

Fasting: Humility Before God

In jest, we have all heard the phrase, "I'm humble, and proud of it!" What does it really mean to live in humility? "To act justly and to love mercy and to walk humbly with our God?" (Micah 6:8). The opposite of humility is pride. "God opposes the proud, but gives grace to the humble." This principle is so important that we find these exact words in the writings of both Peter and James (1 Peter 5:5; James 4:6).

When it comes to the kind of attitude God seeks from us when we pray, Jesus teaches us clearly we are NEVER to be confident of our own righteousness (Luke 18:9). A focus on our own righteousness always leads to pride. We all need the mercy of God, because at our very best, "all our righteous acts are like filthy rags" (Isaiah 64:6). If we want to leave our place of prayer "justified before God" (Luke 18:14), we must humble ourselves. One of the key ways we can do that today...is by fasting.

David writes, "...I humbled myself with fasting" (Psalm 35:13). In our generation, we are constantly bombarded by media telling us we deserve to enjoy life, the best the world has to offer should be ours! We are trained to be consumers, but consumerism is NOT the path to spiritual power! The gateway to supernatural power and being exalted by God (Luke 18:14) is to bow our hearts and our heads in humility before Almighty God. The Bible gateway to humility before God is: worship, thanksgiving, praise, prayer and fasting. This is a universal principle and eternal truth: **Prayer and fasting is the key to spiritual breakthrough.**