

# Fasting: Changing the Way You See

A diet changes the way you look. A fast changes the way you see.

Perhaps you feel a bit like me: holiday hung-over from a bit too much of a bit too much. I look like I need to give birth to a Christmas food baby. Good thing it's January, right? It's time for that annual fast and some serious New Year resolutions.

But wait. What if instead a diet/fast combo I really pressed into a bit more? Rather than simply changing how I look, I want to change how I see.

I truly sense that the year before us will require a heightened sense of sight. We will need greater vision to see us through. Rather than allowing the cross that loomed before Him to fill His eyes, Jesus saw through the cross to the joy set before Him (see Hebrews 12:2). How about you?

Are there some areas you need to see through?

Are you tired of being limited to how you look?

Are you ready to be released by what you see?

I certainly hope so. Your family, your friends, and this world need you to connect with a larger vision than what you've seen.

If you, like me, are ready to see in a new way this year, here's a message on fasting to get you on your way.

This post does not offer medical advice. Anyone planning to

fast, especially those with existing conditions or medical concerns, should consult with a doctor or fast something other than food.

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