

This kind comes out only by prayer and fasting. What does this mean?

And He said unto them, **This kind can come forth by nothing, but by prayer and fasting.** , Mark 9:29, {Matthew 17:21}.

This is in both Matthew's and Mark's gospel, hence we have a double witness.

Jesus had just come down from the mountain from His transfiguration and found His disciples trying to cast-out an unclean spirit and they could not. Jesus, calling this **a faithless and perverse generation**, said, **bring the boy to Me**, and He rebuked the demon. When asked by His disciples why they could not cast-out the unclean spirit, Jesus said to them, **“this kind comes out only by prayer and fasting”**.

In the three synoptic Gospels, (**Matthew 19:14, Mark 2:18, Luke 5:33**) Jesus answers a question and said:

“As long as they have the bridegroom with them, they cannot fast. ²⁰ But the days will come, when the bridegroom shall be taken away from them, and then shall they fast in those days,” Mark 2:18-20.

Jesus spoke to his disciples as prayer & fasting was a necessary thing, a common practice

ie. When we realize that we have a spiritual hungering for our Savior, (*in that day*), we will gladly put the need of our spiritual hunger to be filled, above our physical and natural hunger.

Prayer and fasting, gives you greater conviction in the power of God's Word.

Prayer and fasting will strengthen the conviction we have concerning God's Word. We will be much more confident in declaring and asserting God's powerful Word. Prayer is a sacrifice of our time and fasting is putting God's Word above what our body tells us it wants, primarily food.


Since prayer and fasting does not increase the power of God's Word, can I not just speak His Word and expect the devil to flee? James 4:6.

It remains up to us to execute and enforce God's Word. If we are not confident, if we rather have doubts about His Word working, if we are double minded, **James 1:8**, we will be unstable in all our ways.

Read about the sons of Sceva, **Acts 19:11-20**. These men were exorcists, calling out over evil spirits the name of Jesus that Paul preaches. This did not go well for the men, for the evil spirits jumped on them and the men left naked and wounded. The unclean spirits at times will test you.

Conclusion:

- Prayer and fasting, prioritizes our spiritual needs (*to seek Him with our whole heart and settle His Word in our hearts*) ahead of our physical needs fasting tests our resolve, just how serious are we?
- Some demons will leave without much of a fight as they hear God's Word spoken by a believer. However, some demons are going to test you, it will become like a game of chicken to see who is going to back down first. Who has the greater conviction?

THE KINGDOM OF GOD IS NOT IN WORD BUT IN POWER
1st Corinthians 4:20
POWER
MINISTRIES **PowerMinistries.info** 
Partnering with the Alpha & Omega Mark 16:20