***The Rewards of Fasting*(Cry of the Bride Fasting Wednesday)**

Today is Wednesday fasting.   
It is not only for the extremist.   
It is not only for the religious saint.

In fact, the results of fasting expose weakness and humility. Denying our desires and basic needs causes us to be more aware of our humanity and frailty. We realize how futile we are, but how great God is. In times of fasting, we come to grips with our true nature and remember once again how infinite our Source is.

So no, fasting is not for the strong.   
It is not for the solid.   
It is not for the perfect.

Fasting is for the common, weak, frail, ordinary individual who realizes his or her lack, and has a desperate need for more of God. The realities of fasting truly are a bit bizarre. It doesn’t make sense to our natural minds how sacrificing food and pleasures unlocks our hearts and minds to receive more of God Himself, but the set-up of His kingdom is perfect.

Why did God set it up this way? His nature and character are to be found in asking such questions, and I encourage you to ask them as you fast. Ask questions as you dive into the knowledge of fasting, and He will reveal bits of the mystery and lead you further into cultivating a lifestyle where it is consistently walked out. This is our glory!

It is our glory to say “no” to the fleeting earthly pleasures that surround us in the here and now. God has given us an opportunity to choose Him on this side of eternity, above all lesser things. Fasting is more than denying ourselves food. It isn’t really about being hungry. While we do get hungry when we fast, fasting is really about experiencing more of God. When we are physically weak from not eating, we become more sensitive to God and the things of God. We experience Jesus on a deeper level.

It is about choosing voluntary weakness so that Christ may abound even more within us. Fasting is the road to revelation and encounter that we cannot receive any other way.“

And whenever you are fasting, do not look gloomy and sour and dreary like the hypocrites, for they put on a dismal countenance, that their fasting may be apparent to and seen by men. Truly I say to you, they have their reward in full already. [Isa. 58:5.] But when you fast, perfume your head and wash your face, So that your fasting may not be noticed by men but by your Father, Who sees in secret; and your Father, Who sees in secret, will reward you in the open.”  
Matthew 6:16-18 AMPC

When you fast today, yield to be disciplined to obey Holy Spirit leadership.