

Relentless

Day 18



Today's Passage

"And Jesus said to them, While the bridegroom is with them, the attendants of the bridegroom do not fast, do they? So long as they have the bridegroom with them, they cannot fast. But the days will come when the bridegroom is taken away from them, and then they will fast in that day."

Mark 2:19-21 RSV

Today's Thought

Fasting is a misunderstood practice, especially in western cultures, but in terms of spiritual warfare, it is an nuclear bomb. It is interesting that Jesus stated, referring to himself as the bridegroom, that when he is taken away, the attendants (those who are believers) will fast. Yet, the topic of fasting is seldom preached or practiced in many churches. As a result, many believers have missed one of the greatest blessings and sources of power with God.

Fasting results in God moving in a mighty way in the believer's life. Fasting is a tangible demonstration of the believer's heart attitude and humility toward God. Fasting communicates to God that the matter the believer is raising before him is so important that the believer is willing to deny worldly pleasures, clothe himself with humility, and focus on seeking God. It is my conviction that fasting is a way to keep a prayer request constantly before the Throne of God. Fasting often makes the believer more sensitive to the Holy Spirit and better able to hear the voice of God regarding issues in his life. The believer will become more confident in making important decisions because his mind is often sharpened in discerning God's will.

God takes notice of those who seek him with all of their heart and responds to their requests. However, do not be deceived! God will not grant a request that is outside his will. Fasting is not a mechanism to change God's mind or twist his arm to answer a particular prayer request.

The believer will need to be sensitive to the Holy Spirit when deciding if it is appropriate to fast. Although Jesus Christ fasted for forty days (Mat. 4:1-2), this does not necessarily mean that all believers will be drawn by the Holy Spirit to fast such a significant time period. God honours the believer's sacrifice when he fasts a day or even single meal. It is the believer's purpose in fasting and heart attitude toward God that matters. Every major decision that the believer will make in his life requires prayer, but not necessarily fasting. However, it is more likely that the Holy Spirit will move on the believer's heart to fast when he is faced with a significant decision or circumstance in his life.