

**WHEN YOU FAST YOU NEED LOTS OF WATER, NATURALLY AND
SPIRITUALLY**

Date: Friday, 19 August 2011

Especially when you are on a dry fast (liquids only and no dry food). The water helps to flush out all the chemicals and dirt in your body.

Water is a consistent symbol of both the word of God and the Holy Spirit.

When u fast u must indeed drink a lot from the scriptures so that your thirsty spirit can be quenched of the thirst. Plus all scripture is given for **“16 All Scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness, 17 that the man of God may be complete, thoroughly equipped for every good work.”** 2 Timothy 3:16-17, NKJV.

It is important to make sure that you drink pure water (pure unadulterated doctrine). Watch your doctrine closely for the bible says that: **“Watch your life and doctrine closely. Persevere in them, because if you do, you will save both yourself and your hearers.”** 1 Timothy 4:16 NIV.

The bible says that further: ... **“...work out your own salvation with fear and trembling.”** Philippians 2:12 KJV.

You need the Holy Spirit more than ever when u fast: in Luke 4 Jesus went into a 40 day fast (wilderness experience) and He was led there by the Holy Spirit. **“1 THEN JESUS, full of and controlled by the Holy Spirit, returned from the Jordan and was led in [by] the [Holy] Spirit 2 For (during) forty days in the wilderness (desert), where He was tempted (tried, tested exceedingly) by the devil. And He ate nothing during those days, and when they were completed, He was hungry.”** Luke 4:1-2, AMP.

When a person is in fasting (wilderness) EITHER he will become empowered of and by the Holy Spirit and come back in the might and power of the Holy Spirit OR he can lose confidence, connection, focus, trust on the Holy Spirit, our guide and teacher etc In which case that person is now submitted (voluntarily /involuntarily) to a foreign spirit, power, influence not of God. This person has

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succumbed to being **tempted (tried, tested exceedingly) by the devil** and has fallen from grace.

So it is the Holy Spirit (not any other spirit) that must feed our body, spirit and souls when we are in the wilderness. He, being our teacher, guide and comforter will guide us to all truth. Therefore we need to be really sensitive to His wooing. The bible says that **“26 But the Comforter (Counselor, Helper, Intercessor, Advocate, Strengthenener, Standby), the Holy Spirit, Whom the Father will send in My name [in My place, to represent Me and act on My behalf], He will teach you all things. And He will cause you to recall (will remind you of, bring to your remembrance) everything I have told you.”** John 14:26, AMP.

“26 But when the Comforter (Counselor, Helper, Advocate, Intercessor, Strengthenener, Standby) comes, Whom I will send to you from the Father, the Spirit of Truth Who comes (proceeds) from the Father, He [Himself] will testify regarding Me.” John 15:26, AMP.

Once in a while fast not because you have problems, afflictions and challenges in your life BUT to seek His face and to fellowship with Him. How, u can ask? Fast and spend as much of that time on His word and thereafter just waiting, listening to Him and He talks believe me, He talks. He instructs, He showers you with love. U can ask Him:

- About your purpose in life, what is your anointing?
- Your role in n for a particular season / place.
- Direction on something.
- Will of God for u in anything.
- Or just for the sake of "getting to know you better, God, my Father."
- What to pray about n how to pray.

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