

## Fasting Foundations #1

This coming Sunday is Pentecost Sunday. As we prepare our hearts, remember these 3 truths about the foundations of fasting...

1. **Fasting is an invitation** - God invites us to fast. He uses this doorway to bring us into greater measures of encountering His heart. There are blessings that will only be released when our spiritual hunger reaches the point that we want to fast in order to receive more of God.

2. **Fasting is a paradox** - The more we fast, the weaker we become in the flesh but the stronger we become in the Spirit. The more we fast and pray the closer to God we get ... but the more aware that we are incredibly sinful. The holier we become in Christ... the more we sense how unChristlike we are! The hungrier we get for God...He fills us...satisfies us and we find out we are even more hungry for Him. Fasting is indeed a great paradox!

3. **Fasting is a grace** - We sustain a life of fasting only by God's grace, not by our strength or self will. God gives us the grace to draw closer to Him in fasting. As we embrace the voluntary weakness of fasting, we receive more spiritual strength! "...**those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint**" (Isaiah 40:31). Fasting is a an invitation, a paradox and a grace. This is a universal principle and eternal truth: **Prayer and fasting is the key to spiritual breakthrough.**