

Starving the Strong Man

Rachael Martin 5,24,2019

In the beginning of the Gospels we hear the story of Jesus being baptized and then he starts His ministry telling people to repent & showing who He is to those who will believe. However, before He starts sharing, Holy Spirit leads Him out to be alone (**Matthew 4, Mark 1**) where Jesus fasts and is ministered to by angels.

Then He's tested.

The enemy makes His move when Jesus is weak, however the devil doesn't realize that although Jesus is physically weak, He has been denying His flesh and spiritually being filled and strengthened.

My girls ate something that didn't agree with them yesterday and interestingly right before they started feeling bad I was talking with my oldest about how the Lord was talking to me about fasting some things... I didn't go into full detail but she immediately understood physically the feeling she was having.

Then all day today, even though I was working, I was texting them back & forth to eat lightly, toast, tea, fruit, rice – you know, the BRAT diet. As I was working & texting back & forth with them, I realized that all day today, I had been doing the same thing. I was eating lighter and could hear the Lord talking to me about this message.

I'm sure most of you know about fasting & the wonderful breakthroughs that can happen when we do. I've experienced clarity in hearing from the Lord time and time again. I don't know why I don't remain in a state of fasting something.... Lol

This message is to encourage you all today to ask the Lord if there is something He wants you to fast – food or certain foods, T.V., talking, movies, maybe it's even to fast your time with others. Whatever it is, I'm sure the Lord will lead you and know that He's leading you to fast that certain thing because it's something that needs to be weakened so that your spirit man can rise up in strength and gain ground and clarity as we walk with Jesus.

Breakthrough! Let's starve something! Have a great weekend!

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