

The Tabernacle News

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A letter from Pastor Mills:

“I beseech you therefore; brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service.” Romans 12:1

Jentezen Franklin said, “Biblical fasting is refraining from food for a spiritual purpose.” According to the Bible, there are three duties of every Christian: give, pray and fast. Biblical fasting takes a lot of discipline and strength – strength which you can only receive from God. This type of fasting is not about our ability or determination. It is about allowing the Holy Spirit to assist us in the fast so we can hear from God.

When we give God your first through fasting, prayer and giving at the beginning of the year, we set the course for the entire year. Some would say, “Why Fast?” Following are some questions that might help.

1. Are you in need of healing or a miracle?
2. Do you need the tender touch of God in your life?
3. Is there a dream inside you that only God can make possible?
4. Are you in need of a fresh encounter?
5. Do you desire a deeper, more intimate and powerful relationship with the LORD?
6. Are you ready to have heightened sensitivity to the desires of God?
7. Do you need to break away from bondages that have been holding you hostage?
8. Is there a friend or loved one that needs Salvation?
9. Do you desire to know God’s will for your life?

Serious fasting and prayer will bring the answer to these questions and more. Matthew 6:33 says, *“But seek ye first the kingdom of God, and His righteousness; and all these things shall be added unto you.”* Fasting never moves God for He is ever-present and always moving. Fasting makes us sensitive to hear and experience God on a greater level. Fasting as we find in Isaiah well *“undo the heavy burdens and let the oppressed go free.”* We are living in hard economic times but God is more than able to carry us through. Fasting helps us seek and know God’s way of doing things that will lead to be blessed in every area of our lives.

Fasting is not a punishment but a privilege. It allows us to hear God over all the distractions of life. Through fasting we can experience a release from the bondage of sin, restoration in our relationships, financial blessings, spiritual renewal, supernatural healing and so much more. God desires to meet with us, commune with us and show us great and mighty things. Serious fasting will bring serious results.

To be successful in the Fast we must start preparing by weaning off foods prior to the Fast. One cannot just stop eating major food items all at once and not expect their bodies not to be affected. Headaches, weakness and emotional stress are just some results. Nor can one go back to eating everything as soon as the Fast is over. You need to pace yourself and plan out your daily menu. If you fail to plan, you plan to fail. Fasting will also cleanse your body of toxins and other impurities. Fasting is not dieting although you will lose some weight while fasting. Do not plan high impact exercise while fasting due to the lack of your normal intake of food.

If for what ever reason you break the Fast, get back on course and do not give up. We are not looking for perfection but persistence in hearing from God. Encourage others who are fasting as they hopefully will be encouraging you. I will be discussing more about the Fast as we enter this New and exciting year of 2010.

Pastor Glenn Mills