

**The Redeemed Christian Church of God
Open Heavens Assembly, Johannesburg**

Digging Deep

DIVINE CONNECTION – FASTING AND PRAYER

Text: Mat 17: 14-21

INTRODUCTION

Divine connection through fasting and prayer brings about connection in the spirit with God. The primary assignment of the devil is to destroy the relationship/ fellowship which a Christian has with God- Jhn 10:10a. Throughout history; men and women of God whose lives have displayed the power and provision of God made fasting and prayer part of their spiritual arsenal Esth.4:16, 5:3, Ex 34:28; Acts 13: 3. A Christian who wants to be an overcomer must learn to fast and pray. The Hebrew word for “fast” means to cover the mouth. The true definition of fasting and prayer is an act of communication with God by abstaining from anything that gives you pleasure for a period of time for the sole purpose of seeking the face of God. It also means waiting and listening to Him talk to you silently or audibly through his voice, scripture, revelation, dream, etc. Through these various ways, we know the mind of God for our lives and people around us.

A. BASIC PRINCIPLES OF FASTING AND PRAYER

1. Prayer and fasting should be done in the name of Jesus Christ. Jhn 14:6, 13-14 Phil 2:9-11.
2. We must have faith in God that our prayers are answered. Heb.11:6, James 1:6-7
3. We must pray and fast in accordance with the will of God. 1 Jhn 5:14-15.
4. We must do it with thanksgiving. Phil 4:6, 1Thess 5:18
5. We must be righteous, holy and be complete in our obedience. Jam 5:16, 1Jhn3:22. 1Cor 10:3-6.
6. We must fast and pray the biblical way. Isa 58: 5-6, Rom 8:26.

B. BENEFITS OF FASTING AND PRAYER

1. We have greater intimacy with God. Act10: 1-4, 30a. Col 3:2
2. We receive spiritual discernment and clarity, Dan 2:17-19. 2 Chron 20:3-4, 15-17.
3. We are spiritually revived /re-kindled by the fire of Holy Spirit. Isa 58:10-11, Jhn14:23
4. Satanic yokes and stronghold are broken. Isa.58:6, Mk 9:29.
5. We receive wisdom, guidance and fresh dunamis. We are empowered for greater works. 1 Cor1:24, 1Cor 2:11, 14 -16.

CONCLUSION

Fasting is not a hunger strike designed to convince God to release what he has for us. Prayer is not a religious ritual; it is a way of life. Fasting and prayer sharpen our spiritual senses so that we can be in line with God’s plan for our lives. If you want to walk in divine connection; then you need to pay the price of waiting on the lord in prayer and fasting. As you wait on Him; He will direct you.