

Happy Sunday and Day 21 of the Fast,  
Hallelujah!! I hope that you all are enjoying time with your family and staying safe and warm. In some regard, I'm always glad when the day of completion FINALLY arrives, and other parts of me get kind of nervous. I so enjoy this special time with the Lord and never want to "lose" what I've obtained or "take back" what I've laid down.

I'm sure if you are like me and eat a lot of junk or drink a lot of sugary drinks, you have lost some weight in giving these things up for 3 weeks. Just as your physical bodies respond, so much more does our spirit man thrive through fasting. I believe as we've gone through some areas that we can "come up higher" in, Holy Spirit has challenged us, revealed things to us and brought healing and freedom in many different areas. As much has been discussed, I believe even more has been addressed on personal levels from Holy Spirit.

I always encourage on the last day, for people to not over indulge and make themselves miserable or even sick. Start slow and pace yourself. Just like I do not want to go from water only for three weeks straight back to multiple soft drinks, I also do not want to dive back into the trash that has previously filled my time and mind. Take some time today, to create some goals you want to carry out of the fast. Maybe its a certain amount of alone time. Maybe its leaning further into something He started showing you, or keeping yourself accountable in an area He has brought freedom in. Whatever it is, you do not have to go back to "life as normal" and lose the momentum that has been established in your life. To protect these things is not striving, it is stewardship.

I'm so sad we cannot gather corporately today. I love celebrating completion together and I'm super thankful for where we are going in worship and will miss out on our corporate time today. Take some time and worship alone. Give God thanks for all He has done during this fasting time and be sensitive to how He leads you out of the fast.

Curtis and I will be sharing at 10:30 this morning on our YouTube channel as well as the app.

Have an awesome day!  
~Pastor Kelly