

Fasting

Jesus commanded us to fast. There are some demons that cannot be driven out by anything but prayer **AND** fasting.

Mark 9:29 He said to them, "This kind can only come out through prayer and fasting."

Fasting in the Bible

Matthew 4:12 "Then Jesus was led by the Spirit into the wilderness to be tempted by the devil. After *fasting* for forty days and forty nights, he was hungry."

Deuteronomy 9:9 Moses *fasted*

Esther 4:3 *Fasted* for her people, the law, and her safety

Luke 2:37 Anna worshiped day and night with prayer and *fasting*

Acts 13:3-4 Apostles *fasted*

Ezra 8:21-23 Ezra *fasting* for protection, humility

Isaiah 58:6-7 "Is not this the kind of *fasting* I have chosen; to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke

2 Sam 12: 15-17 David *fasted*

Daniel 9:3 "Then I turned my face to the Lord God, seeking him by prayer and pleas for mercy with *fasting* and sackcloth and ashes."

What Is Fasting And How It Works

- The patriarchs, prophets and individuals in the Bible fasted. Fasting is an aid/tool in the spiritual world. It strengthens our prayer life, helps us through our spiritual battles, and it is a weapon of protection against temptation.
- Fasting helps us turn our hearts to God. When we fast we are acknowledging that our petition, (in this case, making abortion unthinkable) is something we cannot do by ourselves, but only with Gods help and guidance.
- It is a way of asking God for deliverance and to help us follow His will. When we fast we separate ourselves from something that we love and/or enjoy and it becomes easier to

see if we are doing our own will (what we want) or God's will (what God wants). It is a way to clear our minds from the things of this world and see through the eyes of God, what he wants from us AND for us.

- Fasting helps us to spend more time with God. For example; If we fast from spending a large amount of time watching TV or doing an activity we like, we can use that time for prayer or reading the Bible which means that we will be making more room for God in our life and building a life-long relationship with Him.
- At the same time, fasting can turn our vices into virtues, for example; if we sin from gluttony and we give up eating junk food, sweets, ect... it'll help us not only to become healthier and take care of our bodies, which are the temple of the Holy Spirit but, we'll also learn self-control which is THE virtue that'll keep us far from falling into any other temptation.
- It is very common (and there are many testimonies) of people using fasting as a weapon against sexual sins such as fornication and pornography. These two are the biggest contributers of abortion, therefore, it'll help us greatly to fast for these intentions.
- Fasting "reaches the heart of God". We also need to open our hearts so He can reach ours. One of the beauties of fasting is that while we fast for the intentions of others we are also receiving the graces we need to accomplish God's work in this world. We get to experience a deeper and personal connection with Him and our hearts will be transformed as we listen to His word.
- "Fasting is calculated to bring a note of urgency and importance into our praying and to give force to our pleading in the court of heaven." When we fast intentionally, with our hearts in the right place and a godly mindset great things happen. Miracles such as closing abortion clinics with prayer and fasting have happened (See Zachary Keen testimony).

Ways to Fast

Many times we think that fasting is going days without eating, but this is NOT the only way. For example; if someone can easily spend a day without eating at all, then it is useless for that person to fast from food for a day.

Therefore, before starting to fast we need to think about something that we want to change in our life, something that will help us get closer to God and transform our hearts to better serve Him. There are many ways we can fast for different intentions, just remember, we must be intentional with our fasting and be open to the Holy Spirit.

Simple ideas for fasting:

- Refrain from eating sweets: it could be breaking up a candy bar (which you normally eat on a daily basis) and only have a third of it and the rest you save it for the next two days.
 - Skipping your favorite T.V. show: Use that time to pray, read the Bible or learn about moral topics such as abortion.
 - Turning social media off: Use that time to spend it with family, make an effort to interact with others person-to-person.
 - Skipping a meal: Only eating bread and water for the day.
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- A person who is prideful can fast by doing humble acts and being modest with words and actions. A person who suffers from anger may fast from, rolling their eyes at others, getting defensive or frustrated and so on...
 - Anything could be made as fast as long as it is intentional and our hearts are in the right place.

We believe that with God's almighty hand, our prayers, fastings, being vigilant, and working hard as one with the community of Lubbock and surrounding towns we can stop Planned Parenthood from even committing one abortion!!