

Consider Fasting in Your Second Round of New Year's Resolutions

It's still the beginning of the year, and millions of people around the globe are hoping that this year will be better than the last. People are busy making a new list of their New Year's resolutions, making self-promises that may last for a few days, or weeks or, if you push it, maybe for a few months. The truth is our self-will, our thoughts, actions and way of living are controlled and chained to our flesh that lacks self-discipline with misaligned priorities.

The number 21 has a significant meaning; you can find it in the book of Daniel, where the prophet Daniel fasted for 21 days. This fast resulted in spiritual understanding, wisdom, favor and better appearance (Dan.1:11-12,15). Scientifically, it takes 21 days to break or build a new habit. Extending your time of fasting to disconnect, detox and spiritually rehab will bring a true transformation in your soul, spirit and mind as the noises of this world are silenced.

Consecrate your year to God by starting with fasting, prayer, dedication and seeking His face. When you do this, you tell God: "You are my priority, and I trust Your promises." Through fasting, we present ourselves as a living, holy and acceptable sacrifice to God. As a result, you allow God to unlock His perfect will for you, your family, community and nation. In Matthew 6:33a Jesus says, "But seek first the kingdom of God and His righteousness," and when you come to seek His kingdom, He will mark your year with His perfect and pleasing will.

To get you started on this journey to great spiritual (and physical) health, listen to *Raised to Deliver* on the Charisma Podcast Network. {eoa}

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