

Pastor Daniel Olawande



LIT Episodes:

FASTING & SPIRITUAL POWER

Transcribed and Published by Livingsermons.com

Fasting & Spiritual Power

Preacher: Pastor Daniel Olawande

Publisher: LivingSermons.com

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Foreword

There is a generation that wants spiritual power without spiritual discipline.

We admire revival but avoid the altar that produces it. We desire authority over darkness while remaining slaves to our appetites. We celebrate miracles, yet we quietly dismiss the very practices that prepared the men and women God used throughout Scripture.

Perhaps the most neglected spiritual discipline in the modern Church is fasting.

Some call it outdated. Others consider it unnecessary. Many have replaced it with comfort, convenience, and carefully managed Christianity. Yet the words of Jesus remain unchanged:

"Howbeit this kind goeth not out but by prayer and fasting."

(Matthew 17:21, KJV)

That statement should disturb every believer.

If Jesus declared that certain spiritual battles require prayer and fasting, then what battles have we been attempting to fight with methods He never prescribed?

This book does not present fasting as a religious competition or a means of earning God's favor. It presents it as Scripture presents it—a God-ordained discipline that weakens the influence of the flesh so that the life of the Spirit can flourish. P. Daniel Olawande confronts one of the greatest misconceptions of our generation: that spiritual maturity can exist without sacrifice. His message challenges the believer to examine what truly governs the heart. Is it God—or comfort? Is it the Holy Spirit—or appetite? Is it surrender—or convenience?

These are uncomfortable questions. They are also necessary ones.

As editors at LivingSermons.com, our assignment is not to improve a preacher's message but to preserve it. Every effort has been made to retain the preacher's voice, emphasis, passion, and biblical convictions while presenting this sermon in a polished, readable format suitable for study, meditation, and discipleship.

Whether you agree with every application in these pages or not, one truth cannot be ignored: every major movement of God in Scripture and throughout Church history was marked by men and women who embraced lives of prayer, consecration, and fasting.

The challenge before you is not whether fasting is difficult.

The real question is whether we have become so comfortable that we can no longer recognize the cost of following Christ.

Read slowly.

Read prayerfully.

Then do more than admire these truths.

Live them.

— Wisdom Epsi

Chief Editor, LivingSermons.com

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Publisher's Note

This book is a faithful transcript of a live sermon delivered by the preacher under the inspiration and unction of the Holy Spirit. Every effort has been made to preserve the preacher's exact words, tone, flow, and spiritual authority, while carefully proofreading and formatting the message into a clear and readable ebook format.

The message you are about to read was originally ministered in a live congregational setting. As such, it carries the weight, urgency, and atmosphere of that sacred gathering. Minor grammatical and structural adjustments have been made solely to enhance readability, without altering the substance, intent, or power of the original delivery.

Watch the live sermon from which this message was transcribed on YouTube, **at [Pastor Daniel Olawande's Official YouTube Channel](#)**.

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It is our prayer that as you read, the same grace, conviction, clarity, and impartation present in the live service will minister to you afresh.

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A Spirit-led Publishing Stewardship

Main Message

Begins Here



Introduction

There are spiritual dimensions that cannot be accessed casually. God has provided spiritual disciplines that position believers to experience greater intimacy with Him and greater manifestations of His power. One of those disciplines is fasting.

In this teaching, P. Daniel Olawande explains that fasting is not merely a religious activity or the absence of food. It is a spiritual weapon that weakens the flesh, sharpens the spirit, breaks yokes, and increases spiritual sensitivity. Through Scripture, he shows why every believer who desires to walk in spiritual power must understand and practice biblical fasting.

CHAPTER ONE

Fasting Is More Than the Absence of Food

The power of fasting is not in the absence of food. It is in what replaces it. Fasting turns down the volume of the flesh so that the spirit can be heard more clearly.

Jesus said:

"Howbeit this kind goeth not out but by prayer and fasting."

(Matthew 17:21, KJV)

Fasting is a yoke-breaking system. There are things that prayer alone cannot move. When you notice that a case is too tough, introduce fasting.

I always say:

Fasting flattens your flesh, fattens your spirit, and fastens your journey.

Fasting is the deliberate laying down of physical appetite so that you can sharpen a spiritual one.

Every time you fast, you are saying,

"God, You are more satisfying than anything the world offers."

Prayer

Father, in the name of Jesus, we thank You for a day like this. Thank You for the opportunity to be back here to share Your Word. Thank You for the Lit Tribe. Thank You for everyone in the Lit House.

We give You all the praise.

As we go deep into Your Word, let Your Word come with power. Empower me, anoint me, instruct me, inspire me, and let the Word come with grace, precision, and accuracy.

Let everyone who hears this Word burn for You. Let them remain lit for You.

Thank You, Almighty God.

In Jesus' name, Amen.

I especially celebrate everyone in the Lit House—the entire Lit Tribe.

I am excited about your growth, and I am grateful for what God is doing in your lives. It is a beautiful thing to witness.

Make sure you become a part of the Lit House. Be a member of the Lit Tribe.

Fasting and Spiritual Power

Today, I am teaching on **Fasting and Spiritual Power**.

I want to show you how to unlock spiritual depth through the discipline of fasting, so that fasting goes beyond being a religious routine or ritual and becomes a genuine spiritual weapon that breaks bondages, destroys yokes, sharpens spiritual sensitivity, and releases supernatural power.

Fasting is much more than a religious exercise.

It is a spiritual weapon.

It carries inherent spiritual power.

It breaks yokes.

It sharpens sensitivity.

It releases supernatural power into the life of the believer.

Let's begin our journey with the words of Jesus.

"Howbeit this kind goeth not out but by prayer and fasting."

(Matthew 17:21, KJV)

There are things that prayer alone cannot move.

There are breakthroughs that will not come through worship alone.

There are breakthroughs that will not come through confession alone.

There are breakthroughs that will not come through faith alone.

Jesus Himself said,

"This kind goeth not out but by prayer and fasting."

Fasting is not punishment. Fasting is a weapon. The tragedy is that many believers have left this weapon unused. When Jesus said, "**This kind**," He revealed that there are situations that will not change until fasting is added to prayer.

That is why I always say: **Fasting flattens your flesh, fattens your spirit, and fastens your journey.**

There is power in fasting.

CHAPTER TWO

What Fasting Is—and What It Is Not

Fasting is not dieting.

Dieting is good.

You may diet to stay healthy, to keep fit, to have a flat stomach, six-pack abs, or whatever physical goal you desire.

There is nothing wrong with that.

But fasting is not dieting.

Neither is fasting a hunger strike.

If you fast without prayer and without the Word of God, you are simply on a hunger strike.

You are only wasting your time.

Another important truth is this:

Fasting is not a way to twist God's hand.

You cannot bribe God through fasting.

So, what is fasting?

Fasting is **voluntary weakness for the sake of spiritual strength.**

You willingly choose weakness so that you can receive God's strength.

It is the deliberate laying down of physical appetite so that you can sharpen your spiritual appetite.

God's Chosen Fast

Let us read what the Scriptures say.

"Is not this the fast that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke?"

(Isaiah 58:6, KJV)

God Himself describes the kind of fasting He has chosen.

A true fast accomplishes the following:

- It loosens the bands of wickedness.
- It undoes heavy burdens.
- It sets the oppressed free.
- It breaks every yoke.

These are the characteristics of God's chosen fast.

God's chosen fast is not merely the absence of food.

It is the presence of divine purpose.

Let me also clarify something.

Choosing not to watch television for ten days is a good decision.

Choosing not to watch Nollywood, Hollywood, or Bollywood movies is good discipline.

Choosing not to use your phone for twenty days is also good discipline.

But by itself, that is not biblical fasting.

Those disciplines may accompany a genuine fast, but they are not substitutes for fasting.

Study the Scriptures from Genesis to Revelation.

Every genuine biblical fast involved abstaining from food.

Authentic fasting begins with abstaining from food, bringing your physical appetite under control, and then laying aside other distractions so that you can devote yourself completely to God.

CHAPTER THREE

What Fasting Does Spiritually

1. Fasting Silences the Flesh

The body is loud. The flesh constantly demands comfort.

It demands pleasure.

It demands satisfaction.

You cannot even blame the body—that is its natural tendency.

But fasting turns down the volume of the flesh so that the spirit can be heard more clearly.

When the flesh becomes quieter, spiritual perception becomes clearer.

That is why I say:

Fasting flattens your flesh and fattens your spirit.

It enlarges your spiritual capacity.

It is not that your spirit literally becomes bigger.

Rather, as the influence of the flesh decreases, the spirit occupies more space in your life. Many believers struggle because the flesh has become too loud.

The flesh has become too dominant.

Through fasting, the influence of the flesh is reduced so that the spirit can take its rightful place.

2. Fasting Sharpens Spiritual Sensitivity

Fasting sharpens spiritual sensitivity.

When Daniel fasted, angels were dispatched.

Daniel 10:12

When Cornelius fasted, he received a vision.

An angel appeared to him and said:

"Thy prayers and thine alms are come up for a memorial before God."

(Acts 10:4, KJV)

He was instructed to send for Peter.

In Acts 13:1–3, the leaders of the church at Antioch were fasting and ministering to the Lord.

Then the Holy Ghost spoke:

"Separate me Barnabas and Saul for the work whereunto I have called them."

(Acts 13:2, KJV)

Do you see what fasting does?

Fasting does not change God's willingness to speak.

It changes your ability to hear.

God is always speaking to His children.

Many times, the problem is that we are not listening.

One of the ways to awaken your spiritual ears is through fasting.

When the church in Antioch fasted, the Holy Ghost spoke.

When Daniel fasted, angels were dispatched.

When Cornelius fasted, visions came.

When you fast, something should happen in the spirit.

I declare over you today:

After today, you are entering a season of spiritual activation in the name of Jesus.

Amen.

3. Fasting Breaks Spiritual Bondage

Isaiah 58:6 tells us that chains are loosed and yokes are broken.

There are generational patterns.

There are persistent temptations.

There are spiritual blockages.

Some of these things will not respond until fasting is added to prayer.

Jesus said:

"This kind goeth not out but by prayer and fasting."

(Matthew 17:21, KJV)

Fasting is a yoke-breaking system.

Whenever you discover that a situation has become unusually stubborn, introduce fasting.

There are battles that yield only when prayer is joined with fasting.

Mix fasting with your prayers.

When you do, strong obstacles are moved.

Barriers are removed.

Patterns are broken.

Persistent temptations disappear.

Spiritual blockages are destroyed.

4. Fasting Positions You for Supernatural Breakthrough

Jesus said:

"Howbeit this kind goeth not out but by prayer and fasting."

(Matthew 17:21, KJV)

Some assignments require a higher level of spiritual engagement.

You need fasting to access that dimension.

Fasting positions you for supernatural breakthrough.

That is why, whenever it is time for a major meeting or assignment, we begin to fast for many days.

Some meetings are beyond human ability.

You cannot accomplish them in the energy of the flesh.

So I go into extended seasons of fasting.

Sometimes forty days.

Sometimes thirty days.

Sometimes fifty days.

I stay there before the Lord, saying,

"Lord, I depend on You."

"I depend on You."

I am looking for supernatural breakthrough because I know I cannot break through in the natural unless there is first a breakthrough in the supernatural.

Fasting is my access into that breakthrough.

That is why, year after year, we continue to see breakthroughs.

I pray for you today:

Receive grace to fast.

Receive grace to seek God.

Receive grace to remain consistent in the place of fasting, in Jesus' name.

Amen.

5. Fasting Realigns Your Priorities

Fasting realigns your priorities.

When you fast, you quickly discover what controls you.

Is it food?

Entertainment?

Comfort?

Validation?

Fasting exposes you to yourself.

It reveals who really owns you.

There was a season in my life when I used to buy **boli** every evening. (Boli is roasted plantain, a popular meal in Nigeria.)

I never missed it.

I did not realize that my body had already formed an attachment to it.

I only discovered it when I entered a prolonged fast.

Even though I knew I was fasting, I found myself walking toward the woman who sold the boli.

Halfway there, I suddenly remembered,

"Ah! I am fasting."

That was when I realized something was trying to control me.

Fasting reveals who owns you.

It exposes your attachment to food.

It exposes your attachment to entertainment.

It exposes your attachment to comfort.

It exposes your attachment to validation.

When you fast, you are at your weakest physically, and because of that, you begin to see the things that have been controlling your life.

The beautiful part is that fasting gives you the opportunity to reclaim ownership.

You begin to declare:

"No! I am in charge here."

"Sin, you will not control me."

"Food, you will not control me."

"I belong to God."

That is one of the blessings of fasting.

Jesus Expected Believers to Fast

Jesus never presented fasting as an option.

He presented it as an expectation.

In **Matthew 6:16–18**, He said:

"Moreover when ye fast..."

(Matthew 6:16, KJV)

Notice He did not say, *"If you fast."*

He said,

"When you fast."

That tells us fasting is expected in the life of every believer.

Look also at **Matthew 9:14–15**.

The disciples of John came to Jesus and asked why His disciples were not fasting.

Jesus answered:

"...Can the children of the bridechamber mourn, as long as the bridegroom is with them?... but the days will come, when the bridegroom shall be taken from them, and then shall they fast."

(Matthew 9:15, KJV)

Jesus is the Bridegroom.

He has already been taken.

That means we are now living in the days He spoke about.

These are the days in which believers should fast.

In Matthew 6, Jesus assumed three things would be normal in the Christian life.

He said:

- **When you give...**
- **When you pray...**
- **When you fast...**

Giving is normal.

Prayer is normal.

Fasting should also be normal.

It was never designed to be an occasional activity.

Neither was it designed to become a crisis-driven project.

Many people only fast when trouble comes.

No.

That is not God's design.

Fasting should become part of your lifestyle.

Every serious believer should have at least one day every week set aside for fasting.

At least one day.

Make it a regular spiritual discipline.

I once heard a great father of faith share that for over forty years he had not eaten breakfast. For forty years, he would not eat until around 3:00 p.m. each day.

When I heard that, I said, "*Jesus, we have not even started.*"

That is a fasted life. Fasting should become part of your spiritual destiny.

It should not be occasional.

It should not be driven by emergencies.

It should be intentional.

Whether it is once a week, twice a week, or several days each month, there should be a consistent rhythm of fasting in your life.

CHAPTER FOUR

Practical Patterns of Biblical Fasting

There are many arguments about the different kinds of fasting. Personally, I do not spend much time arguing about classifications. Any genuine fasting found in Scripture is valuable.

However, if you ask me to explain practical patterns of fasting, I will mention three.

1. Total Fast

The first is what I call a **total fast**.

This is an extended period of fasting, sometimes lasting twenty, thirty, or even forty days.

Jesus demonstrated this pattern.

"And he did eat nothing in those days..."

(Luke 4:2, KJV)

The Bible tells us that Jesus became hungry.

It does not specifically say He became thirsty.

That suggests He likely drank water during the fast.

Let me encourage you.

Do not harm yourself because you want to fast.

Drink water.

Stay hydrated.

Unless God specifically instructs you otherwise, there is no spiritual reward for refusing water.

God is not impressed simply because someone avoided drinking water.

The purpose of fasting is not self-destruction.

The purpose is to seek God.

2. Daniel Fast

The second pattern is what I call the **Daniel Fast**.

This is a prolonged fast during which you abstain from regular meals while taking small amounts of fruit for strength.

Many people observe this for twenty-one days or even forty days.

Personally, I have practiced this pattern many times.

Sometimes for twenty-one days.

Sometimes for forty days.

Sometimes even longer.

The key is moderation.

Perhaps one apple.

A few bananas.

A small portion of fruit simply to provide enough strength to continue praying.

Do not misunderstand this.

If you fill a large bowl with watermelon, apples, cucumbers, and every kind of fruit, eat everything, and then say you are fasting, you are not fasting.

You simply changed your diet.

A Daniel Fast is not about replacing one full meal with another.

It is about maintaining enough physical strength while remaining devoted to prayer and seeking God.

3. Normal Daily Fast

The third pattern is the regular daily fast.

You abstain from food until a specific time, perhaps 3:00 p.m. or 6:00 p.m., and then you break your fast.

If you are observing this kind of fast, do not snack throughout the day and then claim you are fasting.

If you have been eating apples, cucumbers, peanuts, or other snacks all day, you have not truly fasted.

Be honest with yourself.

If you are fasting, abstain from food until your appointed time of breaking the fast.

Water is acceptable.

If you are observing a longer fast, such as twenty-one, forty, or fifty days, you may also take simple liquids, such as smoothies or natural fruit juices, in moderation to stay hydrated and maintain enough strength to pray.

Avoid turning your fast into a feast with soft drinks or carbonated beverages.

The goal is not comfort.

The goal is greater devotion to God.

No.

Any fasting that does not contain an element of sacrifice is not truly fasting.

It becomes feasting.

Be honest with yourself.

Now, I understand that there may be health conditions that require adjustments. If that is your situation, exercise wisdom. But whatever your circumstance, ensure there is still an element of sacrifice in your fasting.

There must be something you are giving up.

There must be something that costs you.

So, how do you fast with intention?

Before you begin any fast, answer these three questions.

1. What Is the Purpose of This Fast?

Ask yourself:

Why am I fasting?

Is it for:

- Breakthrough?
- Clarity?
- Intercession?
- Personal renewal?
- Spiritual warfare?

Be specific.

A fast without purpose soon loses its intensity.

It loses direction.

It loses effectiveness because your prayers are not focused.

Sometimes your church may announce a forty-one-day fast.

That is wonderful.

But within those days, define your own focus.

Perhaps during the first ten days you are praying for one specific matter.

Then move to another burden.

Do not simply allow the days to pass.

Ask yourself:

"What am I trusting God for?"

Are you seeking clarity?

Are you asking God for direction?

Are you praying concerning your future?

Are you interceding for someone?

Are you believing for personal revival?

Are you engaging in spiritual warfare?

Name your purpose.

2. What Will I Do With the Time I Would Have Spent Eating?

This is very important.

Do not simply stop eating while continuing your normal routine.

That is merely a hunger strike.

The time you would have spent eating should now be invested in:

- Prayer
- The study of God's Word
- Worship
- Intercession
- Listening to sound biblical teachings
- Reading Christian books

Always remember this:

The power of fasting is not in the absence of food.

It is in what replaces it.

If you are not eating, make sure you are praying. Spend time in God's Word. Listen to sermons. Read books that build your faith. Give yourself to worship and intercession.

That is where the power of fasting is found.

3. How Will I End the Fast?

Plan how you will conclude your fast.

Break your fast with gratitude.

Thank God.

Write down what God showed you.

Document any instruction He gave you.

Record every breakthrough.

Carry those testimonies forward.

Declare God's promises over your life even before you see the full manifestation.

Every time you fast, you are saying to God,

"Lord, You are more satisfying than anything this world offers."

"I could have been eating, but You satisfy me more."

"I could have been occupied with many other things, but I choose You."

Fasting is an expression of surrender.

It is saying,

"Lord, I depend completely on You."

Fasting is not about earning God's attention.

It is about redirecting **your** attention toward God.

A Prayer for Fresh Spiritual Hunger

I pray for you today.

As you make the decision to fast, receive a fresh spiritual hunger in the name of Jesus.

Receive heightened spiritual sensitivity.

Receive a new spiritual appetite.

Receive eyes that see.

Receive ears that hear.

In the mighty name of Jesus.

My challenge to you is simple:

Fast with focus.

Pray with faith.

Fast with focus.

Pray with faith.

Fasting is how you enforce your breakthrough in the spirit until it becomes visible in the natural.

Step out today.

Choose a day to fast.

I will be waiting to hear your testimony.

Closing Prayer

Father, in the name of Jesus, I thank You for everyone watching this message and everyone listening across every platform.

Thank You, Almighty God.

Lord, I pray that You will release upon them fresh grace to fast.

Give them a fresh appetite for You.

Give them strength to pursue deeper intimacy with You.

Release fresh spiritual hunger upon them.

Give them renewed passion to seek Your face.

In the name of Jesus.

Thank You, Father.

The next time I hear from them, they will have testimonies of grace in the place of fasting.

In Jesus' name we pray.

Amen.

Final Exhortation

Before I go, let me leave you with three important thoughts.

1. Don't Compare Yourself With Others

Start at your own pace.

Do not hear that someone is fasting for forty days and immediately decide to do the same without preparation.

Grow gradually.

Begin with one day.

Then perhaps three days.

Move to seven days.

Then twenty-one days.

Eventually, if God leads you, forty days.

Let me make you laugh.

The first time I attempted a three-day dry fast, I broke it on the second day.

I honestly felt like I could not continue.

But today, by God's grace, I have completed many longer fasts.

Growth is progressive.

Keep growing.

2. Never Say, "Fasting Is Not for Me"

Do not tell yourself,

"I cannot fast."

Fasting is for every believer.

Ask God for grace.

3. Depend on Grace, Not Human Strength

Fasting is not accomplished by human energy.

It is by God's grace.

Cry out to Him.

Ask Him for strength.

He will help you.

The Lord bless you.

Thank you for watching.

Please share this message with everyone you know so they can also be part of what God is doing through the LIT Episodes. I also want to celebrate every member of the Lit Tribe and everyone in the Lit House. Thank you for your commitment.

Keep sharing.

Keep inviting your friends and family. If you would like to join the Lit House, follow the details provided in the description and become part of this growing family.

Lit Declaration

Let's declare this together.

I will live lit daily.

I will lead lit boldly.

I will build lit intentionally.

I am sent to carry my fire into my world.

Stay on fire.

Stay lit.

Keep burning.

Carry your fire into your world.

Do not allow your fire to go out.

God bless you.



About The Speaker

Pastor Daniel Olawande, widely known as P. Daniel, is an ordained minister in the Redeemed Christian Church of God (RCCG) and the Lead Pastor of RCCG The Envoys in Lagos, a youth-focused expression of the church marked by revival emphasis and strong apostolic teaching. He also serves in key national roles within RCCG's youth structure, including leadership within the Students and Corpers Ministry (CRM) and youth evangelism, with a clear mandate centered on raising a "burning generation" and stirring spiritual awakening among young people. His ministry combines preaching, mentorship, and large-scale revival gatherings, with a consistent focus on alignment, consecration, and purposeful living, making him a prominent voice among emerging Pentecostal leaders in Nigeria.

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