

Fasting guide

day 3. spiritual food

Psalm 34:8: Taste and see that the Lord is good.

Blessed is the one who take refuge in Him.

Your Bible, God's Word, is life-giving, spiritual food. When Jesus was tempted by Satan in the wilderness, He said, *"Man shall not live on bread alone, but on every word that comes from the mouth of God"* (Matthew 4:4). Psalm 19 says this about God's words: *"They are more precious than gold, than much pure gold; they are sweeter than honey, than honey from the honeycomb."* Proverbs 4:22 says, *"For they are life unto those that find them, and health to all their flesh."*

God's Word is life changing, miracle working, alive, holy, true, perfect, empowering, encouraging, trustworthy and healing. It guides us, gives wisdom, judges the thoughts and attitudes of the heart, is a mighty weapon and is to be treasured! Jesus was the Word made flesh, our bread of life. When we open the scriptures, we begin to know Him better.

In John 4, we read about Jesus' encounter with the Samaritan woman. When Jesus met her, His disciples had gone into town to get food. When they returned with the food, they found Jesus' hunger satisfied. They were confused by this, wondering if He had eaten while they were gone. But Jesus said, *"My food is to do the will of him who sent me and to finish his work."* Jesus was sustained spiritually by doing His Father's will. He then told them in John 6:27, *"Do not work for food that spoils, but for food that endures to eternal life, which the Son of Man will give you."*

We are spiritually nourished by feeding on God's Word and by doing His will. Ask God to open your spiritual eyes and ears to receive His Word as life-giving and sustaining. Drink deeply from His Word. Listen for His voice. Obey His promptings. Trust Him to sustain you as you pray and fast. Believe that God's Word is *"sweeter than honey, than honey from the honeycomb."* He will do more than you can imagine.

- How can you create time to be in God's Word?
- Do you believe that it will nourish you and bring life to you?
- Ask God to meet you personally through this time as you seek Him. He desires to teach you. He delights in you.

Additional reading:

John 4:1-34: The story of Jesus and the Samaritan woman at the well

John 6:35: Then Jesus declared, "I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty."

John 6:63: The words I have spoken to you—they are full of the Spirit and life.

Matthew 24:35: Heaven and earth will pass away, but my words will never pass away.

John 1:1,14 (KJV): In the beginning was the Word, and the Word was with God and the Word was God. And the Word was made flesh, and dwelt among us, and we beheld his glory, the glory as of the only begotten of the Father, full of grace and truth.

Psalm 19:7-10: The law of the Lord is perfect, refreshing the soul. The statutes of the Lord are trustworthy, making wise the simple. The precepts of the Lord are right, giving joy to the heart. The commands of the Lord are radiant, giving light to the eyes.

The fear of the Lord is pure, enduring forever. The decrees of the Lord are firm, and all of them are righteous. They are more precious than gold, than much pure gold; they are sweeter than honey, than honey from the honeycomb.

Ephesians 6: 10,11,17: Finally, be strong in the Lord and in his mighty power. Put on the full armor of God, so that you can take your stand against the devil's schemes. Take the helmet of salvation and the sword of the Spirit, which is the word of God.

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Hebrews 4:12: For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart.

prayer:

Lord, thank You for nourishing me with Your Word.

It is life to my body and soul. Help me to realize the power of Your Word in my life. Open my eyes and ears to know You better as I spend time in the scriptures. Teach me, renew me and make me strong in You. Help me to keep Your words in my heart and to do Your will. Show me how to use Your Word to bring renewal to my life and to bring others to You. I trust You to sustain me. You are more than enough.