

CHURCH OF THE HIGHLANDS

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# Fasting for Breakthrough

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**Fasting is not punishment but a means of reordering the triune self so the spirit rules over body and soul**

*Romans 8:5-6*

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*A diet changes the way you look, but a fast will change the way you see.*

at 6:32

2

## Some spiritual breakthroughs require the deeper commitment of prayer combined with fasting

*Matthew 17:21*

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*Fasting is denying the fleshly appetites of the body and reordering the desires of the mind, will, and emotions so that our spirit becomes more responsive to God.*

at 18:22

3

**Fasting should be integrated throughout the year for major decisions, not limited to an annual event**

*2 Corinthians 11:27*

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*The one that is fed is the one that is in charge because it becomes the strongest, and whatever ones are starved become the weakest.*

at 16:18

4

**There are multiple types of fasts — complete, selective, and soul fasts — each serving distinct spiritual purposes**

*Daniel 10:3*

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

at 5:50

5

## Corporate fasting and repentance can spark national revival and restoration

*2 Chronicles 7:14*

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*Sometimes we call it something and it's really, it's not what's in you. It's what's missing in you.*

at 34:34