

Fasting Refines Prayer



“Fasting helps to express, to deepen, and to confirm the resolution that we are ready to sacrifice anything, even ourselves, to attain the kingdom of God. And Jesus, who Himself fasted and sacrificed, knows to value, accept, and reward with spiritual power the soul that is thus ready to give up everything to Him and His kingdom.”
Andrew Murray

As we enter into days of harvest, it is important to understand that fasting intensifies prayer and its effectiveness. God is calling many of us to enter into fasting in a much deeper way. As we move onward with the Lord and as we prepare for revival, fasting is the impetus to launch each of us into greater fruitfulness and success in prayer.

The challenges of the end times are going to require our focus on this great discipline to bring breakthrough and blessing. Everywhere we turn there is the need for travailing prayer. The increase in earthquakes, famines, and tsunamis alone are indications that we need to fast and pray for the salvation and healing of multitudes living through natural disaster. Fasting and prayer is one of the quickest ways to prepare us for the future.

Fasting intensifies and empowers prayer with unimaginable force. This is the season to fast, pray, and seek God.

There has been a dramatic increase in fasting over the last several years. A few years ago Bill Bright, the founder of Campus Crusade for Christ, called for two million Christians to fast and pray forty days for worldwide revival and for the fulfillment of the Great Commission. Presently, there are an increasing number of Christians who are fasting for up to forty days. Mike Bickle, founder of the International House of Prayer in Kansas City, started an international Global Bridegroom Fast. TheCall led by Lou Engle is calling young people to fast and pray.

In preparation for the great end-time revival, God’s people need to prepare through prayer and fasting. Fasting refines prayer and positions us in heart and in every other way for revival. God wants to set our hearts on fire with His purposes and plans.

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