

## Breakthrough Prayer and Fasting

1. Invite a few others to pray and fast with you for one day or three days when you need breakthrough in any situation you must have God's intervention. (ex. a prodigal child)

Luke 17:21 – But this kind does not go out except by prayer and fasting.

Jesus responded to a father's cry for breakthrough and freedom for his son by casting out a demon. Jesus remarks that His faith and power came from a lifestyle of prayer and fasting.

2. Remind the Lord of His promises over your life, over your family, over your church, city, nation and nations as you pray and fast.

Daniel 9:3 – I turned my face to the Lord God, seeking him by prayer and pleas for mercy with fasting

Daniel prayed for a breakthrough for his nation by prayer, fasting and reminding the Lord of His promises.

3. The disciples of John the Baptist prepared the way of the Lord through prayer and fasting.

Luke 5:33 – The disciples of John fast often and offer prayers

Prayer and fasting not only closes doors to the enemy but opens doors and gates for the God of breakthrough to come in power, in deliverance and in great glory.

4. Anna prayed for the redemption of Jerusalem with worship, prayer and fasting.

Luke 2:37 – [Anna] as a widow until she was eighty-four. She did not depart from the temple, worshiping with fasting and prayer night and day. 38 And coming up at that very hour she began to give thanks to God and to speak of him to all who were waiting for the redemption of Jerusalem.

5. Paul and Barnabas brought breakthrough in Galatia by prayer and fasting as they preached the gospel, planted churches and appointed leadership.

Acts 14:23 – And when they had appointed elders for them in every church, with prayer and fasting they committed them to the Lord in whom they had believed.