

Conquer

Romans 8:37

in all these things we are more than conquerors through him who loved us.

How to conquer in 2026 thorough prayer and fasting

My goal this morning is to awaken the conquering spirit that Jesus has installed instilled implanted deposited inside of you.

If you are not full of the Spirit of Christ then my goal for you is to get you there so that 2026 will be a year of conquering.

Praying and Fasting to Conquer in 2026

I. I will build a foundation through prayer and fasting.

- A. How you enter into something sets the tone.
1. What kind of tone do you want for your year?
 2. What do you want your year to be characterized by?
 3. Who do you want to control your year?

Daniel 1:1-8

¹In the third year of the reign of Jehoiakim king of Judah, Nebuchadnezzar king of Babylon came to Jerusalem and besieged it. ²And the Lord delivered Jehoiakim king of Judah into his hand, along with some of the articles from the temple of God. These he carried off to the temple of his god in Babylonia and put in the treasure house of his god.

³Then the king ordered Ashpenaz, chief of his court officials, to bring into the king's service some of the Israelites from the royal family and the nobility— ⁴young men without any physical defect, handsome, showing aptitude for every kind of learning, well informed, quick to understand, and qualified to serve in the king's palace. He was to teach them the language and literature of the Babylonians. ⁵The king assigned them a daily amount of food and wine from the king's table. They were to be trained for three years, and after that they were to enter the king's service.

⁶Among those who were chosen were some from Judah: Daniel, Hananiah, Mishael and Azariah. ⁷The chief official gave them new names: to Daniel, the name Belteshazzar; to Hananiah, Shadrach; to Mishael, Meshach; and to Azariah, Abednego.

⁸But Daniel resolved not to defile himself with the royal food and wine, and he asked the chief official for permission not to defile himself this way.

A. Fasting is biblical

Dan, Moses, Ezra, Nehemiah, Jonathan, Daniel
John the Baptist, Esther, Hannah, Paul, Peter, Samson,
King David, Church in Acts 13, Samuel, Elijah, Jesus.

John 9:15

¹⁴ Then John's disciples came and asked him, "How is it that we and the Pharisees fast often, but your disciples do not fast?"

¹⁵ Jesus answered, "How can the guests of the bridegroom mourn while he is with them? The time will come when the bridegroom will be taken from them; then they will fast."

There are three duties of everyone who follows Jesus Christ.

1. When you give.
2. When you pray.
3. When you fast.



- There is a three-cord strand that when interweaved together is not easily broken.
- If you become a person who practices these three things in your life you will see supernatural breakthrough in your life.

B. Fasting brings clarity

Matthew 6:16-18

¹⁶ "When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. ¹⁷ But when you fast, put oil on your head and wash your face, ¹⁸ so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you."

1. Focused direction
2. The Father will reward you. The reward of fasting.
3. What will you be rewarded with?

- C. The Father's reward will be the Father's blessing.
 - 1. Righteousness, Peace, Joy in the H.S.
 - 2. Burdens and weights.
- D. Fasting gives clarity.
 - 1. When all you have to do is rely on Jesus then it begins to cut through.
 - 2. We are more open to hearing the voice of God when we fast.
 - 3. We are developing our spiritual ear.

Application

- 1. Fasting brings clarity and direction.
 - 2. There are times when we are asking for the wrong things.
 - 3. There are times when we need God to show us what we are supposed to be asking.
 - 4. If you have a situation where you don't know what to do fast.
 - 5. Are you ready to have heightened sensitivity to the desires of God?
 - 6. Do you need the tender touch of God in your life?
 - 7. Do you desire to know God's will for your life?
 - 8. Is there a dream inside you that only He can make possible
- E. Fasting is powerful

Fasting Defined

Biblical fasting is giving up specific food and drink for a specified number of days for a specific purpose.

"Denying myself something natural in order to lay hold of something supernatural."
As quoted by Kirk Romberg, The Discipline of Fasting,

Ways to Fast

1. Complete Fast

- Drink only liquids (you establish the number of days).

2. The Daniel Fast

- Eat no meat, no sweets and no bread.
- Drink water and juice.
- Eat fruits and vegetables.

3. Three Day Fast

- This fast can be a Full Fast, Daniel Fast or give up at least one item of food.

4. Partial Fast

- A partial fast is from 6:00 am to 3:00 pm or from sun up to sundown.
- You can select from three types of fasting —a Full Fast, Daniel Fast or give up at least one item of food.

5. Soul Fast

- Common for anyone new to fasting or those with health issues that prevent them from fasting food.
- Suggestions – abstain from engaging in social media, shopping, watching TV, other entertainment.
- Only listen to worship music or sermons.

Application

People aren't dying of fasting, they are dying of overeating.

- Fasting cleanses the body.
- Fasting burns up the impurities within the body.
- Cleaning and repairing.

Are you in a health crisis?

- There is a thinner, healthier, more energetic, more vibrant you waiting to come forth.
- Don't be satisfied being sluggish and tired.
- Wish you could do this of that.

Some people should not fast.

1. Pregnant women.
2. Nursing mothers.
3. Diabetics will need to alter their fast.
4. Small children.
5. Certainly if you have any sort of health issue you should consult a physician before you fast.
6. Sick, flu...

II. I will raise my level of expectation through prayer and fasting.

Daniel 1:9-14

⁹ Now God had caused the official to show favor and compassion to Daniel, ¹⁰ but the official told Daniel, "I am afraid of my lord the king, who has assigned your food and drink. Why should he see you looking worse than the other young men your age? The king would then have my head because of you."

¹¹ Daniel then said to the guard whom the chief official had appointed over Daniel, Hananiah, Mishael and Azariah, ¹² “Please test your servants for ten days: Give us nothing but vegetables to eat and water to drink. ¹³ Then compare our appearance with that of the young men who eat the royal food, and treat your servants in accordance with what you see.” ¹⁴ So he agreed to this and tested them for ten days.

A. Fasting brings breakthrough.

1. It stretches you.
2. **It brings on the favor of God.**
3. **God had caused the official to show favor and compassion to Daniel.**

Illustration

- Internet Provider Story

Question

- What do you expect this year?
- What are you believing God for?
- Do you want the Favor of God in your life?

Daniel 1:15-20

¹⁵ At the end of the ten days they looked healthier and better nourished than any of the young men who ate the royal food. ¹⁶ So the guard took away their choice food and the wine they were to drink and gave them vegetables instead.

¹⁷ To these four young men God gave knowledge and understanding of all kinds of literature and learning. And Daniel could understand visions and dreams of all kinds.

¹⁸ At the end of the time set by the king to bring them into his service, the chief official presented them to Nebuchadnezzar. ¹⁹ The king talked with them, and he found none equal to Daniel, Hananiah, Mishael and Azariah; so they entered the king’s service. ²⁰ In every matter of wisdom and understanding about which the king questioned them, he found them ten times better than all the magicians and enchanters in his whole kingdom.

- God gave them favor.
- Guards to allow this.
- At the end they looked better.
- God gave them talents and gifts to accomplish his will.

B. Fasting brings results.

1. Vs. 15 – they looked healthier and better nourished.
2. Vs. 17 – God gave them knowledge and understanding.

3. Vs. 17 – God gave Daniel supernatural giftings to understand visions and dreams

1 Corinthians 14:1

Pursue love, and earnestly desire the spiritual gifts, especially that you may prophesy.

4. Vs. 19 – God elevated them above all of their peers.
5. Vs. 20 – God gave them supernatural wisdom and understanding.
6. Vs. 20 – God used them to defeat worldly and satanic influences.

III. I will commit today.

1 Corinthians 11:23

For I received from the Lord what I also passed on to you

Nothing is going to go through you until it first happens to you.

1. Spiritually speaking... you can only pass on what you have personally experienced.
2. It's not how you mark your Bible it is how your Bible marks you.

How to Begin

- a. Start with a clear goal. Be specific. Why are you *fasting*?
- b. Do you need direction, healing, restoration of marriage or family issues?
- c. Are you facing financial difficulties?
- d. Ask the Holy Spirit for guidance.
- e. Pray daily and read the Bible.

Prayer Booklet

1. Prepare Spiritually

- a. Confess your sins to God. Ask the Holy Spirit to reveal areas of weakness.
- b. Forgive all who have offended you and ask forgiveness from those you may have offended (Mark 11:25; Luke 11:4; 17:3-4).
- c. Surrender your life fully to Jesus Christ and reject the worldly desires that try to hinder you (Romans 12:1-2).

2. Decide What to Fast

- a. The type of fasting you choose is up to you.
- b. You could go on a full fast in which you only drink liquids, or you may desire to fast like Daniel, who abstained from sweets and meats, and the only liquid he drank was water.

c. Remember to replace that time with prayer and Bible study.

3. Decide How Long to Fast

- a. You may fast as long as you like.
- b. Most can easily fast from one to three days, but you may feel the grace to go longer, even as much as 21 to 40 days.
- c. Use wisdom and pray for guidance.
- d. Beginners are advised to start slow.

4. What to Expect

- a. When you fast your body detoxifies, eliminating toxins from your system.
- b. This can cause mild discomfort such as **headaches** and **irritability** during withdrawal from **caffeine** and **sugars**.
- c. And naturally, you will have **hunger pains**.
- d. Limit your activity and exercise moderately. Take time to rest.
- e. Fasting brings about miraculous results.
- f. You are following Jesus' example when you fast.
- g. Spend time listening to **praise and worship**
- h. Pray as often as you can throughout the day.
- i. Get away from the **normal distractions as much as possible** and keep your heart and mind set on seeking God's face.

5. How to End

- a. Don't overeat when the time comes to end your fast.
- b. Begin eating solid food gradually; eat small portions or snacks.

Matthew 6:33

But seek first his kingdom and his righteousness, and all these things will be given to you as well.

Reasons to fast

- Safety for children.
- Protection for your family.
- Wisdom for your
- Freedom from demonic oppression.
- Help with an overwhelming problem.
- Failed in the past and you want to succeed in the future.
- Circumstances that feel overwhelming.
- Fasting is not about going without food it is about gaining the reward that you seek.

- Reward is the provision, deliverance, healing,
- In the bible every time someone fasted God rewarded them with what they were scripturally asking for.
- Motive and heart is right, god rewards fasting every time.
- Strengthen your marriage.
- Direction and guidance.
- Provision and blessing.
- Business needs help.
- Finances need help.
- Problem with your children.
- Problem at work.
- Lost your passion for God.
- Need spiritual breakthrough.
- Struggling with damaging habits and addictions.
- Addicted to alcohol
- Addicted to nicotine.
- Addicted to pornography.
- Sexual addictions

Conclusion

- **I will build a foundation through prayer and fasting.**
- **I will raise my level of expectation through prayer and fasting.**
- **I will commit today.**