

INCREASE SPIRITUAL ALERTNESS

PASTOR TIMOTHY GREEN

One of the most effective ways to increase your spiritual alertness is through fasting. The Bible is full of Scriptures concerning fasting and Jesus Himself fasted and lets us know that fasting is something that we as His disciples should do also.

Many people cannot understand why some people are so fortunate and always blessed. The reason just might be that what they are doing in secret is being rewarded openly. (Matt. 6:18)

When we eat, a greater amount of our blood is used for our digestive system. When we exercise, a greater amount of blood is used for our muscles. When we fast, a greater amount is available for our mental system. Fasting greatly increases our ability to make wise decisions and makes us more spiritually alert.

In the same way that we are alert to the physical world through our five physical senses of taste, touch, sight, sound, and smell, we become alert to the spiritual world through our spiritual senses.

The Bible talks about people that have eyes but they cannot see and people with ears but they cannot hear.

Fasting helps us see what God wants to reveal to us and hear what He desires to say to us.

Through fasting, we crucify our flesh and bring fresh life to our spirit. Fasting will make us closer to God, give us power over the devil, build our faith and destroy unbelief.

When fasting, we move from the natural realm into the spiritual realm. We leave the things of the world behind and become more sensitive to the things of the Spirit. The more you fast and pray and read God's Word, the closer to Him you will become. You will see things and hear things and understand things that you have never known before.

You are invited to join our entire church family in fasting for the next three days. There is strength in numbers. The more people we have praying and fasting and studying and worshiping and giving and witnessing and doing all that God has called us to do, the greater the manifestation of God's Spirit and Power in our own lives and in the lives of our church and community.

(If you didn't hear the teaching on fasting from last week, you can listen on-line or get a cd.)