

What The Bible Teaches on **PRAYER and FASTING**

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Introduction



“Prayer moves the hands of the One who moves the universe!” We cannot understand the reason why the God of heaven and earth has placed such a powerful tool in our hands. Every indication in the Bible leads us to believe that when prayer is combined with fasting, it results in even more spiritual authority.

It is not surprising, therefore, that the Enemy, Satan, does everything in his power to pervert this special gift of God’s grace. He seeks to mislead God’s people into different by-ways instead of following the guidelines and examples that have been laid down for us in Scripture,

He persuades some people never to fast. They are so much in love with food that they almost believe they would be giving the coffin maker a contract if they were to miss a couple of meals!

To others he tells a different lie. He does not stop them from fasting. He pushes them to the other extreme. Long and frequent fasting, he tells them, is the sure and certain key to spiritual power. I once had a Secretary who fasted so constantly she could never get her work done in the office!

Some people make a business of it, setting up prayer houses where people go to consult them; and invariably, fasting is what they prescribe as the cure for all problems. A woman suffers repeated miscarriages and seeks their help. She is prescribed forty days of fasting on the “prayer mountain.” After getting away with embezzlement for many years, a highly placed officer is being investigated at the office. The answer: prayer and fasting.

For others, unfortunately, the problem is sheer ignorance. These could be true children of God genuinely seeking Him with all their hearts. They in6

clude some of our dearly beloved brothers who have died as a result of long fasts with the purest of motives, because they simply did not know about the medical implications of their actions.

While the Bible does not give detailed directives on each and every specific situation we face today, the principles that should guide us are clearly laid down in the word of God. It is not enough, however, to look at a few verses here and there, even if we take care to read them in their contexts. What we are seeking to do here is to develop an understanding that is full and balanced, based on all the main passages on prayer and fasting in the entire Bible.

The format is a set of Questions and Answers. My prayer is that every reader would have their questions answered sufficiently to set them free to live a life of purposeful prayer and fasting in a way that glorifies the Lord and brings great blessings on His people.

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January 2018