



The Benefits of Fasting

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Fasting and praying is something that the Word of God speaks extensively about. It is a powerful way of getting the spirit of man to dominate over the body of man (the flesh). Paul says, by the Spirit of God, in 1 Corinthians 9:27: **“But I keep under my body, and bring it into subjection: lest that by any means, when I have preached to others, I myself should be a castaway.”**

Today, many Christians do not fast at all (although Jesus said "when you fast"), but rather eat a lot of foods that might taste good to the palate, but that was not designed by God to feed our mortal bodies. Much of this food is engineered, and it was against God's original plan that we should consume any kind of engineered or cross bred grain. It is like putting the wrong gas or oil in a car. We all know that would lead to disaster and expensive repairs on the car, but many do not understand that engineered foods will lead to health problems in the human body.

Fasting, on the other hand, is a cleansing of the human body from within. The Lord wants us not only to purify our hearts and minds but also to clean our bodies on both the outside and the inside, and this is what fasting does.

So besides the obvious benefit to the physical body, fasting coupled with prayer is also a very powerful spiritual weapon in our warfare.

“For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places” - Ephesians 6:12

Jesus told the disciples, in Matthew 17:21, when they asked why they were not able to cast out the evil spirit; **“Howbeit this kind goeth not out but by prayer and fasting.”**

Jesus was able to cast out the spirit so he had no doubt been fasting.

In Isaiah 58:6, it says that ***the God chosen fast breaks every yoke.***

“Is not this the fast that I have chosen? to loose the bonds of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that you break every yoke?”

The Swedish translation, of Isaiah 10:27, notes that the yoke shall be destroyed because of the fat.

The Lord told me, before He called me to fast forty days and forty nights on water, that he wanted me to present my body a living sacrifice (Romans 12:1-2), and that as I gave Him of my fat, He would give me of His anointing.

Ask the Lord to lead you about fasting even if it is only for a short time and maybe just a partial fast to start. However, as you act in obedience to the Word and the Spirit of God it will grow, and the Lord will use you to win great victories for the Kingdom of God and for your own life to the Glory of God. Amen!

-Roger Wågsjö