

Why Did Jesus Fast?

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 of a church](#). Jesus experienced needed spiritual breakthroughs because He fasted. Matthew tells the story of a father whose epileptic boy had a demon. After exhausting all other options including taking the boy to Jesus' disciples, he kneels before Jesus and says, "[Lord, have mercy on my son](#)" ([Matthew 17:15](#)).

Jesus had already given "[his twelve disciples...authority to to drive out evil spirits and to heal...](#)" ([Matthew 10:1](#)). The father tells Jesus, "[I brought him to your disciples, but they could not heal him](#)" ([Matthew 17:16](#)). When we need a breakthrough, Jesus identifies the two reasons for blockages: 1) "[you have so little faith](#)" ([Matthew 17:20](#)), 2) "[this kind does not go out except by prayer and fasting](#)" ([Matthew 17:21](#)).

Jesus fasted because he understood there were some supernatural things that could only be overcome through the practice of these basic spiritual disciplines. This is a universal principle and eternal truth: [Prayer and fasting is the key to spiritual breakthrough in the ReFocusing process!](#)