

# Fasting

Fasting is meant to build our relationship with God. It draws us closer to God, bringing us to a whole new dimension of God.

It causes a rip in the spiritual barrier of the flesh. When the flesh is crushed and neutralized to zero, it creates a thinning and cracking effect in the spiritual barrier of the flesh. The flesh is physical but it is also interwoven with its spiritual barrier that hinders the manifestation of God in a man. When this barrier is broken, it creates a vacuum, like a black hole that absorbs spiritual matters, energy into the heart of the man.

That's why fasting can have a negative and positive effect. Fasting is not all about praying, in fact, real fasting is; neutralizing the flesh to spend time in God's presence, it makes our heart absorb more of God's life rapidly, it's not necessarily praying all through. If you pray all through this where the negative feedback kicks in. Well the dealings of the holy spirit can be different with every man, he might say pray at this interval, spend time in the word at this interval, he might even... let's not go too far.

When a man subdues his flesh, his heart becomes porous to any spirit entity in the course of fasting, he is to spend time with God to easily absorb more of God so that his vacuum will be filled by God to manifest God in His Fullness. This is the time man traps the spirit entity of God faster within his heart, he becomes more like God rapidly. However, if a man fast without spending time with God in His word or all he does is pray, the vacuum in him might be filled by demons.

This is why men who fast go into the secret, because if they spend much time in the outside world, the vacuum in them to be filled by God will also be porous to absorb evil, because of the evil in the outside world.

When a man fasts, his flesh is sacrificed, his flesh is neutralized, denied of its pleasure, comfort, desires, his flesh is broken. The flesh is also a spirit, just as there is a spirit of sin and spirit of the world, so also there's a spirit of the flesh. This spirit of the flesh causes man limitations in going further in Christ Jesus, unless these limitations are broken you cannot walk any further with God. You cannot cast out demons, you cannot get answers to prayer easily, you cannot pray for hours, your heart becomes less porous to the things of God, you cannot be spiritually sensitive, you just can't go far, you cannot be restored to the original position God made you for.

God is spirit, and in order for man to walk with Him in spirit, in order for man to manifest the spiritual, having easy access to the spirit realm, manifesting the dimensions of God's kingdom here on earth, he must deal with the flesh. Every great general, Apostles of God, all crushed the flesh, they all neutralize the flesh to arise and gain spiritual stature. Before a man can be called by God he has to go through the wilderness.

The wilderness is a course designed by the holy spirit, it's not necessarily going into the jungle, you can be in your house and the holy spirit will design a wilderness for you, probably with one square meal a day, alongside other spiritual

supplement, and even trials and exams, he does as he likes. It is when a man sees it through to the end the barrier of the flesh is broken of release the glory of God hidden within, he is then impacted with a new spirit with authority, called and ordained by God. Every great men of God went through the wilderness, and were enthroned in the wilderness before their showing forth to the public by the holy spirit.

Jesus was the son of God, but being clothed in the flesh the glory of God in him was sealed by the flesh, after thirty years of walking with God he had to be led by the holy spirit into the wilderness to break and neutralize the barrier of the flesh to manifest that which God called Him for. He was led, it's not something you say you want to do, you must have walked and grown in the holy spirit before He brings you to this level, if not...

Wilderness, not literally an outdoor wilderness, your wilderness might be staying indoors for days, weeks praying, consuming the word, or even giving, might be your wilderness, it can come in series, for some people in the course of neutralizing the flesh they were also tried in another level in the maturity of the fruits of the spirit, the holy spirit does as he wants, it's not our design it is His design.

Unless the physical flesh is broken, it's spiritual barrier, the prince lording over the flesh will never be dethroned, it is this prince that rules over every man still in the flesh, hindering them from becoming spiritual and crossing over to met the Lord, to wield the weight of the glory and presence of God.

The flesh and the spirit of God must become one, Interwoven, the flesh must be warped and clothed with the spirit of God, to easily manifest the power of God. When you're one with the spirit of God, whatever you touch, is no longer you touching, but the spirit of God clothing you that touches, which brings about instant healing or deliverance, because you have brought down the dimensions of heaven on earth. When you utter words they're no longer mere words but words of spirit that resounds from the heavenly dimensions packed with life and authority, you speak words of power and authority, words of life for the salvation of men. Your voice is easily recognized in the spiritual both by the heavens and hade, all demons trembles and heaven is assembled on your behalf.

You must become a living sacrifice, not living after the flesh, but after the desire of the holy spirit. Fasting is; yielding to the holy ghost in death, you offer your flesh as a burnt sacrifice with a heart fixed only on God.

Proverbs 23:26

" My son, give me your heart, and let you eyes observe my ways."

Give your heart and let your eyes observe my ways, it's not just all about food. Give me your heart, that is; surrender your heart to the holy spirit, yielding in obedience to his every command, dealings or burdens, focusing only on God. And let you eyes observes His ways; in prayers, consuming God's word, spiritual songs, giving, trials, whatever the design he

chooses for you, you do everything to observe them. The holy spirit searches the heart, he knows the right way to break us, unless we're broken God will not find a space to get in

If you want to manifest God, you must go through the wilderness, most people call it " Fasting," I don't necessarily call it fasting, because to me it has become a life.