***A Lifestyle of Fasting, A Lifestyle of the Bride*  
(Cry of the Bride Fasting Wednesday)**

A crucial discipline for restraint, vision, focus and passion with zeal and heightened awareness to Holy Spirit will dramatically increase in these final hours of human history.

Here’s 10 benefits from Dean Briggs’s book, *Consumed*:  
1. The challenge to patiently persevere   
2. Getting real with God  
3. The need for humility   
4. Learning to hunger   
5. Practicing denial and restraint   
6. Developing a spirit of true repentance   
7. Preparing for divine visitation   
8. Understanding our reward   
9. Growing deep in the majesty of God  
10. Gaining new strength and vision

“HAVE MERCY upon me, O God, according to Your steadfast love; according to the multitude of Your tender mercy and loving-kindness blot out my transgressions.

Create in me a clean heart, O God, and renew a right, persevering, and steadfast spirit within me. Cast me not away from Your presence and take not Your Holy Spirit from me. Restore to me the joy of Your salvation and uphold me with a willing spirit.

For You delight not in sacrifice, or else would I give it; You find no pleasure in burnt offering. [I Sam. 15:22.] My sacrifice [the sacrifice acceptable] to God is a broken spirit; a broken and a contrite heart [broken down with sorrow for sin and humbly and thoroughly penitent], such, O God, You will not despise.”

Psalm 51:1, 10-12, 16-17 AMPC