

Fasting and Prayer Produces the Reward of Breakthrough

1. **Esteem WORD higher than food**

- a. When you **esteem GOD'S WORD** more than food you are setting yourself up for **some change in your life**.
- b. We need to tighten up in **discipline** in some areas of our lives.
- c. Fasting is no good if you do not **pray**. Add Daniel prayer to your fast. Pray in the morning, when you get home and before you go to sleep at night.

2. **Step 12. Fasting and prayer and how it produces the reward of breakthrough in your life**

- a. -It will **produce all kinds** of breakthrough in you life – healing, debt deliverance, salvation of loved-ones etc.
- b. It will bring more anointing in your life- some things you will not find breakthrough in without fasting and prayer.
- c. It is time to grow and **break some barriers**.

3. **Matthew 17: 14-21**

(Matthew 17:14) And when they came to the crowd, a man came to Him, kneeling down to Him and saying,

(Matthew 17:15) Lord, have mercy on my son, for he is a lunatic and grievously vexed; for oftentimes he falls into the fire, and often into the water.

(Matthew 17:16) And I brought him to Your disciples, and they could not cure him.

(Matthew 17:17) Then Jesus answered and said, O faithless and perverse generation, how long shall I be with you? How long shall I suffer you? Bring him here to Me.

(Matthew 17:18) And Jesus rebuked the demon, and he departed out of him. And the child was cured from that very hour.

(Matthew 17:19) Then the disciples came to Jesus apart, and said, Why could we not cast him out?

(Matthew 17:20) And Jesus said to them, Because of your unbelief. For truly I say to you, If you have faith like a grain of mustard seed, you shall say to this mountain, Move from here to there. And it shall move. And nothing shall be impossible to you.

(Matthew 17:21) However, this kind does not go out except by prayer and fasting.

- a. They could not cure him...
- b. Can you recall certain **times in your life** when GOD said that there were some things that you could do but when you proceeded to do it, but found that you could not succeed?

It is not that the authority had not been given; the result just did not come.

- c. Why could JESUS get the job done and not the disciples? We need to understand why JESUS being our example could flow in the promise and the disciples not...
- d. JESUS gave the solution to the problem
- e. V21...
This kind ... except by prayer and fasting.
Implication is that some things have to be dealt with at a **higher** level/degree of power.
- f. Ask yourself which areas in your life are you not seeing results in? These need to be dealt with in fasting and in prayer.
It is one thing to pray and believe GOD and to walk by faith and to confess the WORD, but then there are some things that we are **only going to be able to deal with through fasting and prayer.**
- g. This makes it clear that with **every degree of challenge there is a specific degree of power required** to deal with that challenge.
- h. It is clear according to this Scripture that through fasting and prayer it is **possible to increase the power** that is available to you when you deal with certain issues.

Some things are magnified, stretched higher, made stronger...

4. A certain kind...

- a. JESUS here refers to a **certain kind**... there may be a certain kind in your life that can only be dealt with in fasting and prayer.
- b. You may be looking for certain answers – you may have been believing GOD for answers in certain areas for several months maybe even years, but what the Bible is showing you here is that you can get those answers, the solution, the result if you attack the situation with fasting and prayer.
- c. A certain kind here does not refer to the specific condition the disciples had to pray against it refers to a situation where the normal action does not deliver the required results.

5. A requirement of Christian Living today...

- a. JESUS taught a sermon where HE said to us that it was not an option in our life, but rather that it is a **requirement** in our lives to live a life of fasting and of prayer.
- b. We need to **learn what the requirements to Christian living** is, otherwise we are just like someone who joined a rugby team, got onto

the field and once he was there just never learnt how to play or what the rules of the game was...

6. **Fasting and Prayer**

- a. If you deny your body of food you're just starving yourself – like someone who is on a hunger strike...fasting is no good without prayer.
- b. Any dietician will tell you **even in the natural** there is some really good things that happens to your body when you fast, but it is to the things that happens in the spirit that we are looking.

7. **Hearing from GOD...**

- a. You may be having **problems in hearing from GOD** and as I'm sure you know one WORD from GOD that can change a life, but if your hearing is all clogged up and you're not hearing as you should be hearing then fasting and prayer will unclog that hearing so that you can hear the WORD in its season...
- b. And you know that you have to hear from GOD in these last days.
- c. The time that we live in is calling for a church that will be like the early church that will enter into sessions of fasting and of prayer.

8. **Nothing just happens in life...**

- a. **Nothing just happens in life** ... we need to lay the foundation to any new thing in our lives by prayer and fasting.
- b. The entire Bible and all it promises is standing ready to be real in our lives, but it will only happen when we do what we need to do to activate it in our lives.

9. **Fasting and prayer magnifies things...**

- a. **Fasting and prayer magnifies things** so that we see more breakthroughs than we have ever seen before in our lives through fasting and prayer.
- b. First deal with the back-log of things you still need to breakthrough, but I know that as you fast and pray even things in the current and future will be revealed.
- c. First you fast and pray in obedience to the WORD and then you believe GOD for the increase of wisdom and spiritual power in your life so that you may see the fullness of things come to pass in your life.

10. **Psalms 35:11-13**

Psa 35:11 Cruel witnesses rose up; they asked of me that which I never knew.

Psa 35:12 They rewarded me evil for good; bereaving my soul.

Psa 35:13 But when they were sick, my clothing *was* sackcloth; I humbled my soul with fastings; and my prayer returned into my own bosom.

- a. When you pray and fast the answer “returns” to you because of your fasting with your prayer.
- b. GOD wants to see the priorities in your life.

11. **Job 23:12**

Job 23:12 nor have I gone back from the commandment of His lips; I treasured the words of His mouth more than my portion.

- a. Job made it clear that even necessary food is not more important than the WORD of the LORD. Some of us have exalted our food even over the WORD of the LORD – we will eat before we pray.
- b. **We need to make sure that we esteem a WORD coming out of the mouth of GOD higher than even necessary food** in order to open ourselves up to hear from GOD because we know that the WORD coming from the mouth of GOD is life.

12. **Discipline yourself**

- a. If you are **unwilling to discipline yourself you will not change anything** – change is not change unless things look different afterwards.

13. **JESUS’ Sermon on fasting**

- a. The sermon JESUS preached – **Matthew 6**
- b. We have been in compromise over food for too long. We need to become mindful of the place of food in our lives – the Bible says there will be **judgment** for what you do with this physical body.
- c. JESUS speaks about **when** you give, **when** you pray, **when** you fast – yet we still consider fasting as an optional thing, but according to what CHRIST is saying here it should be a **part of our Christian walk** just as giving and praying is...

d. V1-4- Giving to the poor.

Mat 6:1 Take heed that you do not do your merciful deeds before men, to be seen by them. Otherwise you have no reward with your Father in Heaven.

Mat 6:2 Therefore when you do *your* merciful deeds, do not sound a trumpet before you, as the hypocrites do in the synagogues and in the streets, so that they may have glory from men. Truly I say to you, They have their reward.

Mat 6:3 But when you do merciful deeds, do not let your left hand know what your right hand does,

Mat 6:4 so that your merciful deeds may be in secret. And your Father who sees in secret Himself shall reward you openly.

This reference speaks of how your motives are when you do it...

The motive must not be to give in order to get some applause...

You have your reward...

Check your heart

Don't look and wait for your harvest, because you have already received your harvest.

e. V5-8

- When praying

Mat 6:5 And when you pray, you shall not be like the hypocrites. For they love to pray standing in the synagogues and in the corners of the streets, so that they may be seen by men. Truly I say to you, They have their reward.

Mat 6:6 But you, when you pray, enter into your room. And shutting your door, pray to your Father in secret; and your Father who sees in secret shall reward you openly.

Mat 6:7 But when you pray, do not babble vain words, as the nations. For they think that in their much speaking they shall be heard.

Mat 6:8 Therefore do not be like them, for your Father knows what things you have need of, before you ask Him.

- Never make a show out of it.
- Don't be looking for the answer to your prayer, because the reward of prayer is answers and done as a show you have already received your harvest.
- Some love to pray in the open, but they never pray at home in private.
- GOD says it is what is done in secret that will be brought out into the open.
- What are you doing out of your heart?
- HE did not say you could never pray in public otherwise we would not have a place for corporate prayer.

- It is about what is in the heart.

- Some say they are scared to pray out loud – what are you afraid of? – you are talking to your FATHER...or is your focus on man – well that is then just arrogance trying to draw attention to yourself...
- Shy is just another word for arrogant pride.
- What people say or do not say has nothing to do with what is between you and your FATHER.

f. V16-21

Mat 6:16 And when you fast, do not be like the hypocrites, of a sad face. For they disfigure their faces so that they may appear to men to fast. Truly I say to you, They have their reward.

Mat 6:17 But you, when you fast, anoint your head and wash your face,

Mat 6:18 so that you do not appear to men to fast, but to your Father in secret. And your Father who sees in secret shall reward you openly.

Mat 6:19 Do not lay up treasures on earth for yourselves, where moth and rust corrupt, and where thieves break through and steal.

Mat 6:20 But lay up treasures in Heaven for yourselves, where neither moth nor rust corrupt, and where thieves do not break through nor steal.

Mat 6:21 For where your treasure is, there will your heart be also.

- Moreover ... when you fast.
- HE is saying you need to give, you need to pray and you need to fast.
- JESUS gives us the three ways to develop closeness with GOD right here in this Scripture. When you give and when you pray and when you fast you will develop a closeness with GOD.
- Be groomed... do it in secret... receive the FATHER'S reward openly.
- Does not mean acting all mysteriously and eerie that just draws the attention to you.
- If you are invited to lunch don't try to make funny excuses just simply say : I cant be going to lunch today because I am on a fast and be done with it – you do not want to be drawing attention to yourself you want your reward from the LORD.

- **Unless it was your motive to try to get someone to ask you**, it is not from a wrong motive to tell someone you can't make it because you are on a fast...

- Did you know you can fast over your debt and because of this WORD you can get your debt removal? The same goes for healing etc.
- If you will just spend some time in fasting and prayer over it.

14. Vision...

- a. You have to know that **with every vision there has to be provision** – you don't have to go around asking people – GOD is GOD enough to supply for what HE has called and commanded.
- b. GOD is either for your vision or against your vision and if you have to be going around asking people, you will never know if you are supposed to be doing it.
- c. To many people say that GOD has assigned them to do something, but they have not the money to do it, that's just a sign that it was never GOD assigning them to do it in the 1st place.
- d. You ought to want GOD to pay for it because that is confirmation that it is HE who commanded it and not go around acting like GOD cant do it – that is not who GOD is – **HE provides for who and what HE calls. HE can raise up the sowers or HE can provide SUPERnaturally**, it does not matter how HE provides, it matters that it is HE that provides.

15. When you fast ---- when you pray ---- when you give expect a reward.

This is what happens when you apply the trinity of fasting, praying and giving...

1. Fasting **turns the level up** on your giving and turns the knob up on your prayer. It amplifies it to another level. It propels your giving, it propels your praying to another level.
2. Imagine what will happen when you fast over your debt situation and the LORD just removed that debt on your behalf?
3. **Fasting is for you** - you do not do it to impress GOD – it is to draw you into consecration.
4. Bible Examples:
Hannah – Samuel
Samuel led a nation out of their sinful ways by fasting
David fasted over his dying son (one he had with Bathsheba)
Daniel fasted when he sought special guidance from GOD. Samuel 12
Esther fasted when in need of direction and favour. Esther 4
Paul and Barnabas Act 14 fasted before appointing people in ministry
Church leaders of Antioch fasted and prayed before sending people into the mission fields Acts 13
JESUS, Elijah, Moses fasted (SUPERnatural fast 40 days and 40nights)

16. **Confession...**

- a. Say this out loud.

According to the WORD of GOD fasting and prayer is my way to power.

Say it again

Fasting and prayer is my way to power.

Fasting and prayer will produce power in my life, I therefore declare at the end of the fast I will be powerful in the fullness of the LORD in every area...

- b. GOD is not asking for much, but you have to come to a place in your life where you **stop negotiating the WORD of GOD**, where you stop living your own fleshly ambitions and where you start living the WORD of GOD and all it commands.

- c. **Keep a journal during your fast** – write down the directions, dreams and revelation the LORD is giving you.

Now don't expect all the breakthroughs to come during the time that you fast, because this is the seed time for the time that follows.

- d. If you need power for the future you need to fast before the time you need that to be upon you.

Don't wait until trouble comes, fast before it comes and be ready to deal with it by the revelation GOD has already giving you.

e. It will cost you something – it is not cheap. Anointing is not cheap and it is not free. If you want answers and direction and anointing from GOD it is not cheap --- what are you willing to pay to do things GOD’S way?!

17. Test your heart...

a. **What are you willing to sow in the ground for your success?**

Things don’t just happen...somebody worked for it, sowed for it, did what it took to make it happen...!

b. It is time that we **get vision back** into our lives, some of us get up everyday and we have no vision in our lives.

18. Challenge: Read up more on fasting.

If you are on medications get to your doctor and find out how you can do it safely, but the main thing is to enter into your fasting with prayer.

Spend that time in prayer confessing the WORD of GOD on your situation, dreams and desires.

Hear from the LORD what kind of fast HE wants you to follow i.e a full fast – eating and drinking nothing. A partial fast eg liquids only, only fruit and veg etc, all so pre-determine by the leading of the HOLY SPIRIT how long you will be fasting for – a day, a week, until an answer is received.

If you would like a friend or family member to receive teachings from Yattiyir Christian Interdenominational Ministry please forward your request with their email address to ycim@iburst.co.za