

THE SWORD & THE SPIRIT

50 Essential Scriptures for Fasting & Spiritual
Warfare

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INTRODUCTION: ALIGNING WITH THE FREQUENCY OF HEAVEN

In the realm of the spirit, words are the currency.

When Jesus stood in the wilderness, physically weak from forty days of fasting, he did not use his own power to defeat the enemy. He used the **Written Word**. Every temptation was met with a specific, targeted strike of truth: *“It is written...”*

Fasting thins the veil between you and the Spirit. It quiets the noise of your flesh so you can hear the whisper of God. But it also does something more: it makes you a highly efficient weapon. When you fast, your mouth becomes a “mouth of fire” when you speak the Word.

This ebook is your arsenal. It is not designed to be read like a novel. It is designed to be **spoken**.

We have categorized 50 of the most potent scriptures for fasting and spiritual warfare into five specific sections. Use them as “Strategic Strikes.” When you feel fear, go to Section 1. When you need direction, go to Section 2.

Take the Sword. Win the Battle.

SECTION 1: SPIRITUAL WARFARE & AUTHORITY

For breaking chains and overcoming intimidation.



1. Ephesians 6:10-11

“Finally, be strong in the Lord and in his mighty power. Put on the full armor of God, so that you can take your stand against the devil’s schemes.”

- **Context:** Paul emphasizes that our strength is not our own; it is found in our union with Christ.
- **Declaration:** “I choose to be strong in the Lord today. I am not fighting in my own power, but in His. I am fully armored and immovable.”

2. 2 Corinthians 10:4-5

“The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds.”

- **Context:** Spiritual weapons (prayer, fasting, the Word) have the legal authority to destroy mental fortresses.
- **Declaration:** “My weapons are not human; they are divinely powerful. Every stronghold in my mind is falling now in Jesus’ name.”

3. James 4:7

“Submit yourselves, then, to God. Resist the devil, and he will flee from you.”

- **Context:** Authority starts with submission. You cannot resist what you haven’t submitted to God.
- **Declaration:** “I submit my will, my body, and my fast to God. I resist every lie of the enemy, and I see him fleeing from my life.”

4. 1 Peter 5:8-9

“Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour.”

- **Context:** Fasting creates the “sober mind” needed to see the enemy’s traps.
- **Declaration:** “I am alert. I am awake in the Spirit. The enemy has no place in my home because I stand firm in the faith.”

5. Luke 10:19

“I have given you authority to trample on snakes and scorpions and to overcome all the power of the enemy; nothing will harm you.”

- **Context:** Jesus gives judicial authority to His followers. Snakes and scorpions represent demonic hierarchies.
- **Declaration:** “I walk in the delegated authority of Jesus. I trample over every spiritual obstacle today. No weapon formed against me shall prosper.”

6. Psalm 144:1

“Praise be to the Lord my Rock, who trains my hands for war, my fingers for battle.”

- **Context:** David acknowledges that even warfare is a skill learned from God.
- **Declaration:** “Lord, train me in this fast. Teach me how to pray with precision. My fingers are ready for the battle.”

7. Romans 8:37

“No, in all these things we are more than conquerors through him who loved us.”

- **Context:** We don't fight *for* victory; we fight *from* the victory Christ already won.
- **Declaration:** “I am not just a survivor; I am a conqueror. The battle is already won on the cross.”

8. 1 John 4:4

“You, dear children, are from God and have overcome them, because the one who is in you is greater than the one who is in the world.”

- **Context:** The Holy Spirit's presence in the believer is infinitely more powerful than any external spirit.
- **Declaration:** “He who is in me is GREATER. I do not fear the world, for the King of Glory lives inside of me.”

9. Isaiah 54:17

“No weapon forged against you will prevail, and you will refute every tongue that accuses you.”

- **Context:** A promise of protection against both physical attacks and verbal accusations (which the enemy loves).
- **Declaration:** “Every weapon formed against my health, my family, and my mind is failing now. I silence every accusing voice.”

10. Revelation 12:11

“They triumphed over him by the blood of the Lamb and by the word of their testimony.”

- **Context:** Victory is secured through the finished work of Christ and our consistent declaration of it.
- **Declaration:** “I triumph today by the Blood. I speak my testimony of freedom. The enemy is defeated.”

Selah: The Warrior’s Meditation *How does knowing your authority change your approach to your current struggle? Spend 5 minutes in silence, picturing yourself armored and standing in the victory of the finished work of Christ. Write one specific stronghold you are demolishing today.*

SECTION 2: DIVINE GUIDANCE & DIRECTION

For when you need clarity or are at a crossroads.



11. Proverbs 3:5-6

“Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.”

- **Context:** Fasting is the physical act of “not leaning” on our own understanding.
- **Declaration:** “I stop trying to figure it out. I trust You, Lord. Make my path clear today.”

12. Psalm 32:8

“I will instruct you and teach you in the way you should go; I will counsel you with my loving eye on you.”

- **Context:** God is not hiding His will; He is a proactive teacher.
- **Declaration:** “I am teachable. Lord, instruct me. I feel Your counsel leading me through this fast.”

13. Isaiah 30:21

“Whether you turn to the right or to the left, your ears will hear a voice behind you, saying, ‘This is the way; walk in it.’”

- **Context:** A promise of audible-like spiritual intuition.
- **Declaration:** “My spiritual ears are open. I hear Your voice clearly. I will not miss my turn.”

14. Psalm 23:1-3

“The Lord is my shepherd, I lack nothing. He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul.”

- **Context:** Fasting “quiets the waters” so we can find refreshment.
- **Declaration:** “You are my Shepherd. I am not in lack. You are refreshing my soul right now.”

15. John 16:13

“But when he, the Spirit of truth, comes, he will guide you into all the truth.”

- **Context:** The Holy Spirit’s primary role is navigation.
- **Declaration:** “Holy Spirit, guide me. Lead me out of deception and into the absolute Truth.”

16. James 1:5

“If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you.”

- **Context:** Wisdom is a gift available on demand.
- **Declaration:** “I ask for Wisdom. I believe I receive it now. Direct my decisions.”

17. Psalm 119:105

“Your word is a lamp for my feet, a light on my path.”

- **Context:** The Word provides immediate light (lamp) and long-range vision (path).
- **Declaration:** “Your Word is lighting up my dark places. I see the next step clearly.”

18. Isaiah 58:11

“The Lord will guide you always; he will satisfy your needs in a sun-scorched land and will strengthen your frame.”

- **Context:** This is the specific reward for the “True Fast” of Isaiah 58.
- **Declaration:** “Even in this ‘dry’ fast, my spirit is satisfied. The Lord is strengthening my bones.”

19. Jeremiah 33:3

“Call to me and I will answer you and tell you great and unsearchable things you do not know.”

- **Context:** Fasting is the “Call” that pulls down unsearchable secrets.
- **Declaration:** “I am calling. Lord, show me the ‘unsearchable things.’ Reveal the secrets of my breakthrough.”

20. Psalm 143:10

“Teach me to do your will, for you are my God; may your good Spirit lead me on level ground.”

- **Context:** A request for both instruction and stability.
- **Declaration:** “Teach me Your will. My feet are on level ground. I will not stumble.”

Selah: The Lighthouse Meditation *If you were to take the next step in total trust, without needing to see the whole map, what would it be? Write down the first 'quiet whisper' you heard regarding your direction during this fast.*

SECTION 3: STRENGTH & ENDURANCE

For when you feel weak and want to quit.

21. Isaiah 40:31

“But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.”

- **Context:** Fasting is a “Wait” that triggers a strength exchange.
- **Declaration:** “I am exchanging my weakness for Your strength. I will soar today.”

22. Philippians 4:13

“I can do all this through him who gives me strength.”

- **Context:** This verse was written by Paul in a prison cell—it is about endurance, not just achievement.
- **Declaration:** “I can finish this fast. I can overcome this trial. Christ is my battery.”

23. Nehemiah 8:10

“Do not grieve, for the joy of the Lord is your strength.”

- **Context:** Grieving drains energy; Joy replenishes it.
- **Declaration:** “I choose joy today. The joy of being Yours is my fuel.”

24. Psalm 28:7

“The Lord is my strength and my shield; my heart trusts in him, and he is helped. My heart leaps for joy, and with my song I praise him.”

- **Context:** Trust leads to help, which leads to joy.
- **Declaration:** “I am helped. I am shielded. My strength is returning now.”

25. 2 Timothy 1:7

"For the Spirit God gave us does not make us timid, but gives us power, love and a sound mind."

- **Context:** Fear is not from God; Power is.
- **Declaration:** "I reject timidity. I operate in Power. My mind is sound and focused."

26. Exodus 15:2

"The Lord is my strength and my song; he has become my salvation."

- **Context:** The song of Moses after the Red Sea—celebrating deliverance.
- **Declaration:** "I will sing through the struggle. You are my salvation."

27. Psalm 46:1

"God is our refuge and strength, an ever-present help in trouble."

- **Context:** A promise of immediate availability.
- **Declaration:** "You are right here. You are my refuge. I run to You and find strength."

28. Habakkuk 3:19

"The Sovereign Lord is my strength; he makes my feet like the feet of a deer, he enables me to tread on the heights."

- **Context:** Deer feet are designed for precision on dangerous terrain.
- **Declaration:** "You have given me 'high-ground' feet. I will not slip in this season."

29. Joshua 1:9

"Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go."

- **Context:** Courage is a command, not just a feeling.
- **Declaration:** "I obey the command to be courageous. I am not afraid because You are with me."

30. Psalm 73:26

"My flesh and my heart may fail, but God is the strength of my heart and my portion forever."

- **Context:** An honest admission that our natural self will fail, but God won't.
- **Declaration:** "My body is tired, but my heart is strong in You. You are my reward."

Selah: The Eagle's Meditation *Eagles use the wind of the storm to lift them higher. How can you use the current 'resistance' of your hunger or your situation as the very thing that propels you into God's presence?*

SECTION 4: PURITY & REPENTANCE

For deep cleaning the soul.

31. Psalm 51:10-12

"Create in me a pure heart, O God, and renew a steadfast spirit within me. Do not cast me from your presence or take your Holy Spirit from me."

- **Context:** David's cry of repentance—asking for an internal transplant.
- **Declaration:** "Give me a clean heart today. Wash away the old habits. Renew my spirit."

32. 1 John 1:9

"If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness."

- **Context:** Confession is the "Reset Button" of the Christian life.
- **Declaration:** "I confess my faults. I am forgiven. I am cleansed right now."

33. Joel 2:12-13

"Even now,' declares the Lord, 'return to me with all your heart, with fasting and weeping and mourning.' Rend your heart and not your garments."

- **Context:** God wants internal brokenness, not just external rituals.
- **Declaration:** "I tear my heart open before You, Lord. I return to You with everything."

34. Ezekiel 36:26

"I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh."

- **Context:** The promise of the New Covenant—softness replacing hardness.
- **Declaration:** “Remove the hardness from my heart. Make me sensitive to Your Spirit again.”

35. Matthew 5:8

“Blessed are the pure in heart, for they will see God.”

- **Context:** Purity is the lens through which we “see” (perceive) God.
- **Declaration:** “I pursue purity so I can see You clearly. My vision is being restored.”

36. 2 Corinthians 7:1

“Therefore, since we have these promises, dear friends, let us purify ourselves from everything that contaminates body and spirit, perfecting holiness out of reverence for God.”

- **Context:** Purity is a joint effort; we “purify ourselves” by making holy choices.
- **Declaration:** “I am cleaning my life. I remove what contaminates me. I choose holiness.”

37. Psalm 24:3-4

“Who may ascend the mountain of the Lord? Who may stand in his holy place? The one who has clean hands and a pure heart.”

- **Context:** High spiritual encounters require high spiritual standards.
- **Declaration:** “I am ascending. My hands are clean. My heart is pure by the Blood.”

38. Isaiah 1:18

“Come now, let us settle the matter... though your sins are like scarlet, they shall be as white as snow.”

- **Context:** An invitation to reason with God and receive total cleansing.
- **Declaration:** “The matter is settled. My past is gone. I am white as snow.”

39. Acts 3:19

“Repent, then, and turn to God, so that your sins may be wiped out, that times of refreshing may come from the Lord.”

- **Context:** Repentance is the prerequisite for Refreshing.
- **Declaration:** “I turn to You. My sins are wiped away. The refreshing is here.”

40. 2 Chronicles 7:14

“If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land.”

- **Context:** The national blueprint for breakthrough.
- **Declaration:** “I humble myself. I seek Your face. Heal my life and my family today.”

Selah: The Refiner's Meditation *Repentance is not about shame; it's about alignment. Is there anything in your life that is 'clogging' your spiritual hearing right now? Bring it to the light and thank God for the white snow of His forgiveness.*

SECTION 5: PROVISION & FAVOR

For financial breakthroughs and open doors.



41. Philippians 4:19

“And my God will meet all your needs according to the riches of his glory in Christ Jesus.”

- **Context:** Note the source: “Riches of His glory.” It is an infinite well.
- **Declaration:** “Every need I have is already covered. I do not worry; I trust the Provider.”

42. Matthew 6:33

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

- **Context:** Fasting is the act of putting the Kingdom “First.”
- **Declaration:** “I am seeking You first. The ‘things’ are following me. I am aligned.”

43. Psalm 84:11

“For the Lord God is a sun and shield; the Lord bestows favor and honor; no good thing does he withhold from those whose walk is blameless.”

- **Context:** God is not a “withholder”; He is a “bestower.”
- **Declaration:** “You are my sun and my shield. Favor is mine today. No good thing is withheld from me.”

44. Deuteronomy 8:18

“But remember the Lord your God, for it is he who gives you the ability to produce wealth.”

- **Context:** Success is a divine “Ability.”
- **Declaration:** “I am anointed for success. Lord, give me the ideas to produce wealth for Your Kingdom.”

45. Malachi 3:10

“Test me in this... and see if I will not throw open the floodgates of heaven and pour out so much blessing that there will not be room enough to store it.”

- **Context:** The promise for those who prioritize God’s house (the tithe).
- **Declaration:** “The floodgates of heaven are open over my life. I receive the overflow.”

46. 2 Corinthians 9:8

“And God is able to bless you abundantly, so that in all things at all times, having all that you need, you will abound in every good work.”

- **Context:** Abundance is given so that we can “abound in good work” (generosity).
- **Declaration:** “I have all I need. I am a channel of blessing to others.”

47. Psalm 5:12

“Surely, Lord, you bless the righteous; you surround them with your favor as with a shield.”

- **Context:** Favor is a protective bubble.
- **Declaration:** “I am surrounded by favor. It goes before me into every meeting and every encounter.”

48. Proverbs 10:22

“The blessing of the Lord brings wealth, without painful toil for it.”

- **Context:** Contrast between “Blessing-wealth” and “Toil-wealth.” Blessing is efficient.
- **Declaration:** “I reject painful toil. I receive the Blessing of the Lord that makes me rich.”

49. Genesis 12:2

“I will make you into a great nation, and I will bless you; I will make your name great, and you will be a blessing.”

- **Context:** The Abrahamic covenant—blessed to *be* a blessing.
- **Declaration:** “I am blessed. My name is honorable. I am a blessing to everyone I meet.”

50. Psalm 115:14

“May the Lord cause you to flourish, both you and your children.”

- **Context:** A promise of multi-generational expansion.
- **Declaration:** “I am flourishing. My children are flourishing. We are increasing more and more.”

Selah: The King’s Meditation *You are a child of the King. He is not a reluctant giver. Imagine the floodgates opening over your specific area of lack. What does ‘overflow’ look like in your life? How will you use that overflow to bless others?*

APPENDIX: HOW TO USE THESE VERSES

To get the most out of this arsenal, follow the ancient practice of **Lectio Divina** (Divine Reading), adapted for the warfare of the fast:

STEP 1: LECTIO (READ)

Read the verse out loud. Not once, but three times. Let the words vibrate in your ears.

STEP 2: MEDITATIO (MEDITATE)

Close your eyes. What word or phrase “stuck” to you? If it was “trample,” think about what that means for your current problem.

STEP 3: ORATIO (PRAY/DECLARE)

Speak the provided Declaration. Don’t say it like a poem; say it like an order. You are the King’s representative.

STEP 4: CONTEMPLATIO (REST)

Stop talking. Stop thinking. Just rest in the truth of what you just read. Let it sink from your head to your heart.

CONCLUSION: THE SWORD IN YOUR HAND

You are now equipped.

Fasting has thinned the veil, and the Word has sharpened your edge. Do not let these verses stay on the page. Take them into your prayer closet, take them into your commute, and take them into your sleep.

The enemy cannot stand against a believer who knows who they are and what is written.

ChristFast - Humbling the Flesh to Elevate the Spirit

Visit christfast.com for more resources.