

PREPARING OUR HEARTS TO RECEIVE

Matthew NKJV 6: ¹⁶“Moreover, when you fast, do not be like the hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be fasting. Assuredly, I say to you, they have their reward. ¹⁷But you, when you fast, anoint your head and wash your face, ¹⁸so that you do not appear to men to be fasting, but to your Father who *is* in the secret *place*; and your Father who sees in secret will reward you openly

1. We have a right to have fellowship and hear from God!

Romans NKJV 8: ¹⁴For as many as are led by the Spirit of God, these are sons of God. ¹⁵For you did not receive the spirit of bondage again to fear, but you received the Spirit of adoption by whom we cry out, “Abba, Father.” ¹⁶The Spirit Himself bears witness with our spirit that we are children of God,

Hebrew NKJV 4: ¹⁶Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need.

2. God is talking to my spirit not my head!

1 Thessalonians NKJV 5: ²³Now may the God of peace Himself sanctify you completely; and may your whole spirit, soul, and body be preserved blameless at the coming of our Lord Jesus Christ

Romans NKJV 8: ¹⁶The Spirit Himself bears witness with our spirit that we are children of God,

3. Fasting is about your personal connection!

Matthew NKJV 9: ¹⁴Then the disciples of John came to Him, saying, “Why do we and the Pharisees fast often, but Your disciples do not fast?” ¹⁵And Jesus said to them, “Can the friends of the bridegroom mourn as long as the bridegroom is with them? But the days will come when the bridegroom will be taken away from them, and then they will fast.

Proverbs NKJV 16: ³Commit your works to the Lord, And your thoughts will be established.