



### Inner Growth - Fast

**Is not this the fast that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke?**

*Isaiah 58:6*

**Flesh** ----- Romans 8:8,13, Galatians 5:16

**Advance** ----- Revelation 3:21

**Spiritual** -----1 Corinthians 2:15

**Temptation** -----1 Corinthians 10:13

Why do unbelievers or believers fast? The people that do not serve God abstain from eating for physical purposes, some from an emotional separation, and others due to mental instability such as depression or oppression. However, the people of God from a biblical perspective fast due to a need, tragedy, or crisis: similarly, believers of today do the same with financial being the leading concern.

Some of our fasts are without knowing exactly why but that it is something needed. There are times a fast is not a spontaneous reaction. We have time to prepare ourselves both physically and spiritually.

A fast for a believer should be personal and private centered on our relationship with God, to be able to draw closer to Him. Physically, our flesh is not able to connect with God. Therefore, the flesh conflicts with our spirit and fights us not to fast.

The objective of a fast is to yield and fulfill the desires of the spirit. The only way to make progress with God is spiritual. The flesh is external. To fast enables the inner being to increase in strength to overcome the temptations of this world.

There are three kinds of fast. The absolute or dry fast is no food or water for a day. However, there should be a three-day juice followed by two-day water fast in preparation. Normal fast is water intake and no solid food for the day. A partial fast is water intake and restricting from the desirable meals.



**Prayer: Heavenly Father, help me to fast that I may spiritually draw closer to you for your purpose. Thank you. Amen.**