility into the tangible, physical realm; it brings about a brokenness before God that can come in no other way.**
- 2. Fasting is a commitment to self-control that enables a believer to die to self.**
- 3. Fasting is a worship activity that increases spiritual receptivity by creating a climate for the Holy Spirit to speak.**
- 4. Fasting is concentrated spiritual preparation for Holy Spirit-empowered service that increases the believer's spiritual power.**
- 5. Fasting is a specialized service ministry that increases spiritual usefulness for the totally committed believer.**

FRUITFUL FASTING

- 1. We should fast sensibly**
- 2. We should fast secretly**
- 3. We should fast sensitively**
- 4. We should Fast systematically**
- 5. We should fast sacrificially**
- 6. We should fast specifically**
- 7. We should fast supernaturally**

Becky Tirabassi I used to think that prayer was boring and that fasting was for monks. Since discovering the power of fasting and prayer, I've determined to make these two disciplines a regular part of my life. I am now personally convinced that fasting in addition to prayer increases several Godly characteristics: