

How Fasting Changes You



Lent Devotional (Day 13)
by Derek Prince

> "The extent of what God can do through you does not depend on our thinking or imagining. It depends on His supernatural power being released in us and through you.Now to him [God] who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us..." (Ephesians 3:20 NIV)

Paul says what God can do far exceeds the highest that we could ever think or imagine, but it depends on His power at work in us. The extent of what God can do through us does not depend on our thinking or imagining. It depends on His supernatural power being released in us and through us, whether it is in prayer, in preaching or in any form of service.

The key is knowing how to release the power of the Holy Spirit and become channels or instruments through which He can work without hindrance.

> "The old, carnal nature opposes the Holy Spirit. The very essence and character of our old nature is such that it does not yield to the Holy Spirit. It is in opposition to the Holy Spirit. This applies not only to our physical desires, but it also applies to what the Bible calls the carnal mind, which is the way the old, carnal, unregenerate nature thinks." (Romans 8:7 KJV)

Let's, therefore, subject the 'I want,' the 'I think,' and the 'I feel' to the Spirit of God. According to God's pattern in Scripture, this is done by fasting. That was how Jesus Himself did it, that was how Paul did it, and that is how you and I are expected to do it.

Devotional

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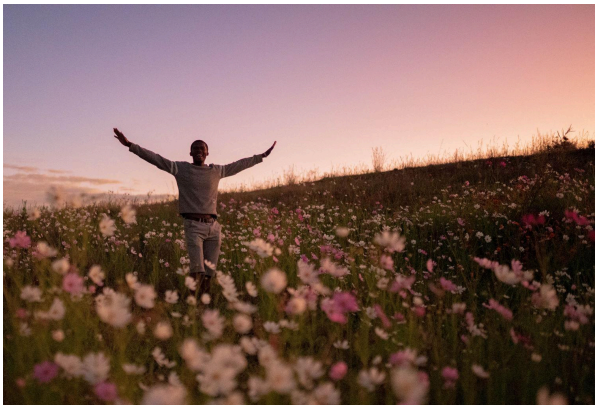

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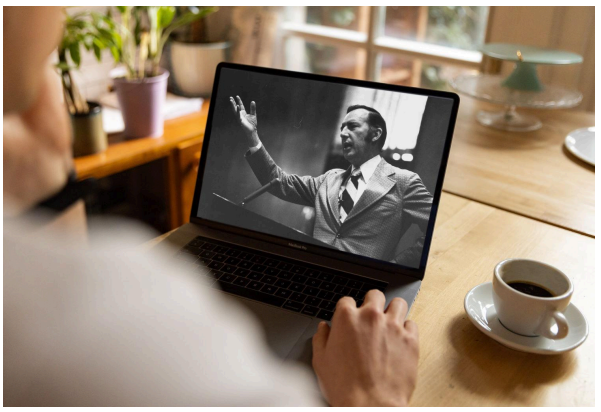

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