

FASTING TO KNOW GOD;

The greatest benefit of fasting and prayer is that it helps us to know God as never before. God wants to reveal himself to us, but sometimes the pressures of the day blind us to Him.

Blind Bartimaeus yelled to get Jesus' attention, (Mark 10:47) so we too, need to cry out to God to come to us. We need a broken Spirit and a contrite heart (Psalm 51:1) God has promised that He will not despise these.

Through fasting you "hunger and thirst after righteousness." You can touch the heart of God with your hungry pleas for His presence.

.Oh! that we would cry out for the presence of God through fasting so we can experience His nearness.

As Christians, we should spend less time praying, "Bless me" or "Give me" prayers and more time praying, "God, I give to you."

FASTING TO WAIT ON GOD;

Some days you may not know which way to turn and tomorrow may look fuzzy; when the dark days come, remember to fast and pray'

WHY FAST?

To wait on God. When you are praying, fasting, and waiting, you are putting yourself in a position where God can help you. God is always there for you, but when you fast, God comes to help you solve your problem.

ISIAH 40:31' Those who hope in the Lord (They that wait upon 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."

PSALM 40:1-4 "I waited patiently for the Lord,
He turned to me and heard my cry.
He lifted me out of the slimy pit,
Out of the mud and mire;
He set my feet on a rock
And gave me a firm place to stand.
He put a new song in my mouth,
A hymn of praise to our God.

**Many will see and fear,
And put their trust in the Lord.
Blessed is the man who makes the Lord his trust,
Who does not look to the proud,
To those who turn aside to false Gods.”**

Please read Psalm 89.

THE OTHER VOICE

**I have found in my walk with God that when He speaks to me there is usually another voice pulling in a different direction.
Life is not simple; between jobs, chores, demands, flesh, lust, pride and everything else, it’s a battle. Sin is subtle.**

HOW TO LISTEN.

GET READY: When you fast and seek God, get your bible open and your notebook ready, and tune your faculties to the voice of God.

GET QUIET: If we want to hear from God, we must quit talking so God can speak. “Be still and know that I am God.” (Psalm 46:10) If you do all the talking, all you learn is what you already know.

GET FOCUSED: Pay attention. You wouldn’t share something intimate with a person who wasn’t listening to you, would you? God will not tell you an intimate thought, either, until He has your attention.

GET RID OF DISTRACTIONS: A quiet place is best, because there are no distractions, but such a spot is not always available. Learn to block out noises and distractions to listen to God. With a little effort, you can focus on prayer, reading, or meditation.

GET STILL: The concept of “being still” usually refers to the absence of physical movement, but not always. You can “be still” before God as you jog, exercise in a weight room, or fly on a crowded plane. The secret is developing a “still spirit”- and not just a still body. (Be still and know that I am God.

REFERENCES:

The Beginner’s guide to fasting by Elmer Towns

Celebration of Discipline by Richard J. Foster.