



Lenita Reeves Ministries

Dear Chosen One:

The key to your next level of release is the combination of prayer and fasting. Jesus had a conversation with his disciples:

And when he was come into the house, his disciples asked him privately, Why could not we cast him out? 29 And he said unto them, This kind can come forth by nothing, but by prayer and fasting. (Mark 9: 28-29, KJV)

Sometimes, it is necessary to add fasting to our prayers. The disciples could not cure the man's son and Jesus told them it was not only because of their unbelief, but because they were not yet walking in a fasting lifestyle.

¹⁴ Then came to him the disciples of John, saying, Why do we and the Pharisees fast oft, but thy disciples fast not? ¹⁵ And Jesus said unto them, Can the children of the bridechamber mourn, as long as the bridegroom is with them? but the days will come, when the bridegroom shall be taken from them, and then shall they fast. (Matthew 9:14-15 KJV)

Jesus' instructions to the disciples are for our benefit. We need to fast if we will see stubborn, sever issues resolved. And I believe the information in this document will help you fast and pray for yourself and your family, bringing spiritual growth, breakthroughs and an end to recurrent issues. By the grace of God we will come into times of breakthroughs, deliverance, acceleration, manifestation, refreshing and the supernatural.

From the Scriptures, we know that whenever the people of God sought God with all their hearts and turned to Him in fasting and prayer, He responded every time and forgave their sins, healed their land and poured out His blessings upon them (Isaiah 29:14; Job 5:8-27; Joel 2:12-29). This is a season where your obedience to stretch yourself in prayer and fasting will bring results.

Persist. Press your way through any form of opposition or satanic distraction. Continue in prayer and it shall come to pass.

You can always let me know if you have any questions and be sure to get the messages on the power of fasting if you don't already have them.

Sincerely,

Pastor Lenita

Background Information on Fasting and How to Start a Fast

Blow the trumpet in Zion, sanctify a fast, call a solemn assembly: Gather the people, sanctify the congregation, assemble the elders, gather the children, and those that suck the breast: Let the bridegroom go forth of his chamber, and the bride out of her closet. Let the priest, the ministers of the Lord, weep between the porch and the altar, and let them say, Spare thy people, O Lord, and give not thy heritage to reproach, that the heathen should rule over them: wherefore should they say among the people, Where is their God? (Joel 2: 15-17)

Fasting is a voluntary abstinence from food and fleshly activities for spiritual purposes. It was an accepted part of the religious duty among the Jewish people in the days of Christ. They had practiced it continuously from the time of Moses onward.

Fasting is endorsed not merely by the teaching of Jesus, but also by His own personal example. *Matt. 16:16-18, Mark 2:18-20, Luke 4:1.2.14.*

The New Testament Christians not only practiced fasting individually, as a part of their personal discipline, but also practiced it collectively, as their corporate ministry to God. *Acts 13:1-3, Acts 14:21-23.*

From Acts 13 and 14, we realize that collective prayer and fasting played a vital note in the growth and development of the New Testament church. It was through prayer and fasting that the early Christians received direction and power from the Holy Spirit for decisions or tasks of special importance.

1. Fasting enables us to humble ourselves before God.
Psalm 38:13, Ps 69:10, 2 Chronicles 7:14.
2. Fasting is a means by which a believer brings his/her body into subjection.
1 Corinthians 9:27.
3. Fasting changes man, not God. God is omnipotent and unchanging.
4. Fasting breaks down the barriers in man's carnal nature that stand in the way of the Holy Spirit's omnipotence. *Ephesians 3:20*
5. Fasting is neither a gimmick nor a cure all. God has made total provision for the well being of his people in every area of their lives spiritually is one part of this provision.
6. Fasting is not a substitute for any other part of God's provision.
7. Fasting intensifies prayer and enables the believer to become more effective spiritually.
Daniel 9:2,3; Daniel 10:1-14
8. Fasting empowers the believer to obtain deliverance, spiritual breakthroughs, answered prayers and victory.
Isaiah 58:6, 2 Chronicles 7:14, 15, 2 Chronicles 20:1-30
9. Fasting prepares the believer to receive a fresh outpouring of the Spirit and the blessings of God. *Joel 2:12-29*

10. Fasting has medical benefits. *Isaiah 58:8*

Be glad then, ye children of Zion, and rejoice in the Lord your God: for he hath given you the former rain moderately, and he will cause to come down for you the rain, the former rain, and the latter rain in the first month. And the floors shall be full of wheat, and the vats shall overflow with wine and oil. And I will restore unto you the years that the locust has eaten, the cankerworm, and the caterpillar, and the palmer worm, my great army which I sent among you. And ye shall eat in plenty, and be satisfied, and praise the name of the Lord your God, that hath dealt wondrously with you and my people shall not be ashamed. And ye shall know that I am in the midst of Israel, and that I am the Lord your God, and none else: and my people shall never be ashamed. And it shall come to pass afterward, that I will pour out my Spirit upon all flesh; and your sons and daughters will prophesy, your old men shall dream dreams, your young men shall see visions...And it shall come to pass, that whosoever shall call on the name of the Lord shall be delivered: (Joel 2: 23-28)

How to Start a Fast

Fasting is a time of consecration, setting yourself apart from daily distractions like TV and food and spending that time in prayer and the study of the word.

Step 1: Determine/decide to fast and set the length of your fast.

All action and all change begins with a decision. Determine to fast and set the length of your fast from the beginning.

Step 2: Repent and make sure you're not holding onto unforgiveness.

Step 3: Pray for grace! I know it sounds obvious, but really.

Before you embark on the fast, start with a prayer of dedication or a petition for grace to fast and subdue the dictates of your flesh. It is not by your own might, nor your own power but by the Spirit of the Lord, but you definitely need desire and self-control to persistent in a fast. Ask God for grace and to give you a stronger desire for his presence than for natural food.

Sample Prayer of Dedication

Heavenly Father, today I consecrate myself to you in the name of your only son Jesus Christ. I receive fresh oil from your presence to empower me to be effective in these days of fasting and prayer. I declare that I shall not be distracted by any device of the enemy but I shall come to a place of deliverance, breakthroughs and victory in every dimension of my life. I receive supernatural strength from the Holy Spirit to rise above the cravings of my carnal nature. I declare that in the midst of this fast I would receive power and divine directions from the presence of God that would positively affect my destiny.

This is my season of breakthroughs and I shall not be denied of any blessing or miracle that heaven has ordained for me, in Jesus' mighty name, Amen.

If you haven't fasted before, here's what I recommend as far as reducing your food intake and preparing your body to fast:

Begin with a partial day fast.

Day 1:

- Start by skipping breakfast and fasting from 6am to 12noon
- Start with prayer in the morning; you can use a devotional or bible reading plan on the Bible app or biblegateway.com. Focus on your personal relationship with God.
- Pray at 12noon before you break your fast, even if it's for a few minutes: use the daily prayer points in this document
- Eat light after 12noon—salads, fruits and a light dinner
- Pray at 6pm, even if it's for a few minutes: use the daily prayer points in this document

Day 2:

- Fast from 6am to 3pm
- Start with prayer in the morning; you can use a devotional or bible reading plan on the Bible app or biblegateway.com. Focus on your personal relationship with God.
- Pray at 12noon, even if it's for a few minutes: use the daily prayer points in this document
- Pray at 3pm before you break your fast, even if it's for a few minutes: use the daily prayer points in this document
- Eat light after 3pm—salads, fruits and a light dinner
- Pray at 6pm, even if it's for a few minutes: use the daily prayer points in this document

Days 3-5:

- Fast from 6am to 6pm
- Start with prayer in the morning; you can use a devotional or bible reading plan on the Bible app or biblegateway.com. Focus on your personal relationship with God.
- Pray at 12noon, even if it's for a few minutes: use the daily prayer points in this document
- Pray at 6pm before you break your fast, even if it's for a few minutes: use the daily prayer points in this document
- Eat light after 6pm—salads, fruits and a light dinner

Days 6 and Beyond

- Fast daily, drinking *lots* of water only.
- Join the PrayerWatch and other times of prayer /services during the week

If you have fasted before:

Prepare for a full water-only fast with several partial-day fasts.

- Start with Days 3-5 above for 5 days, then drink water only for days 6 and beyond.

Tips for Everyone

- Drink lots of water.
- Expect the first days to be hardest. Headaches and stomach aches are likely the result of toxins leaving your body.
- Be intentional about praying. Replace the time you would have spent eating in prayer and the Word. Don't just not eat—you need a combination of prayer and fasting for maximum results.
- Don't think it strange when everyone at work brings in free food for lunch. Speak to yourself, reminding yourself that "man does not live by bread alone, but by every word that proceeds out of the mouth of God."
- You may feel more tired than usual. That's normal, especially in early stages. However, after a while (after toxins have time to leave your body) you will feel energized. You may want to limit your physical activity as needed.

Additional Resources on Fasting:

The Purposes and Benefits of Fasting by Derek Prince

<http://beltway.org/college/files/2012/12/The-Purpose-and-Benefits-of-Fasting.pdf>