

Day 6: Quiet Your Flesh !

If you feed your flesh, it will grow. We get a physical picture of this everyday – especially we who struggle with weight. One of my favorite people taught me – “a moment on the lips, a lifetime on the hips.” I hope this doesn’t offend you. It’s not just about appearance, but a spiritual reality we all need to address. God gives us pictures in physical life to help us discern spiritual truth. That’s the seedtime harvest principle all over again. We take in a little bit, but it often becomes bigger than we can handle. We could only wish it were so towards us with good things.

Galatians 6:8 teaches that if we sow to the flesh we will reap corruption by the same flesh. But, if we sow to the Spirit, we will reap everlasting life (real life). If we feed our spirits, they will come to dominate us. We want our spirits to be fat with God’s word. That’s good health. Fasting helps us put our lives in proper order by making the flesh behave. We want God to lead us into His Kingdom which will represent all the good things we have ever desired. We want to be effective witnesses, by faith, to love others enough to help navigate them out of Satan’s kingdom into God’s Kingdom. In order to feed the spirit, you have to quiet your flesh. The spirit operates best in the absence of the noise of the world. Food, is often very noisy. It often dominates the conversation of our souls. Elijah experienced what was called a “still small voice” (**1 Kings 19:11-13**), the gentle whisper of the Spirit. But that gentle whisper can perform mighty wonders in your life. So, quiet your flesh (fast) so that you can hear from your spirit.