

Expect a Miracle When You Fast!

What do you need from God? My prayer is that during your days of fasting and intense prayer, you will receive your breakthrough. One of the keys to a successful fast is to be specific on what you want from God. Jesus told the story of a man who had visitors and the man went to a friend and asked, "Friend, lend me three loaves." (Luke 11:5). Notice He didn't say, "Give me some bread." He was specific. Every prayer in the Bible is a definite request. During your time of fasting and prayer be very focused on what you believe God for. Write your needs and be ready to record God's provision for each one.

I believe that you can expect God to move in five specific areas in this season of fasting and prayer.

- 1. God is going to help people lose weight permanently.** The cause of weight gain is not the food that you eat or the ice cream cones you have for dessert. The cause is negative motivating forces that compel you to eat. Sometimes when people have gone through difficult times they will over eat. Financial pressures, anger, trouble at work, insecurities, and many other conflicts can trigger negative pressure that releases itself in overeating. But God can heal you of this. God is going to help you lose weight and keep it off.
- 2. This is the time to see God bring deliverance to families.** You may be thinking that the biggest miracle of your life would be to see your family saved. You may have a difficult spouse or children that are completely rebellious. Yes, that would be a miracle to see them come to Christ, but remember, it was a miracle when you got saved. It was a miracle when I got saved. Thank God that's what He does – perform MIRACLES. Psalm 68:6 says, "God setteth the solitary in families: He bringeth out those which are bound with chains." In other words, one person in a family can believe God for the deliverance for the entire household.
- 3. Believe God for an increase in your finances.** As you enter this fast, expect God to bless you financially. God has promised to bless you. Can you really expect an increase in your finances? Matthew 13:8 promises "But others fell on good ground, and brought forth fruit, some a hundredfold, some sixty-fold, some thirty-fold." To expect an increase is absolutely possible.
- 4. Expect God to perform many miracles of healing,** especially in the area of cancer, sugar diabetes, heart problems, and learning disorders such as dyslexia. There is no sickness God cannot heal. Don't give up. "Only believe; all things are possible."
- 5. As you fast and pray, believe God for deliverance from addictions.** If you or a member of your family is bound by alcohol, drugs, pornography or other addictions, God will set you free. Throughout the Bible, as people have sought God with prayer and fasting, God has brought a speedy answer. I am setting a challenge before you because scripture tells us to set our hearts and minds on things above, on Christ Jesus who sits at the right hand of the Father. I want to encourage you to read through the New Testament during the 21-day Fast. That is less than ten chapters a day. During the time you would eat, read your Bible and pray.