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This article will address Prayer & Fasting, and its applicability in today's Christian Life.

Today, the practice of Prayer & Fasting is no less important than in the days of the earlier eras.

I strongly advocate that, in these latter days, Prayer & Fasting is NOT an option – it is as Essential as the air we breathe. For in these latter days, we live in a time of Earth's history, with a prophetic word, that our days are as evil as in the days of Noah. The wickedness upon the land is rampant. Without true repentance amongst the earth's inhabitants, the outcome will result in God's wrath being unleashed upon the wicked. The practice of priestcraft, promoting the corrupted and unholy religions of men of flesh, is evident in the lives of the people worldwide. **2 Timothy 3:1-5**

The event of the 2<sup>nd</sup> Coming of the Savior Jesus the Christ, as prophesied in the holy scripts, is the great and dreadful day of the Lord. **Malachi 4:5; Joel 2:11**

In order to escape the wrath of God, it behooves every person – every Christian to keep oneself unspotted from the stain of wickedness.

One of the major principles in life that will help keep a person right with God is Prayer & Fasting.

The scriptures are replete with evidences showing the many benefits of Prayer & Fasting.

## A Commandment of God

The Great Savior, Christ the Lord, has given the following directives:

- Come follow me. **Mark 8:34**
- Do the things that you have seen me do. **3 Nephi 27:21, 27; John 13:15**
- Be ye holy. **1 Peter 1:16**
- Be ye perfect. **3 Nephi 12:48; Matthew 5:48**

All of these directives are to be obeyed. Prayer & Fasting is a major part of Christ's teachings.

In the mortal life of the Great Savior Jesus Christ, Prayer & Fasting is a common practice in His personal life.

- He withdrew himself into the wilderness, and prayed. **Luke 5:15-16**
- He continued all night in prayer to God. **Luke 6:12**
- He departed into a solitary place, and there He prayed. **Mark 1:35**
- Jesus fasted for 40 days and 40 nights. **Matthew 4:2**

Therefore, by example, the Lord Jesus Christ emphasized the need for Prayer & Fasting.

The Lord taught the principles of Prayer & Fasting:

- **When ye Pray...** **Rod of Iron 2:5-13; Matthew 6:5-13; 3 Nephi 13:5-13**
  - Pray unto the Father in the name of Jesus Christ, the Mediator between God and mortals
  - go into the closet of thy heart
  - do so in secret... the Father who seeth in secret shall reward thee openly
  - do not use vain repetition
  - do not pray to be (purposely) seen by others
  - ask righteously for things aligned with God's will

- **When ye Fast... *Rod of Iron 2:16-18; Matthew 6:16-18; 3 Nephi 13:16-18***
  - wash thy face and anoint thy head
  - be not be in a sad countenance
  - do so in secret... the Father who seeth in secret shall reward thee openly
  - have a happy disposition
  - do not announce in public (personal fast)

Indeed, Prayer & Fasting must become an integral part of one's Christian life.

The word '**When**' in **Christ teaching** means we are expected to do it. Therefore, let's do it – not once, but often.

### To Overcome Temptations

Immediately after the Lord's baptism, Jesus was driven by the Spirit of God to the wilderness where He prayed and fasted for 40-days/nights. Undoubtedly, the Lord spent those precious times feasting upon the words of God, and preparing Himself for His mission. This appointed time was spent having communion with Heavenly Father, sharpening Jesus' focus to launch His ministry. **Matthew 4:1**

Note, after Jesus' 40-days/nights of Prayer & Fasting did the master tempter (the devil himself) came to tempt Him. Jesus was able to defeat the devil's temptations using scriptures – the words of God:

1. **The Classification of Temptation:** The body and its physical cravings (e.g. hunger, thirst, physical vanities, etc).  
**Tempter: If though be the Son of God, command that these stones be made bread.**  
**Jesus responded: It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God. *Matthew 4:4***

**Commentary:** The physical body and its cravings are the weak points of every mortal. The sin against the body leads to many heartaches in humanity. Without proper control of the physical cravings, one's body will become prey to the following major sins:

- Immorality in all levels; this may lead to another major sin, namely, abortion
  - Imbalance Diet and Lack of Exercise that may lead to major illnesses (e.g. obesity, heart issues, high sugar level, anorexia, etc)
  - Physical Defilement includes the major issues:
    - Body markings and piercing
    - Addictions to drugs and alcoholic drinks
  - Physical Vanity such as unnecessary plastic surgical procedures
  - Recall that Esau sold his birthright, recklessly, to his younger brother Jacob, for a pottage of lentils and bread. Esau despised his birthright in satisfying his physical hunger. **Genesis 25:29-34**
2. **The Classification of Temptation:** Insisting in one's will, egotism, superiority, self-centered  
**Tempter: If though be the Son of God, cast thyself down: for it is written, He shall give his angels charge concerning thee...**  
**Jesus responded: It is written again, Thou shall not tempt the Lord thy God. *Matthew 4:7***

**Commentary:** More often than not, mortal's Will are not aligned with God's Will. Because of pride, a person desires to display one's superiority upon others, seeking praise; a prideful person wants to exalt oneself. A person may also seek adoration from others – a cult-like followers.

3. *The Classification of Temptation*: Kingdoms-Dominions, Wealth, Love of Money, Greed, Materialism, Idolatry  
*Tempter*: **satan offered Kingdoms and Wealth in exchange for Jesus obedience...**  
*Jesus responded*: **Get thee hence, satan: for it is written, Thou shalt worship the Lord thy God, and Him only shalt thou serve. **Matthew 4:10****

**Commentary**: In mortality, a person can easily pursue goals in life that are focused on gaining wealth and kingdoms-dominions. Such individual is likely to be materialistic, and lives in excess, and very self-centered. The Love of Money is the root of all evil: a person is likely to be driven to acquire wealth irrespective how such wealth is acquired. One's heart is so set on the things of this world. Indeed, one's Love for God is replaced with a pursuit of idols – the pursuit of great wealth and dominions, of all things worldly.

In the New Testament, a rich young man could not depart with his wealth to follow the Messiah. **Luke 18:22**

As shown in Christ's mortal life, he communed with God through Prayer and Fasting; as a mortal, he gained the necessary spiritual strength to overcome all temptations. He successfully launched His mission as the Messiah, the Savior, the Redeemer of mankind, being anointed with God's Holy Spirit and power. **Acts 10:38**

Christ the Lord completed His mission, and is given all principality and power. **Colossians 1:16; 2:10**

Following the example of the Great Savior, regarding Prayer & Fasting, we can develop the spiritual strength and knowledge of the words of God, and have the Holy Spirit to help us overcome temptations.

### To Know the Will of God

And if ye ask for that which is not the will of the Father, then ye ask amiss and shall not receive as the Father would give unto you according to His own will; ye therefore, fight the will of God and grieve the Spirit. **Rod of Iron 2:8**

- The Savior, in the garden of Gethsemane, submitted to the Will of the Father in partaking the bitter cup – taking on the sins of the world and the looming crucifixion: 'Oh my Father, if it be possible, let this cup pass from me: nevertheless not as I will, but as thou wilt.' **Matthew 26:39**
- In the book of Acts, several disciples of Jesus Christ prayed and fasted to know the will of God in relation to missionary work: the Holy Ghost prompted them to set apart Barnabas and Saul (Paul) to do missionary work to another area of labor. **Acts 13:1-4**
- If we **ask** according to His (God's) Will, He heareth us... that we have the petitions that we desired of Him. **1 John 5:14**

**Commentary**: The fact that there is great wickedness in the world, many mortals are not living according to the Will of God – disobeying His commandments.

On the other hand, the Savior submitted to the Will of the Father as a testament of Jesus' obedience, His love for the Father, and His commitment to fulfill His mission. The trait of one's humbleness is developed through Prayer & Fasting. The Savior was perfectly tuned-in to execute actions according to the Will of God.

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In mortality, often our paths in life's journey are not perfectly clear as to which path is the best to take, it is therefore better to petition God, even through Prayer & Fasting, to receive God's influence in order to make the proper decision that will yield the best outcome in life – in the eternal perspective. Note, the mortal shortsightedness (often times focused on temporary-immediate fixes) should be muted by the farsightedness and great wisdom of God, who is the giver of perfect gifts, according to God's timeframe.

## To Cleanse One's Soul

No unclean thing can enter in God's abode. Let us therefore strive to cleanse ourselves of filthiness: how... since we cannot cleanse ourselves completely from the stain of sins solely by our own efforts, we need divine intervention: Prayer & Fasting is key to receive divine cleansing, through the redemptive atonement of the Great Redeemer Jesus the Christ.

... let us cleanse ourselves from all filthiness of the flesh and spirit, perfecting holiness in the fear of God.

**2 Corinthians 7:1**

... and to keep himself unspotted from the world. **James 1:27; Doctrine & Covenants 59:9;**

**Commentary:** In order for one to become holy and unspotted from the world, Prayer & Fasting will need to be actively practiced in one's Christian life. Forgiveness and overcoming personal weaknesses can be realized jointly with Prayer & Fasting, in order for one to receive God's cleansing grace through the redemptive atonement of the Savior Jesus Christ.

A word regarding forgiveness needs to be emphasized: if you forgive others' trespasses against you, God will forgive you of your sins, also; otherwise, God cannot extend forgiveness towards you. Important note: for mortals, the nature of unforgiveness / unforgiving is wickedness (the nature of an evil-spirit) – Not fit to enter God's abode. **Rod of Iron 2:14-15**

## To Gain Spiritual Strength and Maturity to Cast-out Devils and to Heal the Sick

The Savior declared that it requires Prayer & Fasting to be able to cast-out devils and perform healings of diverse illnesses, in the name of Jesus Christ.

Since the disciples of Jesus Christ were unable to cast-out the dumb-deaf-spirit that possessed a certain young man, the father approached Jesus and begged to heal his son. After Jesus casted-out the dumb-deaf-spirit, the disciples inquired why they were not able cast him out; the Savior responded, that Prayer & Fasting was required to cast-out the evil-spirit of infirmity. **Mark 9:17-29**

**Commentary:** The devil and/or the evil-spirit of infirmity can only be cast-out with greater level of spiritual strength and power. Through Prayer & Fasting, one can increase the spiritual strength and power to cast-out devils of all kinds, having the power-gifts of the Holy Spirit. Even the Redeemer of mankind, having been anointed with God's Holy Spirit and power, went about with His ministry doing much miracles of healing. Note, Prayer & Fasting was an integral part of Christ mortal life. **Acts 10:38**

## To Turn Away the Wrath of God

The story of Jonah and Nineveh is a classic account of the practical application of a Public Prayer & Fasting that successfully turned away the wrath of God, from destroying the City of Nineveh. Note, the entire people prayed and fasted; even the animals fasted for no food were given to them. **Jonah 3:1-10**

**Commentary:** God's mercy is magnified in the case of the wicked City of Nineveh as the entire population, including animals, humbled themselves and cried out for forgiveness and mercy. God is very gracious and very liberal in extending mercy and forgiveness upon those who present themselves in great sincerity and humility before Him. **Luke 14:11** Thus, approaching God with Humbleness, Humility, and Sincerity, absent of pride and self-righteousness, will gain audience from God.

## To Seek God's Protection

Life in mortality is quite dangerous. It is even more dangerous for True Christians – for persecutions abound. Seeking for protection from God, via Prayer & Fasting, is highly recommended. The protections that each Christian believer should be seeking are for both temporal and spiritual in nature.

Recall that after the Babylonian captivity, most of Israelites journeyed back to Palestine-Jerusalem. The vast company of the Israelites included women and children, and elderly. They also brought with them many vessels/items for the temple. The journey's path was one that was quite dangerous: danger ever present - robbers, murderers, unfriendly territorial tribe-chieftains, wild animals, weather conditions, adverse health conditions, etc. Ezra proclaimed a Nation's Prayer & Fasting for God's protection. Note: Ezra **claimed** the promised protection of God, via Prayer & Fasting – '*The hand of God is upon all of them for good that seek Him...*' **Ezra 8:21-23**

**Commentary:** Claiming God's promises / words, along with Prayer & Fasting, is a sure thing – for God is truly good upon those who truly seek Him.

## To Seek God for a Special Blessing

Since everyone is a unique individual, one may need a special blessing. God is Ready, Willing, and Able to provide the special blessing that each child needs – in fact, to provide every special blessing (countless) upon each child, meeting each child's unique circumstances.

Cast all your care upon God, for He careth for you. **1 Peter 5:7**

**Commentary:** So, anyone who claims the promised words of God with active faith, in a sincere Prayer & Fasting, will reap the blessings. Do cast upon God, the small things, the big things, and the impossible things – beyond your capacity to help yourself, for He cares for His children. God is the giver of perfect gifts. **James 1:17**

Since God will not overrun one's free-agency, the Gifts earmarked for each child are ready for immediate delivery when a child acts with active faith and exercises one's free-agency by (claiming the gifts) asking Him, even by Prayer & Fasting in humility, not by having a sense of entitlement or deserving. Important note: one who approaches God in humility gets an audience from Him. Ask, Seek, and Knock – just go for it, you have nothing to lose. You have so much more to gain in God's will.

## To Overcome Personal Weaknesses

There are two main categories of Weaknesses:

- A weakness given by God, such as, the inability to speak without shyness (or slow of speech) – that a person may rely in God, not solely in one's ability.
- A weakness that is developed through the acts of sin (sinful vices) – one has become addicted to damaging vices: drugs, alcohol, unforgiving, worship of an idol (an item/a person), self-centeredness, etc.

The Prayer & Fasting formula will always work in overcoming all kinds of weaknesses.

**Commentary:** For nothing is too hard or impossible for God's power to handle. Again, when the person realizes one's weaknesses, bringing himself/herself into the depths of humility before God, the promised blessings of healing and overcoming weaknesses, including forgiveness of sins, shall be granted.

**Note:** God will always equip His servants and/or children all the necessary tools in life to be triumphant. The companionship of the Holy Ghost is a mighty force for good in one's life.

## To Heal a Nation's Land

Are you aware that the Healing of a Nation's Land depends on the Saints – the believers!

'If **My people**, which are **called by My Name**, shall **humble** themselves, and **pray**, and **seek My Face**, and **turn from their wicked ways**; then will I hear from heaven, and will forgive their sins, and will heal their land.' **2 Chronicles 7:14**

There are 4 things the saints must do:

1. Humble – in the state of humility, absent of pride and sense of entitlement
2. Pray
3. Seek God's Face – His audience (to seek with fervent energy and purpose) = Fasting
4. Repent of wicked ways – both types of sins: **commission** (active sin: practicing-living the False teachings-precepts-commandments-traditions & corrupted/unholy Religions of men) and **omission** (passive sin as in **James 4:17**, like being too busy with one's life, and therefore ignoring to give help/alms to the poor, the needy, the sick, the afflicted, etc.) – the people need to live the Pure Gospel of Jesus Christ / the Rod of Iron

Then, God will do the real-heavy lifting:

- a. Hear from heaven – granting audience to the sincere petitioners
- b. Forgive sin – cleansing all wickedness & filthiness from His people
- c. Heal their Land – bring seasonal rain, normal weather patterns, avert natural disasters, get rid of pestilences, and reap an abundant harvest with healthy fruits and other products, including healthy livestock – all of these will benefit all people of the land... note, the waterways are included: rivers, streams, wells, lakes, seas, etc.

**Commentary:** It should be noted that praying for Non-Corrupt Government Leaders for all nations is also important and necessary, in order for the preaching of the True Gospel of Jesus Christ to be accomplished for all people in all nations.

The prayers of the faithful – the Lord God hears. **1 Peter 3:12**

## To Enjoy the Companionship of the Holy Ghost, and receive the Gifts of the Holy Spirit

These wonderful diverse gifts of the Holy Spirit are ready as they are earmarked for us. However, the number of Claimants is never enough. God calls for more Claimants to claim these blessings of the Holy Spirit! He wants His children to be blessed in so many ways. God does not want His children to be ignorant of these gifts of the Holy Spirit.

**1 Corinthians 12:1-10**

There are 9 Gifts of the Holy Spirit - highlighted:

1. Word of Wisdom
2. Word of Knowledge

3. Faith
4. Healing
5. Working of Miracles
6. Prophecy
7. Discerning Spirit
8. Diverse kinds of Tongues
9. Interpretation of Tongues

**Commentary:** *FYI...* These special-choice gifts are given to those who truly seek God, and who are committed to building up the True Kingdom of God. These gifts are associated with the promised Holy Ghost, integral to Christ New Covenant: the Pure Gospel of Jesus Christ / the Rod of Iron. **Rod of Iron 1:2-3**

The promised Holy Ghost and the blessing of these special gifts are available upon those who are willing to live Christ New Covenant.

The Savior Jesus Christ, during His mortal sojourn, was anointed with the Holy Ghost and with power, and went about doing much good: healing all that were oppressed of the devil; for God was with Him. **Acts 10:38**

This same Holy Ghost (Holy Spirit), with accompanying gifts, is for us today, even in these latter days.

The indwelling of the Holy Ghost upon a mortal person can be realized, as it did for the Redeemer Christ the Lord during His earthly ministry.

**Question:** Will you/I be willing to be endowed with the power from on High, even with the Holy Spirit of God?

**Answer:** This must be answered in the individual basis, exercising one's very-own personal free-agency. For God will never disregard one's personal choice!

However, *indeed, it is the Will of the Father that His children will choose to be endowed with the power and gifts from on High.* With the indwelling of the Holy Ghost upon a person, the Holy Ghost becomes one's personal guide: teaching true principles necessary for one's salvation and exaltation, to eternal life of joy and happiness – thus, helping every child of God to be triumphant in all the challenges of mortal life.

The active incorporation of Prayer & Fasting, in one's life, is essential to enjoy both the companionship and the gifts of the Holy Spirit. The Savior showed us the way and invited us with His own very directives:

- Come follow me. **Mark 8:34**
- Do the things that you have seen me do. **3 Nephi 27:21, 27; John 13:15**
- Be ye holy. **1 Peter 1:16**
- Be ye perfect. **3 Nephi 12:48; Matthew 5:48**

In the book of **Acts 1:8; 2:1-4,43** – during the Celebration of the Pentecost, the Holy Ghost descended upon the disciples of Jesus Christ, and were given power from on High (from Heavenly Father). From that blessed day, the disciples went about doing much good to the people: they went forth witnessing for the Savior Jesus Christ, and teaching His Pure Gospel / the Rod of Iron, and went about healing those who were oppressed with evil-spirit of infirmity.

This same commission and blessing from on High are for the true disciples of the Savior Jesus Christ, even in these latter days.



## To Gain Knowledge of God's Truth & Heart ( Light & Truth )

The Pure Gospel of Jesus Christ / the Rod of Iron is the very Truth & Heart of God for His children: a Way of Life to be manifested, in one's daily life, through Love in Action.

There was a time when Jesus was preaching in a house-filled with disciples, His mother and brethren, from outside the house, sent words that they desire to speak with Him: upon hearing this, Jesus responded to the messenger – ‘**Who is my mother? And who are my brethren?**’ Then, **Jesus stretched His hand toward His disciples**, and said: ‘**Behold my mother and my brethren!**’ *Mark 3:31-35; Matthew 12:46-50*

The important lesson for us to learn from this specific event that took place during Jesus' earthly ministry, is that: the Savior was emphasizing that His true disciples who were learning and living the Pure Gospel Law were of His family.

*Question 1:* Are you a family member of the Savior Jesus the Christ?

*Question 2:* Can you claim that Heavenly Father, who sent His only Begotten Son Jesus the Christ - to atone for mankind, is your Father? *John 3:16,18*

*Question 3:* Are you aligned with Christ New Covenant – the Pure Gospel of Jesus Christ / the Rod of Iron? *3 Nephi 12:19-20*

**FYI:** only those who truly believe in Jesus the Messiah, living His Pure Gospel / the Rod of Iron, having blessed with the Holy Ghost, shall have everlasting life: the children of God who will enter His Heavenly Kingdom. Thus, the true believers are the only ones that the Savior Jesus Christ will acknowledge as His family members, and be allowed to enter God's Kingdom. *Mark 3:35; Matthew 12:50; John 8:12; 3 Nephi 12:19-20*

**Commentary:** One can fool anyone, including oneself, that he/she is a True Believer of the Redeemer Jesus Christ. But in the end, face-to-face with the Savior Christ the Lord – the Righteous Judge, the professing Christian's discipleship shall be judged – according to his/her life's evidence (or lack thereof) in living the Pure Gospel of Jesus Christ / the Rod of Iron. *Matthew chapters 5 thru 7; 3 Nephi chapters 12 thru 15; Rod of Iron chapters 1 thru 3*

But truly, a Truth Seeker can know now, in this earthly abode, the True Path that one must follow to Salvation and Exaltation: the Pure Gospel of Jesus Christ / the Rod of Iron – the only Way of Life to eternal happiness and joy.

### The Very Best Recommendations:

- Please review the article, titled: Christ New Covenant vs Traditions of Men.
- Please read the Scriptures: **The Rod of Iron – chap. 1 thru 3; Matthew chap. 5 thru 7; 3 Nephi chap. 12 thru 15.**
- Please read the other articles found in [www.ClaronVoice.org](http://www.ClaronVoice.org)
- In all your studies... do **Read/Listen, Ponder/Listen, Pray/Listen**, and **Pray & Fast**. And, listen to the Holy Ghost! Let the Holy Ghost teach you! Do not be afraid nor be ignorant of God's Truth. *A person needs to be open, and genuinely seeking truth, to come unto the True Christ and live Christ New Covenant.*

### Concluding Remarks

... If ye continue in my word, then are ye my disciples indeed; And ye shall know the truth, and the truth shall make you free: Free from sin, misery, and damnation; Free from the False teachings-precepts-commandments-traditions of men – Free from practicing-living the Unholy-Corrupted Religions of men. *John 8:12,31-32; 2 Timothy 3:5; 2 Nephi 28:12-21*

Choose Everlasting Life in Christ Jesus – living the New Covenant: the only True **Way of Life** to Salvation and Exaltation! Indeed, the practice of Prayer & Fasting is evident in every life of a True Christian, living Christ New Covenant.