

Living Water Christian Center 21 Day Fast 2018



DAY 15

I find it very interesting: When God wanted to fill believers with the Holy Spirit, the most amazing filling of all, He didn't ask them to think it all through and figure out how that was going to happen. He also didn't force it upon them. He revealed what was in store for them and asked them to be ready, but then He asked them to create a space where it could happen.

Jesus tells us in Matthew 6:3-4, 6, 17-18 how we can create space. In these verses He doesn't say, "if." He says "when" you do these things. He assumed that, as His children, we would want to create spaces in our lives for Him to fill with His rewards. When you give, pray, or fast, you are creating space for God to do amazing things in your life.

For many, week three feels like a breakthrough week. As your body has become used to less food, you are more than likely experiencing fewer hunger pangs. Since your body has detoxified, you are most likely also experiencing less achiness and headaches. Because your body is not using as much energy to digest food, it can devote more energy into the restorative processes. During the last week you may also find you are sleeping better too. Spiritually speaking, this week can be really powerful as you find yourself in your fast zone, and your mind has made the leap to focusing more on God.

Make a choice to finish your fast strong, and ask God to help you keep your momentum (or even strengthen it) as your year goes on.