

## Resting in the Favor of the Lord!

### A Prayer and Fasting Plan for Spiritual Depth During Advent

#### Under the Influence

"Then said Mary unto the Angel, how shall this be  
seeing I know not a man?"

The Angel answered and said unto her

The Holy Ghost shall come upon thee,

And the power of the Highest shall overshadow thee...

That which is inside of thee shall be called the Son of God"

(Luke 1:34-35)

Fasting is the spiritual discipline by which we grow and are trained in the mastery of Divine influence. In fasting, we crucify physical, earthly desires and promptings. In fasting we surrender to the glory of the Spirit's will and desires. With intention and purpose, we reject the affections and pleasures of the flesh, in order to create pathway and embrace the will of the Spirit.. We seek to be totally under the influence of God. It is in this condition of total surrender that we experience the manifest glory and presence of God. Mary is a case in point. The Christ manifested from within her as she was under the influence (overshadowed) by the Spirit..

The disciple who lives in the favor of the Lord is always journeying yet always at rest. As we live from day to day, we rest from the harmful and toxic influence of fear, anxiety, worry, revenge, regret, and vain ambition which hinder the greater manifestation of the Christ in our lives and circumstances.

I speak rest to your spirit and to your soul. I bind the alien attitudes of resentment or pity which tend to dictate your speech and actions. I rebuke the depression and the sense of hopelessness that have guided your walk and your talk. Today, I declare you free to walk under the glorious influence of the Holy Ghost!

#### Declaration for the Day:

As I fast and pray, I am forever learning,  
of the awesome power of Holy yearning!

As I sacrifice and surrender for the King,  
I learn of the glory His Spirit does bring!

#### Pray This:

"Lord today, and everyday henceforth, by your grace, grant that I may find that place of complete rest in your favor, living wholly under the influence of Your Spirit!"