

Spirit-Filled Author Explains the Importance of Fasting to Spiritual Growth

The foundation of fasting is a response to a revelation of God's mercy, love and grace. It is the revelation of who God is and what He has done that pulls us to express our gratitude through offering our body as a living sacrifice to God. Paul talks about mercy, righteousness, salvation, justification and Jesus' sacrifice. Romans 12:1-2 states, "I urge you therefore, brothers, by the mercies of God, that you present your bodies as a living sacrifice, holy, and acceptable to God, which is your reasonable service of worship. Do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is the good and acceptable and perfect will of God."

To be transformed with a renewed mind, and to know God's perfect will, we first have to present a living—not dead—sacrifice. Offering our body means changing your fleshly mindsets and actions through sole dependence on God's words and a fresh reliance on His name.

Starvation is not fasting. Fasting is not for a better diet, to lose weight or anything tied to your physical or fleshly desires. The act of fasting does not make one more righteous. Fasting results in greater awareness and sensitivity, and through that increased awareness, we can be purified. Read the book of Daniel, Isaiah 58 and Matthew 6:16-18 to understand the heart of true fasting before the Lord, and listen to this episode of *Raised to Deliver* on the Charisma Podcast Network. {eoa}

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