

Fasting guide

Day 1. tune in

John 10:22-30: Then came the Festival of Dedication at Jerusalem. It was winter, and Jesus was in the temple courts walking in Solomon's Colonnade. The Jews who were there gathered around him, saying, "How long will you keep us in suspense? If you are the Messiah, tell us plainly." "My sheep hear My voice, and I know them, and they follow Me." Jesus answered, "I did tell you, but you do not believe. The works I do in my Father's name testify about me, but you do not believe because you are not my sheep. My sheep listen to my voice; I know them, and they follow me. I give them eternal life, and they shall never perish; no one will snatch them out of my hand. My Father, who has given them to me, is greater than all; no one can snatch them out of my Father's hand. I and the Father are one."

Have you ever been searching for a radio station only to be frustrated by finding static rather than music? You then focus to fine tune the dial again, and suddenly you hear a clear signal. The fact is, the signal always existed on the airwaves; the only difference is that now you have adjusted your tuner to the right frequency.

In our hectic lives, there are so many signals bombarding our senses that it can become difficult to distinguish God's voice from the deafening "static noise" of life. Fasting enables us to tune out the world's distractions and tune in to God. As we fast, we deny our flesh. When we deny our flesh, we become more in tune to the Holy Spirit and can hear God's voice more clearly. If you truly listen for God's voice, you will hear it. When you hear it, it will build faith within you. If you desire to tune out the static of life and really tune into the voice of God, come to Him first and foremost with ears that are willing to listen and a heart that is ready to obey what he says. (Psalm 34:18, Isaiah 66:2) The more we practice being in His presence, the clearer and more recognizable His voice becomes.

- In this time of fasting, what is your mind tuned to?
- What distractions do you need to remove so that you can focus on God?
- Prepare your heart to hear the voice of God, and ask God to help you remove distractions that keep you from focusing on Him and hearing Him clearly.

additional reading:

Psalm 34:18: The Lord is near to the brokenhearted and saves those who are crushed in spirit.

Isaiah 66:2: Has not my hand made all these things, and so they came into being?" declares the Lord. "These are the ones I look on with favor: those who are humble and contrite in spirit, and who tremble at my word.

Isaiah 64:8: Yet you, Lord, are our Father. We are the clay, you are the potter; we are all the work of your hand.

Prayer:

Lord, help me to tune in to You. As distractions and temptations come, give me strength to turn to You. Teach me. Give me eyes and ears to hear Your voice. Open my heart to Your Word. As I'm challenged

in the days ahead, please give me what I need to humble myself and honor You. Help me to take time to be holy, to spend time with You in secret, to trust in Your Word. You are the potter. I am the clay. Mold me and make me according to Your will. Thank You for being a God who I can trust. You are so faithful to me. I am Yours.