

Prayer and Fasting – A Winning Time Out

Thanks for taking a moment to review your commitment to the biblical practice of prayer and fasting, [the key to spiritual breakthrough in the ReFocusing process!](#) Basketball fans have just come through the end of the NBA playoffs -- won by Kobe Bryant and the Los Angeles Lakers. Great coaches, great team leaders in crucial games know that calling an appropriate "time-out" is essential for winning close games. Every team is given a limited number of time-outs. Great players and coaches know how and when to use them carefully and strategically.

How wonderful it is that we have the greatest Coach in the Universe - Jesus Christ! Any time during our day...when everything is on the line...we can call "time-out," move to "the church sideline" and connect with our Coach! Today we encourage you to take a time-out from eating, deny yourself ([Luke 9:23](#)) and spiritually listen ([Isaiah 30:15,21](#)) It is one of our Coach's key ways to re-focus our spiritual attention. Coach Jesus knows us. He knows the opposition. He knows the game-plan. He knows what play we should call next. He knows our future. He has guaranteed us spiritual victory every time if we will listen to His counsel and obey ([John 15:10](#)).

In most churches, a "time out" is taken annually to reflect, review, report and select leaders for the coming year. Many denominations take their collective "time-out" every four years. In the early church, "[Paul and Barnabas appointed elders...in each church and, with prayer and fasting, committed them to the Lord in whom they had put their trust](#)" ([Acts 14:23](#)). Fasting and prayer is a winning "time out" every Christian, every church should regularly take. This is a universal principle and eternal truth: [Prayer and fasting is the key to spiritual breakthrough in the ReFocusing process!](#)