

Prayer and Fasting

Anthony Kim

Pastor Kim leads the congregation in a powerful message continuing the series on praying and fasting. He emphasizes that fasting, as a biblical spiritual discipline, breaks spiritual bondage, overcomes the flesh, and leads to breakthroughs by relying on the Holy Spirit rather than human effort. Drawing from Isaiah 58, he explains God's chosen fast brings freedom from sin, healing, guidance, and a vibrant testimony. Pastor Kim encourages practical application, shares personal and historical examples, and calls the church to humble themselves for genuine transformation and stronger witness to the world.

5 Main Scriptures:

Isaiah 58:6, Isaiah 58:8, Isaiah 58:9, Isaiah 58:10-11, 1 Corinthians 9:27

10 Main Topics:

chosen fast, spiritual bondage, breaking yokes, overcoming flesh, Holy Spirit power, sanctification, spiritual discipline, prayer groups, fasting types, living testimony

Cleaned Transcript (Step 7 - Timestamps and fillers removed, organized into paragraphs for readability):

Good evening everyone. We will go ahead and start off with going to the Lord in prayer. So if you will bow down with me.

Father, I acknowledge that help is needed, Lord, and all of us, including myself. I pray, Lord, that you would be present with us, both in our mind and in our hearts. Lord, I pray that we will be tuned to what your spirit and your word has to say for each and one of us in this room right now. Give us the grace of concentration so that we may please you father that we would not be pulled away by the cares of this world but what cares matters to you.

Lord help us to have like the heart of David that is the heart after you Lord. Help us to be humbled hearing your word this evening. Any areas Lord that speaks directly to our hearts and areas where we need we need to submit more to you help us Lord to have open hearts Lord so that we can be joined to what you have for us God I pray that this would

be a spiritual work tonight Lord that we would not take it for granted that we are here tonight to hear from you through your Holy Spirit and your word. So please bless in this way.

Father, I pray that you would graft your word into our hearts. I pray that your holy spirit will empower us to live out your words through obedience through obedient heart. And I pray father that you will be glorified in this meeting and Christ will be exalted. Blessed this father in Jesus name. Amen.

Well, this evening we're going to continue our series of the praying and fasting as a church. And I mentioned in our last Wednesday service to call upon the church to consider fasting along with your prayers. Last week I myself in preparation for the men's advance I took some time days before in preparation of the messages that I was going to lay out before the men and I believe God answered those prayers with fasting. It seemed like everything was just moving in the direction that God wanted. I didn't feel any resistance to when I called the men to pray to confess to open up for spiritual breakthroughs. I sense God's presence there. And that's what you know what fasting does. And we're going to see more of what fasting does in the spiritual realm. And how it is a direct attack on the on our enemy on the world and the flesh. Fasting breaks the enemy. It breaks the world and its habits and the flesh. That the flesh doesn't have the authority in our lives but God and his spirit. So I want to show you through scripture and how that's possible.

And I also share that Samuel Ry Pastor Samuel Ry told me that many of his breakthroughs that his ministry has been blessed by God was because of praying and fasting. They take that very seriously. And each of the house churches that he establishes, he makes sure every spiritual leader does a spiritual work of fasting and praying for the people that are coming to each house church. And you know, if the leaders do that, you know, they're modeling it for the people that they're discipling in. And then of course they're going to raise up healthy, you know, spiritual leaders that do that because I mentioned in last week's message is that in America we're very much into pragmatism meaning you know if it works then if somewhere else it works then go and just do it copy and paste right.

And the thing is that everyone's uniquely different. We have unique strengths. We have certain kind of wisdom temptations that are different from each and one of us. And so everyone's different. God has created us differently. And to just try to be pragmatic about it. It's like you're saying everyone's the same, right? And it kind of diminishes God's design for each and one of us and how the spirit can work in each and one of our lives uniquely. And that that's why we depend on the Holy Spirit. Because he knows us through and through. And there's a limitation to man's wisdom, a limitation to right a

pragmatic approach. But when the spirit is truly working in someone's life, there's true power. And what what does the spirit do? Helps us to overcome sin. Right? Strategy doesn't help us with sin. No amount of strategy is going to help with sin problem. Only the Holy Spirit and his word can conquer our souls to have victory over sin.

So I want us to really dive deep into this vital part of what is given as a spiritual discipline for Christians. I told you that this is not optional, right? Jesus said in the in the in his in the greatest sermon that was ever preached was by Jesus the sermon on the mount and he said when you fast not if it's not a conditional statement it is when it's a presupposition means you you are supposed to do this as a Christian it's not optional and so but we often neglect it we neglect it we misunderstand it yet praying and fasting is one one of the main means of grace that God gives to us as Christians to have breakthroughs in our lives and not only breakthroughs but to have a deeper more devoted life to our Lord Jesus Christ and following him. And I want to show you that tonight as well.

So, but let's be honest. I'm going to share again we live in a world of instant gratification right things are getting faster and faster and faster and I shared right our internet food right delivery right I can go on and on and on everything is all about instant gratification and and I shared in scripture most of the time it's delayed paid gratification. God wants us to learn on his timing and typically have to overcome our own fleshly desires of wanting things right now. And I'm going to show you how important this is tonight as well.

So that's the world which tells us if you want it, go ahead and just buy it, right? You can buy it now. If you crave it, go and eat. There's plenty of places to eat and you can get it fast. Literally, fast food. And if you feel like it, go ahead and enjoy all the pleasures through entertainment, whether that's through social media or streaming services. This is the world we live in right now. And here's the thing, the flesh wants more pleasure. And it's a master. It can be a master. Pleasure is a master to your to your life. And we want to be very careful with that that we don't give in to pleasures because that can very well quench or grieve the Holy Spirit because he doesn't want the Holy Spirit wants us to bring us to close to God not close to our flesh. The flesh wants to bring us to the pleasures of this world, the temporal. The spirit of God always wants us to please God and to focus on the eternal. That's the battle we're facing as believers, as Christians.

And so, we're going to see this through the scripture. In order for a spiritual breakthrough to occur, the spirit of God must be in us to overcome the flesh. That is what a true spiritual breakthrough is, is us overcoming the flesh. So, if you will go ahead and turn with me to Isaiah chapter 58, and we're going to look at this in depth. Isaiah 58 verse 6, and we're going to go and read through 11. And I'm going to skip a few verses as some of these passages don't relate specifically to fasting.

So Isaiah 58 verse 6. Is not this the fast that I have chosen to loose the bands of wickedness to undo the heavy burdens and to let the oppressed go free and that ye break every yoke? Go ahead and drop down to verses 8 and 9. Then shall thy light break forth as the morning, and thine health shall spring forth speedily, and thy righteousness shall go before thee. The glory of the Lord shall be thy reward. Then shalt thou call, and the Lord shall answer. Thou shalt cry, and he shall say, "Here I am." If thou take away from the midst of thee the yoke, the putting forth of the finger, and speaking vanity.

And then verse 10, "And if thou draw out thy soul to the hungry, and satisfy the afflicted, so then shall thy light rise in obscurity, and thy darkness be as the noon day." Verse 11. And the Lord shall guide thee continually, and satisfy thy soul in drought, and make fat thy bones, and thou shalt be like a watered garden, and like a spring of water whose waters fail not. This is God's word.

This is examining Isaiah 58 and specifically the chosen fast given by God. This is not invented by human invention but it was specifically chosen by God himself. And according to the text that I just read, he gives us reasons to fast. So just like with anything if you don't know the reasons to fast, then you won't have the conviction. So God wants you to have the conviction behind the fast. So what do we see in this in this passage?

Well, let's just go through them. We see that God chose to use fast to loose the bonds of wickedness, to break the cords of the yoke, to set the oppressed free, and then he says to break every yoke of wickedness. This is all the way through verse six. And here's the keys that words I want you to focus in on. You'll see bonds, cords, yoke, oppressed, and then again yoke. You see that in verse six.

So what does all of this represent? It represents bondage. It represents bondage and specifically spiritual bondage. And what is the whole point of all of this? God wants us to be free from spiritual bondage. That that's the reason why we are to fast. He doesn't want us to live in oppression. He does not want us to live in bondage with cords around us as it were. And the focus there is wickedness. So it's talking about sin. It's talking about specifically a sin issue. And as believers, we are still wrestling with our flesh, with our sin. Some of us in this room have different sins that were what I call besetting sin. The ones that just keep pulling you over and over and over. It's the battle that you're going to have to fight for the rest of your life. Some here besetting sin is gluttony. By the way, gluttony is not about only food if you didn't know that. Gluttony is actually there's a spirit behind it. It means that you can find satisfaction in this world consuming things of this world. That's what gluttony is. So it can be entertainment, it can be food, it can be pleasures of all sorts. The focus is on that.

It could be you could have be struggling with sexual sins that can be your besetting sin. It could be power that you just crave power in your life. Reputation, building up a name for yourself, that that could be a bondage that you fall back into. And on and on and on. You know it best. And that's something that as you're fasting, you should know what that is. If you don't know what your besetting sin is, then the enemy is going to come in and attack that area over and over again. You're going to lose. The spirit will show you. He will convince you of that sin that you keep falling into and he will help you overcome it by what? Freeing you from it. How does he free us from it?

Well, it's not just simply turning away from sin. Who are we turning to? How are we free? We're free when we get into the presence of God. When we lose the presence of sin and we're free in the presence of God, that's the only way we need to find him more valuable, more worthy than whatever sin that we keep besetting to, meaning falling into, following into. That is the idea. That's the way we can become free. And obviously we know in the New Testament who is the one that frees us. It's Christ, right? Christ is the one that delivers us from all sin.

And I share with you that he's done that objectively through justification. That means at least a legal standing before God. As soon as Jesus died on the cross and we trust that what he's done on the cross for us to pay for our sins, that's a legal standing. But what are we still struggling with? We're dealing with killing sin. John Owens said if you don't kill sin, sin will kill you. So what is that? That's sanctification. It's subjective. It means that you are an ongoing process of being saved, right? And as a believer, our connection with being justified, the objective will match with the subjective eventually. What God has what does what does it say in Philippians? What he has begun, he will complete it. the day of Jesus Christ. That's how we know that we are have assurance that we are believers that we're have a more consistent of overcoming sin than not. Right? We're going to, you know, fall back once in a while, but we're never going to fall completely. I said also from Proverbs 24:16, the righteous man will fall seven times, but he'll get right back up. Why? Because Christ sustains us. It says later in that passage in verse 16, the the wicked, they fall once and that's it. Because they're not sustained by the Lord.

So, it's never about us. It's about what Christ does in us and through us for his glory and not for ours. And so, once we become believers, we're not living for ourselves. We're living for the Lord. And he wants to us to be freed from being in bondage with sin and to be unburdened and to have this relationship with the Lord that keeps getting stronger and stronger and stronger. Less love for the world and more love for the savior. Right?

And so that's what this passage and how it reflects upon us as Christians. And then by doing that, when we are freed, when we have those spiritual breakthroughs, what does that do to your witness? Because at the end of the day, he's not just doing this for

yourself. He's wants you to have a a living testimony. He wants you to testify what God through Christ has done through you. So by you being free and you being the cords being loosened, what does that do to your testimony? It makes it stronger. It makes it less hypocritical because what happened in Isaiah's time is the same as today. What was happening was they lived an empty religious life. They lived a selfserving religion.

So, it actually says right before verse 6 that they were humbling themselves by fasting, but the end result was it was his humbling. They were not being freed. They were not being their bonds being broken, loosened bonds of wickedness, letting the oppressed go free. None of that was actually happening. So he says, "No, just humbling yourself for fasting's sake to make yourself look good is not the end to justify the means. The end to justify the means is this is the one that God has chosen to fast that these specific things happen in your life as you're fasting. So that it's not empty. There's actually breakthroughs. There actually is God working in your life and it's not an empty religion that you're saying, 'Oh, everything is good on the outside.' Because they were very good at that. They showed a humble appearance when they were fasting, but yet nothing was really happening in their spiritual life. It was empty. It was completely empty."

And so at the end of the day, we want healing. And that's what we see in verse eight. When these things happen, that's when you are healed. Verse eight, you're speedily healed. Darkness will become light. He says, right, that the it will become like noon day. That's specific to light, right? And noon, that's the peak of day. And darkness now, the gloom becomes now light in your life. And we know we get that from the Lord Jesus Christ. And so he pours out his life to us and then we can pour into other people's lives. We can't pour anything unless he pours into us first. And he uses this analogy of water, right? What did Jesus say? I am the spring of water. Come of me, right? And he will continually fill our bellies with living waters. Same analogy here in verse 11. He fills the drought in our lives. He doesn't want us to ever be spiritually dry as it were. He wants us to always have this living active water in our lives.

And then we see the word here I am in verse in verse 9. And so this is what happens when we hear and we see breakthroughs in our lives where we are able to serve from this heart. This heart posture when we know that God has worked in our lives. Ah man I want to tell people about this what God can do in your life. Right? Then the fear goes away. All the fear of man goes away. Why why why do we fear anyways? because our what they're going to say to us, are they going to offend us? But when you're filled with the Holy Spirit, when you're filled with God, you don't you don't fear man anymore. That's a one good a good test. If you're still fearing man, when you're going doing evangelism or speaking about Christ, it's probably because you're not really filled with God's spirit and his word, and you haven't really have anything to testify in your life.

And so you see he's doesn't want us to be hypocritical at the end of the day. He wants us to have a living real life relationship with the Lord and he wants us to share this relationship that we have in Christ. So the focus on here it's a paradox as you as you when you serve you pour out yourself to others you actually become full not the other way around where the world you know empties you know no in the paradox the paradox of the kingdom of God is that the more you empty yourself the more filled you are not the other way around and that's a wonderful testimony that you can share with people of the lost world because they're trying to fill themselves with this world and they know they feel empty, right? But yet as us when we empty ourselves, we get filled by God. And that's the true way God designed it. We cannot find satisfaction in this world. Not for our souls. Not for our souls. So the more you give away, you get more. Acts 20:35, blessed are they that give. Right? Blessed are they that give.

And that's the idea throughout scripture. We see this motif as it were, this theme. And we see this also with other spiritual leaders. Let me just call out a few of them. We see Esther, she called a fast when her people faced annihilation, right? Their people were going to be genocide. And she emphasized the importance of we need to seek God's guidance in our fast. So she called all the the Jewish people to pray with fasting because it was an impossible task. God had to intervene and move in the whole enemy's taxes tactics behind destroying the Jews.

We also see an Ezra declare a fast at the river of Ahava and he and he did the fast to serve as act of submission demonstrating the priority to not rely our own resources but rely on God solely on God. And I can go on but those are just two living examples of one that when you see an impossible task before you fasting is requested is required I'm sorry. And then in Ezra, same idea. When we rely too much on our own resources as it were, not on God, it's time to fast and and our praying.

So what yokes or heavy burdens is a question I ask to you are you carrying today in this room right now? What what comes to your mind when I say a yoke or a heavy burden? What are some things that you're carrying that you're you're not submitting yourself before the Lord because you're you crave that so much that it has taken over your life and you still feel heavy. You still feel like there's something that you can't let go of. Either you're in control or God is in control. Can't have both.

That's what we can see here. Our yokes and our heavy burdens are because we put it on ourselves because you somehow want the control and not submit to God to take control of those. Could it be your finances? Could it be some addiction? Again, sin. It could even be worry. You just worry. You just love worrying instead of praying. What has bound you?

God says that the fast he has chosen has the power to break those chains. Do you believe that? If you look also in the text, you'll see promise after promise. He shall thou shalt. You'll see that repeated theme in this passage. Do you believe God can do that? No matter how bound up you are, he can loose those bands of wickedness, undo every yoke. Because that's the power of Christ, isn't it? He broke the power of sin on the cross. Every sin, every kinds of sin has been broken on the cross.

So, it's important that as a church leader, I set aside for our church to do this every so often. We did have our fasting week back in February, and you know, I thought maybe we can do this twice a year. I think we should do this more and more consistently. And, you know, the greatest thing I could ever see is that I don't I don't have to tell you to do it. you just want to do it that it becomes so consistent in your life that you notice things that are like maybe a heavy burden or a yoke and you just go before God and you are able to detect that whatever that is and that you go before God and you continue to ask him to loosen those bands of wickedness and those heavy burdens because it's not just only for you again it's it's our witness witness is our witness to the lost and dying world that are we going to tell people of the world that God can't take care of this burden God can't take care of this yoke or are we going to say again and again God was the one through Christ that broke this yoke that removed this heavy burden can you say that not just what happened 10 years ago maybe you became a believer in Christ not even five years not even one year not even six months Not even one month but continually you have a living testimony.

See then then it's evangelism is it's a get to not to have not to have to. You get to tell this wonderful good news. It is good news when you say it now. And it's not a burden to say what the good news is. That's how you want to live. That's how a believer should live because at the end of the day, we're trying to maximize the savior in our life and not us. We want more people to step into the freedom that he has given to us.

And that's the thing I would like to face before everyone is identify those areas where you need to see more of God's light break forth like the morning it says in the passage that aha moment. Oh, he shows you clearly it's him that shows you it's not good. Whatever that is, it's not good. Let me help you put it down. Let me remove that chain from you. And you come to that conclusion again and again and again. Oh, what a way to live. Amen. What a way to live.

You get more specific with the enemy's tactics. You get more specific on how he's attacking you. You get more specific what controls you, what kind of sin that controls you. You get more specific with what you're allowing into your life that you shouldn't allow in your life. You get better at discernment. Right? It says in the the New Testament about the the aged that they have greater ability to discern both that which is good and

evil. See, that's what Satan tricked Adam and Eve that they somehow would understand this on their own strength. And how did that work out? How did that work out for mankind? See, we can't discern good and evil in of oursel in our flesh. The spirit of God has to illuminate that. His word, the Holy Spirit, and those are the breakthroughs. We need him to show us the difference. And it not only show us a difference but how to break through from it by his strength, by his power.

And again, it gives back the glory to him again and again and again. It should cause frustration. If you're in this place where you're you have a heavy burden and yoke and you keep saying that's not going to work, that's a spiritual bondage. Is whatever that is and you say it's not going to work. that spiritual bondage at its core that you don't really believe God can help you break through. So what is that yoke or that heavy burden that you are carrying tonight that you truly need God to break you through in your life?

Next thing I want to share is 1 Corinthians 9:27. Go with me to 1 Corinthians 9:27. This is Apostle Paul saying these words. But I keep under my body and bring it into subjection, lest that by any means when I have preached to others, I myself should be a castaway.

So when he says, "But I keep under my body," that literally means discipline. And then when he says I myself should be a castaway, it literally means disqualification. He doesn't want to be disqualified by that he has no control over his body. And number two, that when he preaches that he's not actually living what he's preaching, that he's disqualifying himself. So those are two things he's calling for. Can I put my body to subjection? And can I not only preach what I say but actually live out what I preach.

So the apostle Paul understood this fundamental truth of human nature. He knew human nature well. He knew that the body makes a good servant but a terrible master. That's why he had to discipline himself. He knew that if you allow cravings and appetites and desires to run the show as it were in your life that your spiritual growth will inevitably stall. You see how he ties the body with our our preaching and our living out the word, the flesh versus the spirit. You see that right here in this passage. Again, either allow your body to rule you or you let the Holy Spirit rule you. This is what he is speaking about here in the text. And what does fasting do? What is the discipline that it gives us? It helps us when we fast to allow the Holy Spirit to work. To allow the Holy Spirit to work and it allows you to discern more clearly what it is that your flesh is doing in your in your life because the spirit will convict you of your sin. He'll show you what those sins are. And then if you have the Holy Spirit in you, he will help you to obey God rather than your flesh. To allow the Holy Spirit to work freely and without restriction.

You see, Paul said just a few chapters earlier in 1 Corinthians 2:10 to 12 to connect with this passage. He said this. He starts out with, "But God hath revealed them." Unto us by his spirit, for the Spirit searcheth all things, yea, the deep things of God. For what man knoweth the things of a man, save the spirit of man which is in him? Even so, the things of God knoweth no man, but the spirit of God. Verse 12. Now we have received not the spirit of the world, but the spirit which is of God, that we might know the things that are freely given to us of God.

So going back to in verse 10, what is it that he revealed unto us as Christians? God's wisdom, understanding the meaning of the gospel and spiritual truths. That's all given to us as Christians. And he does this by his spirit. And it's only for Christians that he gives us his wisdom. He helps us to understand the meaning of the gospel. He helps us to understand spiritual truths. It's given unto us freely as it says by God in verse 12. That's grace. That's God's spirit working in us. That is grace. And so you see the connection to chapter nine.

So ask yourself honestly understanding these passages, who are you allowing to sit on the throne of your life? Is it God or the flesh? Because you'll see this again and again and again. The difference between the flesh and the spirit and how we are wrestling with that in our lives is here's another way of putting it. When you are led by the Holy Spirit, do you feel guided to the word of God or is when your flesh takes over is guided by the world? Who is guiding you? Right? Is more of the world and its attractions pulling you or if it's the Holy Spirit guiding you to the word, it's one or the other that is going on in your life.

If you find yourself grumpy and irritated the moment you skip a meal, that's the flesh. That's probably means you haven't fasted enough because if you fast consistently, it actually is not something that's irritating or frustrating. I can tell you I've been fasting mornings pretty consistently now. It doesn't even affect me, but I remember how it felt like. I was irritable. I was grumpy. But I've done it so much now it's become well routine in my life. It's consistent.

Do you feel restless, itching to check your phone? Do you have to constantly check your notifications? Because that is your flesh mastering you. I'm not talking about emergency calls or like work late things. I'm talking about instant, you know, social media, entertainment, right? Things of this world. Is that mastering you? And what happens if you skip those notifications? Do you feel irritable and grumpy? That's your flesh mastering you. You shouldn't feel that way. You should be able to let go of those things without because the Holy Spirit's helping you overcome those things.

Because at the end of the day, we want to say no to our flesh and we want to say yes to God through his spirit, right? Isn't that what we want to do more consistently of so you can take those small measures of discipline of your phone and eating because those are food and pleasure is what our flesh likes to consume and it's never satisfied with food or pleasure. To never ever ever cycle that you can fill it up your body as much. In fact, if you fill up your body with too much food, what happens, feel like throwing up. You fill yourself with too much pleasure, what help makes you feel like it makes you feel dry, empty. But when you're filled with the Holy Spirit and the word, breakthroughs happen, chains fall off of sin, right? the control of the flesh dies out. And that's why Paul was saying, you got to bring your body to subjection. If you can't do that, there's not going to be much spiritual breakthrough. There's not going to be consistent living out what you're preaching.

And that's why he used a lot of metaphors like boxing, right? Fighting the good fight of faith, running the race like a marathon, not a sprint. Why is it all these metaphors is the body and how we deal with our own flesh. We got to constantly cultivate what the word of God says and how to do that.

So I'm going to just continue to give how to practically apply fasting in your life in a way to use it with wisdom. I said I shared these points last week and I'll continue to share them with you. For those that have been consistent with fasting, this is something that just just a reminder for you. But for those that are not, I want this to be as reminders that it becomes so a natural part of your life, a routine in your life that it becomes just reminders and not something new to you.

And so I recommended the general fast and this is again from Pastor Ry. Avoiding solid or nutritious food but maintaining hydration by drinking water or fruit juices. And let me just throw in why fruit juices is because it has electrolytes. You can't just keep drinking water because it will flush out the electrolytes. So that's why he combines fruit juices in that category. Don't do the full fasting. I shared that that was Moses 40 days, right? 40 nights. That's that's an unusual type of fast. And Simon Ry mentions that too. And then so the third one is a partial fast. This is also I recommend. So the general fast without food just liquids partial fast is restricting certain kinds of foods and I mentioned delicacies from Daniel 10 verse three. You know fine meats and of course wine is part of that. That was what Daniel fasted from not to have those kind of foods. And you know here in America we have all you can eat buffets, we have fine dining and if that's a regular part of your life you should abstain from those as much as you can.

And so that's two types of fast that I recommend from Pastor Ry. I don't know if I shared this last time, but if you think of like running a marathon, you don't just wake up one day and say, "I'm going to run 26 miles or 27 miles, however long it is now, without

stretching, without training, or drinking enough liquid." The same idea. I don't want you to collapse God does not want you to collapse as well be you know and basically not finish these fasts. So start with a plan start with a plan ahead of time. Understand your limits. So, what I recommend is plan out a day where you're not going to have that much physical activities. This is typically how I do my fast and I recommend it to you is plan out ahead, you know what, I'm not going to do physical activities during this fast. I'm going to try to limit those so I can do the spiritual activities like reading scripture verses that you're currently dealing with that you need breakthroughs right praying over yourself praying for others if you have a burden for others that you would like breakthroughs in their lives as well and do that make that a very focused time right actually set aside time don't to say, "I'll just do it until I stop." Actually, put in some put in the hours. Like training, you don't just say, "I'm going to run until I give out." You say, "I'm going to run five miles. If I can do five miles, then I can probably do 10 miles. So, I'll do 10 miles. And if I can do 10 miles, I can do 15 miles." And so on till you get to the 25 26 mile mark of the marathon. So that's how I would you know kind of plan it out so that you don't give up sooner in this discipline.

Stay constantly hydrated 8 to 12 glasses of water every single day that you fast. If you are going to do the longer fast conclude with being careful break wisely. Don't immediately rush into the nearest buffet, right? Eat modestly, avoid heavy foods to prevent indigestion. And a good way to do that is break it with fruit fresh fruit and juices. Rest your body while fasting. Again, avoid those intense labor or workouts that can make you dizzy or weak or sick. and that would ultimately distract you from what the goal was was to pray with fasting.

So, choose the type of fast that matches where you are spiritually and physically and then execute it with wisdom. All right. So I'd like us to continue to be in a time of prayer fasting this week. If you can do it one day this week, two days, three days until our next time we meet together. And, and then we'll see how God moves in our lives. I will share with me privately what those breakthroughs are. I would love to hear testimonies from you of what God is doing in your life. You know, I want us to truly humble ourselves, not just for humbling ourselves sake, but actually seeing God come through give us breakthroughs and that we would seek his face out throughout all this time. And that we would we would see God move more powerfully in our church.

So if God is calling you to a partial fast, try to try to do that. this week or if he's calling you to a general fast, try that this week and then let's continue to do this spiritual work in our church that I think we desperately need at Calvary Road. So, I'll continue to pray for everyone and I love to hear what is going on. So, at this time, I want us to break up into our prayer groups. I shared this last Sunday. I want to continue our praying time like we have been prior to the prayer groups. So, we're going to continue to do praying for each

other, but if you can I think again our our bodies has a part in this is if you can kneel and pray please feel free to do that. Again, the way we did it was we had the older the aged men sit and then we younger people were on our knees so we're facing each other. So if you can do that that'll be the way we'll continue to do our our times of praying together. And so just let's go ahead and pray for each other. You know what God has spoken to you here in this message. Share that request with the person next to you and then let's end our time of prayer in that way. All right.