

## Are You Suffering From Lack Of Spiritual Fasting?



By David Hopkins

If you want to know how to free yourself or a loved one from the debilitating effects of spiritual, physical, and mental stress the way Jesus did to break every fear of the devil, then listen to this.

### **Fear Destroying Miracle #1 God Will Loose The Bands Of Spiritual Wickedness**

Whether you like it or not everything you do is established by practice and upheld by habit and the image of pleasure, so if you've been practicing sleeping around, doing drugs, fighting, pornography, hating a group of people, and I could go on forever but the point I'm trying to make is, if you think you can just quit doing it tomorrow after years of practice you're in for a very disappointing surprise.

You see, by doing these types of things on a consistent basis you're

creating bands of wickedness or groups of morally objectionable acts that make it nearly impossible to break free from, barring a tragic accident that's strong enough to turnaround your mental image or a miracle from God.

And the first one is a "God forbid" and the other is "highly unlikely".

So if you're a gambler wouldn't it be smarter to play the odds by turning to God with your whole heart with a spiritual fast instead of taking your chances in hopes that one of the two fear destroying principles that I just described, might happen, maybe, someday, who knows when?

### **Fear Destroying Miracle #2 God Will Undo The Physical Heavy Burdens**

A heavy burden or a physical ailment could be anything like cancer or chronic sleep disorder or whatever, but there's no reason for me to get into what causes these things because all I really know is fasting was the reason Jesus performed so many of these types of miracles.

Luke 7:22 ...the blind see, the lame walk, the lepers are cleansed, the deaf hear, the dead are raised, to the poor the gospel is preached.

Because Jesus fasted all the time as I explained a little bit in the article [Have You Experienced The 3 Hallelujah Screaming Miracles Of Christian Fasting?](#)

But the thing that you need to realize is that the person doing the fasting will usually receive these blessings before they can perform them for the healing of someone else by improving their faith through practicing fasting and prayer for themselves first, unless you don't mind being laughed at then getting frustrated and quitting.

### **Fear Destroying Miracle #3 God Will Let The Mentally Oppressed Go Free**

An oppressed person is a person that suffers mentally and I think it's safe

to say that we all do.

Mental fear is so common because it is woven into our way of thinking and manifests itself through our emotions which makes it feel right.

But when compared with the word of God we can begin to see that it is not.

In fact in some cases it's the complete opposite.

Things like the fear of being broke and the fear of being alone are passed on to us through our upbringing and through society and are rehearsed in our minds to the point of oppression.

But it's not hopeless, you can overcome this with a spiritual fast.

### **The Origins Of Fear**

Fear originated from disobedience as it started in Genesis 3:10 after Adam and Eve ate from the fruit of the tree of the knowledge of good and evil and Adam replied to God, "...I heard thy voice in the garden, and I was afraid, because I was naked; and I hid myself".

Then God multiplied the suffering of child birth of women and cursed the ground which multiplied the suffering of mans efforts to get food from the ground.

Which demonstrates the order in which these events take place.

Desire then disobedience then fear then suffering.

But according to the word of God in Isaiah 58:6 fasting is the way to break every yoke or fear that originates from the devil as they are manifested in the three ways I just described.

So instead of waiting around hoping something might just happen or someone might show up and pray for you why don't you try it for yourself and see if God is a liar or if He really is true and the Bible really is His word.

Make up your mind right now and say, "If this is going to work it's just going to have to work now!" and be persistent and keep doing your part.

I dare you.

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