

21 Days of Prayer and Fasting - Part 1
Preparing for Prayer - Saying No to the Flesh
Daniel 10:2-3; 11-12

1 John 5:14-15

Daniel 10:13

Hebrews 1:14—the word “minister” means serve as an employee

When we pray, angels or “messengers” are responsible for making sure the answer gets to you.

Ephesians 6:10-12

2 Corinthians 10:3-5

When Satan has control over what you think (focused on), he has control over you.

Ephesians 6:16—Fiery darts (demonic forces attempting to sabotage you through thoughts)

James 1:6-8—Your faith is the fuel for the fight.

This is why Daniel fasted; he needed to be completely focused on the things of the Spirit and not the flesh.

Daniel didn't fast to change God; Daniel fasted to change himself.

Fasting does not change God—it only changes us.

Fasting has a two-fold purpose:

Enables us to become more sensitive to the Spirit of God (turning down the volume)

Putting the flesh under (gaining control over the passions of the flesh)

The flesh is the greatest culprit to you and I hearing from God.

This is why we fast; we tell the flesh no (turning down the volume) lay aside distractions and tune in to the Spirit of God (so we can hear the whisper of the Holy Spirit)

Isaiah 30:21—Your ears will hear a word behind you saying, “This is the way; walk in it,” whenever you turn to the right or the left.

2 Chronicles 7:14—If my people called by my Name will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven...

“subdue” themselves

Romans 8:5-8 Those who are governed by the flesh.

The flesh cannot do what is right unless it is told; it has no natural ability to do right

Matthew 26:41—Watch and pray so that you will not fall into temptation; the spirit is willing, but the flesh is weak.

When we tell the flesh no, it cannot grow.

The quieter the flesh, the clearer the Spirit.