

## **Expose 61 K25**

### **The Way Of Escape**

Good evening world, this is Expose 247 and you know what we do here. And in case you are just joining, you are not in the loop, let me just bring you to it quickly. In this place we dig deep into God's Word, and unearth treasures. We are talking of precious gem. And it is in our tradition, we are in the Knock Out season. And so before we start unearth those treasures, we will like to exhume all the traditions, age long principles that does not line up with God's Word, all the old wise fables, all the pedestal argument that is running contrary to the will and the cause of God, purpose of God.

As you know we've been on the long subject of prayer, we been on this long subject of prayer for a while. And if you've been following us, we have twelve episodes on prayer. We started with "Hypocrites love to pray," "Can this be your friend?" "Don't pray like this," "God of a force and frustration," "Where is it?" "This kind of Unbelief," "Unbelief type 1," "Unbelief type 2." We have "God said it, I believe it, Does that settle it?" and last week on Sunday we had "Symptoms and Signs of Unbelief."

So we are just telling you to know, as you are watching out for unbelief, you really need to know the danger signs and symptoms to see. Do I have unbelief in me? Am I really recovering? So you can see if the symptoms are going away, you can be able to judge yourself, and judge your treatment and see where you are. And so we talked about that last Sunday. And in case you missed any of these episodes, and you have never even join any at all, you know where to go because we've actually mark the path of your journey in prayer with all these titles.

So find time to go back to all these episodes to listen to them. You might need to listen to them again, and share this with all your friends and contacts so they will be on the same page.

We want to appreciate those who have been sharing, those who have been giving comments, supporting and people are asking questions and people that followed the last live transmission that we had in church. And in case you missed that, you know where to go, on our page Expose 247 we have some of those ministrations apart from what we do, Expose 247 on Saturday and Sunday.

So you avail yourself of this opportunity. So today do you want to add anything to that symptoms and signs for our viewers to know where were?

Viewers thank you again for joining us today on this Knock Out Series on prayer. Now as she has said, the last transmission we had actually was about the symptoms and signs of unbelief. And if you notice in the past few series, we've been focusing on talking about the very thing that actually makes our faith of no effect, and that is unbelief.

We've talked about Unbelief type 1, Unbelief type 2. And we also look at this kind of unbelief. We also talked about how unbelief is the key issues that we have in our Christian life. Every Christian does have faith, but what makes a Christian different from another Christian is the volume of unbelief that we carry around in our lives. And we've been looking at that.

And we actually promised one thing in our last transmission. We made it known that from the next episode, which is today, we'll start to look at what is the way out that Christ Jesus himself gave regarding unbelief? And that is our focus is. We've talked about the channels through which unbelief comes into our lives. And you might want to check our previous transmission to look at that.

And then we've talked about the symptoms and the signs of unbelief. But today what is our focus today is, what is the way out that Christ Jesus gave out of unbelief. And we need to stress this fact, the problem of Christians today in the place of prayer is not for want of faith. The problem of Christians today in the place of prayer, is not about the willingness of God to answer, because God's willingness is so guaranteed. If God doesn't answer your prayer because of you, he answers because of the name of his Son Jesus that you bear.

So the limitation in the place of prayer, is not about the willingness of God, or his unwillingness, that is not the issue, Jesus actually stresses out a key issue and that is the issue of unbelief. And that is what we've been focusing on in the previous series.

So come along with us today as we look at the way out that Christ gives regarding dealing with Unbelief in our Christian life especially in the place of prayer.

So come with us straightaway as we look at book of Mark Chapter 9.

Now, as a Christian or somebody that believes in the power and potency of prayer. You want to make sure you listen to what Christ has to say today regarding how to deal with unbelief.

Mark Chapter 9 am going to read from verse 28

Now, of course the background of this Mark Chapter 9 verse 28 is that the disciples figure out they were ineffective in driving out the demon out of that boy. And they did something which most Christians probably wouldn't do, I mean in our times, we keep praying as Christians and we don't get results, and people don't just care why they don't have results. They just keep on praying as a form of religion.

I think it was Albert Einstein that said something, he said insanity is somebody doing something over and over again the same way without any result and you are not even bothering about the fact that there is no result or expecting a different result. Is call insanity.

So the disciples decided not to be insane. They just went to ask Jesus, well, Jesus you need to tell us why could we not cast out the devil? because you gave us the power over devils in Luke Chapter 9 verse 1, in Matthew Chapter 10 verse 1, in Luke Chapter 10 verse 19. He gave them power over all devils. So they were surprise this one didn't want to come out. So they went to ask Jesus why did it not happen? That is Mark 9:28. That was the background of Mark 9:28

**28. And when he was come into the house, his disciples asked him privately, why could not we cast him out?**

And then they said why could we not cast him out? The "**him**" there is the devil, is the demon. The one that was troubling the boy that the father brought to Jesus. They said why could we not do it? because we thought we had all what it actually takes to deal with the situation.

And Jesus answered them. The answer of Jesus is where we actually going to zero in today. Jesus answer them in Mark 9:29 and he told them.

Now watch what Jesus said unto them.

**29. And he said unto them, this kind can come forth by nothing, but by prayer and fasting**

**And he said unto them, this kind**

And of course we will actually encourage you if you just joining us today for the first time, and if you have not listen to our previous series.

We've actually established by the Word, from scriptures to scriptures what this kind actually means. We've actually said this kind wasn't talking about the kind of devil, wasn't talking about the kind of demon. It was the kind of unbelief.

Now, if you are actually not too sure about that or you think that is not well clarify in what we have said, please we encourage you to go and listen to our transmission that we titled Unbelief type 1 and Unbelief type 2. We laid it out scriptures by scriptures why this kind was not referring to the demon, it was referring to the kind of unbelief. And please, you will do well to check out those transmissions.

So Jesus said this kind come forth by nothing. So we've established this kind was the unbelief type that was in the life of the disciples. So Jesus was trying to tell them, this kind, there is something in you, it's unbelief and it will not go out. So it means then, what does that tell you and I? Jesus, the Lord of Glory is interested in something coming out of our lives.

Now, people in terms of... when we pray, most times we are well focus on getting mountain to move on the outside. People give us a lots of technics or methodologies of how to move your mountain, of how to drive something out or how to shift something. People talk about this a lots. There are lots of books written about how to shift this, how to move that. But Jesus said, well don't be too focus on how you want to drive him out, let's talk about how to drive something out of you.

The question they asked Jesus how do we drive him out? And Jesus said we should be asking how do we drive him out of you? There is something in you.

And then you have to understand there is a capacity in you as a Christian. The Bible talks about the fact that the one that dwells in you is greater than the one that dwells in the world. There is something in our spirit. The capacity, the power, the grace, the glory of God in our lives, the Bible says Christ in us, the hope of glory. So the devil is no match for what is inside of us. But there is something that can also habitate in Christian that can in a way restrict or limit the capacity that we have.

Now, we've talked about Abraham, the Bible says he was not weaken in faith. It means you could have the faith but something could but mitigating against it. So Jesus Christ was trying to tell them, instead of you being concerned about driving something out of that boy. Let's talk about driving something out of you. Let's focus on that.

If we can drive that thing out of you, driving that thing out of the boy is a minor issue, is a minor thing. Let's drive something out of you. Let's drive unbelief out of your life. Let's get rid of something out of your life. Let's us get that thing out of your system. So Christ Jesus told them, he said this kind will not go out and this kind was the unbelief in them. He said this kind will not go out, but! but!

Now that is the word! But by prayer and fasting.

Now please, this is where it gets so important now. It will mean, Jesus in a way seems to be representing. Jesus seems to be making clear to us, making a case for the purpose of prayer and fasting which it doesn't seem like the purpose that most people think prayer and fasting supposed to achieve. Because in most cases, in most quarters people end up thinking that prayer and fasting is a means to get God to do something.

And it seems that Jesus is trying to represent to the body of Christ what the goal of prayer and fasting is. You know somebody actually asked a question on one of our previous episode, and I think this is the junction we can begin to lay out the answer to that question. The person needed clarification and he was saying what do we mean by the word vain repetition? What does it mean when you talk about Jesus said we shouldn't do vain repetition?

And then what we need to clarify is, vain repetition in the place of prayer is not just about saying the same thing again and again. Because the Apostles Paul did go to God in the place of prayer three times, 2Corinthians 12, the Apostle Paul said I went to the Lord three times, and he said the same thing three times, and the Lord told Paul my grace is sufficient for you. So Paul prayed the same prayer three times and there was no concern about repetitive prayer or vain repetition.

I know some people teach the fact that you can't say the same prayer twice, is unbelief. Well, Paul prayed three times. Even Jesus himself went three times, and he kept on praying that my Father let this cup pass over me. So the issue is not about repeating the prayer. This is the issue.

The Bible tells us in that Matthew Chapter 6, that some people when they pray they think they will be heard by their many words. Which means these people are trying to use prayer as a means to get God to respond to them. Or they think prayer is a means of pushing God or making God do something for them. **So Bible says that is why is vain, is vain because that is not what prayer is actually meant for.**

Prayer is not meant to convince a God who is unwilling. Prayer is not meant to push a God who is unwilling. Prayer is not meant to propel a God who is unwilling. If you are trying to use prayer for what is not meant to be, Bible says that is vain. You are trying to achieve with prayer what prayer is not design for, is vain. Is vain repetition. That is what makes it vain.

So the point we are trying to make is, here in this case of Mark Chapter 9 verse 29, Jesus is now trying to tell us what the main purpose of prayer and fasting is in the life of a Christian. And then, you see the question that comes again is the fact that, in that

Matthew Chapter 6, he says your heavenly Father knows the things that you have need of before you open your mouth in the place of prayer.

So the question that comes to a serious minded Christian is, if the Father knows what I need before I pray, what is the point of praying? Well, this is the reason, here Mark 9:29 says the reason why we engage in prayer and fasting as it well, is not to put a God who has forgotten into remembrance, is not to put a God who has amnesia into remembrance. No! The reason why Jesus gave them here to pray and to fast, the reason you need to do is to get something out of your life. Is to get rid of something that is sitted in your life, that is preventing you from being able to use the very faith, the very power that I gave you in Luke 9:1, in Luke 10:19, in Matthew 10:1.

So we see before we continue on this way out of unbelief, what we see is that Jesus is giving us or redefining a purpose for fasting and prayer. And this purpose doesn't seem to line in lot with main stream mentality in the body of Christ.

Yeah, because it is generally common to hear people saying if you pray and you don't get any result, then you fast. They don't even see prayer and fasting together. Use prayer and if prayer does not work, you know you can intensify, you can escalate your case with fasting. So there are different types of fasting people do.

And then they feel like by the time they put all these on them, and denied themselves, and put themselves in such a situation, it will make God who is or not willing before, if he see them in that terrible state, in hunger, they see themselves in those places, some people do some extreme things even praying nakedly, some say they will not see sun, all those kind of fasting, feeling that maybe God will be pushed to it.

But we can see in this place...or God see how serious they are, to get the answer to their prayer. So is not like a formula, if prayer does not work add fasting. That is not it. And then we find out the purpose for that, the prayer and fasting is not for the Lord, is not to make God to do what he doesn't want to do. Bible says he knows what you need before you asked him, the Father knows.

Is for you to drive the unbelief out. So is working at you. Is working... so the prayer and fasting is meant for you to work out and drive out unbelief out of your life. So you are in the position that your faith is strengthen, because you have the faith in you but you have unbelief mitigating. So the prayer and fasting is working on you, working for you not working on God, not trying to convince God.

Thank you for that.

So let's carry on, Jesus then in a way gave this prayer and fasting to the disciples as a means to get rid out of their lives unbelief. So what we are going to look at is, what the scriptures has to say about these two tools in the Christian walk, these two things, these prayer thing and fasting thing. What does scriptures teaches us how we can effectively use them to drive unbelief out of our lives.

And we know one thing for sure that we are talking to a God who is convince by the sacrifice of his son Jesus Christ. Jesus Christ said in those day you asked me nothing, but whatever you asked the Father in my name, using my credit, using my credibility, using my integrity. So Christ says if you ask the Father, Father is poise to answer. But Jesus said let's get rid of something, let's get rid of that thing out of your life and the tools of prayer and fasting are the very tools that you are going to use to get this out.

So what you are going to do quickly then is now to see the scriptures teaching us how to effectively engage these two strategies to drive unbelief out of our lives in the place of prayer.

So come with me quickly in the book of Matthew Chapter 9. Am going to take one of them by the grace of God, we are going to focus on one. We don't want to get them mix up. What we are going to do, let me tell you the strategy of this particular Knock Out Series, is to take the fasting, we look at it as a tool and we look at the praying and then we combine them together in this Knock Out series to see how they work together to drive out unbelief.

**So what we've established so far is, prayer and fasting was actually spoken of by Christ Jesus as tools to drive out unbelief. They are not tools for convincing God to answer your prayer.**

Now let's really stressed that, they are not tools for convincing God to favour you. They are not tools for convincing God to show you mercy. They are tools to drive unbelief out of your life according to Mark Chapter 9.

If you are looking for a way to escape prayer and fasting, that is not the way of escape we are talking about. If you are just looking for point to justify prayerlessness and lack of fasting, you know this is not the place and time. We are telling you we need the prayer and the fasting to work on us. We need those to work up to the point we begin to accept and believe as the Lord would have us believe. We need our faith to be strengthen. And so we need to do a lot of praying and a lot of fasting not in that vain repetition because we clarified that. So we need that to work on the unbelief that is cohabitating with our belief system

Does that not tell you and I that is completely wrong then, is unscriptural, it doesn't even follow kingdom thinking for a Christian to begin to say O my God, can you not see I have fasted for three days? Can you not see I have fasted for six days? It does make any sense, you are not doing it for God. You are doing it to drive unbelief in your life.

Let's go on, Matthew Chapter 9 from verse 14. We'll begin to look at these tools that Jesus did say will drive unbelief out of the life of any Christian.

### **Matthew 9:14**

**14. Then came to him the disciples of John, saying why do we and the Pharisee fast oft, but thy disciples fast not?**

Ok, can you see that they are accusing Jesus or they have come to tell Jesus why is it that fasting is what everybody does? John's disciples they do it, the Pharisee, their own disciples do it as well. I think they actually think this thing is a badge of honour. Something that you can put as an ideal to claim that you are every spiritual. They said why are your disciples not do the same, I mean they are supposed to do the same. That's what they've come to speak to Jesus about.

**15. And Jesus said unto them, can the children of the bridechamber mourn as long as the bridegroom is with them? But the days will come, when the bridegroom shall be taken from them, and then shall they fast.**

Jesus is saying something, who need fasting? Listen, we are going to take this slowly. Because this is a very sensitive matter, because I think fasting has been seriously advocated in so many places as a means to actually... you know if prayer is not work like you said, fasting is something you have to add up to prayer, to make the prayer very effective and God cannot but answer you if he sees the fact that you are chastising yourself.

That is how people present fasting. But let's see what Christ has to teach the body of Christ about fasting in the place of prayer.

Don't forget, Mark Chapter 9 already told us is a tool that Jesus advocated for driving out unbelief. Hold that as we look at all these verses,

Now what does it say there please?

**But the days will come...**

So Jesus said as far as the bridegroom with them, as far as they have me, the King of glory with them, there is no point fasting.



Now what does that tell you?

That is bringing out a very great light to fasting.

Go on please,

**But the days will come, when the bridegroom shall be taken from them, and then shall they fast.**

So Jesus is simply saying here, the reason why they will fast is when they have a sense of missing the bridegroom. And Jesus refers himself as the bridegroom. And he says the bridegroom is here, if they can sense my presence among them, there is no point to fast. He said the reason why then they would have to fast is if they actually figure out that I have actually left them, if there is a sense of depravity or a sense of absence from me, that is when they will fast.

Go on please.

Now watch this...

**16. No man putteth a piece of new cloth unto an old garment, for that which is put in to fill it up taketh from the garment, and the rent is made worse.**

**17. Neither do men put new wine into old bottles: else the bottles break, and the wine runneth out, and the bottles perish: but they put new wine into new bottles, and both are preserved.**

Well, of course if you have the red letter Bible, the ones with the Words of Jesus written in red, you will notice that Jesus actually spoke all these together, which is Matthew Chapter 9 from verse 14 to 17. It was just one single discuss with the disciples.

Now, let's bring out two things about the tools, the purpose of fasting in the life of a Christian.

One thing that Jesus clarifies in this place, he says when we are talking about fasting, he warned the people that came to speak to him about fasting. He said you cannot even afford to put new wine in old wineskin, and how is that relevant to this context of fasting? Is highly relevant, so Christ is simply saying you cannot talk about fasting with an Old Testament mindset. He says tell them, this things, there is a new wine and new wine needs a new wineskin. The wineskin talks about the capacity, it talks about the container, the very basis of what we are talking about.

So Christ said if you are going to come to talk to me about the issue of fasting, you cannot talk about fasting. This fasting of my disciples, which is like a new wine, you

cannot talk about it using an old wineskin. If you put a new wine in old wineskin, it will cause a tear, it will destroy the old wineskin. So Christ is saying here, if we will talk about fasting, let's talk about fasting in New Covenant set up. Let's not use Old Covenant, old wineskin to talk about the new wine.

So this is what he was warning them about. And I will simply say this, let people know, if you are listening to us today. You cannot discuss fasting, you cannot talk about new wine using the old wineskin. You cannot discuss the notion of fasting based on what Christ is going to say about fasting using Old Covenant mentality.

Now, the question you want to ask me, what is the old covenant mentality of fasting? The Old Covenant mentality of fasting is the kind of fasting you do that you think if I fast enough it will convince God, God will know am serious about what am talking about. In fact God cannot just look at me trying not to go without food for 3 or 4 days. God cannot just keeping looking at me like that. God will be compel to answer me when I put myself in ash cloth, in ashes like they use to do under the Old Testament. In the Old Testament, fasting was a means to convince God to show favour to a man.

And there are so many instances you can check in the Old Testament. Check in the time of David, when David was trying to prevent his child, the one he had out of wedlock from dying. The Bible said David actually fast, put himself into ash cloth. In those days, under the Old Testament, fasting was a means to get a God who was reactive to act. So it means this God, he doesn't act unless you act. This God doesn't show you favour unless you live right. So that was the God they are serving in the Old Testament. I used the word, that was the God, is not a different God. There was an Old Covenant. God related to them on an Old Covenant. And fasting was done on that mentality.

And Bible says if you as a Christian, you are going to import fasting in this New Covenant and you are trying to use an Old Covenant mindset to operate a fasting under the New Covenant. He says there will be a big tear in your life. There will be a big void in your life. He says if you put a new wineskin, it will tear. And I think so many lives are tearing up because people fast and we think we can use fasting as a means to convince God to show up in our situation. Fasting was never meant for that.

So Jesus said something in the New Covenant, don't try to do in the New Covenant what you would have done under the Old Covenant mindset. He said don't do it... and you see, many Christians today are using Old Covenant mindset to walk with a God who is the God of a New Covenant. The Bible says we are able minister of a new covenant, not after the oldness of the letter.

So Christ was going to say to them, listen you have come to talk to me about fasting. But let me say to you, don't put new wine in old wineskin. Let's talk about fasting in a different light. And he tells them what the different light is.

You want to say something before I carry on.

Yes, I want to say that this point is a cautionary message from the Lord to us, that we don't really want to make our situation goes worse, from bad to worse. Because he says the old cloth and the new cloth, he said the mend is not just tearing. Because actually there was a mend before, that they want to patch on with the new one. There was a problem before, that they wanted to patch up and so there is a mix up of the thing. And is not just going to do anything and just leave the old there, is going to be worse.

If you don't want to bring your situation, in the bid of trying to get the solution out of it, make it worse, then you really need to pay attention to this. You cannot afford to mix up the dynamics shift between the Old Testament and New Testament because most people they have that background. They have all examples from Old Testament all the prophets and how they approached fasting and that is all they know about fasting. Some even believed that there is no even fasting in the New Testament, they can't even remember that there is a place of fasting in the New Testament, and all the examples and they do it exactly to the letter as those old prophet as in the Old Testament.

And you can see that even the Pharisee, they use it as even a bragging point, because they feel like, in the end, is like a reward for things and is their price. So you can see the Pharisees there, when he was talking like am not like this, I fast twice in the week. They earn it, is like an earning point, so is a bragging point for those Pharisee. Some people are still using as a bragging point. And some will confidently say Oh these situation I am, I just need three days on the mountain. So they know is a price to pray. They don't rely on the blood of Jesus, they don't rely on the finished work, they don't rely on the willingness of the Father who has settled it all, they really on the arsenal of fasting, I can use this, seven days... some they have the prescription, some even go to some Ministers of God who have prescription for them. Just do fasting three days, do even days, do forty days. So they have all these formula already worked out. Working from the mindset.

And so today we are bringing you that cautionary note that you know that you don't want to move from bad to worse. So you cannot afford not to understand the dynamic shift what happen on the cross and the finished work to know that there is a change

now. So you are going to look at the fasting in the light of the New Testament. Putting new wine into new wineskin.

So you will endeavor to put in the new cloth with the new cloth. A new wine into a new wine bottle. You cannot afford to mix it up.

Thank you for that. And you see, there is a tendency in the body of Christ for so many Christians. And we are talking about the issue of prayer at the moment, but I think this thing is all-rounder. It's in every aspect, thanksgiving, prayer, faith, the issue of holiness, whatever! Every issue in the kingdom of God, I have noticed there is a tendency for we Christians to try to use the Old Testament mentality to operate with God in the New Covenant. It doesn't work!

And like she had said, one thing for sure is, you can make matter go worst. Jesus said there will be a bigger tear if you try to do that. Don't do it. And don't forget Jesus said this as a response to when they came to him, asking him how come the Pharisee disciples fast? How come the John the Baptism disciples fast? How come your own disciples are not fasting? Jesus Christ said before we talk about fasting, let's talk about it, don't mix it up. Don't mix new wineskin in old wineskin.

Now the question is what is the new wineskin that Christ is talking about in regard to fasting? What is the new wineskin?

Now listen this is the new wineskin. The new wineskin is this, he said listen, this is what fasting would actually achieve in the life of a believer. He said as long as the bridegroom is with them, as long as they have the sense of my presence among them, they don't need fasting. He said the reason why fasting is needed is if they begin to have this sense that I have left them.

Now don't forget one thing, again we've said this over the past few weeks talking about the sources of unbelief, where unbelief comes, how it comes in into our life. And we talk about the symptoms of unbelief. It will mean then for a Christian who has a sense of being left out, or that God is not with you... we know Hebrews Chapter 13 tells us that **"has he not said I will never, now mark the word, I will never leave you nor forsake you."** And if you get to a point as a Christian when you have the sense of being alone, you have the sense that God is not with you, it will mean then that your natural senses are so hyperactive. It will mean then that your sense of touch, your sense of feeling, your sense of sight, and your sense of hearing in the natural have gain ascendancy over your spiritual sense. That is what it means.

Let's say that again, it means when God said I will never leave you and I will never forsake you. He didn't say under this condition. I will never, God has bound himself

to that word. It's irrevocable. He has bound himself to what he said. It means then, if you feel that he is not around you, or you think in your situation, you think well, I think I need to shout to heaven and say "Oh God come down into my situation! If that is the kind of prayer you are praying, it means that your natural senses have actually taken over your spiritual senses.

And the Bible says when you get to that point what you want to simply do, is in a way starve your natural senses, is in a way to tell your natural senses that you know what, I think what I tell you by the Word is what you are going to take. My natural senses will not dictate to me that God has left me, because my spiritual senses is fully aware that God is with me all the time.

And Christ said when this thing begin to happen, when I am taken away from them and they actually lack my presence, he said a way for them to actually kill their natural perception so that the spiritual perception can take hold would be fasting.

So he told them just like this goes in consistent in nature with Mark Chapter 9 that we read when he said, well, you want to drive out unbelief, you need to get into fasting. You want to get to a point where your natural senses of what you see, what you ear and what you feel will not gain control over your spiritual senses. He said if that is what you want to do, then you need to get into fasting.

You are not doing it for God, you are not doing it convince God to answer your prayer. You are not doing it to show God that you are serious. No! You are doing it because your natural senses are talking too loud and that is what this place tells us about the fact that if they have the sense of the bridegroom leaving them then they will fast. It will mean then, a Christian with a deep conscious sense of God's presence all the time, it means then for them fasting all the time is not what this actually prescribe. He said it is a prescription.

May I say this before we actually leave this place. It means then this affect all of us, not just you. It affects everyone at some stage in our Christian life. At some stage in our walk with God, there are times when what we see in the natural, what we hear in the natural, and what we feel in the natural, atimes they become so loud as to stifle the voice of our spirit. And the Bible says when you get to that point, then you can switch over to fasting, to kill and to starve that unbelief.

I hope our viewers will be able to relate with this and be able to glean as I am gleaning and learning for myself that this fact, especially this explanation that was telling us what fasting is all about. That fasting is working on you not on working on God. And so you use the fasting that moment when you feel abandoned... that is not

true. We know that the Word of God, says **lo am with you till the end of the earth**. It doesn't matter where you are, in the valley, in the mountain, wherever you can be, am lo with you always.

So I don't see anything that can be more reassuring than that with you. **Loalways**, everywhere you have those words and you know irrevocable. God has committed himself to those words that is being there with you. So you cannot change that. Your situation cannot change that.

And so we know that and when we are in situations or we are face with situations and then we have the Word of God, it might not even be about presence, about having the Word of God in a particular situation. But what you are looking at, what we see in the natural senses is blocking our view just like when Elisha, the servants there, he could not see those that were with him.

So sometimes when we need to dull our senses. So we dull our natural senses, we stifle it and say No! You are not going to make any noise here, you are not going to say anything here or dictate to me what God has said. So you are going to kill it, deaden it and so you deaden with fasting.

So is about yourself. Deaden every voices of unbelief. Driving out unbelief. Working on the senses and stifling it. You are not going to come in here. You have nothing to say, so that you can hear God's Word clearly and make more senses to you. Because God's word is the same, so your fasting will not increase it. Some people feel, they even have this erroneous believe that they hear God more or something. No! God is saying the same way, is on you. It is your hearing frequency. You are the one that has the hearing impediment. He stays the same. It's what he said he stays on it.

And it is not that he is going to get increase or not. It is you, your own perception that gets increase. You get heighten to hear God's Word more. You are in a position to receive more. That is what fasting does. And I hope you are going to employ that instrument of fasting and use it in the rightful way. We will not abuse fasting. Not putting new wine into old wineskin.

So we will not abuse it, so that we will not be like the old wine in a new wine and ruin everything, and make a mess of everything. But we are going to use it because is a very good instrument to deaden and this is what we come to in all situations of life. We come to situation in which the Word of God is not actually looming bigger for us. We need to bring in the arsenal of fasting to work on ourselves.

Thank you for bringing that insight into this very thing we are talking about.

Now, if you notice, some people are actually arguing, some people make a case and said, well if Jesus has to leave them physically in that case, that is the reason why is important and very compulsory to do fast and to actually bring God's presence down. Well, that is not what the scriptures said, because Jesus said to them like you said, he told them I will never leave you nor forsake you, and he even told them to the disciples, it is better that I go, he said if I did not go, the comforter, the paraclete will not come to you. So Christ was simply saying is a better deal. He said if I go what will come to you is a better deal. He said in my Father's house, there are so many mansions, he said I will come back and I will take you to where I am.

So we simply know that, he's simply actually proffering this solution to the disciples that if you get to the point where you believe the bridegroom has left you, he said I have not left you, I said, I will never leave you nor forsake you. He told them that but if you disciples get to a point where you have the sense of being deserted. He said well in those days, they will fast. This fasting again we see has nothing to do with compelling God, it only has something to do with us, to bring us more to that consciousness of what he says.

So this is one of the testimony we have to the scriptures in Mark Chapter 9 that tells us how to drive out this unbelief by fasting. So it means we actually get to a point where we make our senses not to overspeak over our spirit. Now that is the word! Not to overpower, or speak so loud to actually not allow us to be sensitive in our spirit to what the Lord is simply saying.

So we've seen that first testimony there, and then we have to look at some other testimony from the scriptures regarding how the tool of fasting can be used as a new wine in a new wineskin to drive out unbelief.

Let's go quickly into a different aspect. Let's look at the book of 1Corinthians Chapter 7. This is one of the most misunderstood scriptures, if you check how people interpret this, and I think by the spirit of grace we will actually look into this.

And may I say this before we actually look at this particular scripture. The Bible says in James Chapter 1, let us receive with meekness the engrafted the Word that is able to save our soul. And I will say that even if you heard a lot of things about this scripture in the past, I will simply say that you just please be humble, just see how the Lord will help us to interpret this particular scripture.

### **1Corinthians 7:3**

**3. Let the husband render unto the wife due benevolence: and likewise also the wife unto the husband.**

**4. The wife hath no power of her own body, but the husband: and likewise also the husband hath not power of his own body, but the wife.**

So we can see simply here, he is just saying let the husband and the wife they actually make themselves available to each other. So he says let nobody says am the one that has power over my body. Of course the Bible says the two shall be one flesh not individuals any more. They are one flesh. And so we know that. This is the backdrop of this particular apostolic instruction.

And let's see which is the verse 5.

Now let's watch this!

**5. Defraud ye not one the other, except it be with consent for a time, that ye may give yourselves to fasting and prayer; and come together again, that Satan tempt you not for your incontinency.**

It means if you read other translation, it says don't

**Do not deny yourself.**

Make yourself available to each other. That is it. We know that.

**Except it be with consent.**

Now watch this, this is where, like I said this is one of the greatly misunderstood scriptures. He said don't deny yourself. Don't keep away from yourself. Except by consent.

So it means you can agree to deny each other that is it. He said don't do it. But you can do it, if you agree let's deny ourselves, let's stay away.

Watch this! Look at the word deny or let's look at the word saying that. It means is simply saying you yourself can give instruction to your body. You are watching that? He says you can instruct your body and say well, we agree to stay away. And if you agree to stay away, it means your body then listen to you. You are the one charging your body. You are the one declaring to your body. You are the one telling your body that, hey! my body let's stay away from each other.

Now he says you can do that, you can speak to your body.

Now go on please,

**And bring your partner into it**



An agreement to deny. An agreement to in a way gain control if that is the word you want to use over your body's actions. It would mean that, it doesn't matter how the body of any of the partner is raging as it well in terms of intimacy. At that point, it means you have given instruction, both of you decided and not just you deciding, your bodies have to comply for those times.

It will mean that, there is an Apostolic teaching, and now let's watch it. You will notice not the way people think it is,

Go on please

### **For a time**

Do it for a time. It means not for ever, do it for a time

Go on please.

### **That ye may give yourselves to fasting and prayer.**

Now we can see the tools again. The two of them like Christ mentioned in Mark Chapter 9. Now don't forget Jesus told us what these tools should be used for. He said used it to drive out unbelief. That is it. Don't forget that, so again we see fasting and prayer.

And if you notice, even fasting come here before prayer. And he says use them again, now we should know again, we are not putting new wine into old wineskin because according to what Jesus said in Matthew 9, so we know already that the purpose in the New Covenant of Christ Jesus, the purpose of fasting and prayer in the New Covenant is to drive out unbelief. Please keep that in mind as we read this.

Now go on please,

So that you can give yourself to fasting and prayer.

### **And come together again that Satan tempt you not.**

Now, if have the KJV, the Kings James translation you will notice there are things am going to bring out in this verse. You will notice in KJV that when he says that **you may give yourself to fasting and prayer**, he put a semi colon. And he says come together again that Satan tempt you not for your incontinency.

Now, if you notice this is how some Christians do read it, we put a full stop when we read this things. We say that we may come together that you may give yourself to fasting and prayer. Full stop! And then we say then come together so that Satan will not tempt you for your incontinency. This is what we think it says but am going to

bring out some salient points and I want you to think in the spirit and meditate upon the things and the Lord will grant you understanding in all things.

This is what we think, we think he says well, you know what, let you and your wife agree not to come together when you are fasting and praying, no sexual intimacy, when you are fasting and praying. That is why some men and women says well, if am doing forty days and fasting, am not going to have any intimacy with my partner because if I have intimacy with my partner it will spoil my fasting and prayer. Am trying to explain the conventional thinking pattern, which is quite common. Am not saying everybody thinks, I think a lot of people think this way if you want to agree with me.

They said I don't the intimacy to pollute my fasting. And why did they say that? This is one of the scriptures people use to say such things, is not that they are being frivolous about there thinking, they have a background. And then they said well, when am done with my fasting I will go back to intimate with my partner. That is what we says.

But for you to say that, it will mean you will have to put a full stop where it says "give yourself to fasting and prayer. Full stop! Then come together so that Satan will not tempt you for incontinency. But you see there is no full stop there, it is a semi colon.

So let's look at what difference, what insight does that bring. Now I don't want to go to the Greek concordance. Let's not even get to that, because some people are not into all this kind of concordance, Greek and all that. Let even use the way it says it. It means the reason he put a semi colon is to simply says when he said to you and I so that Satan will not tempt you with incontinency is a continuing statement.

It means is simply saying, the reason why I told you to give instructions to your body and agree so that your body can listen to you, so that you can deny yourselves. Now even that very denying yourselves is a fasting per see. Am telling you to deny yourself, why am I saying that, and come together again, so that you can learn to give instruction to your body, so your body can listen to you, so your senses can listen to you. If you don't do all that, Satan could tempt you for your incontinency. What that means is, if your body does not learn how to say go, it goes, or how to come, it comes, if your body doesn't learn to listen to you. Satan will tempt you with incontinency.

Now if people think is simply saying the fact that come together quickly so that Satan will not tempt you, which is what people think. If it will means then, that doesn't make any sense, it means is it not better then not deny yourself in the first place, so that at least you think you deny yourself and you have to come quickly together so

that Satan does not tempt you, what is the whole point? There is no point, don't even deny yourself at all. Just keep being intimate so that Satan will not tempt you.

I hope you get this. I think the person who is not even denying themselves sexual intimacy are probably at a better edge than those who are denying themselves because at least if am not denying myself, it means Satan would have no room to tempt me. That it would seem that is what it says how we read it. But that is not what he said. There is no full stop.

What he simply saying is, the reason why I told you to deny yourself is to train your body, so that your body can learn to listen to you, and if you don't train your body to listen to you, what happens is the devil can use that same body any time Satan instruct your body to do something that is contrary to kingdom principle. Your body has not learn to listen to you, so if you don't go through denying yourself and coming together, denying yourself and coming together, denying yourself and coming together, if you don't go through that cycle. What happens is your body has not learn to listen to you and Satan can use that very thing to encroach into you. Because if Satan gives an instruction to that body, and then you've lost control, you don't even know because your body has not learn to listen to you.

So what the Apostle Paul is teaching by the Holy Ghost instruction is, learn to train your body to tell him to go, and it goes, to come and it comes. If you don't train your body that way, Satan can use it as a means to encroach in, to actually knock unbelief in your life. And that is what he says.

In other words, for our viewers to get this things, I want them to even look back into this and know that it is pointless if they are going to the letter like that, running into the letter of the word like that. Ok, deny yourself and come again, deny yourself and come again, is like just playing. It doesn't make any sense. When you deny yourself, you have to come quickly again, so that devil will not... so why should you deny yourself in the first place? So we found out that is serving a greater purpose than that, is not a mindless exercise.

And we can see again corroborating what fasting has been and what we have discussed again that you are using fasting, your own personal weapon, is a personal tool for control. For regulation of your feelings, or you use fasting to regulate, to control your feelings, to control your body reactions and that is why for you to even come together, for you to even think of fasting before, you know is a place of coming to agreement.

So you really have to draw in into yourself into your body to agree, and have a way of securing agreement with your partner. You know it takes you working in yourself, or even to get the vote of confidence from your partner and so bringing your partner to see the reason for that, you know is a lot of control. Is a controlling tool in which you are to use... you have the power over it and to use it for yourself, so is not a controlling tool you use for God. Is to use for yourself, to use on your body and say yes I can afford, I will train my body. Am going to deny ourselves this privilege at this time. So bringing your body personally... the body listens. The body learn to listen to what you have to say,

And bringing your partner to it, to come to that you can be in sync into this. In Control that both, we are going to put ourselves in this situation and put this control on any raging emotions. And put everything in place just for this. Is a tool for control of the emotions just like you said, controlling, deadening our natural senses so that we be in a place. That is the whole purpose of exercise of fasting, so that we be in a place, in a prepared place to get everything that the Lord wants us to be. So we can give more to activate the faith that we have in us. And so deadening our natural senses, gaining control of all those things that want to stand in the way. And that is the point of fasting.

Thank you for that. Now let's quickly clarify one or two things before we go on.

Now you see, it will mean then, if we read this particular 1Corinthian 7:5 the way it was meant to be read, it will mean then, the person who is actually denying himself with his wife in their bodies and coming back together again, would be the person that Satan will not be able to tempt.

But the person that Satan will find it so easy to tempt will be the person that whose body has not even learn to listen to him. It means the time that Satan speaks to that body or conditions of life speak to that body, or circumstances speak to that body or the TV speaks to that body, or the internet speak to that body, that body goes crazy and when you instruct that body it will not listen. When last did you listen to me? So what the Apostle Paul is saying by the Holy Ghost is, the way for the body to not get tempted by the devil would be that there at some point you actually being gaining mastery or giving instruction to that body and is been listening.

For example, if you get to a point where you are claiming 1Peter 2:24 and you are praying, and because don't forget this is all about prayer. You get to 1Peter 2:24 and you saying well, the Bible says who in himself, borne our sins in the body on the tree so that we being dead to sins, we should live unto righteousness by whose stripes you are healed. You declared that in the place of prayer, and then you speak that, and you

agree with God in the place of prayer. And even if you do that, and you feel so sick in your body after you've done that. You feel so healed in your body after you've done that.

This kind of person is 1Corinthian7:5 has gotten to a point where he doesn't listen to what his body has to say. The body listens to what he has to say by the Word. Not what his body has to tell him. So at that point, that kind of person says my body, you know what, you follow what I said. I mean this person who has gotten to a point where he tells his body am not going to be intimate with my wife, we are going to come into agreement, and the body learn to listen. This person wouldn't have unbelief problem. It means even when this person gives instruction to his body when it comes to illness and diseases, if he believes the Word, if he is still feeling sick or feeling healed, the body has learn not to dictate to him. He dictates to his body. And that is why the Apostle Paul is saying this is a tool you can use to drive out unbelief. That is why he says that.

Yes, as we all know that the kingdom work is a training. You know is a training in righteousness. He was talking in 2Timothy 3:16, 17 was saying the purpose of the scriptures for training, for reproof, for training in righteousness. So we are calling you to the place of training. So you train yourself into things. There are some things you have to flee from, but if you have not train your body to flee from all those things. So how will you be able to respond in those situations? So is a training. We are calling you to training. And this is a tool, the method to train ourselves to understand, to walk in alignment with what God has said.

So is a training in righteousness, bringing our body, bringing our feelings whatsoever into subjection. Is not only about food, so we are able to exercise dominion, so we cannot be brought under the power of anything, be it internet, be it food, be it whatever it is. Whatever that is even your right. You shouldn't even be able to be under the power of any, even what is rightfully yours.

So you come into this. Is a training tool, and is something we don't have to shy away from. Because is the work of training in righteousness, we have to train ourselves into this, we have to persevere. You see our kingdom work is about persevering, our kingdom work is about fleeing from all forms of appearance. So how will your body learn to flee, when you just feel strange to it, is already taking whatever it want to take at anytime it want it. So you are going to train yourself and said No I decide what happened.

Thank you for that. And I think before we progress with what we are talking about. You will know this is one thing in this particular verse 5 that we read. One thing that

begin to ring out is simply to say that we are talking about the issue of prayer. And we are talking about the issue of faith. And we are talking about the issue of unbelief.

Can you see Christ led us through from prayer to faith, from faith to unbelief, from unbelief to fasting? Can you see the order? We need to follow this order.

And we are simply saying about this fasting that it has nothing to do with convincing God. It's just that when you pray or we are in the place of prayer. What do we do? How do we respond when in the natural things don't align with what God said that we believe God for? If we've gotten to a point where our senses have gained upper hand over our spirit, what simply happens is, we begin to act in unbelief.

So Jesus gave a panacea, a solution, one of the way out. **He said one way out to drive unbelief out is to get to a point where your senses don't dictate to you how you respond to God in the place of prayer.** And that is one thing we actually established by this 1Corinthian Chapter 7 from verse 5. And that is it.

So we just learn today that fasting is a way of escape from unbelief. Is a way of dealing with unbelief. Because you want to bring your body to respond, discipline your body to respond to what God has said, and whatever situations you are, the Word of God has preeminence, over everything, over the situations. Because sometimes, you have to stubbornly, bring those situations, bring your burden, sometimes bring the situations, you must respond, you must walk in line, you must listen to what God says.

And you cannot do that if you have not been used to dragging, you have to drag... and that's what hinder faith really, that's what block faith.

You see, if you check the NIV translation, the Living Bible and most of the much more newer translation beyond the KJV, you will notice the word fasting might be missing in that 1Corinthian 7:5. They use deny.

The reason why am actually pointing out that to you is, the reason why fasting is missing there, there seem to be a concession among most theologians, if you do a search online or any concordance that the very fasting that the Apostle Paul was making reference to there, was not the fasting of food. That is the reason why the word fasting is missing in much more newer translation. The very denial of themselves, the very same well, let's us actually put our body under subjection by not actually being intimate together as a couple, that very thing itself is actually the denial and the fasting.

See, let's say this, fasting as it were is not just limited to food. The key thing about fasting is telling your senses that No! you cannot feed when you want to feed. And

then it means that will apply, we know we have the sense of sight, we have the sense of hearing, we have the sense of taste, we have the sense of feeling. We have the sense of ...

We actually established about one or two episode again before, that these are the channel through which unbelief encroaches into our lives. And so what fasting does, is just to tell our natural senses, you cannot have those things when you want to have them, how you want to have them, the way you want to have them. You cannot! The time you want to have them.

The Bible says if we don't get to that point, that is what the devil will use. He said "less Satan tempt you," that is what he is going to use. And what Satan uses, is not that when he says Satan tempt you, is not saying that demons will come into your life. Is just that Satan will use that as a tool of unbelief to gain access into our life.

So we see why Jesus then advocated fasting in Mark Chapter 9 as one of the ways to drive out unbelief.

And just today before we round up we are letting you to know that there is a lot of working out to do. Just as we started that before we can work out and send out the demon, we just have to work out and send out the demon of unbelief inside. That is what he is trying to point the disciples to. You work on yourself. Get something out of you, before you bother about why are you not able to do this. So is a focusing on ourselves, working on ourselves.

And we have seen today that fasting is a potent tool in it, to work ourselves into a place of spiritual discipline. So we come into the place where our flesh does not gain ancestry in anything. When we have deaden our natural senses and we can have the appropriate response to the Word of God. We learn patience, all those things, we allow the fruits of spirit to bud forth by this place of fasting because that is where you can practice, patience, perseverance. You can practice joy in the Holy Ghost even when you don't feel joyful, when situations around does not look like that. You gain control. It's not what happen. You know, just you like you said is not even about food.

You don't allow what happen, what you can see to dictate. So you don't allow what your eyes could see in the natural to dictate what your emotions, what will come out of you. People thought when those situations come to touch you, what you see evoke out is joy, you have long suffering and you can use the fasting as that tool to work on it, to make sure that you are discipline for spiritual discipline.

So today if you are taking anything out, is to see that fasting is an important ingredient in the place of faith, in the place of prayer, to working on unbelief, working on us.

And fasting can never be used, is not for use on God... Is not a control. Is a control tool but not for to be used on God. You cannot put new wine into old wineskin when it comes to fasting. We cannot use it to pressure God. Is just for you to work on yourself, pressure all the natural senses to submit to God's Word. That is what you use fasting for.

So we are leaving you today to understand the place of fasting that no longer should you abuse fasting. Not fasting to something as a weapon to use like, if I have use prayer, and is not working then am going to use fasting and having methods and prescription and many times you do it. This kind of fasting, white fasting and all kinds of it, that is not what the place of fasting.

And again we are not saying we should run away from fasting because some people feel like, now they don't even need to fast because of abuse. Abuse of fasting. So they even actually move to the extreme again. No prayer, no fasting. So they are living a life of mischievousness. Out of fasting, prayerlessness...

They do not fast. But you can see that you need to fast because at every point in our life, we need to work out, we need to drive out unbelief. We need to work ourselves and train our senses at every point in time so that we can respond appropriately.

So if this things rings through to you, we want you to sit back again and listen to it. If you have any comments, any questions, anything that need clarification you know where to get us. You can get to personal message and you can send it on the page.

So we want you to share it.

Till we see you tomorrow 9am UK time.

We want to say work on that, there is a way of escape and that is fasting. Work on your unbelief.

So Bye!!!!