



The God Chosen Fast Breaks The Power Of The Flesh

(December 7, 2013)

The Word declares that the devil is already defeated by our Savior and Lord Jesus the Anointed One. **And having spoiled principalities and powers, he made a show of them (the devil and his angels) openly, triumphing over them in it.** (Colossians 2:15)

However, as human beings in an earthly body, we still have to contend with our flesh, and we must keep it under the domination of our spirit, like Paul told us in 1 Corinthians 9:27.

Paul also tells us (by the Spirit) not to walk after the flesh but after the Spirit, by abiding in Christ Jesus.

There is therefore now no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the Spirit. (Romans 8:1)

This must be done if we want to live a victorious life led by the Spirit of God, here and now, in the earth. (Romans 8:14)

Two of the best ways of breaking the dominion of the flesh is the renewing of the mind by the Word of God, and the God chosen fast.

These two things come together in Romans 12:1-2.

I beseech you therefore, brethren, by the mercies of God, that ye **present your bodies a living sacrifice**, holy, acceptable unto God, *which is* your reasonable service. And be not conformed to this world: but be ye **transformed by the renewing of your mind**, that ye may prove what *is* that good, and acceptable, and perfect, will of God.

In Isaiah 58:6 we read: ***"Is not this the fast that I have chosen to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke?"***

God has chosen for us to fast. The children of Israel fasted. The prophets fasted. Jesus fasted, and he told his disciples **when ye fast, not if ye fast.** (Matthew 6:16)

Fasting that is led by the Spirit of God, is a sure way of defeating the lust and power of the flesh.

Fasting also enables us to be more sensitive to the Spirit of God and therefore able to hear his voice more easily. Hearing the voice of God and being able to obey his voice is of utmost importance to the person who desires to be successful in his/her walk with God.

In connection to fasting and praying, I have many wonderful experiences that I have seen in my own life and ministry over the years, but there is not enough room here to mention them all.

All I want to say is that the Lord told me in person, that fasting and praying was a vital part of the ministry that He has called me to do for Him, in order to bring in the harvest in different nations of the world.

I have seen it many times over the years, that when nothing else seems to work, fasting and praying led by the Spirit of God, will break the power of the flesh, and it will also break every lying yoke of bondage of the devil. Hallelujah!

-Roger Wågsjö