

Romans 7:18-19 (NIV)

“For I know that good itself does not dwell in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out. For I do not do the good I want to do, but the evil I do not want to do this I keep on doing.”

Are you one of those struggling under such a kind of bondage? You desire and long for certain things, but you find yourself not receiving, unable to act, or unable to achieve what you desire?

- You want to serve God, but you find yourself unable.
- You desire to read the Word consistently, but you can't seem to manage it.
- You want to do good and live uprightly for your God, but you keep failing.

If you've had many desires, but you haven't seen progress or clarity in how to achieve them, then maybe the way you're desiring and seeking those things is flawed.

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Try This Way of Seeking The Way of Daniel

Daniel 9:3-4 (ESV)

“Then I turned my face to the Lord God, seeking Him by prayer and pleas for mercy with fasting and sackcloth and ashes. I prayed to the Lord my God and made confession, saying, ‘O Lord, the great and awesome God, who keeps covenant and steadfast love with those who love him and keep his commandments.’”

Did you see the principle Daniel used?

He did not seek things through divination, or witchcraft, or manipulation, or bribery, or by trying to please people but through:

- Prayer
- Supplication
- Fasting
- Repentance (symbolized by sackcloth and ashes)

And as a result, Daniel received what he was seeking from the Lord!

## This is the same principle we must apply

- If we want peace in our homes → The principle is Prayer and Fasting
  - If we want peace in our marriages → The principle is Prayer and Fasting
  - If we want peace at work → The principle is Prayer and Fasting
  - If we want wisdom in our studies → The principle is Prayer and Fasting
  - If we want divine protection and health → The principle is Prayer and Fasting
  - If we want to be filled with the Holy Spirit → The principle is Prayer and Fasting
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Luke 11:13 (KJV)

“If ye then, being evil, know how to give good gifts unto your children: how much more shall your heavenly Father give the Holy Spirit to them that ask him?”

Even the Lord Jesus emphasized that some things cannot be achieved except by prayer and fasting:

“However, this kind does not go out except by prayer and fasting.”

*(Matthew 17:21, NKJV)*

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It is God who enables the desire and the doing

Philippians 2:13-14 (NIV)

“For it is God who works in you to will and to act in order to fulfill His good purpose. Do everything without grumbling or arguing.”

This means: Even your desire to do good comes from God and so does the power to act on that desire. But for that divine enablement to be real in your life, you must align with God through prayer, fasting, and total dependence on Him.

God does not just want you to want good things; He wants to enable you to do them.

But there is a divine principle:

Desire must be aligned with divine seeking through prayer,

fasting, and humility.

Let us not seek shortcuts or worldly means to spiritual breakthroughs. Let us follow the example of Daniel, of Jesus, and of the saints of old who obtained their promises through persistent spiritual pursuit.

Hebrews 11:6 (ESV)

“And without faith it is impossible to please him, for whoever would draw near to God must believe that He exists and that He rewards those who diligently seek Him.”

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May the Lord help us.

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