

UNLEASHING THE WARRIOR

Prayer & Fasting for “This Kind”

Consecration Reference Sheet (1 Page)

PRIMARY TEXT

- Matthew 17:14–21
- Mark 9:14–29

“This kind does not go out except by prayer and fasting.”

CORE THESIS

Not every battle responds to the same level of faith.

War-level opposition requires war-level discipline.

Prayer & fasting are not religious rituals — they are **warrior conditioning**.

KEY PROBLEM IN THE TEXT

- Disciples had authority but lacked depth
- Failure exposed **unbelief** (misplaced reliance)
- Power used without dependence becomes ineffective

Authority must be **maintained**, not assumed.

WHAT “THIS KIND” REPRESENTS

- Entrenched resistance
- Long-standing cycles

- Identity-attacking opposition
- Generational or systemic strongholds

Modern equivalents:

- Addiction
 - Repeated relational breakdown
 - Chronic fear, despair, rage
 - Faith fatigue
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WAR FRAMEWORK

W — WILLING

Question: Do I want freedom more than comfort?

- Fasting proves submission
- Appetite bows to purpose

Willingness is obedience before relief.

A — ABLE

Question: Can I stay engaged when answers delay?

- Prayer builds spiritual capacity
- Faith grows through persistence

Able faith remains when heaven feels silent.

R — READY

Question: Am I prepared for this level of resistance?

- Fasting prepares before the battle
- Readiness is formed, not improvised

Warriors don't panic — they listen.

BIBLICAL CASE STUDIES (FAST RECALL)

Daniel — Able Faith

- 21-day fast (Dan. 10)
 - Delay ≠ denial
 - Prayer activated heavenly movement
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Jehoshaphat — Ready Faith

- National fast (2 Chr. 20)
 - Strategy > strength
 - Worship preceded victory
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Jesus — Willing Faith

- 40-day fast (Matt. 4)
 - Identity settled before ministry
 - Exited the wilderness in power
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Paul — Reset Faith

- 3-day fast (Acts 9)
 - Blindness before clarity
 - Assignment released after surrender
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WHY PRAYER & FASTING WORK

- Prayer realigns authority
- Fasting weakens flesh dominance
- Together they:
 - Expose unbelief
 - Sharpen discernment
 - Release spiritual power

Fasting doesn't change God — it positions the warrior.

CONSECRATION DECLARATION

"I am **Willing** to submit.

I am **Able** through discipline.

I am **Ready** for this level.

The warrior is unleashed."
