

**General Topics :: How often you fast?****How often you fast?, on: 2007/11/15 22:06**

Mark 9:29 And he said unto them, This kind can come forth by nothing, but by prayer and fasting.

Matthew 17:21 Howbeit this kind goeth not out but by prayer and fasting. Have you ever fasted forty days and your experience?

Re: How often you fast?, on: 2007/11/15 22:10

Blessings of fasting

14Then came to him the disciples of John, saying, Why do we and the Pharisees fast oft, but thy disciples fast not?

15And Jesus said unto them, Can the children of the bride chamber 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

1. Victory in battle

And Jehoshaphat feared, and set himself to seek the LORD, and proclaimed a fast throughout all Judah.

And Judah gathered themselves together, to ask help of the LORD: even out of all the cities of Judah they came to seek the LORD.

- 2 Chronicles 20:3,4

2. Salvation from destruction

Go, gather together all the Jews that are present in Shushan, and fast ye for me, and neither eat nor drink three days, night or day: I also and my maidens will fast likewise; and so will I go in unto the king, which is not according to the law: and if I perish, I perish.

- Esther 4:16

3. Power in ministry

Howbeit this kind goeth not out but by prayer and fasting.

- Matthew 17:21

Re: How often you fast? - posted by Miccah (), on: 2007/11/15 22:31

No, I have never fasted 40 days. But Brother Yun fasted for 73 days from food and water (I believe). What a work of the Lord!

Christiaan