



**UNTO THE LORD - 7 DAY FAST
DAY 2
July 24th, 2023**

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One can think of fasting as being the way we cease feeding our appetite for other things in order to intensify our spiritual appetite. When fasting, we cause our spirits to become tender to the presence of God, causing us to be more in tune to our spiritual life. Our sensitivity and love for the Lord begin to increase. As we experience these benefits of fasting, we can actually create a craving or strong desire to live a fasted lifestyle. In the natural there is no strong drawing power that would cause anyone to desire to fast; in fact, it is just the opposite. Jesus actually invites us to partake of these benefits in Matthew 6:17-18, where He told us “when you fast, do not appear to men to be fasting ... then your Father who sees you in secret will reward you openly.”

Often times, these rewards are not immediately evident because they are happening on the inside, where they center around that which happens in our heart. This transformation occurs within, and we often do not recognize it until we are done fasting. Often after the fast is when we recognize our increased appetite for spending more time with the Lord, and that our appetite for other things has decreased. Knowing ahead of time about this delay in seeing results will fortify us to press through our time of fasting in order to experience the benefits which come later.

Many times people fast to increase God’s power in their ministry. But when we look at one of the main examples of fasting, John the Baptist, whom the angel Gabriel prophesied would be great in the sight of God, and whom Jesus called the greatest man ever born of a woman, up to that time his greatness was not due to miracles that he performed, but it was due to his obedience and intimacy with God that he cultivated by his fasted lifestyle. This is not to say that fasting to increase God’s power is not legitimate. Jesus returned in the power of the Spirit after His 40 day fast.

So we see, fasting tenderizes and sensitizes our hearts to receive more from God. Fasting causes us to be tender in our emotions towards the Lord. By nature, our hearts are prone to become hardened and dull to the Lord. Because we are either

moving closer to God or away from Him with no neutral ground, we can slowly develop spiritual dullness without even realizing that we are drifting further away. We can be totally unaware of this process, like the frog in the kettle while the heat was gradually turned up.

One of the main weapons that we have to ward off this tendency is fasting. Fasting before the Lord keeps our hearts in a sensitive, soft state. In the same way that our hearts can become dull, they also become sensitive over time. It is “AFTER” fasting that we see how sensitive we have become. It is then that we recognize an increased level of grace and anointing to love the Lord with all our heart, soul, mind and strength. As a result of this, our heart finds a new freedom to be less encumbered with the cares of this life. Even when people can outwardly appear to be wonderfully successful, their lives are out of sync and weighed down with many concerns if their internal desires are not in alignment with God’s plan and destiny for their lives.

Fasting creates an increased desire for righteousness, and a greater repulsion towards sin. We follow in Jesus’ footsteps: Hebrews 1:9 - “You have loved righteousness and hated lawlessness.” It’s as we set apart the time in fasting and prayer that we find these things begin to increase in our lives. We begin to be supernaturally empowered with new desires to walk in full obedience to God. It is part of that Isaiah 40:31 principle, of those that wait on the Lord renewing their strength. God imparts His love for righteousness, and gives us the power and zeal to live a life focused on the things that really matter. Our eyes become focused, and our bodies become full of light. Matthew 6:22 - “If therefore your eye be single, your body shall be full of light.” We were created to live with a Holy Spirit born intensity and to have all our energies first focused towards the Lord.

It is as we fast, not catering to all our other appetites, that our appetite for the Lord is empowered and strengthened, and God becomes our foremost occupation in life. In Luke 10:42 Jesus told Martha that only one thing was needed, and that Mary had chosen it. David declared that he had only one desire: to see the beauty of the Lord.

Psalm 27:4 - "One thing do I ask from the Lord, this only do I seek: that I may dwell in the house of the Lord all of my days, to gaze on the beauty of the Lord, and to seek Him in His temple." King David was a man after God's own heart, and he had a zeal for the things of God, showing us

that even though he was the political leader of a Nation and he oversaw its military, he had his priorities in proper alignment. He was a man of one purpose and his primary focus was on the Lord. So, take this time of fasting to get a spiritual tune-up, so that you become focused on the one thing that is needed.