



## UNTO THE LORD - 7 DAY FAST DAY 2

January 9th, 2023

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### DAY 2

Scripture Reading: Hebrews 12

### THE DISCIPLINE OF FASTING

As we read in Matthew 6 yesterday, Jesus said, "when you give," "when you pray," and "when you fast." Jesus did not say if, but "when." That means that God expects us to have all three of these expressions of worship in our lives – including fasting. Fasting is obedience and worship to God.

Hebrews 12 shares that we are to view hardship in our lives as discipline. As the Lord calls us to fast, we are submitting and yielding to the discipline of the Lord. We are actually putting ourselves in a place of hardship, so the Lord can produce greater fruit from our lives.

When we choose to fast, we are identifying and acting as sons and daughters of God. Do you have a hard time feeling like a son or daughter of God? Fast. You will start feeling like it!

Proverbs 16:3 says, "Commit your works to the Lord, and your thoughts will be established." Start doing, and you will start feeling and being.

Fasting puts us in an accelerated place for transformation in our lives. I know it doesn't feel like it in the natural. It feels like things are slowing down in the natural. When we fast, there is a long-suffering taking place in the unseen, and that long-suffering is accelerating the production of fruit in our lives.

**Hebrews 12:11 says, "Now no discipline seems to be joyful for the present, but painful: nevertheless, afterward it yields the peaceable fruit of righteousness to those who have been trained by it."**

**As we fast, God is doing a work in our lives, and we will see immediate results, but we can also expect ripple effects from our fasting. The verse above says, "afterward it yields," which means that we will not just see fruit during the fast, but afterwards as well. The benefits of your fast will cause fruit to continue to be produced throughout your life.**

**As we seek the Lord during our fast, He is going to show us those things that are weighing us down on our journey in this life, so we can lay them aside and let them go. God will reveal sin that we are vulnerable to and areas in our lives that need strengthened, so those sins no longer have an advantage over us. He will show us strategies for greater effectiveness and build endurance within to run the race set before us.**

**As you fast, be encouraged! Your body may be weak, but you are getting stronger. Weak areas of your life are being strengthened. Your path is getting smoother and straighter. Dislocated areas in your soul and in relationships are aligning. Strongholds of sin are losing their grip and being broken off you. Those weights are falling. The Holy Spirit is bearing witness with you that you are a son/daughter of God. God is healing and restoring you. You are receiving righteousness, peace and joy even now.**

**Keep going! Keep your eyes on the prize. Yield to the Holy Spirit and what He is doing in you. It is so worth it!**

**"But without faith it is impossible to please Him, for he who comes to God must believe that He is, and that He is a rewarder of those who diligently seek Him." Hebrews 11:6**