

The Miraculous Power
Released through Prayer &
Fasting

Benny Hinn

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THE MIRACULOUS POWER RELEASED THROUGH PRAYER & FASTING

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All Scripture quotations are taken from the King James Version.

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Introduction

Intercessory prayer is possible because of a deep relationship with God. Such a fellowship is heightened through fasting and “prayer without ceasing.”

Your alliance with God is not the result of a business strategy. You don't approach the Lord with an A, B, C, or a 1, 2, 3. Daily communion with your heavenly Father doesn't occur because of your careful planning. The Lord Jesus isn't impressed because you have written on your daily schedule, “Five o'clock: Spend 60 minutes in prayer.”

Fellowship is the natural result of a deep desire.

Personally, I pray, “Intensify my hunger, Lord. Increase my desire for You!”

As this book details, it is your hunger that will move heaven. It's your thirsting that will cause the waters from above to flood your soul afresh. We are not drawn by legality but by love, not by guilt but by His grace. That's how our bond with the Lord is developed.

My dear friend Oral Roberts always said, “God will not do it without you, and you cannot do it without Him.”

Fellowship is impossible without relationship. God touches you and you respond. Then, as you reach out, He draws near to you. It starts with a hunger, and that hunger is imparted by the Spirit.

I trust that this book will help you realize how fasting and prayer will cause you to become an effective intercessor and will lead you into God's presence.

—Benny Hinn

Why Are You Fasting?

When my precious mother, Clemence Hinn, became a believer more than three decades ago, and she increasingly made a deep commitment to prayer and fasting. Both prayer and fasting have played an important role in her walk with the Lord since then, and they have doubtlessly impacted many people around the world through her faithful intercession. Over the years she has fasted more times than I can count, and she has seen incredible spiritual breakthroughs in her own life and in the lives of those around her.

She has told me that there have been specific times when she has felt specifically called to fast for me, my family, and this ministry, and I believe without a shadow of a doubt that many of the spiritual victories and historic mountains that were moved in my ministry have been the direct result of my mother's ironclad commitment to prayer and fasting. She has been a wonderful example of what our Lord Jesus promised to His disciples: *"This kind can come forth by nothing, but by prayer and fasting"* (Mark 9:29).

Having a proper understanding of why we fast and how to fast can potentially equip you to break the strongholds of the devil through prayer and to open the floodgates of heaven upon your life.

Questions to Ask

Fasting is not a topic to be taken lightly. You should never enter into a period of fasting simply because it seems like a good idea or it is something a Christian friend is doing. No. It must be the result of a spiritual need or a covenant you make with God.

As we approach this topic there are two important questions that need to be addressed:

- Why should I fast?
- How should I fast?

Later, we will discuss the role of fasting for specific purposes.

I am asking you to begin by asking yourself these five questions:

Question 1: Is it God directed?

Are you fasting because God has led you? Is it ordained by our Lord Himself? Some people fast so they can boast about their spirituality.

When the Lord Jesus told the parable of the Pharisee and the publican, He said, *“The Pharisee stood and prayed thus with himself, God, I thank thee, that I am not as other men are, extortioners, unjust, adulterers, or even as this publican. I fast twice in the week, I give tithes of all that I possess”* (Luke 18:11–12).

It is vital to follow God’s leading regarding prayer and fasting.

Otherwise it may lead to bondage.

Be certain you are prompted by the Holy Spirit and that your actions will please, honor, and glorify our Lord.

Question 2: What are your motives for fasting?

I have known people who treat fasting as a hunger strike, attempting to corner God and have our Lord respond to what they want accomplished in their life. Others enter a fast simply to shed a few pounds, yet cloak their actions in spiritual tones.