

{ Day 173 }

They said to him, "John's disciples often fast and pray, and so do the disciples of the Pharisees, but yours go on eating and drinking." Jesus answered, "Can you make the guests of the bridegroom fast while he is with them? But the time will come when the bridegroom will be taken from them; in those days they will fast." –Luke 5:33-35

The Bridegroom fast will be used by the Holy Spirit to unlock deep places of our hearts in spiritual intimacy. Fasting enables us to see spiritual things that we normally could not see. The increase will not happen overnight. In fact, it may not even happen much in the first months, but our level of intimacy with the Lord will grow over years and seasons. We will see more this year than we did last year, and more next year than we did this year. Fasting increases the tenderizing of our hearts by removing the spirit of dullness and deadness off of us so that we feel the presence of God and His love in a more discernable way. When you embrace the fasted lifestyle, you will feel Him more than you do now. I can assure you of that.

{ PRAYER STARTER }

As I fast before You, Father, unlock the deep places of my heart so that I may experience a deeper intimacy with You. Tenderize my heart so that I can feel Your love in a greater way.

**Your spiritual commitment and intensity will grow
as a result of fasting.**