The principle of fasting and prayer can be compared to the way a hen sits on her eggs until they hatch.

For the eggs to produce chicks, the hen must sit on them for about 21 days. During that time, she must keep them warm, which means she has to deny herself food for long periods so she does not lose the necessary heat. You will notice that she only leaves the nest briefly to find a little food before returning to the eggs and she keeps doing this faithfully for all 21 days.

In other words, if the hen refuses to endure that sacrifice denying herself comfort and food she will never see her chicks hatch!

In the same way, there are certain things in life that require spiritual heat a deep, sustained period of fasting, prayer, and self denial before they can happen. Otherwise, no matter how much we desire them, they will never come to pass.

The Lord Jesus said:

> *Matthew 17:21*

> *“But this kind never comes out except by prayer and fasting.”*

So then:

If you have sought something and have not found it enter into fasting!

If you have prayed and still have not received add fasting to your prayer!

If you have searched and still have not succeeded combine your seeking with prayer and fasting!

If you long for peace, joy, or strength to move forward do not avoid fasting!

A person who prays and fasts will experience both spiritual and physical breakthroughs. They will “hatch” many things at the right time.

But someone who avoids fasting will struggle greatly to achieve

even small victories.

We see this example in the life of Daniel:

> *Daniel 9:2–3, 21–23*
>
> *“In the first year of his reign, I, Daniel, perceived in the books the number of years that, according to the word of the Lord to Jeremiah the prophet, must pass before the end of the desolations of Jerusalem, namely, seventy years.*
>
> *Then I turned my face to the Lord God, seeking Him by prayer and pleas for mercy with fasting and sackcloth and ashes.*
>
> *...While I was speaking in prayer, the man Gabriel, whom I had seen in the vision at the first, came to me in swift flight at the time of the evening sacrifice.*
>
> *He made me understand, speaking with me and saying, ‘O Daniel, I have now come out to give you insight and understanding.*
>
> *At the beginning of your pleas for mercy a word went out, and*

> *I have come to tell it to you, for you are greatly loved. Therefore consider the word and understand the vision.’”*

There are also repentances that require fasting before a person can be set free.

> *Joel 2:12–13*
>
> *“Yet even now,” declares the Lord, “return to Me with all your heart, with fasting, with weeping, and with mourning;*
>
> *and rend your hearts and not your garments.”*

Return to the Lord your God, for He is gracious and merciful, slow to anger, and abounding in steadfast love; and He relents over disaster.”

So, do not avoid fasting!

It is a powerful key to spiritual renewal, deliverance, and divine

breakthrough.

Shalom.

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