

{ Day 172 }

While they were worshiping the Lord and fasting, the Holy Spirit said, "Set apart for me Barnabas and Saul for the work to which I have called them." So after they had fasted and prayed, they placed their hands on them and sent them off.
—Acts 13:2-3

While Jesus was still walking the earth, the disciples felt the Lord's love for them, they experienced His embrace, and they sensed His deep desire for them. They were the Lord's for life. When the Bridegroom ascended into heaven, the ache of desire and the remembrance of intimacy stung their hearts with pangs of love's desire. Jesus knew the disciples would long for the opportunity to look into the eyes of Jesus and to feel the warmth of His nearness as in former times when they walked the hills of Galilee. However, God had a new plan to satisfy their longing. By the Holy Spirit, the Lord would release the fulfillment of their hearts' desire. As they would seek His comfort, they would again experience the previous satisfaction they had when He was so near to them. This would come about through the Holy Spirit revealing Christ through the Word. At that point, they would add fasting to the longing in their hearts, and their spirits would become tender in love. This is fasting in the grace of God. Fasting is absolutely essential for developing a deeper experience of devotion for Christ.

{ PRAYER STARTER }

Lord, Your Holy Spirit can satisfy the longing of my heart. Teach me to experience a deeper devotion for You through the Bridegroom fast.

**The Bridegroom fast tenderizes our spirits, helping
us to receive freely and deeply.**