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Benefits of fasting and prayer in the bible

What is the benefits of fasting and prayer.

June 2, 2015A by Connie Crum Several times a year our Shepherd leads us to fast and pray. There are so many verses that refer to fasting and prayer in the Bible, but there is no place in the Word where Jesus commands us to fast, but we know that He expects us to do so because it is a matter of being part of His Kingdom, and therefore we must be obedient. Fasting and prayer help us focus and improve our relationship with our God. When we fast for something that is happening in our lives, we express to God that this need is specific, personal and requires special attention from God. We're letting God know we need to listen to him. What we pray for and fast is important, because we are not only praying with our usual expectation from the Father. After a period of prayer and fasting I feel refreshed (naturally hungry) but I feel closer to Him. When we fast seriously, we align ourselves with God. We gain spiritual strength through fasting. Fasting helps us discern God's will and destroys the fortresses! Fasting is so powerful that it breaks the power of our flesh and our demons. But fasting is not easy. Let's face it, the truth is we love to eat. We love spending time watching television and our work, family, time and thoughts absorb a lot of our energy. By denying ourselves these things "the foods we love (especially food from fattening and not nutritious), the pleasures of watching our favorite TV programs and other daily activities that move us from God, here are the ways fasting uses to help us realine our attention to God. Fasting approaches us to God and helps us to move away from the desire for fulfillment. We pray for many things, but fasting places an intensity on our need. Tell God, we're serious about this. We could pray for the salvation of a loved one, for an economic need, for our emotions, for sexual problems, for healing, for drug addiction or alcohol "also for suicidal tendencies. The Bible gives us many reasons to fast, that continue in our daily life. Have you ever started a fast to pray for something specific and to discourage you? There were times when I was discouraged and doubted that my fast was doing something (besides making me miserable). But we must remember that we are human and when we fast the devil uses this opportunity to try to discourage us and we grow tired because we are not seeing immediate results. We must also remember, we are doing our part and God will honor him in His time and in His way. So do not be discouraged if you have not experienced immediate results for what you are fasting and praying about. Fasting and prayer taught me many things. It made me stronger in my faith and I learned that sometimes we just have to wait on the Lord and keep fasting and praying, trusting and believing. Once I was fasting and praying for our daughter's husband and my grandson to come to the Lord. I prayed and prayed. Year after year passed and I started to tire, but our God is a punctual God! Just when I thought it would never happen, he did. So you see that God does not do it in the time we want, but His timing is perfect. He absolutely hears our cries and hears us. He knows exactly what to do and when to do it. The righteous cries out, and the Lord hears them; He frees them from all their troubles (Psalm 34:17) John 5:13-14 says, "This is the confidence we have in drawing near to God: that if we ask anything according to His will, He hears us. 15 And if we know that he hears us, whatever we ask, we know that we have what we asked of him." How encouraging is that? So never be discouraged! Know that God listens to us and is working on it. Fasting can be harmful because our bodies are affected by withdrawals from lack of food, but fasting is provided with benefits. Our bodies are the temple of the Lord and fasting not only cleanses our body of toxins and bad eating habits, but purifies our soul. Fasting will help you have a more intimate relationship with Christ. You will help you overcome sin, bad habits and help you open your eyes to Things that are leasing to God in your life. Fast and prayer is a moment to separate from your regular models and things from the world and approach the Lord. There are so many advantages and reasons for fasting and so many ways to do this. Discover the best way for you. Discover the reason for your fasting and how long you think to do it. I challenge you today to fast. Don't do it to try to boast and appear spiritual. Make sure your reasons are right and do it for the glory of God. Humble in front of the Lord and engage it for him. Digjuno-fast quotations limit our physical pleasure, but improves our spiritual pleasure. Our largest pleasure comes to banish on the person of Jesus. Fasting reduces the influence of our own and invites the Holy Spirit to do a more intense job in us. Christian fasting, to its root, is the hunger of a nostalgia of God for God. The intervention of God 1. 2 Samuel 12:16 David has implored God for the child. He lit up and spent the nights lying in the ground sackcloth. Repentance 2. 1 Samuel 7: 6 When they were assembled to Mizpah, they designed water and poured it out in front of the Lord. On that day they were fasted and there they confessed "we sin against the Lord." Now Samuel was serving as Israel's leader in Mizpah. 3. Daniel 9: 3-5 So I turned to the Lord God and implored with him in prayer and a petition, in fasting, and in canvas and ashes. I prayed to my God and confessed: "Great and wonderful God, who His covenant of love with those who love him and keep his commandments, We have sinned and hurt. We have been wicked and have rebelled; We've transformed By your commands and laws. - Joel 2: 12-13 "Now, " declares the Lord, "for me for me with all my heart, it is with fasting and weeping and mourning, " "Render your heart and not your leaders. Return to the Lord your God; it is because He is kind and compassionate, slow to anger and abundantly in love. He is and remains to send the calamity. 5. Jonah 3: 5-9 The invitations beloved in God. A fast was proclaimed, and all of them, from the greatest to the least, put on sackcloth. When Jonah's warning reached the king of Nineveh, he rose from his throne, took off his royal garments, put on sackcloth and sat down in the dust. This is the proclamation which he made in Nineveh: It is the decree of the king and his nobles: Let not man, or beast, or herd, taste anything; Don't let them eat or drink. But let people and animals be covered in sackcloth. Let everyone urgently call on God. Let them renounce their bad manners and violence. Who knows? God can still recite and with compassion, turned from his fierce anger so as not to perish, guide her. The Guide 6. Acts 14:23 Paul and Barnabas were also appointed elders in every church. Through prayer and fasting, they transformed the elders into the care of the Lord, in whom they had placed their trust. 7. Acts 13: 2-4 While they were worshipping the Lord and fasting, the Holy Spirit said, "Separate Barnabas and Saul for me for the work to which I have called them". So when they had fasted and prayed, they laid their hands on them and sent them away. The two, sent on their way by the Holy Spirit, went down to Seleucia, and sailed from there to Cyprus. Worship, 8. Luke 2:37 And she lived as a widow unto the age of eighty-four. He never left the temple but remained there day and night, worshipping God with fasting and prayer. Strengthened Prayers 9. Matthew 17: 20-21 And he said to them, "It is a little of the cultivability of your faith; For truly I tell you, if you have faith the size of a mustard seed, you will say to this mountain, it moves from here to there, it will move; and nothing will be impossible for you. " "But this guy does not exclude except by prayer and fasting. - \$10. Ezra 8: 23 So we fasted and prayed earnestly that our God would take care of us, and He heard our prayer. - Luke 11. 2 Samuel 1:12 And they wept, and wept, and wept, and fasted all the day for Saul, and for Jonathan his son, and for the host of the LORD, and for the nation of Israel, because they were slain by the sword that day. 12. Nehemiah 1: 4 And when I heard these things, I sat down and wept. For a few days I wept and fasted and prayed before the God of heaven. 13. Psalm 69:10 When I wept and humbled my soul with fasting, it became my reproach. Other ways for fast 14. 1 Corinthians 7: 5 It is FRAFRAUMA THAT NOT One another, except by consent A period, which you could give you to fast and prayer; And you get together again, that Satan doesn't try to you for your incontinence. Humility 15. Psalm 35: 13-14 And yet when they were I put on sackcloth and humiliated myself with fasting. When my prayers returned to me without answer, I went to cry as if for my friend or brother. I bowed to my head in pain like I cried for my mother. 16. 1 Kings 21:25-27 (There was never anyone like Achab, who sold himself to harm the Lord, urged by Jezebel his wife. He behaved vilely, going after idols, as the Amortites the Lord led before Israel.) When Achab heard these words, he raised his clothes, he put himself on sackcloth and djointed. He lay in sackcloth and went around mild. Do not fast to be seen and brag 17. Matthew 6:17-18 But when you fast, put oil on your head and wash your face, so that it is not obvious to others that you are fasting, but only to your Father, who is invisible; and your Father, who sees what is done in secret, will reward you. 18. Luke 18:9-12 To some who were confident of their justice and looked down on all the others, Jesus said this parable: "Two men went up to the temple to pray, one Pharisee and the other one public. The Pharisee stopped and prayed: "God, I thank you for not being like others - robbers, malfactors, adulters - or even as this publish. I fast twice a week and give a tenth of everything I get." Remines 19. Luke 18:1 Then Jesus said to his disciples a parable to show them that they should always pray and not surrender. 20. Philippians 4:6-7 Do not be anxious about anything, but in every situation, prayer and petition, thanksgiving, to present your requests to God. And the peace of God, which transcends all understanding, will keep your hearts and minds in Christ Jesus. 21. Ecclesiastes 3:1 For all there is a season, and a time for every matter under the sky. 22. 1 Thessalonians 5:16-18 Always rejoice, pray continually, give thanks in every circumstance; because this is the will of God for you in Christ Jesus. Jesus.

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