

Fasting guide

day 10. clean house

Romans 8:5-6: For those who live according to the flesh, set their minds on the things of the flesh, but those who live according to the Spirit, the things of the Spirit. For to be carnally minded is death, but to be spiritually minded is life and peace. Have you ever looked up at your ceiling fan blades or in the deep recesses of your couch cushions and noticed the filth that builds up over time? Even though we might clean on a regular basis, there are times when we need to go... a little deeper. We realize that what appeared to be clean on the surface was in all actuality, quite filthy.

The same thing can happen spiritually. As we go about our daily lives, there are things that can build up over time. Even if we regularly worship, pray and read our Bible, the different pressures and cares of this world can quietly build up, and end up consuming our lives. Without even realizing it, we can lose our peace, our joy, and our passion for the things of God. Our service to God, which used to fill us with life and excitement, becomes a duty that we must fulfill.

Fasting is the deep cleaning that helps us take our mind off of the things of this world and instead have a refreshed focus on the things of the Spirit. It is an incredibly effective way to get into the nooks and crannies of our soul and bring all those dusty old habits, broken mindsets and rusty attitudes out into the light of God's truth. In fasting and prayer, our service to God returns to something we want to do rather than something we have to do.

As you pray and fast today, ask God to show you any areas where you could use a refreshed spiritual focus. Like David, in Psalm 51:10-12, pray that God will cleanse your heart, renew your spirit, and restore the joy of your salvation. Pray with confidence, knowing that He wants to fill you with His life and peace.

additional reading:

Psalm 51:

Have mercy on me, O God, according to your unfailing love; according to your great compassion blot out my transgressions.

² Wash away all my iniquity and cleanse me from my sin.

³ For I know my transgressions, and my sin is always before me.

⁴ Against you, you only, have I sinned and done what is evil in your sight; so you are right in your verdict and justified when you judge.

⁵ Surely I was sinful at birth, sinful from the time my mother conceived me.

⁶ Yet you desired faithfulness even in the womb; you taught me wisdom in that secret place.

⁷ Cleanse me with hyssop, and I will be clean; wash me, and I will be whiter than snow.

⁸ Let me hear joy and gladness; let the bones you have crushed rejoice.

⁹ Hide your face from my sins and blot out all my iniquity.

¹⁰ Create in me a pure heart, O God, and renew a steadfast spirit within me.

¹¹ Do not cast me from your presence or take your Holy Spirit from me.

¹² Restore to me the joy of your salvation and grant me a willing spirit, to sustain me. ¹³ Then I will teach transgressors your ways, so that sinners will turn back to you.

¹⁴ Deliver me from the guilt of bloodshed, O God,

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you who are God my Savior,
and my tongue will sing of your righteousness. ¹⁵ Open my lips, Lord,
and my mouth will declare your praise.

¹⁶ You do not delight in sacrifice, or I would bring it;
you do not take pleasure in burnt offerings. ¹⁷ My sacrifice, O God, is[b] a broken spirit;
a broken and contrite heart
you, God, will not despise.

¹⁸ May it please you to prosper Zion,
to build up the walls of Jerusalem.

¹⁹ Then you will delight in the sacrifices of the righteous,
in burnt offerings offered whole;
then bulls will be offered on your altar.

Psalm 139

¹ You have searched me, LORD, and you know me.
² You know when I sit and when I rise; you perceive my thoughts from afar.
³ You discern my going out and my lying down; you are familiar with all my ways.
⁴ Before a word is on my tongue you, LORD, know it completely.
⁵ You hem me in behind and before, and you lay your hand upon me.
⁶ Such knowledge is too wonderful for me, too lofty for me to attain.
⁷ Where can I go from your Spirit? Where can I flee from your presence?
⁸ If I go up to the heavens, you are there;
if I make my bed in the depths, you are there.
⁹ If I rise on the wings of the dawn, if I settle on the far side of the sea,
¹⁰ even there your hand will guide me, your right hand will hold me fast.
¹¹ If I say, "Surely the darkness will hide me and the light become night around me,"
¹² even the darkness will not be dark to you; the night will shine like the day,
for darkness is as light to you.
¹³ For you created my inmost being;
you knit me together in my mother's womb.
¹⁴ I praise you because I am fearfully and wonderfully made; your works are wonderful,
I know that full well.
¹⁵ My frame was not hidden from you
when I was made in the secret place,
when I was woven together in the depths of the earth.
¹⁶ Your eyes saw my unformed body;
all the days ordained for me were written in your book before one of them came to be.
¹⁷ How precious to me are your thoughts,[a] God! How vast is the sum of them!
¹⁸ Were I to count them,
they would outnumber the grains of sand— when I awake, I am still with you.
¹⁹ If only you, God, would slay the wicked! Away from me, you who are bloodthirsty!
²⁰ They speak of you with evil intent; your adversaries misuse your name.

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²¹ Do I not hate those who hate you, LORD,
and abhor those who are in rebellion against you?

²² I have nothing but hatred for them; I count them my enemies.

²³ Search me, God, and know my heart; test me and know my anxious thoughts.

²⁴ See if there is any offensive way in me, and lead me in the way everlasting.

Philippians 4:8-9: “ Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.”

Prayer:

Lord, at times I grow tired and lukewarm in my love and service for You. Forgive me for allowing the distractions of the world to take my focus off of You. Please renew the joy of my salvation and give me a fresh passion for You. I want to love You more than life. Thank You that You never grow weary and that Your passion for me is always secure.