



DAY 2

It is time to get a new outlook on fasting. When practiced the right way, fasting is something that everyone should enjoy. That's right...enjoy! Fasting is for every follower of Jesus. Too many people fast with a strict mind-set that focuses on abstaining. The fasting I am talking about is different. Of course it involves abstaining from food, but the mindset is completely different. It is possible to have minimum physical emptiness with maximum spiritual fullness.

Fasting is one of the most powerful spiritual weapons believers can use. Maybe you've never done it before. There is a serious misconception that fasting is for serious, super Christians or only for times of crisis. Some even think fasting is only an Old Testament thing. Nothing could be further from the truth.

Jesus said in Matthew 6:16, "When you fast." He did not say if you fast!

There is a closeness to God that you simply will not experience from prayer or personal devotions alone. You must fast. You get a revelation of God's Word when you fast that you simply cannot get any other way. Disconnecting from the distractions of the world through fasting, and connecting into the power and presence of God through prayer, brings a supernatural freshness and newness to our souls.

What will you be fasting over the next 20 days? Your fast doesn't necessarily have to be food. You could fast from social media or anything that would help you be more intentional in your focus on God and His Word.

Excerpts taken from *Awakening: A New Approach to Faith, Fasting, and Spiritual Freedom* by Stovall Weems (pp. 63-64)

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