

## Fasting for Intimacy

### **Matthew 9:15 AMP**

**[15] And Jesus replied to them, Can the wedding guests mourn while the bridegroom is still with them? The days will come when the bridegroom is taken away from them, and then they will fast.**

Our faith in God's love is directly tied into prayer and fasting. Fasting and prayer causes us to experience an intimacy with God like no other kind of discipline. It matures His love in and through us. Fasting is a gift from God that releases the grace of God for us in a personal way.

### **The ten principles for fasting:**

1. Fasting will increase your joy level with God in prayer. **Joel 2:15-21**
2. Fasting increases Gods voice from his word and spirit in an intimate way. **Job 23:12** I have not gone back from the commandment of His lips; I have esteemed and treasured the words of His mouth more than my necessary food.
3. Fasting decreases the aloneness and disconnectivity we feel with the Holy Ghost. **Joel 2:12**. This results in our human nature taking over with professionalism and perfectionism when we operate disconnected from the Lord.
4. Fasting helps you bring your thoughts and fears under subjection of the Holy Ghost. So we can receive greater clarity for direction for our lives. **Acts 13:2**.
5. Fasting gives you a breakthrough in discovering a deeper part of God's character. We see this with Saul of Tarsus in his three days of fasting coming from the road of Damascus.
6. Fasting increases your motivation to confront any and all lukewarm and apathetic behavior towards Kingdom business. To give you God's fire back because you have become complacent with spiritual things. This kind of attitude produces a desire to repent and practice obedience to God's Word.
7. Fasting increases our hunger and thirst for God. We are turning off the preoccupation for food during this time while increasing our spiritual hunger.
8. God weakens the self-will in us. We show a humility in the self-will unto God. **Job 23:12** I have not gone back from the commandment of His lips; I have esteemed and treasured the words of His mouth more than my necessary food. **Psalms 35:13, Ezra 8:21-23**. The self can be in the way at times we do not even realize it until we begin fasting.
9. Fasting restores our motives for soul winning and Kingdom business according to **Math. 17:16-22**, the disciples could not cast our devils out of a person for discipleship. Their issue was unbelief in the love and intimacy with Jesus. They tried to keep doing church work without being intimate with Jesus. This keeps us humble when God uses us in a great way. This helps us transfer the glory back to God when operating in the realm of the miraculous.
10. Fasting makes us more compassionate and sensitive to the hurting from God's point of view and not from our humanistic views. When we live in self validation and justification it becomes difficult to empathize with people from the perspective of Jesus Christ and His Word.