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

“Resolved: that all men should live for the glory of God.  
Resolved second: that whether others do or not, I will.”  
Jonathan Edwards (1703-1758), leader of the first Great Awakening

Let us return to hunger. Find our way back to burning for God! Our culture tells us we lack nothing. Yet we live in a full society and a full age. We are more dull than ever before.

Jesus spoke to the Laodicean church in this way:

““I know all the things you do, that you are neither hot nor cold. I wish that you were one or the other! But since you are like lukewarm water, neither hot nor cold, I will spit you out of my mouth! You say, ‘I am rich. I have everything I want. I don’t need a thing!’ And you don’t realize that you are wretched and miserable and poor and blind and naked. So I advise you to buy gold from me—gold that has been purified by fire. Then you will be rich. Also buy white garments from me so you will not be shamed by your nakedness, and ointment for your eyes so you will be able to see. I correct and discipline everyone I love. So be diligent and turn from your indifference. “

“Look! I stand at the door and knock. If you hear my voice and open the door, I will come in, and we will share a meal together as friends. Those who are victorious will sit with me on my throne, just as I was victorious and sat with my Father on his throne.

“Anyone with ears to hear must listen to the Spirit and understand what he is saying to the churches.”  
Revelation 3:15-22 NLT

**Why do I say fasting is beautiful?**— it will trigger cleansing from too much fleshly cravings — it causes hunger for the real thing — it attracts us to His beauty, taking us todesire food for the soul — helps us burn— helps us hear depths — helps us hear His voice — our eyes get salved for seeing — we get clothed with righteousness

— we are shaved off indifference and go the way of diligence   
— it tenderizes hearts to hear His knock, opens the door to usher His presence to dine and enjoy His presence!

Fullness leads to lukewarmness.  
Hunger gives vigor!

Fullness is sleepy.  
Hunger is wide awake.

Fasting is the answer to indifference, to lukewarmness.

Fasting has the uniqueness to effectively deal with persistent obstacles to wholeheartedness.

Fasting causes weakness.  
Weakness causes dependence on the true food: the Word!