

Pinciples **O**f **P**rayer

Put some P.O.P. into your Christian walk.

And he said unto them, This kind can come forth by nothing but by prayer and fasting. Mark 9:29

“Prayer and Fasting” – (Ninth in the series)

Jesus’ disciples had been given authority, as we have, to cast out demons, (**Luke 10:17, 19**), and they came back joyful that this was so. But in **Mark 9**, they couldn’t cast out the demon from a possessed boy and they wanted to know why. Jesus’ answer was because of unbelief, **verse 19**. However, He added that this kind, this rank of spirit, needed something more; prayer and fasting.

Now, when Jesus took care of the problem, He didn’t pray and He didn’t take time to fast. He spoke to the evil spirit and it obeyed! The point is that Jesus had previously been praying and fasting which prepared Him to act on the spot.

Fasting means to, “abstain from food”. Fasting does not give us more authority or power but it affects us inside. We are to spend the time not eating fellowshiping with God not watching more TV or doing chores. It’s vitally important that we regularly say “NO” to our flesh which builds up the Spirit inside us. And it takes time and preparation. Paul said of the enemies of the cross, “...**their god is their stomach**”, **Philippians 3:19**.

Apparently, the disciples were, “in the flesh”, because after this, on the way to the house, they were arguing among themselves who was the greatest. They were prideful and puffed up and that’s why the demon didn’t pay any attention to them. “**God opposes the proud but gives grace to the humble.**” **James 4:6**. David said, “...**I humbled my soul with fasting, and my prayer returned**” **Psalms 35:13**.

Fasting is the exercise that, along with prayer and time alone with God, builds up our spirits so we will be prepared to face ANYTHING the enemy throws at us.