

Living Water Christian Center 21 Day Fast 2018



DAY 4

Do you think of yourself as a temple? The Bible says that your body is the temple of the Holy Spirit. We've got to get "the gunk" out of God's temple so we can hear his voice clearly and prepare ourselves for new things He wants to do in and through us. Even if you are going to church, reading your Bible, and worshiping there are times when you need to give your soul a good spring cleaning to make it fresh again.

As we live our lives, over time we can get all "gunked up." While our spirit is eternally made new through Christ, our soul, which is the intersection of our mind, will and emotions, can become weighed down, heavy, negative, and sluggish.

The constant demand on our mind, the distractions, and the noise can weigh us down and put us in a spiritual fog. Life has a way of stacking on the pressure and pain, which causes our emotions to get out of whack. As we get tired and weighed down, our conscience can become desensitized, not really bothered by things that once convicted us. God's voice is slowly muffled, and we begin to lose our passion for Him. The fire within dims, and we shift into autopilot, operating from a position of obligation or routine in our relationship with God, instead of one of affection and fervor.

Fasting hits the reset button of our soul. To receive the new things God wants to bring into our lives, we have to periodically hit the reset button. This is what I call experiencing a newness of soul. What a powerful gift we have been given through fasting.

Along with your fasting, make sure you slow your pace and remove distractions. Try to add some times of silence and solitude along with your fasting.

Excerpts taken from *Awakening: A New Approach to Faith, Fasting, and Spiritual Freedom* by Stovall Weems (pp. 68-71)

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