

THE NARROW ROAD

Volume 11

Fasting



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The Narrow Road Series

Salvation
Hear and Obey
The Power in the Word
Becoming Useful Vessels
The Pillars of Cloud and Fire
The Weapons of Our Warfare
Faith
Bearing Fruit
Questions and Answers
Purpose Your Heart
Fasting

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Fore-Word

Matthew 7:13-14 (NIV)

“Enter through the narrow gate. For wide is the gate and broad is the road that leads to destruction, and many enter through it. But **small is the gate, and narrow the road that leads to life, and only a few find it.**

John 15:7,8

If you abide in Me, and My words abide in you, you will ask what you desire, and it shall be done for you. Herein is my Father glorified, that ye bear much fruit; so shall ye be my disciples.

Revelation 12:10

For the accuser of our brothers has been thrown down – he who accuses them day and night before our God. They have conquered them by the blood of the Lamb and by the word of their testimony.

I would like to thank my wife and children for their support in the living out of these testimonies, and to my dear sisters in Christ Pauline and Caitlin for collating and editing these testimonies into book form.

I have decided to bring these to print as a legacy for my children, grandchildren and brothers and sisters in the Lord as a map of God's principles and testimonies of our journey here on earth.

I believe that in years to come as my relatives hear of our exploits in the Holy Spirit, and their hunger in God is sparked, they will want to know what secrets of God we discovered.

I believe that these testimonies will cause them to search for the truth.

- Raf

FASTING

Summary of the Keys:

- Purposing our hearts
- The power of the Word of God
- Praying in tongues
- The power of hearing God's voice
- Warfare – the Word the name and the blood
- The measure that we use is measured back to us

The keys to hearing God's voice to go and do what we need to do are based on hearing Him to go and do it.

There are things we can do to sharpen our hearing. We learnt to sharpen our hearing by playing games (hide'n'seek). Fasting seems to be the thing that nobody wants to do.

When we opened up that scripture that "this type comes out but by prayer and fasting" we got the understanding that it was this type of unbelief that comes out by prayer and fasting, not this type of devil. The unbelief in our heart.

Because we see something in front of us that looks insurmountable it tends to cause unbelief in us. That thing we're looking at appears to be bigger than the God we serve. That's what unbelief is. We have to change our mindsets.

The way to do that is to purge our flesh so that our spirit rises up above our flesh man. Our carnal flesh is very strong. We've been living in our bodies all of our lives so it takes something to break the habits of our bodies.

I believe that behind every habit is a spirit that drives it. When I was an alcoholic there was a spirit behind that. There is a spirit behind gambling. There's a spirit behind things we can't control. Fasting tends to do something.

I started to learn the power in fasting when the Holy Spirit spoke to me as a young Christian (37 years old at the time). One morning He said, "I want you to fast."

At the time I was cooking some toast and as I heard Him speak audibly to me I immediately stuffed the toast in my mouth because I didn't know how long I was going to be fasting for. I'd never fasted before, never read or learnt anything on fasting.

I thought, "Ok. I'll fast tomorrow." I thought that I'd eat up big that day and fast tomorrow. When I went to church that day there was an evangelist called

Tim Hall preaching and the first words he spoke were, "God spoke to me this morning and told me that there are five people He spoke to and He told them that He wants them to fast."

I was looking for somewhere to hide because I knew that God was speaking to me. I apologised to the Lord and repented. I said, "I'm sorry. Tomorrow I will fast." I didn't realise why He wanted me to fast. I started to get the understanding of what fasting is and why it's so important. We will want to fast once understand what it does.

The next day I was fasting. I was working with a mate at a place called Gumeracha and we were building some cupboards. His wife was an excellent cook. The smell of these beautiful cakes wafted into the joinery shop. Smoko was always a great affair when we were working there – jam, cream and scones and beautiful food. It was no different that day.

I said, "No. I'm fasting."

She said, "You're what?" They'd been Christians and elders for a long time but had never fasted.

I said, "I'm fasting. God's speaking to me to fast and I promised Him that I would so I have to do it." So I fasted all day. It was the toughest day of my life, going without a bit of food.

I drove about an hour and a half to home. As I walked in the door my phone rang and it was a friend from Darwin. This man had been a bouncer in a hotel years before.

When I came to the Lord I shared Jesus with him but he didn't want anything to do with God. He was an alcoholic, the same as I was at the time.

I had said to him, "If ever you need help remember to cry out in the name of Jesus. Just give me a ring. Find me wherever I am and I'll share with you."

I had shared the Lord with him but it just wasn't his time.

Through that fast something broke two thousand kilometres away. This man called me and said, "I need help. Can you remember what you said to me three or four years ago?"

I said, "Yes. I do."

He said, "I need help. My wife went to a tarot card reader two weeks ago. She spoke that our two children will die within the next two weeks. My wife is beyond herself. She won't let them out of the house. The house is a prison

right now. Fear and panic have grabbed hold of her and I don't know what to do. I knew that you'd be able to help me. I remembered those words."

I was a young Christian so I phoned up the pastor and asked him what I should do to help this guy. I was going to get the pastor to give this guy a ring.

The pastor said, "Well he phoned you so you can fix it."

I said, "But what do I do?"

All I knew was that the blood of the Lamb had saved me. I only knew really basic stuff. All I could say was that the blood of the Lamb had saved me so it could certainly save him.

So I phoned him and said, "The only thing that I know that you should do is give your heart to the Lord."

I spoke to his wife and said, "This thing can't happen. It cannot happen. If you accept it the devil is having a field day with you causing fear. If you come into agreement with it, then there's the possibility that it can happen. So you have to cut this thing off. The only way I know is to give your heart to Jesus."

For the sake of her children this woman gave her heart to Jesus and instant peace came into the house. It cut the curse off instantly and they were set free. God was gracious.

He sent an AOG woman to this house two hours later. It happened 'just out of the blue' so that this family could be fed. I talked to him about being the man of his house and taking authority.

He gave his heart to the Lord and the Lord started to move in that household. Praying and fasting – I knew it had something to do with it because I understood what it had done.

The next instance of fasting: I woke up one day, started a fast and walked into my shower a happy man. Then the Holy Spirit came on me and I was the unhappiest man in the world.

Intercession came on me and I didn't understand why because this was new to me. I was praying in tongues in my shower and wondering what this was. That day I had set my heart to fast.

Intercession came on me. I got out of the shower and my phone rang. It was another voice from the past. The young man said, "I don't know why I'm phoning you."

He had been my next-door neighbour where we grew up as kids.

I said, "Is everything alright at home?" He said it was so I asked if he was okay and he said he was.

I asked about his Mum and he said, "My Mum's dying of cancer."

I knew his Mum. She knew me really well because when I grew up I was the terror of the neighbourhood. I smashed her window one day.

I asked him where she was and he said that she was in the hospital and she didn't have long to live. I asked him if he would mind if I visited her.

I went to see her and she gave her heart to the Lord. The fast that I had started had set something in motion. I was starting to see that fasting was tied to the things I was doing. I was thinking, "What is this? How does it work?" I had seen a couple of instances of it and I wanted to know more.

Romans 8:10 (NLT) "And Christ lives within you, so even though your body will die because of sin, the Spirit gives you life because you have been made right with God."

Fasting keeps the positional death of the flesh that Jesus Christ declared.

Fasting declares our body dead. When we fast we're helping it. God loves it when we want to help our flesh to die.

God loves it when we decide to fast because we're actually wanting to speed up the process of putting our flesh into the position that Jesus Christ declared it to be – dead to sin.

Fasting tends to do this. Fasting helps us to hear the true voice of God when our flesh dies to itself. He loves it when, out of our own will, we want to help Him shut down the flesh so that our spirit can rise up.

Jesus loves this. He showed His disciples the key to it in Matthew 9. Fasting gives us a hand in controlling the flesh.

It breaks the power of unbelief, as we saw in the incident of the man with the epileptic child. He told His disciples that fasting was the key to breaking the power of unbelief.

When we start to understand that fasting breaks the power of unbelief, it gives fasting a purpose.

When we don't fast unbelief can creep in. It's a subtle thing. The enemy doesn't work in a blatant manner. He's been around for thousands of years and he knows us better than we know ourselves.

He works in a very subtle manner. Unbelief is a subtlety. It creeps in. We don't realise that it's happening. When our flesh is more dominant than our spirit,

unbelief has really taken hold because we're living in the flesh realm, in this world realm.

We're serving the world realm rather than the things of the Holy Spirit. Fasting tends to put us in a place of positional truth and Jesus works in positional truths.

What's the difference between Christians fasting and Buddhists or Hindus fasting? Buddhist and Hindus fast but it doesn't do them any good because they aren't in the place of positional truth to benefit from it. We fast from the positional truth that God has said - that our body is dead to sin. That's the positional truth we stand in.

When we fast and we fast from that positional truth, we are fasting with a purpose. We are not fasting with a purpose when we're fasting for the sake of fasting to pray. Everything in the Bible has positional truths. We're saved because Jesus Christ died for us – that's the positional truth in salvation.

The positional truth for fasting is that Christ declared our body dead to sin. When we understand this we will become more aware of what's happening in the spirit realm.

Positional truth is where we stand in the truth of God. Every part of the Bible has positional truth. Every truth in the Bible is a position or a stance for us in the spirit.

When we come into the Kingdom of God the positional truth we stand in is that Christ died for us. The positional truth for fasting is that our body is declared dead to sin. So from that truth our fast becomes very effective because we are now entering into a positional truth that will start to move things in the spirit for us.

The Buddhists and Hindus fast not knowing why.

They have no basis for fasting other than wanting to find nirvana or whatever it is they are looking for, so it doesn't work. It is of no benefit to them.

But we have a tool in the Holy Spirit that actually declares our flesh dead so that our spirit can rise above it. This is why we have such a battle when we fast. There's a battle in the spirit realm.

Our spirit is trying to rise past the domination of our flesh. We're so carnal and fall into sin so easily because our flesh dominates our spirit.

Something happens when we allow our spirit to rise up and take dominance over our flesh. We will start to see blessing poured out on our houses.

We will think that we've broken through but it's that our spirit man has risen above our flesh in the area that we're fighting.

Worship ministers to God. Everything else we do in the spirit ministers to us, to change us so that we can worship God. Everything else points to us changing so that we can be effective vessels being moved into perfection so that we can worship God.

Every other practice in the Bible relates to us but worship relates to our Father in heaven. We minister to Him. When we get this simple understanding it starts to put things in context.

Fasting proclaims us as dead, particularly when it comes to reigning over our flesh. It's not a works thing. It's something that Jesus wanted us to do.

Matthew 9:14-17 "Then the disciples of John came to Him, saying, "Why do we and the Pharisees fast often, but Your disciples do not fast?" And Jesus said to them, "Can the friends of the bridegroom mourn as long as the bridegroom is with them? But the days will come when the bridegroom will be taken away from them, and then they will fast. No one puts a piece of unshrunk cloth on an old garment; for the patch pulls away from the garment, and the tear is made worse. Nor do they put new wine into old wineskins, or else the wineskins break, the wine is spilled, and the wineskins are ruined. But they put new wine into new wineskins, and both are preserved."

We need to understand that at this time Jesus was between two covenants. He was about to usher in the new one and the old was starting to finish off.

He was talking to men who didn't understand what He was saying. He was trying to teach them that He was ushering in something brand new.

They were in between two covenants. He had His disciples and He was talking to them but they couldn't understand because they weren't filled with the Spirit but they were under His mantle.

He sent out twelve, then seventy of them two by two to go and heal. He placed them under His mantle. He was a spirit man understanding what was happening, bringing in the new realm, the new covenant.

The Son of God here on earth was doing His work and bringing in the new covenant which is far better than the old. They were in between two covenants.

They still didn't understand the old covenant because it was not working. They had the Law. They were doing all the things that they should have been doing. Fasting seemed to be a religious thing that they would do but without the understanding.

Here was Jesus with His disciples and He was teaching them that this is very, very important. Where it says about the light under the bushel – Jesus was the light. He was saying, "I'm teaching you stuff that you can't hide under a bushel. This is something I'm teaching you. Once the Holy Spirit comes, once you're in this new covenant, you're going to be walking in this new revelation light that says you'll have to fast because I'm not going to be here."

"You can't put a new patch on an old wineskin" - What did that mean to the disciples? They saw the Pharisees and John the Baptist fasting. The disciples didn't have the truth of the revelation of what this fasting was going to do for them.

They didn't have the positional truth that their body was dead to sin. They hadn't entered that covenant yet.

The revelational truth hadn't come yet. He was teaching them. Everywhere He was teaching, He was teaching them that everything in the Kingdom comes from the position they stand in in the Kingdom.

Out of the truths of Kingdom living. He was trying to teach them new principles in Kingdom living. He was coming out of the old into the new.

He was trying to teach them that out of these positional truths they would see the power of God. They had no positional truth. They were still in the old Law.

The positional truth that we are standing in is that our body is dead to sin. That's the truth of where we stand today. We can hurry it up or we can take our time. Some people never put their body to death so how can He pour His Spirit through them?

The difference between a powerful Christian and a weak one is the position of truth they stand in, the revelation that comes to them.

Jesus was ushering in a new positional truth. He was saying, "You can't put new wine in an old skin." He was revealing it to them.

You can't pour the new wine of the new covenant into an old skin of the old understanding. We must put to death the old flesh and open ourselves up so that our spirit rises above our flesh and new wine can get poured in. We then become a powerful Christian. Revelation will start to flow.

This is why we fast. It breaks the power of unbelief. We entered into a brand-new covenant with Jesus Christ on the day we gave our heart to Him but if we do nothing with it, our flesh will still reign dominant in our lives when Christ declared it to be dead to sin. Romans 6 is where He declares our flesh to be dead to sin. That's the positional truth we stand in.

What is a positional truth? Look at the prodigal son: his condition was in the pig trough but his position was still son of the king. His condition was terrible. His position was perfect. His sonship never changed.

The positional truth we stand on is unchangeable. It's a spiritual law in the heavenly realm. If God said our body will be dead to sin then it's dead to sin. From that basis we have to stand. Jesus was trying to teach His disciples that this was coming.

They were in between two covenants and He was teaching them things that they couldn't understand. We are in the new covenant and we need to understand that this is a tool that God has given us. A tool to kill our flesh.

When we understand what fasting does, we're going to want to fast. When we understand that it's from a standpoint in the spirit realm of standing on the rock of positional truth that Jesus won for us, we're going to want to fast.

We're going to be in a hurry to fast so that we get our flesh out of the way so that our spirit will rise up. Because He wants to fill us. This is how He makes us useful, vessels of honour. Filled – some for ignoble purposes, some for noble – it depends on how quickly we put our body to death.

He doesn't say He's going to do it. He says we are to purge ourselves of the things that are holding us back. He's given us the key to do it.

Then we become a vessel for useful purposes for the King to take hold of and pour out. He'll use us to teach, to preach and to do so many things. He'll use us to heal the sick, deliver the demon-oppressed and to make a difference wherever we go. Doesn't this make fasting a little bit easier? It breaks the power of unbelief in us.

Some examples: I went to Paynesville in Victoria. The Lord had sent me there. I hadn't been there before and I didn't know anybody there. One of my sisters in the Lord, a pastor from Melbourne had opened up the door for me to go into this place and she had said that they would benefit if I went there.

They billeted me with a beautiful German man and his wife. He was about 65 and he had that 'grandfather thing.' He was just a beautiful man. He'd been an elder in this church for twenty odd years. He had fasted many times without understanding.

He heard that I was coming and they had said to him, "People get healed when this fellow turns up," so he started fasting. For the first time in his life he fasted with a purpose.

He didn't understand what he was doing but he'd been fasting for two days. When I turned up, this man had already broken ground.

Fasting doesn't move God's hand. Remember, worship is for God; fasting is for us. We're purging ourselves. We're making the wineskin brand new. We're not putting a patch on it; we're killing the old thing and letting the new thing come.

God says it's a new thing. We are seated with Him in heavenly places – there's our other positional truth that fasting will execute. We will be raised up to sit with the Lord in heavenly places. That's the positional truth we live in.

Fasting executes this position in the spirit for us. Fasting will bring us into that place. This man, unknowingly but with a zeal this time, wanted to fast to see people healed.

He wanted to be healed himself and he wanted his wife healed. He wanted his church healed. He wanted everyone around him healed.

I got there on a Friday. I was booked for one service on the Sunday morning. They said I was a bit early but I said, "That's ok. I want to have a bit of a look at the country."

They told me that they had a youth meeting on that night. The youth meeting had only been going for about three weeks but all the youth in the area would come to the community hall.

They asked me if I would go and speak to the youth and I said that I'd love to. They told me that all the youth were unsaved. Because I was staying at his place, this old man came with me.

The lady running the youth was a lovely Aboriginal lady who worked in Parliament in Canberra. She was a beautiful woman of God with a heart for youth. She had started this youth outreach in the church.

The youth were abusing this woman. When there are 16 -24 year olds in a small town with nothing to do, they can be wild ratbags. These kids were feral. This precious woman was trying to get the outreach together. She opened up the community hall. She was cooking sausages for them. She put up a volleyball net to try to get them to do something.

They were throwing balls at her, hitting her in the head, abusing her and treating her like a carpet. Something rose up in me. I was so 'cheesed off' with this. I spotted the ring leader and grabbed him physically.

I said to him, "What do you think you're doing? You stand here." I went and grabbed another one and dragged him over.

I had picked the two whom I thought were leaders and I said, "Now, this woman's doing something good for you guys and you're abusing her. You two look to me like you might lead so pick a team." So they each started picking a team.

I said, "Now I'm going to umpire. If you don't behave yourselves I'm taking points off."

They went to either side of the net and started playing volleyball. They had the best hour that they had ever had. They were playing and enjoying it. When the volleyball was over they all sat down to eat their sausages and this precious woman said, "This pastor has come from Adelaide and he'd like to speak to you."

They were saying things like, "Fair go, mate. It's not Sunday." I was thinking that this was going to be pretty hopeless to reach these kids.

I couldn't preach the gospel to them because they weren't open to it.

So I said, "No, I don't want to preach to you. I want to pray for you. And I want to pray for you first." I picked the ugliest, dirtiest, biggest one of the lot.

He said, "You're not praying for me, mate."

I said, "Are you scared?"

He said, "No. No way."

I said, "I picked you to be your own man but you're showing me that you've got a lot of fear, brother."

He said, "I'm my own man."

I said, "So why are you worried about what the other kids think if I pray for you?"

He said, "Well go ahead then and pray."

So I laid hands on him and I prayed in tongues. The power of God hit this meeting. That lowly gift of tongues and this old man having sacrificed something.

He had paid the price. He had stood in the gap for these kids and now the power of God was there.

A girl started sobbing behind me and someone else yelled out, "Whoa, what is that?"

The kid I was praying for started to break down and cry. I wasn't praying anything specific, just praying in tongues, but the Holy Spirit was specific. Those kids gave their hearts to the Lord. When the power of God came down like that we didn't have to do anything, we didn't have to speak to them. The people had been speaking to them about Jesus so they knew about the Lord.

All I had to do was come in and release the power. Release the power of God in the place – all because an old man had been fasting.

I asked the Lord, "How come this has happened so easily?"

He said, "Because he's paid the price." I was driving home with this old man and asked him if he'd been fasting.

He said, "Yes. I've tried fasting with the church when they all say to fast but nothing happens. I don't feel like I'm getting anywhere."

I started explaining these principles of fasting to him. I told him that he was doing something and his spirit man was starting to raise up.

He said, "We haven't seen anything happen in this place for twenty five years."

I said, "Well not any more mate. Now you have a key."

On the next day we went to see these kids who had given their hearts to the Lord, especially the ring leaders.

We went to their house and found that their house was a broken home. The father had taken off. The mother was living with her boyfriend and the kids were running riot.

I was talking to the mother and I said, "Have you seen a change in your kids?"

She said, "Yes. What's happened to them?"

I said, "They gave their hearts to the Lord last night."

She said, "Oh, I don't want that here. My husband was a Christian and he was terrible."

I said, "Let me tell you something. All you ever saw was religion. You never saw Christianity through your husband. But I want to prove Him to you. God tells me that you have a bad back and you need to have it healed."

She said, "Who told you?"

I said, "The Lord. So let me pray for you and you can now experience firsthand Christianity, not religion."

She agreed. I said, "Just follow me in this prayer. Lord Jesus..."

She said, "No. I don't want to do that."

I said, "Lady, I don't think you've got much choice. Your life's a mess. Give Him a chance. I'll pray for your back and you'll see. I want to tell you why you have a bad back. You've been messing around in the occult. You've gone and had your palms read. You allow them to come into your house."

She said, "Who's telling you this? Did my kids speak to you last night?"

I said, "No. The Lord's telling me." I laid hands on her back and she was instantly healed. She gave her heart to the Lord.

Two minutes later the boyfriend walked in. He was a different kettle of fish. "What's happening here?"

I said, "Mate, things are changing in the house. They've given their hearts to Jesus. She's given her heart to Jesus. There's only one left I think." He became like a puppy dog.

He could see things changing and that he could lose all of this. I said, "I think you two better get married too. Start to make a home of this place. Those kids need a home." They all gave their hearts to Jesus. Restoration came into that house. It only took about three or four minutes. This old man had fasted. That was the morning.

It was the old man's birthday. He said that he had a lot of his old German friends coming that afternoon. He asked if I'd join them for coffee and cake at 4 o'clock. I said that I'd love to join them.

I'd been with the pastor for lunch so I was running a bit late. German people make the best coffee and the best cake. They had a row of beautiful cakes and they were all talking about sickness.

There were four or five couples on one particular table, all speaking in German and speaking about their sicknesses. "My doctor does this..." and "My doctor does that..." and "My doctor's no good..." They all had their opinions on their doctors and their ailments.

I was listening to this garbage for twenty minutes. The topic of conversation all centred on how they were ailing.

I think it's something that happens to old people: they don't know what else to talk about so they talk about their sicknesses.

I was getting tired of this but I was thinking, "I'm not going to open my mouth. Hold off Raf. Eat as much cake as you can. Enjoy the cakes." So I was waiting and waiting and waiting and in the end I just couldn't help it. I was bursting.

I said, "Look, I've been listening to you guys for a while." They had introduced me as the pastor from Adelaide. Remember that the old man had fasted. He had told me that none of them were saved.

I looked at the man across the table from me and I said, "I've been listening to you guys for about twenty minutes. Is that all you ever talk about? Doctors? Ailments? Your sickness? They must be costing you mob a fortune!"

The place went quiet.

I said, "Can I tell you about my doctor?"

I thought I might as well join in the conversation.

They said, "What about your doctor?"

I said, "I take Him with me everywhere I go."

They said, "Are you that sick? How can you afford that?"

I said, "I can't afford not to take Him. His name is Jesus Christ." Silence hit the table. Everyone went stiff.

I said, "I don't just want to tell you about Him. I have not one complaint about my doctor. Not like you. My doctor heals every time. And I'm going to prove it to you. If I pray for your ailments I guarantee you that you're going to be healed."

Can we say that? We can. Put ourselves on the block and see if Christ doesn't turn up and pour Himself out in that situation. An act of faith is an act of faith. I guarantee you healing if my Lord Jesus comes into the situation.

I said, "Let me prove it to you." The Lord gave me a word of knowledge for the old man across the table. I said, "God tells me you have a wet left ear." That sounded like a word out of left field.

He said, "I have. It stinks. I've been having trouble with it."

I said, "Have you got hearing aids in there?" and said he did. I said, "Pull them out, mate. God's going to fully heal your hearing today."

He said, "Yeah?"

I said, "Will you let me pray? Stand up." He stood up.

I was about to pray and the Holy Spirit said, "The other bloke there has prostate cancer. Tell him the story about your Dad."

So I said, "Before I pray for you I have to tell you something," and I told them the story about my father. This man had unforgiveness. It was like a sign painted on him that said 'I don't forgive anybody.' In the spirit it was showing up like a flashing neon light.

There was silence as I was telling them the story. As I turned around to the first man I said, "That was a good story wasn't it?"

He said, "Yes it was." Now I had his hearing aids in my hand and I said, "Do you realise that you're already healed?" No one touched him. No one prayed for him.

Remember the old man had fasted. As that man heard the testimony of Jesus at work, healing came. They all gave their hearts to the Lord.

That church the next day had doubled in size. All the Germans were bringing their German friends on one side of the church and on the other side all the 'ferals' were bringing their friends.

One old man had fasted with a purpose. He had put his body to death so that his spirit might rise. His spirit has been called righteous by God.

Our flesh is still living in temptation. We need to kill it to be effective. And God has given us the tools. That's what Jesus was saying to His disciples when He said don't put a light under a basket. When we are born again and come into positional truth we cannot hide it any longer.

We have to put the flesh to death so that He might shine in us. That's what He was saying to His disciples. No longer can we put a light under a basket and hide it. Jesus has come and we need to shine out. By fasting we tend to let light glow. We put the flesh out of the way so that it's not blocking the light.

That's what He was sharing in Matthew 9. Read the whole chapter in context and see how simple the gospel is – praying and fasting.

Praying and fasting is our connection, our lifeline to growing in the spirit. If we put this into practice our lives will change dramatically. We'll be touching people and they'll be healed. Not just one or two but we'll find it will be constant.

Fasting is a difficult thing because we love to eat. But when we have a motivation – to kill unbelief and to grow in the spirit – it's not such a difficult thing.

We need to fast until we feel the breakthrough. Short fasts are as effective as long fasts. I reckon they're more effective because we can do more of them. We will hurry the killing of our body.

We will hurry up the process of killing the flesh so that our spirit rises up. It's not works: it has nothing to do with works. It has to do with standing in the positional truth Jesus said and declared us to be in. Alive in Him. Seated at the right hand of the Father in heavenly places.

Our body has been declared dead to sin – positional truth. On the basis of that our fasts become very effective when we know what they're doing. All of a sudden we'll enter into blessing ground. Our spirit man will rise above our flesh.

The major battle will happen when they are pegging level – when our flesh wants to do things and our spirit wants to do things and there's an even pull.

For most of our life our flesh has had dominion over our spirit. But I know that when I get into this place and my spirit man starts to fatten up, all of a sudden it has dominion over my flesh. I can do what the Lord tells me to do rather than do what my flesh wants to do.

Remember the stones, remember the devil wants to touch the stones in the field – this is what I'm talking about.

When our spirit starts to rise and get ascendancy over our flesh we become powerful Christians. We become a vessel of honour. We become someone that God can pour Himself through.

When we get the revelation of these keys we'll become a Rambo in the spirit. We'll be people who will walk through anything the devil would put in front of us.

We'll know our authority and start to see people saved everywhere we go. We'll have a boldness because we'll know who it is who's going with us. The One who has ascendancy over our flesh. The One who's made His home in us.

John 15:7-8 "If you abide in Me, and My words abide in you, you will ask what you desire, and it shall be done for you. By this My Father is glorified, that you bear much fruit; so you will be My disciples."

Disciples means disciplined ones. It doesn't just drop out of the sky because we're born again.

We need to walk. Some Christians never put their flesh to death. They wonder why they get beaten and pushed around, why defeat happens so easily.

They've never stood on the positional truth that Christ won for them on the cross.

When we go out into the world we need to be armed. We need to have the mind of Christ to know what people are going through.

The Holy Spirit can tell us. We don't have to experience horrific things to be effective in those areas. For Christians who have been through horrific things they are effective because they've seen them. We have the Spirit of God to reveal things to us

When we pray in tongues we're releasing something as well as purging our spirits. We're giving the Holy Spirit free rein to do His work.

When fasting, pray much in tongues. Do short fasts. If God wants us to do a long fast He'll tell us and take us into that. This isn't a works programme. I found that as I fasted every second day over a period of months it was like storing up energy in a battery.

My flesh was dying quickly and my spirit man was rising up. It was difficult to do. I thought it would be easier but it was difficult to do.

I wanted to make it a lifestyle for a time because I thought that I would start to put my flesh to death very quickly on a regular basis.

Come as a living sacrifice, our normal act of worship. Where does that fit in? A living sacrifice is something that's dying, something that's put on the barbecue plate, an Isaac that Abraham offers up, a Jesus that God the Father offers up – that's a living sacrifice.

Fasting and praying execute our flesh into the position Jesus Christ declared it to be. Dead to sin. Alive to Him. Our spirit is seated in heavenly places with Jesus Christ. Our flesh stops Him from working.

We have it within our hands to put that flesh out of the way. Once we're motivated with a purpose we'll find it easy.

Final-Word

If the testimonies in this booklet have impacted you, it's never too late to begin your own journey down the Narrow Road with Jesus.

Please feel free to read this simple prayer aloud:

Lord Jesus,

I believe that You died on the Cross for all my sin. I believe that You rose from the dead.

*Please forgive me for all my sins. Make me clean.
Please come into my heart, save me, heal me and set me free.*

*Write my name in Your Book of Life.
Fill me with Your Holy Spirit. Be my personal Lord and Saviour.*

Amen.

If you prayed this prayer, welcome to the family of God and a new life walking every day with Jesus.