**There is renewed energy in the real of occultism. In our family we have witnessed death occur in every lineage except on (the one that prays). From post covid to today the lord led us to fast and pray as a family and we have seen amazing breakthrough for each member of the family e.g.**

**There is a new strategy of the devil against the church ………Offense**

**The way of the cross starts with repentance and ends with forgiveness**

**Your stature in Christ will determine the direction of victory over your circumstances.**

**A character study of Xerxes plus Esther.**

John 5:14

What is your response when in the heart of suffering, pain, disappointment, infirmity etc, temptation

**What is the thorn in your flesh. My greatest thorn is the testing of my faith (examples, myself as a case study)**

What are your weapons  when your faith is tested?

The physical and spiritual aspects of the mind. There is war. The satanic voice to the mind.

When the content of your heart becomes toxic what do you too.

**The mind of Christ sees everything from faith: Biblical examples from the gospel and old testament**

**The grasshopper, discouraged from opposition(danbalat, Tobias etc), laughter as of Sarah, doubt, don’t care**

**No other option, Elijah mentality**

The abundance of your heart reflects the state of your mind

Guard your minds, whatsoever is true, pure etc and Colossians 3:1,2

How many if us pray, read the bible, attend church, fast & pray? This message is for those who want to grow up spiritualky.

Logical approach is to ask does prayer and fasting work?

Is there biblical evidence?

How does it work? An act of faith. God’s hidden the depth of actions in the spiritual realm. 1) **For every act of faith there is a divine reaction.** **We act on his word he yields the results. Matthew 7:7**

What are the benefits?

John 6:26

**2) Whatever strengthens my spirit weakens my flesh. The term spiritual growth?? Means the increased subjection of the flesh to you spirit. The big problem is that we pay more attention to the flesh than the spirit.**

**The fleshand the sinful nature are mixed up in the flesh. The sinful nature is not of God but the body is the temple of the holy spirit.**

**The lack of discipline opens the door to your sinful nature. God does not respond to emotions or suffering. He responds to faith. When you are stuck, hindered etc…Matthew 7:7 -----🡪 fasting. Matthew 6:16-17**

**When, not if, you fast implies that Jesus expects you to fast.**

1. **Do it regularly**
2. **Do it privately**
3. **Do it in faith**
4. **Do it prayerfully (Without faith and prayer you are on a diet)**
5. **This help check the motives and prevents the flesh from enjoying the public praise that could come from it.**
6. **Types of fasting**