

PRAYER STUDY #2
Prayer and Fasting

However, this kind does not go out expect by prayer and fasting.
Matthew 17:21

Before the Lord comes again, there will be another outpouring of the Holy Spirit in the Last Days that will prepare the Church of Jesus Christ- especially the Zion Company or remnant overcomers of the Last Days – to bring in the Great Harvest at the end of the age. This overcoming, church within church, 100 fold Christians who do not love their lives to the death, especially soulish death, will come forth when God’s people, like you and me, will move into emergency measures of rending the heart and not the garments, of calling solemn assemblies, declaring fasts, sounding an alarm in Zion, etc. This movement towards the deeper things of God will center on PRAYER which is relational and communicative, listening to God as much as talking to Him, and on FASTING which is a denial of the flesh and fleshly desires in order to walk fully in Spirit, i.e. breaking the pitcher in the story of Gideon so that the light of the Holy Spirit within us can shine forth through us, giving light to all in the room. *NOW* is the time for us to get our light, i.e. the Spirit living us, out from under the bushel basket of our flesh natures which desires to satisfy our lusts and to be man pleasers. We put these lights on the lamp stands of our witness for Him so that we, as the Last Day’s Zion Company, can give light to all we meet.

A Fast usually involves food, and that is what was fasted in scripture, although we recognize that giving up anything that pleases the flesh can be a fast from that ting, ans we know that some have great difficulty in fasting due to physical problems. I would suggest one of the following “programs,” but encourage you to seek the Lord and His specific “program” for you:

1. One meal a day for 21 days.
2. A total fast (water only) 1 day a week for 3 weeks.
3. A three day total fast each week with only fruit juices.
4. A “pleasant bread” fast for those who cannot physically or choose not to fast whole meals (ex. Skip all sweets, skip TV for a week, skip the activity that you most enjoy for a week)

Fasting humbles us, chastens our souls, crucifies our flesh nature and appetites, gives up more time to pray, shows obedience to the Word, give evidences that we really want to Lord above all else, aids in temptation, helps to attain power over demons, develops faith, crucifies unbelief, and aids in prayer (Psalm 35:15, Psalm 69:10, 2nd Samuel 12:16-23, Matthew 4:1-11, 1st Corinthians 7:5, Matthew 17:14-21).

Men should fast when: under chastening (2nd Samuel 12:26-23), under judgement (1st Kings 21:27), in need (Ezra 8:21), in danger (Esther 4), when worried (Daniel 6:18), in trouble (Acts 27:9 and Acts 33), in spiritual conflict (Matthew 4:1-11), and when desperate in prayer (Acts 9).

May I suggest that you pray and fast for the following:

1. The ministry here
 - a. New spiritual vibrancy
 - b. Spiritual transparency with God and holiness of walk

- c. New desire for the Word
 - d. New desire to pray
 - e. The manifestation of His presence in the regular meetings
 - f. Unity
 - g. Against a Jezebel Spirit, Leviathan, and Python
2. For the demonic prince over this area to be wrestled to the ground
 3. For those sent out ones who are heavy on your heart and responsibility to pray for
 4. For all in this fellowship to be on the Highway to Holiness
 5. For the manifestation of the joy of the Lord in His people