

Published based on [Getting Rid of Spiritual Cellulite](#)

# Getting Rid of Spiritual Cellulite

The leaders of Grace House are calling our people to a 21-day fast. The purpose of this fast is for us to be able to enter a deeper place of truth and intimacy with Christ and others. This deeper place of truth will bring us closer to the heart of God and allow us to more clearly discern his voice and purposes.

One thing I know about fasting is this: our fasting must be directed at our own hearts.

Isaiah wrote these words in Isaiah 58:6.

***Is this not the fast that I have chosen: To loose the bonds of wickedness, to undo the heavy burdens, to let the oppressed go free, and that you break every yoke? Is it not to share your bread with the hungry; and that you bring to your house the poor who are cast out; When you see the naked, that you cover him, and not hide yourself from your own flesh?***

***Then your light shall break forth like the morning, Your healing shall spring forth speedily, and your righteousness shall go before you; The glory of the Lord shall be your rear guard. Then you shall call, and the Lord will answer; You shall cry; and He will say, 'Here I am.'***

I want you to realize that these instructions follow a rebuke that God speaks about fasting for wrong purposes. God instructed the people that they were not to fast for strife and debate (to prove their own points); they were not to fast in order to afflict their own souls so that God would notice them.

Their fast, according to God, was to result in a changed heart - their own! Their fast was to result in a heart so changed that it was reflected in their deep care for others.

In fact, God dared to indicate that they had the order all wrong. This fast was not to be for their own healing or their call for the

glory of God

. BUT if they fasted in order to produce a

pure heart

that sincerely cared for the people, then the healing of God and the glory of God would naturally come.

As I thought about this fast, I thought of getting rid of cellulite. Yes, that is what I thought of. Cellulite is excess fat which is stored under the skin and appears lumpy, like cottage cheese. None of us want it.

The Church in America has a lot of cellulite. Fat stored in our individual bodies that is unattractive and shouldn't be there in the first place. Fasting can get rid of our spiritual cellulite. Fasting produces results that affect the deeper layers of the body but the results can be seen from the outside. Fasting can bring health to the body; health which is not only skin-deep but reflects change that has happened on the inside.

Are you ready to get healthy?

You can also find this article published on [Getting Rid of Spiritual Cellulite](#), and on the tag pages [fasting](#), [Isaiah 58](#), [Isaiah 58:6](#).