

Day 15

“Yet when they were ill, I put on sackcloth and humbled myself with fasting.” Psalm 35:13 (NIV)

Scripture consistently ties fasting to humility—an intentional lowering of the self so that the Spirit can rise within us. Psalm 35:13 captures this with unusual clarity. David was not fasting for personal breakthrough, nor was he fasting to get something from God. He was fasting on behalf of others. He was interceding for people who were hurting, people who would later turn against him. His fast was an act of love, compassion, and spiritual burden bearing.

In fasting, David discovered something profound: when we humble ourselves before God for the sake of others, God does a quiet, transformative work in us. Prayer that begins outward eventually circles back inward, reshaping the heart, cleansing motives, and aligning desires with God’s. Fasting then becomes a mirror, a purifier, and a recalibration of the soul.

When we fast, we are not just abstaining, we are surrendering. We are letting God peel back layers of self-reliance, pride, distraction, and emotional noise. We are allowing Him to bring our hearts into agreement with His. Fasting humbles the soul because it exposes that to which the soul clings. It reveals where comfort has replaced conviction, where appetite has overshadowed affection for God, and where self has quietly taken the throne.

In that humility, something beautiful happens: our prayer returns to our hearts, becoming purified, honest, and aligned with God’s will.

Fasting is not about proving our devotion; it is about positioning our hearts. It is not about spiritual performance; it is about spiritual posture. And when we humble our souls before God, He never fails to meet us there.

Day 16

And he said unto them, “This kind can come forth by nothing, but by prayer and fasting.” Mark 9:29 (KJV)

There are moments in our walk with God when ordinary effort is not enough. We pray, we believe, we speak the Word—and yet something stubborn is still unmoved. Jesus’ words in Mark 9:29 hint at a spiritual reality many believers overlook: some breakthroughs require a deeper surrender.

The disciples had authority and experience, and they had seen miracles. The moment in this passage exposed a gap—not in power but in alignment. Fasting here worked by positioning their hearts through the quieting of worldly commotion. The resulting weakening of the flesh served to sharpen their spiritual sensitivity. For them, and for us, it brings our wills into agreement with God’s will.

When Jesus says, “this kind,” He is acknowledging that certain battles—spiritual, emotional, generational, internal—are not defeated by surface-level engagement. They require a consecrated posture, a focused dependence, a willingness to lay aside comfort so that faith can rise unhindered and the following can happen:

- The power of unbelief is broken: The disciples’ struggle was not a lack of authority but a lack of spiritual clarity. Fasting clears the fog.
- Desires are reordered: When we deny the body, the spirit becomes louder.
- Spiritual authority is rebuilt: We do not earn it, but we remove what competes with it.
- A space for God’s voice is created: Fasting is a reset button for the soul.

There may be a “this kind” in our lives right now: a stubborn fear, a lingering heaviness, a generational pattern, a decision clouded by confusion, a breakthrough that feels just out of reach. Fasting helps us get past our individual “this kind” of things in our lives by helping us yield to God’s message on a deeper level.

As we fast, we give Him more of our attention. We say, “Lord, I want Your presence more than my comfort, your voice more than my cravings, your breakthrough more than my routine.”

And in that posture, mountains begin to move.

Day 17

After fasting 40 days and 40 nights, he was hungry. The tempter came to him and said, “If you are the Son of God, tell these stones to become bread.” Jesus answered, “It is written: ‘Man shall not live on bread alone, but on every word that comes from the mouth of God.’” Mathew 4:2-4 (NIV)

Fasting exposes what we rely on. It strips away the clamor, the comforts, and the automatic habits around which we do not even realize we have built our lives. When Jesus was physically empty, the enemy tried to fill that emptiness with a shortcut: “Turn these stones into bread.” In other words, “Meet your own need. Solve it your way. Break the fast. Take control.”

But Jesus answered with a truth that still cuts through every temptation we face: “Man shall not live on bread alone, but on every word that comes from the mouth of God.”

Fasting is not about proving our strength; it is about discovering our Source. When we feel the hunger—whether it be physical, emotional, or spiritual—that is not failure; it is the moment of invitation. The wilderness becomes holy ground when we realize that God is teaching us to live by His Word, not by our impulses.

Every craving becomes a cue to listen.

Every moment of weakness becomes a reminder of where true strength comes from.

Every empty space becomes a place God is ready to fill.

As we fast, pray something simple and honest: “Lord, teach me to hunger for Your Word more than anything else. Let every empty place in me be filled by You.” Let this fast reorient our appetite. Let it sharpen our hearing. Let it remind us that life—real life—flows not from what we consume, but from the One who speaks.

Day 18

But he said to me, “My grace is sufficient for you, for My power is made perfect in weakness.”
2 Corinthians 12:9 (NIV)

Fasting has a way of uncovering the parts of us that we usually keep hidden: the tired places, the anxious places, the places where our strength quietly runs out. And it is exactly there, right in the middle of the weakness we would rather avoid, that God speaks the same words He spoke to Paul: “My grace is sufficient for you.”

Notice what God does not say:

“Try harder.”

“Be stronger.”

“Push through it.”

He says, “My power is made perfect in weakness.” Not in our momentum, our discipline, our spiritual performance—but in the very places where we feel the least capable.

Fasting exposes weakness, but it does not do this to shame us. Rather, it positions us to make room for the strength that is not ours but that comes from the grace we gain to do what we never could on our own.

When we feel the hunger, the fatigue, the vulnerability, the emotional rawness that fasting brings, we are not failing; we are being invited into deeper dependence on Him, into a strength that does not originate within us, into a grace that fills the gaps we cannot.

Our fasting becomes a holy exchange: our weakness for His strength, our emptiness for His fullness, and our surrender for His sufficiency. The feelings we have during our last week of fasting are welcomed because of the impact they are having on our spirits:

- If we feel weak, we are right where God works best.
- If we feel empty, we are ready to be filled.
- If we feel stretched, we are being shaped.
- If we feel like we cannot do this in our own strength, that is the point.

Grace does not meet us at the finish line. It meets us in the struggle, in the hunger, and in those moments when we whisper, “Lord, I can’t.”

And that is when heaven answers, “I know. Let Me.”

Day 19

Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God. Hebrews 12:1, 2 (NIV)

Fasting is a spiritual race that is won by shedding weight, not through speed. Hebrews 12 opens with a picture of a runner stepping onto the track, surrounded by generations of faithful believers who have already finished their race. They are not spectators, they are witnesses. Their lives testify that God is faithful, that endurance is possible, and that the finish line is worth every sacrifice.

Fasting places us in that same arena and invites us to examine what we are each carrying—not just sins but also the weights of this world. These weights can be subtle:

- Emotional clutter.
- Misplaced affection.
- Habits that drain spiritual strength.
- Distractions that dilute devotion.

Fasting exposes these weights so we can lay them down. It may feel like punishment at times, but it is preparation. God is not trying to make our lives harder; He is trying to make our spirits lighter.

And then comes the heart of the passage: “Fixing our eyes on Jesus.” Fasting sharpens our gaze by pulling our eyes away from the noise, the cravings, the anxieties, and fixing them on the One who started our faith and the One who will help us finish the race.

Because when our bodies feel weak, our focus becomes clearer. When our appetites are denied, our spirits become hungry for Him. And when distractions fall away, Jesus becomes the center again.

Remember: fasting is not about proving our strength, it is about discovering His:

- We are not running alone. Heaven is cheering us on.
- We are not running weighed down. God is inviting us to drop what we were never meant to carry.
- We are not running aimlessly. Our eyes are fixed on Jesus, the One who endured the cross so we could endure our race.

Day 20

Dear friends, I urge you, as foreigners and exiles, to abstain from sinful desires, which wage war against your soul. 1 Peter 2:11 (NIV)

Fasting is not just about what we give up; it is about where we belong. Peter calls believers “foreigners and exiles.” That identity is the foundation of this verse. We are not shaped by the cravings of this world, but instead the Kingdom shapes us. And fasting is a clear way to remind our souls of that truth.

When we fast, we are practicing holy resistance. We are saying, “My body doesn’t lead me; my spirit does.” Peter warns that sinful desires “wage war” against the soul. That language is intentional. These desires do not politely knock; they attack. They compete for our attention, our affection, our focus, and our peace.

Fasting exposes these desires by revealing what has been quietly influencing us while strengthening the parts of ourselves that long for God more than comfort. In fasting, we are not just abstaining from food. We are abstaining from anything that dulls our spiritual clarity. We are stepping out of worldly chaos and into the identity God has already spoken over us: Beloved. Set apart. Not of this world.

There are some key points to consider as we get set to close our 21-day fast as a church:

- Fasting is an act of spiritual warfare. We are pushing back against desires that try to weaken our souls.
- Fasting reminds us of our true citizenship. We do not belong to the patterns of this world; we belong to God.
- Fasting strengthens our inner life. As the flesh quiets, the spirit becomes sharper, more alert, more alive.
- Fasting creates space for holiness. Abstaining from lesser things makes room for greater things.

There may be desires, habits, distractions, or comforts that have been quietly waging war against our souls. Not always sinful in themselves, they can be powerful enough to pull our attention away from God. This fast is our declaration: “I choose what strengthens my soul, not what weakens it.”

We are not fasting to earn God’s favor. We are fasting to align with the identity He has already given us. As we abstain, we reclaim territory in our hearts. As we deny the flesh, we feed the spirit. And as we step away from earthly cravings, we step deeper into Kingdom clarity.

Day 21

But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint. Isaiah 40:31 (NIV)

Fasting is one of the purest forms of waiting on the Lord. It is a deliberate slowing down of the flesh so the spirit can rise. Isaiah 40:31 is not about passive waiting; it is about active dependence, a posture of leaning into God when our natural strength is not enough.

When we fast, we start to feel our limits. We can feel hunger, weakness, fatigue, and the pull of our own worldly desires. That is exactly where the exchange happens. We exchange our weaknesses for His power, our exhaustion for His endurance, and our heaviness for His elevation. And fasting works to produce this exchange within us.

Fasting turns our focus toward receiving His strength. It is not about pushing ourselves harder; it is about rising higher. It is not about emptying ourselves for the sake of emptiness; it is about making room for God to fill us.

As we fast, we may feel like we are slowing down. But spiritually, we are mounting up. Like an eagle, we begin to catch the wind of the Holy Spirit. We rise above the racket, the fear, the confusion, and the weariness. We begin to see from God's perspective—higher, clearer, steadier:

- He renews our strength not by restoring what we had, but by giving us something better.
- He lifts us above the battle not by removing it, but by raising our vantage point.
- He increases our endurance, so we can run without burning out and walk without collapsing.
- He aligns our pace with His—steady, unhurried, unshaken.

If we feel tired—emotionally, spiritually, mentally—we must remember that this fast is not draining us. It is rebuilding us. God is not asking us to push through with our own strength. He is inviting us to exchange our strength for His. We are not fasting to become stronger. We are fasting so He can strengthen us.

And He will.

We will run again. We will walk again. And we will rise again.