

{ Day 174 }

But God chose the foolish things of the world to shame the wise; God chose the weak things of the world to shame the strong. He chose the lowly things of this world and the despised things—and the things that are not—to nullify the things that are, so that no one may boast before him. It is because of him that you are in Christ Jesus, who has become for us wisdom from God—that is, our righteousness, holiness and redemption. —1 Corinthians 1:27-31

Fasting in fellowship with the Holy Spirit helps protect us from discontentment, coveting, and fleshly cravings. Fasting will lead to a change of your emotional chemistry. You will, for the most part, no longer desire to have the things that you once wanted. This is because fasting intensifies your detachment from worldly concerns. The strange thing about fasting is that it requires doing nothing instead of doing something, for when you fast you don't eat, don't work, don't talk, and so on. This is the ultimate state of the foolish and weak things of this world confounding the so-called wise things of the world. Fasting literally begins to unlock and release those negative feelings that have been ruling our hearts and ruling us. The presence of God released through fasting also helps to break the bondages of self-absorption so common in today's world.

{ PRAYER STARTER }

Father, remove my fleshly cravings and concerns so that I can fast unimpeded by the cares of this world. Strengthen my spiritual identity in You so that I will no longer desire the things of this world.

**Fasting is a powerful spiritual tool that
strengthens your spiritual identity in God and
weakens your fleshly identity.**