

# FASTING AND PRAYER

## *OUR ULTIMATE WEAPON AGAINST SATAN*

*Is not this the fast that I have chosen?  
to loose the bands of wickedness,  
to undo the heavy burdens,  
and to let the oppressed go free,  
and that ye break every yoke?  
Isaiah 58:6*

JEAN LIM

*Fasting & Prayer*

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# Dedication

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*This book is specially dedicated:*

*To all the pastors and intercessors who have been such an encouragement to me by taking up the challenge to fast and pray for 40 days;*

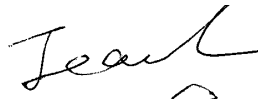
*To all our 24-hour National Prayer Chain Partners;*

*To the staff and all who have been standing faithfully with me fasting and praying at Glory Place, Prayer Centre of Malaysia, Semarak Revival Centre and the Prayer Houses;*

*To my dear grandchildren, daughters and sons-in-law who have also upheld me in prayer;*

*And to my sisters and others who have been fasting and praying for me and my family.*

*With all my love,*

A handwritten signature in black ink, appearing to read 'Jeau', with a small flourish underneath.

## Foreword

Fasting is vital to Christian growth. Just like its partner, prayer, fasting is little practised. Everybody knows the necessity of prayer and yet so few are praying. Fewer still are fasting. No wonder we are seeing more evil forces at work. It is like a man who has a mighty weapon in his hand but when attacked by the enemy, stands helplessly not making use of the power he already has in his hands.

This is sadly the case with many Christians. God has given us such an important weapon - in fact, the ultimate weapon - to use against Satan. Yet so many are struggling and suffering under the enemy's hand when all we need to do is rise up and whack him. Christians who seriously fast and pray create a real setback in the enemy's camp.

*Is not this the fast that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke? (Is 58:6)*

I have read and quoted this verse many times but I had not realised that **God's chosen fast was the fast that Jesus did.** He is the only one who has successfully overcome every power of the enemy. He came to set people free. It was only after Jesus had fasted 40 days and overcame the temptations of the enemy that He began His ministry, proclaiming:

*The Spirit of the Lord is upon me, because he hath anointed me to preach the gospel to the poor; he hath sent me to heal the brokenhearted, to preach deliverance to the captives, and recovering of sight to the blind, to set at liberty them that are bruised,*

*To preach the acceptable year of the Lord. (Luke 4:18-19)*

I thank God for this ultimate weapon that He has given us. **Every time I encounter a difficult problem, spiritual attack or something that seems impossible, I always see the hand of God at work when I fast and pray. I am where I am in**

**the Lord today because of fasting and prayer.** Our real and wicked enemy could easily have knocked me off except that God intervened when I fasted. Because the discipline of fasting has greatly benefited me, I strongly encourage everyone who reads this book to fast.

Nobody likes to fast. Given a choice, I too would like to avoid fasting. It is difficult and yet it is easy. It is difficult when you try to start because the enemy knows they are in danger when you fast. They will try all means to tempt you and stop you from fasting. **But fasting is also easy, because once you get the breakthrough and experience the benefits of fasting, you will begin to really enjoy it.**

Human beings have the tendency to overeat and then feel uncomfortable. But when you fast, your body feels lighter and your mind becomes clearer. You are drawn into deeper intimacy with the Lord. There will definitely be changes in your life. Your mourning will be turned into joy, your defeat into victory.

I pray that this book, “Fasting And Prayer - Our Ultimate Weapon Against Satan” will help you realise that fasting is not a threat to your stomach but is something of value to help you grow and move in the Lord.

There is nothing impossible with God. The enemy unsuccessfully tried to prevent this book from being published. There were many difficulties and hindrances. You hold in your hands a miracle wrought through fasting and prayer, the weapon the editor, staff and I used to defeat the enemy. As we fasted and prayed, God saw us through. He can never fail.

Begin to fast and pray. You will not regret it. In everything, give thanks and exercise your God-given authority over the enemy.

Jean Lim, Glory Place Prayer Centre of Malaysia, Mantin.

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To May and Raymond:  
Thanks for always being there to help.

I really appreciate each one of you.  
You are truly a blessing to me.

And of course, to my Lord Jesus Christ:  
all glory, honour and power belong to You.

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