

THE TWO MAIN KEYS TOUGHT BY JESUS THAT WILL HELP US DEFEAT THE ENEMIES OF OUR FAITH

Matthew 17:14-21 (New King James Version)

A Boy Is Healed from a demoniac attack

¹⁴ And when they had come to the multitude, a man came to Him, kneeling down to Him and saying, ¹⁵ “Lord, have mercy on my son, for he is ^[a]an epileptic and suffers severely; for he often falls into the fire and often into the water. ¹⁶ So I brought him to Your disciples, but they could not cure him.”

¹⁷ Then Jesus answered and said, “O ^[b]faithless and perverse generation, how long shall I be with you? How long shall I bear with you? Bring him here to Me.” ¹⁸ And Jesus rebuked the demon, and it came out of him; and the child was cured from that very hour.

¹⁹ Then the disciples came to Jesus privately and said, “Why could we not cast it out?”

²⁰ So Jesus said to them, “Because of your ^[c]unbelief; for assuredly, I say to you, if you have faith as a mustard seed, you will say to this mountain, ‘Move from here to there,’ and it will move; and nothing will be impossible for you. ²¹ ^[d]However, this kind does not go out except by prayer and fasting.”

Key #1 - Fasting:

Fasting is a way to humble yourself in the sight of God (Psalm 35:13; Ezra 8:21). King David said, “I humbled my soul with fasting” (Psalm 69:10). You may find yourself relying on God more fully for strength when you fast. Fasting and prayer can help us hear God more clearly.

The 4 types of fasting mentioned in the Bible

There are several different types of fasting from food or drink you can try.

Regular fast: A regular fast is when you abstain from all food and drink except for water ([Matthew 4:2](#)).

Partial fast: This is a type of fasting that involves abstaining from a particular type of food. Daniel's diet while he was in Babylon is an example ([Daniel 10:3](#)). One popular type of partial fast is a liquid fast, removing certain types of drinks from your diet. This might include alcohol, caffeine, or soda. Another form of partial fast is abstaining from one particular meal each day.

Absolute fast: An absolute fast is when you abstain from food and drink of any kind. You should only do this for a short period of time. Going longer than three days without eating or drinking can be dangerous.

Supernatural fast: There have been instances when God enabled someone to fast in ways that they could not do on their own. Moses abstaining from food and water for 40 days ([Deuteronomy 9:9](#)) is an example of this type of fasting in the Bible.

Your motive in fasting should ultimately be to glorify God, not to have an emotional experience or attain personal happiness. God will honor you when you seek Him in truth and spirit. As you spend time in fasting and prayer, God will shape your heart and draw you closer to Christ.

Safe fasting tips and guidelines

1. Fasting until a specific time of day or skipping a specific meal each day is safer and more sustainable than a complete fast. For a fast that will be longer than 1-3 days, this is often a good option.
2. Consider fasting from a specific type of food instead of all food, especially if you want to fast for a long period of time or have health concerns.
3. A complete fast should be very short; it should not last longer than a few days.
4. Do not abstain from drinking water for long and only do so under your doctor's supervision. The effects of dehydration are serious, and your

body may begin to experience them more quickly than the effects of hunger.

5. If fasting from food or drink isn't a good option for you, you can still practice fasting. Choose something else in your life to fast from instead. For example, consider fasting from TV or social media.

Key #2: Prayer:

Matthew 26:41 ESV

Watch and pray that you may not enter into temptation. The spirit indeed is willing, but the flesh is weak.”

Matthew 7:7-8 ESV

“Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. For everyone who asks receives, and the one who seeks finds, and to the one who knocks it will be opened.

Prayer is an opportunity to spend time with God. To really understand the heart of God, you need to pray. In John 15:15, Jesus says He no longer calls us his servants, but calls us His friends. Talking with God develops a deeper relationship with Him. (John15:7).

The Importance of Prayer according to the Scriptures

1 Timothy 2:1-2 ESV

First of all, then, I urge that supplications, prayers, intercessions, and thanksgivings be made for all people, for kings and all who are in high positions, that we may lead a peaceful and quiet life, godly and dignified in every way.

2 Corinthians 4:5 ESV

For what we proclaim is not ourselves, but Jesus Christ as Lord, with ourselves as your servants for Jesus' sake.

Matthew 18:19-20 ESV

Again I say to you, if two of you agree on earth about anything they ask, it will be done for them by my Father in heaven. For where two or three are gathered in my name, there am I among them.”

2 Timothy 3:1-7 ESV

But understand this, that in the last days there will come times of difficulty. For people will be lovers of self, lovers of money, proud, arrogant, abusive, disobedient to their parents, ungrateful, unholy, heartless, unappeasable, slanderous, without self-control, brutal, not loving good, treacherous, reckless, swollen with conceit, lovers of pleasure rather than lovers of God, having the appearance of godliness, but denying its power. Avoid such people. ...

John 17:1-26 ESV

When Jesus had spoken these words, he lifted up his eyes to heaven, and said, “Father, the hour has come; glorify your Son that the Son may glorify you, since you have given him authority over all flesh, to give eternal life to all whom you have given him. And this is eternal life, that they know you the only true God, and Jesus Christ whom you have sent. I glorified you on earth, having accomplished the work that you gave me to do. And now, Father, glorify me in your own presence with the glory that I had with you before the world existed. ...

2 Chronicles 7:14 ESV

If my people who are called by my name 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 heal their land.

Philippians 4:6-7 ESV

Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

1 Peter 3:7 ESV

Likewise, husbands, live with your wives in an understanding way, showing honor to the woman as the weaker vessel, since they are heirs with you of the grace of life, so that your prayers may not be hindered.

James 5:16 ESV

Therefore, confess your sins to one another and pray for one another, that you may be healed. The prayer of a righteous person has great power as it is working.

Acts 2:42 ESV

And they devoted themselves to the apostles' teaching and the fellowship, to the breaking of bread and the prayers.

Ephesians 6:18 ESV

Praying at all times in the Spirit, with all prayer and supplication. To that end keep alert with all perseverance, making supplication for all the saints,

Colossians 4:2 ESV

Continue steadfastly in prayer, being watchful in it with thanksgiving.

Psalms 145:18 ESV

The Lord is near to all who call on him, to all who call on him in truth.

1 Thessalonians 5:17 ESV

Pray without ceasing,

James 5:13 ESV

Is anyone among you suffering? Let him pray. Is anyone cheerful? Let him sing praise.

Luke 18:1 ESV

And he told them a parable to the effect that they ought always to pray and not lose heart.

Mark 11:24 ESV

Therefore I tell you, whatever you ask in prayer, believe that you have received it, and it will be yours.

Matthew 21:22 ESV

And whatever you ask in prayer, you will receive, if you have faith.”

Matthew 6:5-8 ESV

“And when you pray, you must not be like the hypocrites. For they love to stand and pray in the synagogues and at the street corners, that they may be seen by others. Truly, I say to you, they have received their reward. But when you pray, go into your room and shut the door and pray to your Father who is in secret. And your Father who sees in secret will reward you. “And when you pray, do not heap up empty phrases as the Gentiles do, for they think that they will be heard for their many words. Do not be like them, for your Father knows what you need before you ask him.

Romans 1:9-10 ESV

For God is my witness, whom I serve with my spirit in the gospel of his Son, that without ceasing I mention you always in my prayers, asking that somehow by God's will I may now at last succeed in coming to you.

John 14:14 ESV

If you ask me anything in my name, I will do it.

Matthew 6:6 ESV

But when you pray, go into your room and shut the door and pray to your Father who is in secret. And your Father who sees in secret will reward you.

James 4:3 ESV

You ask and do not receive, because you ask wrongly, to spend it on your passions.

John 15:7 ESV

If you abide in me, and my words abide in you, ask whatever you wish, and it will be done for you.

Jeremiah 29:12 ESV

Then you will call upon me and come and pray to me, and I will hear you.

John 1:11 ESV

He came to his own, and his own people did not receive him.

James 4:2 ESV

You desire and do not have, so you murder. You covet and cannot obtain, so you fight and quarrel. You do not have, because you do not ask.

Hebrews 4:16 ESV

Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.

Romans 12:12 ESV

Rejoice in hope, be patient in tribulation, be constant in prayer.

Acts 1:14 ESV

All these with one accord were devoting themselves to prayer, together with the women and Mary the mother of Jesus, and his brothers.

1 Chronicles 16:11 ESV

Seek the Lord and his strength; seek his presence continually!

1 John 5:14 ESV

And this is the confidence that we have toward him, that if we ask anything according to his will he hears us.

1 Thessalonians 5:16-18 ESV

Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you.

Luke 1:37 ESV

For nothing will be impossible with God.”

1 Timothy 2:8 ESV

I desire then that in every place the men should pray, lifting holy hands without anger or quarreling;

Luke 11:1 ESV

Now Jesus was praying in a certain place, and when he finished, one of his disciples said to him, “Lord, teach us to pray, as John taught his disciples.”

Genesis 24:12 ESV

And he said, “O Lord, God of my master Abraham, please grant me success today and show steadfast love to my master Abraham.

James 1:5 ESV

If any of you lacks wisdom, let him ask God, who gives generously to all without reproach, and it will be given him.

1 Timothy 2:1-2 ESV

First of all, then, I urge that supplications, prayers, intercessions, and thanksgivings be made for all people, for kings and all who are in high positions, that we may lead a peaceful and quiet life, godly and dignified in every way.

2 Corinthians 4:5 ESV

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Again I say to you, if two of you agree on earth about anything they ask, it will be done for them by my Father in heaven. For where two or three are gathered in my name, there am I among them.”

Matthew 6:8 ESV

Do not be like them, for your Father knows what you need before you ask him.

Matthew 6:7 ESV

“And when you pray, do not heap up empty phrases as the Gentiles do, for they think that they will be heard for their many words.

Proverbs 15:29 ESV

The Lord is far from the wicked, but he hears the prayer of the righteous.

Psalms 145:18-19 ESV

The Lord is near to all who call on him, to all who call on him in truth. He fulfills the desire of those who fear him; he also hears their cry and saves them.

Psalms 66:18 ESV

If I had cherished iniquity in my heart, the Lord would not have listened.

Psalms 4:1 ESV

To the choirmaster: with stringed instruments. A Psalm of David. Answer me when I call, O God of my righteousness! You have given me relief when I was in distress. Be gracious to me and hear my prayer!

James 5:16-18 ESV

Therefore, confess your sins to one another and pray for one another, that you may be healed. The prayer of a righteous person has great power as it is working. Elijah was a man with a nature like ours, and he prayed fervently that it might not rain, and for three years and six months it did not rain on the earth. Then he prayed again, and heaven gave rain, and the earth bore its fruit.

James 5:13-14 ESV

Is anyone among you suffering? Let him pray. Is anyone cheerful? Let him sing praise. Is anyone among you sick? Let him call for the elders of the church, and let them pray over him, anointing him with oil in the name of the Lord.

Colossians 1:3 ESV

We always thank God, the Father of our Lord Jesus Christ, when we pray for you,

Luke 11:11-13 ESV

What father among you, if his son asks for a fish, will instead of a fish give him a serpent; or if he asks for an egg, will give him a scorpion? If you then, who are evil, know how to give good gifts to your children, how much more will the heavenly Father give the Holy Spirit to those who ask him!"

Luke 11:9-10 ESV

And I tell you, ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. For everyone who asks receives, and the one who seeks finds, and to the one who knocks it will be opened.

Mark 9:29 ESV

And he said to them, "This kind cannot be driven out by anything but prayer and fasting."

Mark 9:24 ESV

Immediately the father of the child cried out and said, "I believe; help my unbelief!"

Mark 1:35 ESV

And rising very early in the morning, while it was still dark, he departed and went out to a desolate place, and there he prayed.

Matthew 6:9-13 ESV

Pray then like this: “Our Father in heaven, hallowed be your name. Your kingdom come, your will be done, on earth as it is in heaven. Give us this day our daily bread, and forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from evil.

1 Corinthians 1:4 ESV

I give thanks to my God always for you because of the grace of God that was given you in Christ Jesus,

Romans 8:26-27 ESV

Likewise the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit himself intercedes for us with groanings too deep for words. And he who searches hearts knows what is the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God.

Psalm 102:17 ESV

He regards the prayer of the destitute and does not despise their prayer.

1 John 5:14-15 ESV

And this is the confidence that we have toward him, that if we ask anything according to his will he hears us. And if we know that he hears us in whatever we ask, we know that we have the requests that we have asked of him.

1 John 3:22 ESV

And whatever we ask we receive from him, because we keep his commandments and do what pleases him.

James 1:6 ESV

But let him ask in faith, with no doubting, for the one who doubts is like a wave of the sea that is driven and tossed by the wind.

James 1:5-7 ESV

If any of you lacks wisdom, let him ask God, who gives generously to all without reproach, and it will be given him. But let him ask in faith, with no doubting, for the one who doubts is like a wave of the sea that is driven and tossed by the wind. For that person must not suppose that he will receive anything from the Lord;

2 Timothy 2:22 ESV

So flee youthful passions and pursue righteousness, faith, love, and peace, along with those who call on the Lord from a pure heart.

Philippians 4:1-23 ESV

Therefore, my brothers, whom I love and long for, my joy and crown, stand firm thus in the Lord, my beloved. I entreat Euodia and I entreat Syntyche to agree in the Lord. Yes, I ask you also, true companion, help these women, who have labored side by side with me in the gospel together with Clement and the rest of my fellow workers, whose names are in the book of life. Rejoice in the Lord always; again I will say, Rejoice. Let your reasonableness be known to everyone. The Lord is at hand; ...

Acts 12:12 ESV

When he realized this, he went to the house of Mary, the mother of John whose other name was Mark, where many were gathered together and were praying.

Acts 9:40 ESV

But Peter put them all outside, and knelt down and prayed; and turning to the body he said, "Tabitha, arise." And she opened her eyes, and when she saw Peter she sat up.

Luke 11:9 ESV

And I tell you, ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you.

Luke 6:12 ESV

In these days he went out to the mountain to pray, and all night he continued in prayer to God.

Luke 5:16 ESV

But he would withdraw to desolate places and pray.

Mark 10:27 ESV

Jesus looked at them and said, "With man it is impossible, but not with God. For all things are possible with God."

Matthew 5:23-24 ESV

So if you are offering your gift at the altar and there remember that your brother has something against you, leave your gift there before the altar and go. First be reconciled to your brother, and then come and offer your gift.

Jeremiah 33:3 ESV

Call to me and I will answer you, and will tell you great and hidden things that you have not known.

Psalms 141:2 ESV

Let my prayer be counted as incense before you, and the lifting up of my hands as the evening sacrifice!

Psalms 18:6 ESV

In my distress I called upon the Lord; to my God I cried for help. From his temple he heard my voice, and my cry to him reached his ears.

Psalms 5:3 ESV

O Lord, in the morning you hear my voice; in the morning I prepare a sacrifice for you and watch.

1 John 5:16 ESV

If anyone sees his brother committing a sin not leading to death, he shall ask, and God will give him life—to those who commit sins that do not lead to death. There is sin that leads to death; I do not say that one should pray for that.

1 John 5:15 ESV

And if we know that he hears us in whatever we ask, we know that we have the requests that we have asked of him.

1 John 1:9 ESV

If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.

James 4:10 ESV

Humble yourselves before the Lord, and he will exalt you.

2 Thessalonians 1:11 ESV

To this end we always pray for you, that our God may make you worthy of his calling and may fulfill every resolve for good and every work of faith by his power,

Colossians 4:2-4 ESV

Continue steadfastly in prayer, being watchful in it with thanksgiving. At the same time, pray also for us, that God may open to us a door for the word, to declare the mystery of Christ, on account of which I am in prison— that I may make it clear, which is how I ought to speak.

Colossians 1:9-14 ESV

And so, from the day we heard, we have not ceased to pray for you, asking that you may be filled with the knowledge of his will in all spiritual wisdom and understanding, so as to walk in a manner worthy of the Lord, fully pleasing to him, bearing fruit in every good work and increasing in the knowledge of God. May you be strengthened with all power, according to his glorious might, for all endurance and patience with joy, giving thanks to the Father, who has qualified you to share in the inheritance of the saints in

light. He has delivered us from the domain of darkness and transferred us to the kingdom of his beloved Son, ...

Romans 10:1 ESV

Brothers, my heart's desire and prayer to God for them is that they may be saved.

Romans 8:26 ESV

Likewise the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit himself intercedes for us with groanings too deep for words.

Romans 1:9 ESV

For God is my witness, whom I serve with my spirit in the gospel of his Son, that without ceasing I mention you

Luke 11:2-4 ESV

And he said to them, "When you pray, say: "Father, hallowed be your name. Your kingdom come. Give us each day our daily bread, and forgive us our sins, for we ourselves forgive everyone who is indebted to us. And lead us not into temptation."

Matthew 7:11 ESV

If you then, who are evil, know how to give good gifts to your children, how much more will your Father who is in heaven give good things to those who ask him!

Matthew 7:7 ESV

"Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you.

Matthew 6:9 ESV

Pray then like this: "Our Father in heaven, hallowed be your name.

Psalms 107:28-30 ESV

Then they cried to the Lord in their trouble, and he delivered them from their distress. He made the storm be still, and the waves of the sea were hushed. Then they were glad that the waters were quiet, and he brought them to their desired haven.

Philippians 1:3-4 ESV

I thank my God in all my remembrance of you, always in every prayer of mine for you all making my prayer with joy,

Through prayer, He can bring your life into alignment with His vision and plans as according to Jeremiah 29:11.

When you use those 2 keys and you combine them with reading and meditating on the Word of God, you will strengthen your faith and you can confidently walk as an overcomer that he made you to be.