

Living Water Christian Center 21 Day Fast 2018



DAY 9

When we experience staleness in our relationship with God for whatever reason, surrendering again is the first step to rekindling the fire within! We need to start each day with complete surrender. Surrender is more of an ongoing process rather than just a one-time decision. Full surrender to God means no more going back and forth with one foot in the world and the other foot in God's kingdom. Following Jesus is all or nothing.

The surrendered life is the best life. It's really the only way to live as a believer. But to get there, you've got to go all out. This means total surrender. No more halfway stuff; you can't be a part-time Christian. God wants you to be a full time follower of Jesus.

When you fully surrender to God, you are filled with His Spirit and are awakened to His presence in your life. God will energize you and give you a hunger for His Word.

About this time in your fast, you may be experiencing some fatigue. Let yourself have extra rest if you need it. You also may be experiencing achiness, irritability, or fogginess. All of these symptoms are normal and will pass. Make sure you keep your water intake up. Keeping your water intake up will help flush out the toxins that your body is releasing and help relieve the symptoms more quickly. Finally, more than ever, this is the time you have to be vigilant about your spiritual focus. Great days are ahead, and you will be glad you pushed through this day and didn't give up!

Excerpts taken from *Awakening: A New Approach to Faith, Fasting, and Spiritual Freedom* by Stovall Weems (pp. 12 and 165)