



“SPIRITUAL GROWTH IS A MUST” PT 3

Believers talk about absolute fast. That is, total abstinence from food or drinks. Some believers go for 24 hours, 48 hours, 72 hours or even more hours of total abstinence from food and liquid to get closer to God. This is absolutely good as one is empowered to.



However, going without physical food or drink (on its own) is not what guarantees spiritual growth but feasting on spiritual menu that does. This should not be mistaken for condemnation of fasting.

Fasting is a scriptural platform for spiritual empowerment. Isaiah 58:6-12; Matthew 17:20-21

It is alarming to discover that many Christians do ‘spiritual dry fast’ every week; ranging from hours to seven days at a stretch. What does spiritual dry fast mean?

Anyone that only attends church service(s) on Sundays and only opens the Bible when in church is apparently on seven days ‘spiritual dry fast’. Why? The word of God is the food of the spirit.

If man can only ‘live by every word of God’ according to Deuteronomy 8:3 and Luke 4:4; then, so many believers that are on seven days ‘spiritual dry fast’ weekly because they only feed on Sundays when they go to Church. Some only feed once in two weeks because that is when they go to Church. Imagine natural dry fast for seven days consistently. That could naturally result in very serious health issues.

There are many believers that have actually fainted for lack of spiritual strength as a result of lack of spiritual nourishment, some of them are in a coma but walking around physically.

Start feeding now. Fainting or going into coma spiritually is dangerous!

Scriptures for meditation: Jeremiah 15:16; Jeremiah 3:15-16

Jesus is Lord!