

FASTING _____ WHAT I WANT MOST

PSALM 63:1–8 NLT

[WRITTEN BY KING DAVID, ON THE RUN FROM ABSALOM | 2 SAMUEL 15-18]

O God, you are my God; I earnestly search for you. **My soul thirsts for you;** my whole body longs for **you** in this parched and weary land where there is no water. ²I have seen you in your sanctuary and gazed upon your power and glory. ³**Your unfailing love is better than life itself;** how I praise you!

⁴I will praise you as long as I live, lifting up my hands to you in prayer.

⁵**You satisfy me more than the richest feast.** I will praise you with **songs of joy.** ⁶I lie awake thinking of you, meditating on you through the night.

⁷Because you are my helper, **I sing for joy** in the shadow of your wings.

⁸I cling **to you;** your strong right hand holds me securely.

EPHESIANS 5:1–8 NIV

Follow God’s example, therefore, **as dearly loved children** ²and **walk in the way of love,** just as **Christ loved us and gave himself up for us** as a fragrant offering and sacrifice to God.

³But among you there must not be even a hint of sexual immorality, or of any kind of impurity, or of greed, because these are improper for God’s holy people. ⁴Nor should there be obscenity, foolish talk or coarse joking, which are out of place, but rather thanksgiving. ⁵For of this you can be sure: No immoral, impure or greedy person—such a person is an idolater—

has any inheritance in the kingdom of Christ and of God. ⁶Let no one deceive you with empty words, for because of such things God’s wrath comes on those who are disobedient. ⁷Therefore do not be partners with them. ⁸**For you were once darkness, but now you are light in the Lord. Live as children of light** ⁹(for the fruit of the light consists in all goodness, righteousness and truth) ¹⁰and **find out what pleases the Lord.**

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JOHN 3:30