

The Benefits of Prayer & Fasting

When God calls us prayer fasting, he always does so for our own benefit. Scripture points out at least seven benefits to prayer and fasting

- 1. Our attitudes, feelings and thoughts are sifted, pruned, purified and readied for greater ministry with GOD.**

By fasting and praying, we become more disciplined toward the things of the Father. We show our willingness for him to cut away to remove from us those things that will slow us down, make us stumble or keep us from his plans and purposes.

- 2. We are able to discern more clearly the will of God for our lives**

Fasting clears our spiritual eyes and ears so we can accurately discern what God desires to reveal to us.

- 3. We are confronted with our sins and shortcomings so we might confess them to God, receive forgiveness for them and walk in his righteousness.**

Through fasting and prayer, we show God that we need HIM to break stubborn, sinful habits within us. As we pray, he cleanses and purifies us from the very things that keep us entangled in sin.

- 4. We experience a release of supernatural power.**

Genuine fasting and prayer can result in spiritual growth, including a renewed outpouring of supernatural power. Certain problems

and situations cannot be resolved apart from fasting and prayer
(MT 17:21NKJV)

5.: We can influence national issue and concerns through our prayers.

In **2 Chronicles 7:14**, God promises **“if my people, who are called by my name, will humble themselves and pray and seek my face and run from their wicked ways, then I will hear from heaven and I will forgive their sin and will heal their land**

6. We can help build up God’s people

Prayer keeps the church body connected to its head - Jesus Christ, Through prayer, the church can understand his will for ministry, filling us with his love for the lost and his power to further his kingdom.

7. Our minds are sharpened

When we fast and pray we begin to understand Scripture as never before. We become sensitive to Gods timing and direction, with an increased awareness and ability to discern his will. We become keenly aware of what God desires to do and accomplish, not only in our lives, but also in the lives of those around us.