

**FASTING SERIES**

**THE POWER OF FASTING**

Most of us probably have fasted a little bit here and a little bit there. But the bible talks about the power that is available to the body of Christ through the avenues of fasting and praying. There are many benefits to fasting, of which one is divine health. If you ever want enjoy health and never be sick I recommend to you the discipline of fasting. So, a fast is also automatically a health fast. It keeps your body healthy but that is not the primary purpose. That is a fringe benefit to your body. You fast once a week and that would be a regular fast, which I would recommend. You don't have to start with a total fast without food and water. You can start with a partial fast. There is a total fast without food and water where you completely do not take food or where you completely do not take water. Then there is second level of fast where you only take water. It is called water fast. Throughout the day, you just take water. Then you have a partial fast. And that partial fast could be little bit of fruits, fruit juice or a hot chocolate drink or something like that. During your fast, avoid all the soft drinks, tea and coffee. Or for some of you who have not started you could be on a one meal a day fast. When I say one meal, I mean one average meal. Some people when they fast one meal a day their meal is three meals at one go. You did not fast. You just changed your eating habits. Train yourself as a body of Christ to fast at least once a week. You don't fast just because you got problems. You fast because you love God. You fast because you want to seek His face. You want to humble yourself. Fasting is a form of humility, humbling yourself before God. So, discipline yourself once a week. I could guarantee you based on my experience and based on the Word of God that you will hardly get a cold, flu, headache when you fast and discipline your body. It's just like sending your body for cleansing. When you fast your body cleanses itself physically. Your body cleanses itself in your soul. So sometimes during your fasting, you will experience peculiar dreams from your past.

Today we are going to talk about the power of fasting. Fasting releases a power where before you could be praying over and over again for something that God has promised you. But when you fast, it seems to accelerate. Fasting seems to be the pressing of the accelerator on your car. Learning the principles of the Word of God is learning to change from low-speed gear to high-speed gear with the clutch. That is why you can fast but if you don't have the principles of God's Word, you won't get as far. It is just like putting your car on first low speed gear and pressing your accelerator full throttle. Have you seen some smart Alec driving down the highway on first gear? No, you change to the fourth or the fifth gear. So, you don't keep driving on first gear all the time. But some people get a little bit of the Word, they have only learnt first gear and they thought well that's it. They did not know that God has something more than that and many other realms of the Spirit that they can accelerate. The same amount of acceleration on a different gear produces a different speed. So the same amount of effort you put into your Christian life with more principles of the Word of God applied will cause you to accelerate faster. So fasting is like pressing the accelerator - it gives you more power. It brings you to the fullness of what the Word of God says about your life.

Lets look at Matt. 10:1 and Lk. 9:1 *Matt.10: 1 And when He had called His twelve disciples to Him, He gave them power over unclean spirits, to cast them out and to heal all kinds of sickness and all kinds of diseases.* In Matt.10: 1 it says all kinds of sickness, all kinds of diseases and over demons. It means everything they have power and authority by the anointing transmitted onto them by Jesus Christ.

Lk. 9:1 is a cross-reference that tells you that He gave them power over all demons. He was actually telling them that they had power over all kinds of demons and all kinds of sickness. You see the completeness of the anointing that He had given them. The word *all* in the dictionary will tell you that it includes everything. Now where we want to focus is when Jesus said in Lk. 9:1 *that He gave them power and authority to cast out all demons.*

Ephesians 6 tells us there are four different kinds of demons. They are listed in

ascending order of rank: principalities, powers, rulers of the darkness of this world and wicked spirits in the heavenly places (Eph. 6: 12). There are four different types of demons. The fallen angels became the highest-ranking demonic host. They are the wicked spirits in the heavenly places. Heavenly places refer to the atmospheric space above the earth. These are the princes over geographical regions. Secondly, there are the rulers of the dark places of this age. These demons move around on this earth like a sergeant, ruling over places, possessing people, giving temptations and their dominion is on this earth. Thirdly and fourthly, there are the powers and principalities. They follow the sergeants and obey their orders. Sometimes you have these little imps. Those are the smaller kinds the principalities and they are like foot soldiers. So there are different ranks of demons and Jesus gave them power and authority over all demons. When someone is possessed by 20 demons, you don't have to cast the demons one by one. You just have to ask the Holy Spirit who is the ruler over all these demons. There is only one head over all those demons that possess a person. Whether there are six thousands demons or twenty demons in them you don't have to cast them one by one. Supposing there are six thousands and you cast them one by one it will take you a long time. Remember Jesus cast out the legion of demons in one go. He talked to the head of all those demons ruling that possessed body. So, when you deal with demons don't deal with the small fries. Deal with the big ones and the small fries also will go. There will only be one ruler demon over any possessed person. If anyone is possessed, you will know it. They will not be able to stand in the presence of God. We are not talking about oppression.

Since we are in this area, we might as well cover more of this topic. I believe that a Christian cannot get possessed. Because greater is He that is in us than he that is in the world. I remember ministering to one of my former schoolmates who came to know the Lord. He believed he had a spider demon in him. It didn't make him a spider-man. But he believed that he has a spider demon. He was talking to me and said, "Please cast the spider demon out of me." I said, "What spider demon?" You are talking to me and you are conscious. If you are possessed, you will not be talking that way." So I told him, "You are not possessed but you are oppressed." One of the greatest lies a demon will tell you is that he is inside you. If you still can talk, if you still can choose, you are not possessed. You are either obsessed or oppressed. Let me define it, possession is when your spirit is taken control. Obsession is when your mind is under control. Oppression is when your body gets under control.

The bible says in Acts 10:38 how God anointed Jesus Christ who went about healing those who were oppressed by demons. So, oppression comes in physical form. Obsession comes in the soul, in your emotion, in your intellect. Possession comes in your spirit. These are mine definitions. A Christian cannot be possessed. They can either only be obsessed or oppressed. Under obsession or oppression sometimes when you command a demon to leave a person, the demons cling to the body or the demons try to stir up their minds. But it's not of the spirit. When you command you still can command the demons to come out and leave their minds and bodies alone. But the demon is not in their spirit. Otherwise, it makes a mockery of what Jesus had done. Jesus gave us a new born again spirit; the Holy Spirit lives in us. Greater is He that is in us than he is in the world. It makes a mockery of the Word of God. It makes a Christian weaker than what God has made a Christian to be with authority and power. In John 1:12 that He had given authority and power to everyone who received Jesus Christ. We have the authority and power bear that in mind. That is why when we deal with demon cases we don't dilly-dally. The moment you get a person's soul, get that person to start confessing the Word then you began to push the person from the obsession stage to the oppression and then you push the demons out. Jesus gave the disciples authority and power over all demons.

Lets look what happened to the disciples in Matthew 17. Jesus was up in the Mount of Transfiguration with Peter, James and John. They had a jolly good time up there enjoying the glory of God. They did see the glory of God. They did see the Transfiguration. As they came down from the mountain in Matthew 17 they saw a scene before them in verse 14, *And when they had come to the multitude, a man came to Him, kneeling down to Him and saying, "Lord have mercy on my son for he is an epileptic and suffers severely; for he often falls into the fire and often into the water. So I brought him to Your disciples, but they could not cure him."* The bible says they could not cure him. And earlier on in Matthew 10:1 it says *He gave them power over unclean spirits, to cast them out, and to heal all kinds of sickness and all kinds of disease.* And over here in Matt. 17 just seven chapters later, the Word of God tells us the disciples could not cast out the demon. When the Word of God said they could not, was it because they did not have the ability, or because they did not have the anointing, or because they don't know how to tap on it? If Jesus said He had given His disciples the power to cast out demons, then they certainly have that power. In Matthew 10 Jesus said He had given them that power but in Matthew 17, it says they could not cast the demon out

of that boy. Who is right? When it doesn't work, the problem is in the disciples. Why could they not do? They had the anointing but it didn't work. They had the power but it did not work. The Word of God said it but the Word of God doesn't seem to work in their lives. It was promised to them but it was not manifested. What can they do?

That is the situation many Christians faced. The Word of God promised prosperity but it doesn't seem to be happening to them. The Word says Christ has been made poor so that you can become rich. But here they are still suffering the effect of the curse of poverty. The Word of God says by His stripes you are healed. But there they are still in sickness. The Word of God tells you, you have power and authority over demons. But there they are still oppressed by demons. The Word of God says believe on the Lord Jesus Christ you and your household shall be saved. But there their loved ones are still not saved yet. This situation is the same in many Christians' lives. It is repeated over and over in countless lives. The Word of God says something but they are experiencing something else. What shall we do? Something is wrong somewhere. It's not because God did not promise. It is not because God did not say it. But it is because there is somehow a missing link between the promise and the manifestation. Between what God said and it coming to pass. There are some principles that they must tap on.

Jesus Christ came to this man and ministered to his son. Look at Jesus in Matt. 17:18 *And Jesus rebuked the demon, and it came out of him and the child was cured from the very hour.* If He could do it and He told His disciples that they could do it but they are still not doing it, what has gone wrong? If you are wondering in your mind, you have got company - the disciples also wondered. After all the people have gone, the disciples came to Jesus privately in verse 19. At least they want to find out why they couldn't cast out the demon. The bible says signs and wonders will follow the believers. Today, sighings and wonderings follow many believers. Remember you are the signs and the unbelievers do the wondering. We do the signs the unbelievers do the wondering. Sometimes the believers do the wondering: why is it not happening? They said *Why could we not cast it out?* Jesus answered. He gave them three reasons. He said to them in verse 20. No. 1, because you are doubters. He said *because of your unbelief;* I said it was so but you don't believe it. I told you, I gave you power over all demons. When you came across a demon, you don't believe with all your heart that you got the power over them. Because of your unbelief.

That's No. 1. No. 2 you need to have faith. *Assuredly, I say to you, "if you have faith as a mustard seed, you will say to this mountain, 'Move from here to there,' and it will move, and nothing will be impossible for you.* So No. 2 He said, "You need to have faith." No. 3 He said in verse 21 *This kind does not go out except by prayer and fasting.* Fasting and prayer is No. 3.

Now No. 1 is unbelief. Unbelief is the greatest hindrance to the promises of God being fulfilled in your life and in my life. God said it but we still don't believe it. Think about it. It is written in black and white that God wants to heal all. Think about the number of Christians who still don't believe that. And they will find an excuse not to get healed. Some of them will fight for their life with all their strength and fight for their right to be sick. They say, "The Word of God mentioned about Paul's thorn in the flesh and Timothy's stomach." They know all the scriptures to be sick. But there are countless many other scriptures that talked about the promise of God. See unbelief is a big factor.

The cure for unbelief and the stirring up of the mountain moving faith lies in the No. 3 reason fasting and praying. If you believe you will put all of your heart believing into that. Fasting and prayer releases a power.

Jesus said in No.2 *if you have faith as a grain of a mustard seed.* A mustard seed is only one tiny dot. All you have to do is to take your pen or pencil put a tiny dot on a piece of paper and that is the size of a mustard seed. Jesus said that tiny little mustard seed of faith could move a mountain. Verse 20 Jesus said *if you have faith as a mustard seed you will say to this mountain.* What mountain is that? The Mount of Olives. When I say, "A person," it could be anybody. When I say, "The man," it could be any man. If I say, "The woman," it could be any woman. But if I say this woman or this man I am pointing exactly to one. So, notice Jesus said, "If you say to this mountain," the Mount of Olives is before them. "You say, 'Move from here to there and if you don't doubt in your heart that mountain will move.'"

Look at Mark 11 it is also said "to this mountain". Let me talk about the "this". It's very important for us to see the releasing of the power of God that He promised

here. It is the power to work the impossible. If a man say, "It's impossible, it is difficult, it is hard, it has never been done before," then it won't work for them. They use many phrases to say it is not possible. Yet, we have a special power that can conquer the impossible.

Luke 17:5-6 *The apostles said to the Lord, "Increase our faith."* Jesus said in verse 6 *If you have faith as a mustard seed, you can say to this mulberry tree.* Now if I say, "The plant," you won't know which plant but if I say, "This plant," then you know its one particular plant. So, Jesus was walking with His disciples and as they were walking this time, He saw a mulberry tree. He pointed to the tree and said, "If you have faith you say to this tree be removed and be planted in the sea the tree will obey you."

So let me illustrate what Jesus is trying to say here. You see in front here a pulpit. This is a pulpit made of solid substance. Pretend that this is the mountain that Jesus is talking about. If you have a special faith, the faith of God that comes from His Word, your faith could move a physical object. There are three ways you can move this object here. The easiest is to move it physically. Supposing this is very heavy. You can still move it physically by bringing in the proper equipments. It is still under physical strength. So, when we talk about moving a pulpit the first thing we would talk about is moving it physically. Secondly, there is psychic power. It is mind over matter but it's not just an ordinary mind. It's a mind that yields itself to demonic forces. Do you know that demons normally are invisible? So if some guys give themselves to the devil and co-operate with demons, they could be standing here and the invisible demons are around them. One of them could say, "Pulpit, I command you to levitate." And the pulpit will start levitating and everybody will say what a great magician he is. But if your spiritual eyes are opened, you will see a demon picking up the pulpit and carrying it. They could tap on psychic power or the force of mind over matter. Remember the fallen stage of man is such when man tried to tap on this so-called psychic power or mind over matter, he will fall prey to demons. It is because demons are in control of that realm now. Man had fallen and that is why Satan is called the god of this world. That is why it says that he rules over the minds of men. So, the second way you could do it is by demonic power.

The third was that Jesus is telling you that you could do it by spiritual power. He

was next to that mountain; He was next to that tree. He was saying, "This tree," "This mountain." He was not saying, "The mountain." The third way you could move an object is that if your faith is such that you believe God without a doubt, there is a power that is released that you could say and it is done. And Jesus demonstrated that. In Mark 11, He went to the fig tree and He looked at the fig tree and did not find fruit. So when He found that there was no fruit He said, "Let no man eat from you any more," and straightaway the fig tree died. What are we pointing at? Jesus was showing that He walked on a higher realm. There is another power greater than the natural power that is released through the spoken Word through faith in God. Notice when they passed by that way again, Peter said, "Look Master the fig tree has died." And Jesus turned around and gave them Mark 11:22-24 Jesus said, "Have faith in God." All you have to do is speak and it is done. And our faith level needs to rise to that level. When Jesus was talking about, "This mountain, this tree," He was talking about how there is a level of spiritual power you could rise in. Where you could say to this tree or this mountain, "Be removed," and the power that flows from your lips generate a greater power than natural that was holding that tree and the mountain and cause that tree and mountain to be uprooted and taken and thrown into another place. He was talking about God's power in the supernatural release upon physical objects. He is talking about the power of God over natural circumstances and things and situations.

Don't anyone of you start practicing on this plant here. He wanted the disciples to understand that the power He talks about rules over all natural laws. You must understand the direction He points you to do. That is why you must understand that He is not asking us to go around practicing on trees and mountains. But the power is variable enough to do it. That's what Jesus said. The power is real enough to make an effect. Let me tell you there is a supernatural force beyond this physical world. That if you would release it, it works for you. Speak it out and it works for you. About three years ago, I did it on a small plant. It was accidentally put in the sun and all the leaves dropped off. I like to practice my faith. I said, "Plant, live." The following week I looked at it and nothing happened; the leaves dropped some more. And then I forget about it. Three months later, I saw leaves growing on it. It works.

Many times we isolate the spiritual from the natural so much that when something naturally need to be done we forget about the spiritual. We isolate it into two

compartments so well that we don't realize that they are not two compartments. The spiritual world flows into the natural world so that you could affect the natural world through the spirit world. And so the force of fasting will release this kind of power upon your situation, upon your life, upon your circumstances. There are two types of circumstances we face everyday. There are the circumstances that you can control. What you can control God holds you responsible. Don't anyone of you try to do gardening from your chair. You sit down on the chair and say, "Grass, be cut." If anyone of you try to lay hand on the tree, your neighbor will think you have gone mad.

So the bible tells us here the power of fasting releases a special force. What Jesus wants you to do is that though you are in the physical body you can tap on spiritual forces and bring the spiritual forces to work on your behalf through fasting and prayer. So there are two types of circumstances that are involved No. 1 circumstances in your control. And you are responsible for those circumstances. When Jesus Christ saw the great multitudes five thousand men waiting there to be fed. For three days they haven't eaten. Jesus said, "Bring Me some food." They looked around and saw a little boy that bought 5 loaves and 2 fish. That was in their control. Then He made them sit in groups of 50s and 100s. So what they are in control they are responsible. When they did all these things, they are releasing their faith. Faith is released through your action. So there are some circumstances that God ask you to control to release your faith through. Then God took care of the other side in the multiplying of the bread and the fish. There are two sets of circumstances that you face every time. There are some circumstances that are in your control. But all of you realize that there are some circumstances that are not in your control. They are outside your dominion and yet they are going to affect your life.

If you are doing business there are some things you can do but at a certain level, you are no more in control. It is the other person's decision and other forces that are at work. If you are a working person, there are certain things in your control to do a good job but all the other factors in your company that is not in your control. And all of life you will find two sets of circumstances. Some circumstances are in your control and some are not. And this is what happened the bible says, "Seek first the kingdom of God and His righteousness and all these things shall be added onto you." So God is actually saying, "If you put Me first in your circumstances with all

of your heart, all of your mind and all of your strength to love Me, to live for Me, to obey My Word with all of your being and all that is within your control I will take control of what is beyond your control." All the circumstances that are beyond our control will come under the control of the Almighty God. As long as you put God first, God takes over. And the circumstances that are normally not in your control the timing of all those things come under the Almighty hand. He holds the authority on this earth. But when a man or a woman puts Him first every circumstances that are beyond your control He began to take control. He began to moves. He began to send His angels. And all those circumstances come into a pattern that cause you to be blessed over and over again. However, if you do not put God first or you want to try to do it yourself you not only lose control of the normal circumstances, what is beyond you also remains beyond. God does not come into the picture.

This is where fasting comes in. When you fast and seek God's face, you are actually putting God as No. 1. You are saying, "With all of my strength, with all of my heart O Lord, I worship You, I love You and I seek You first. I want to see Your will done." Fasting shows forth your desire to put God to the uttermost. You desire God more than your daily food. You desire God above your natural appetite. You desire God above all things. Fasting shows forth that you love Him. See there are only certain things you can do and the rest God has to do. But if you put God first and obey Him, you will see a pattern work in all of your circumstances. There will be a pattern that flows and the blessings keep coming on you because all the time you keep putting Him first.

What shall we do when we are fasting and praying to release this power? Jesus says here in Matt. 17:20 *Because of your unbelief.* Fasting cures all unbelief. If you believe with all your heart, all your mind that what God said He will bring to pass then fast. Many times, I have brought God's Word to Him. I said, "God your Word says this. As I fast and pray I am not going to eat I am not going to do anything I set my face to seek You. Unless Your Word comes to pass, I am not leaving." God honors such faith and determination. He knows you mean business with God. This is what the disciples should have done. When they could not cast out the demon they should all have a prayer meeting. Instead of having a prayer meeting Mark chapter 9 tells us that when Jesus came down they were having a discussion. When they should be praying they were talking away. When they should be seeking God

they were wasting their time. When it didn't work they should have gathered together, don't eat don't do anything just pray. Meditate on what Jesus said that He had given them power over all demons. Fast and just worship God with all their hearts. When they do it, God will come into the picture and turn all the impossibilities to be possibilities.

I don't care what kind of circumstances you face, even though you may deem it impossible to man or the most impossible thing that you ever faced. Whether it is in an area where you are praying for your loved ones for ten, twenty years and God doesn't seem to answer fast. If you are childless and God says, "I will give you a child, go on a fast." If God speaks to you and tell you that He is going to bring you to this ministry and its not happening, go on a fast. If God speaks to you and tells you that he is going to prosper you and its not happening, undertake a fast. When God says something in written Word, in prophecy, in a voice to your heart and its not coming to pass you can bring it to pass by fasting. By fasting, you will release the power of God. If God has placed a vision in your heart or something He wants you to do in this life and that vision seems lost and its not working, fast and seek the face of God. For God says, "If you were to turn unto Me and seek My face with all your heart, all your mind, all your strength I will hear you." God will turn the circumstances that are beyond your control into His control and before long you can really rejoice because you began to see the power of God working. The supernatural power that just blast all the impossibilities apart. We have seen too many miracles through fasting and prayer for us to began doubting now. We have seen too many answers through fasting and prayer. Where before people would pray and cry and it doesn't work; when they start fasting and praying it starts working.

This is what you should do when you fast and pray. You must have an objective. When you enter into a time of fasting, you must have an objective. If you have no objective, you could just put the objective as seeking the perfect will of God. I seek the will of God weekly. I want to live in God's perfect will. If you are having a situation and you have not fasted and prayed about write it down as an objective for your fast. The reason you write it down is so that your fast could be concentrated in one area. Don't write down ten thousand items. Write down just a few that you could pray in the direction of. So, when you fast list an objective. I have listed fourteen things, which I believe God wants me to do in this life. When I

have finished them, I am ready to go home. And every time I fast and pray I hold that in my hand and I pray. If you are facing a problem that is remarkably troubling you fast and pray, list it down. I have my normal one-day a week fast but as special occasions occur, I have an additional fast for that occasion. This is what happens when you began fasting. You pray in tongues. And some people have asked me, "Can I fast even though I am working?" Yes, you can. By writing down those objectives every time your mind is free your mind goes back to that fasting time. You could go back to praying in all your free time. Your lunch hour you could be free or in the evening when you come back from work. I did two of my 40 days fast while I was doing my seminary studies. I still had to do my research. And today some of the things I fasted about are happening.

So when you fast you list an objective of what you are fasting for. Write it down in your diary where you can refer to it many years to come to see the evidence of God hearing your prayers. When your fast is completed, you would sense a released in your spirit in that area. Some times for some things, you may need to fast longer. If you are not used to long stretch of fast you can just fast weekly over that situation. And during one of those fasts, you will find the breaking. You see fasting will break the chain of the enemy over your life. Fasting will began to create havoc in the enemy's territory. You could do more with fasting in your private chamber than you could with your hands and with your feet. Invisibly there is a power that goes out and you release more angels to your aid. It releases and opens the windows of God on your behalf. Satan is very frightened of fasting because it operates on a higher realm of power since it shakes his kingdom. If you are fasting in your life there will be demons that have been placed by the devils to fight you, to hinder you, to disturb you all of your life, you are marked by Satan but when you fast and when you pray those demons begin to tremble by your fasting and prayer.

When Daniel was fasting one man in the whole kingdom of Babylon could shake a few nations. He shook the prince of Persia. One man shook the whole kingdom and he was a busy man yet he could find time to fast and pray. So if in his busyness, Daniel could fast and pray, so could you and I. So when he fasted heaven was touched. And from the first day, he started fasting God starts sending angel. Sometimes, at the end of your fast, the answer did not manifest yet but you will sense this. In your spirit, there is a breakthrough.

For example, I fasted and prayed for my father's salvation. My father is now in heaven. When I went into the seminary, he threatened to chase me out of the house. I was the first one in my family to be born again. When I was born again he threatened to chase me out of the house. I still kept going home. I just packed my things and left for the seminary in Penang, Malaysia. But for two years, I remembered him. I told God, "Father, I want to see my dad in heaven." I went to the seminary by faith. At the end of the first month we were supposed to pay our bills and my father sent a money order for one hundred dollars. I looked at it and said, "Father he doesn't even know You and here he is sending money." Every month he kept sending money. I cried and said, "God, Your Word says, 'Believe in the Lord Jesus and all your household shall be saved.'" One day God impressed onto my heart to fast. And I set a regular fast for him. One day in my second year when I was fasting and praying for him the Holy Spirit spoke to my heart. I didn't know it was the Holy Spirit then but I have this impression that came to my heart that says, "He is saved." I didn't hear any news but the second term holidays I went back to my hometown while on my choir tour. Our choir passed through Johor Bahru, my hometown. That night my father came to hear us sing. That same night when he came to hear us sing, when he went back he had a dream. He dreamt that he was at a big huge cross. He said it was so huge and he was just so tiny in front of the cross. I heard him sharing this with me and said, "I don't know what this dream mean." But he said, "The tract that you used to leave around the house, I have been looking at it and I have been praying the prayer at the end of the tract and that prayer is 'Lord Jesus I am a sinner, I need You.'" He has been praying for one month. The victory was won in the Spirit. He was saved, born again and I baptized him and gave him a new name. My father has now gone home with the Lord. Fasting makes a difference. Every time when we face any situation, we have always fasted.

After three years in the seminary, the administrator of the seminary gave me a letter that said, "You are suspended indefinitely for practicing extreme Charismatic practices." I didn't know where to go. I couldn't go home because I was ashamed of what my father would think of Christianity. He has just got born again and I couldn't go home and say, "Hi dad they kicked me out of the seminary." So, I sought God in fasting and prayer. And God started opening doors. You see there are certain circumstances we cannot control. But when we put Him first and fast and give Him control of what we cannot control and start turning them for good,

no matter what kind of circumstances you face, the power of fasting and prayer turns the impossibilities to possibilities. At the end of your fasting, you will receive an assurance. If you don't have the assurance yet pray until the assurance comes. You may not receive the assurance in your first fasting, break your fast for a few days and then fast again.