



January 1, 2019

### **A RENEWED CALL TO FASTING**

**Father God, may we respond to Your call to a deeper relationship with You.**

***Draw near to God, and he will draw near to you. Cleanse your hands, you sinners, and purify your hearts, you double-minded. (James 4:8)***

As Intercessors for America (IFA) celebrates 45 years of ministry, we feel called to emphasize our founding principles. This ministry was birthed with prayer and fasting—together they have been the cornerstone of our ministry for 45 years. Fasting, some form of depriving your body, adds supernatural power to intercession and your personal walk with the Lord. We have encouraged fasting on the first Friday of every month. Our newsletter and monthly prayer conference call are some of the tools we offer to encourage the Church in this spiritual discipline. In 2019, I am asking you to take up this calling—to supercharge your prayers and encourage your soul by fasting on the first Friday of the month. For those who desire more, join me in fasting every Friday. (By David Kubal, IFA President/CEO)

Is the Lord drawing you to make a commitment to fasting in 2019? Share by leaving a comment.

### **WHY FAST?**

**Derek Prince was instrumental in the formation of IFA. He taught extensively on the importance and power of fasting. His words, written decades ago, are just as timely today.**

***If anyone, then, knows the good they ought to do and doesn't do it, it is sin for them. (James 4:17)***

Today the American people and nation are in desperate need of healing, and God's word has the answer. *[I]f my people who are called by My name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and will forgive their sin and will heal their land (2 Chr 7:14).* God will hear and respond to our prayers, forgive our sins, and heal our land.

But we must first humble our soul. The soul is the ego, which is self-assertive, demanding, and self-centered. It is a tremendous barrier between us and the answer to our prayers— between us and a right

relationship to God. We must pray out of humility and brokenness, with a humble dependence on God that acknowledges our desperate need of Him. If He doesn't come to our aid, there is no other source of help that can meet our needs. Praying out of arrogance, self-righteousness, or self-sufficiency will not move the arm of Almighty God.

But God doesn't make us humble. We have to humble ourselves; it's a decision of our will. And God tells us how to do it. The appointed Scriptural way to humble ourselves is by fasting. That is deliberately abstaining from food for spiritual purposes. Sometimes it's from food and water, but normally from food. That's an unfamiliar word to many Christians today, but the Old Testament shows us the importance of fasting.

Consider David in Psalm 35:13: I humbled my soul with fasting, and my prayer kept returning to my bosom. Humbling his soul with fasting made his prayer more intense and more effective. That's how it should be. Fasting intensifies prayer.

Next, we have Ezra and the returning exiles from the Babylonian captivity, carrying the sacred vessels of the temple back to Jerusalem (Ez 8). They were embarking on a long and dangerous journey through country infested by enemies and brigands, and in order to obtain safe passage, they sought God with humility and fasting. God heard them and granted them a safe journey.

Then we have to seek God's face—break up your fallow ground. For it is time to seek the LORD until He comes to rain righteousness on you (Hos 10:12 KJV). This is not a short prayer meeting; it means seeking the Lord until He comes, until there's a definite, specific response from God, until we see His arm stretched forth, and there is clear evidence that God is moving to answer our prayers.

Fasting "breaks up fallow ground." These are areas of our lives that haven't been cultivated, not bringing forth fruit for God, no real results, no real work of the Holy Spirit. Breaking up the fallow ground in our lives is the only hope for our nation.

'Turn from their wicked ways,' may raise questions. 'What wicked ways? I go to church, say my prayers, read my Bible, pay my taxes, harm no one. Wait a minute! Who's right? You or God? Paul said, 'Who are you to reply against God?' (Rom 9:20). Are you arguing with God? Are you saying to God that you or I don't have any wicked ways? God says it's our wicked ways that have brought the problems on our nation.

We must face our sins of omission. It's a sin not to do the right thing when you can. Therefore, to him who knows to do good and does not do it, to him it is sin (Jas 4:17 NKJV). It may not be the things you are doing, but the things you're not doing that God is concerned about. For instance, if fasting is God's appointed way, and you know it, but you're not doing it—then that is sin in your life. God requires you to change that. (Derek Prince (1915-2003) was an internationally known Bible teacher and a founder of Intercessors for America. Born in India of British parents, he became an American citizen primarily due to his unwavering belief that our biblical heritage made America the strongest hope to ignite a revival for the restoration of godly government and a restoration of biblical standards before the return of Jesus Christ, Lord of the Church. For more excellent teaching like this, visit [IFApray.org](http://IFApray.org). )

## **JOIN IFA AT THE MARCH FOR LIFE**

### **Pray for life at home or in D.C. during the March for Life with IFA.**

Since 1973, pro-life supporters have gathered in Washington, D.C. to protest the grievous Roe v. Wade Supreme Court decision. Now, more than ever, it is a critical time to pray for the protection of the unborn. Recent changes on the Supreme Court have created the opportunity to reverse this terrible decision. iPRAYforLIFE is an initiative to mobilize concerted prayer for life for the 24 hours around the March for Life and beyond.

Join us praying for life at home or at the iPRAYforLIFE prayer tent behind the March for Life stage in Washington, D.C. We will be covering the world's largest pro-life demonstration with 24 hours of prayer! Sign up today for your slot to cover the March in prayer from home or participate on-site at the iPRAYforLIFE prayer tent in Washington, D.C. We will be sending devotions and other prayer resources to all participants who commit to pray.

Check it out at [iPRAYforLIFE.com](https://iPRAYforLIFE.com).

## **PRAY FOR THE NEW LEGISLATORS!**

### **Intercede for and with state and federal legislators on our First Friday Prayer Call.**

No one who prays for the nation is unaware that Democrats are now in the majority in the U.S. House of Representatives and that a huge number of new legislators will be serving as well. As they start their congressional terms, we are going to pray for them and for all legislators, state and federal, on our First Friday Prayer Conference Call.

Join us in praying for and with several state and federal legislators, Friday, January 4, at 1215 pm ET.

We have new phone numbers! Dial (712)775-7431, access code 2452 or call the express line (712)775-7430 (no access code necessary).

You can also join us through [Facebook Live](#) or [Zoom](#).

Do you have a story of how the First Friday Prayer Conference Call has blessed you? Leave a comment to share.