

A 40 Day Journey INTERMITTENT FASTING

Day 4 - Spiritual Clarity Through Fasting

Matthew 4:4 But he answered and said, It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God.

Insights: Jesus declared that man does not live by bread alone but by every word from God. Fasting sharpens your ability to hear that Word. As the noise of constant eating fades, your spiritual ears open more fully. Many who fast experience clearer decision-making, sharper focus, and deeper peace. Physically, fasting reduces brain fog and steadies thought. Spiritually, it creates space for God's wisdom to flow. Each time hunger strikes, you are invited to feast on Scripture and prayer. This trade—physical food for spiritual clarity—reminds you that your true nourishment comes from God alone. Fasting reorients your heart to His voice.

- **Prayer:** Lord, open my ears to Your voice as I fast. Let me live by Your Word and not by bread alone.
- **Receiving Healing:** I receive clarity of mind and spirit through the grace of fasting.
- **Faith Declaration:** God's Word is my food, and His voice is my guide.
- **Fasting Schedule:** Stop eating at 6:00 p.m. Resume at 10:00 a.m. (16-hour fast).
- **Practical Step:** Replace breakfast with 15–20 minutes of Bible reading and journaling during the fasting window.