



**UNTO THE LORD - 7 DAY FAST
DAY 3
July 25th, 2023**

Kodi Sells

Happy Tuesday Victory family! Welcome to day three of our seven day fast. I'm sure the first few days have been challenging, stretching and a bit exhausting physically, but I'm confident the start of this fast is proving to be so fruitful and rewarding in the spirit. I want to encourage you to keep pursuing and pressing deeply into the Lord's presence daily, and allow Him to continue to prune, shape, and cultivate your heart.

CONTINUAL PRAISE

Hebrews

“Jesus, the Anointed One, is always the same—yesterday, today, and forever. So don't let anyone lead you astray with all sorts of novel and exotic teachings. It is more beautiful to feast on grace and be inwardly strengthened than to be obsessed with dietary rules which in themselves have no lasting benefit. We feast on a sacrifice at our spiritual altar, but those who serve as priests in the old system of worship have no right to eat of it. For the high priest carries the blood of animals into the holiest chamber as a sacrifice for sin, and then burns the bodies of the animals outside the city. And Jesus, our sin-sacrifice, also suffered death outside the city walls to make us holy by His own blood. So we must arise and join him outside the religious “walls” and bear his disgrace. For we have no city here on earth to be our permanent home, but we seek the city that is destined to come. So we no longer offer up a steady stream of blood sacrifices, but through Jesus, we will offer up to God a steady stream of praise sacrifices—these are “the lambs” we offer from our lips that celebrate His name! We will show mercy to the poor and not miss an opportunity to do acts of kindness for others, for these are the true sacrifices that delight God's heart.”

Wow, I love how this scripture passage in Hebrews starts! Verse 8 says, “Jesus is always the same yesterday, today, and forever.” That’s exactly it! Our God is a God of consistency, never changing, never wavering, and never failing! Let us today and this week know this truth. Let that declaration come from your lips and be so deeply rooted into your heart that it begins to fortify your very character and identity. We were formed from God’s image and therefore should in turn be un-wavering, steady, constant, and stand upon the truths of His word. I encourage and challenge you this week to confess this verse daily as you wake-up and go to sleep. Let this confession itself be your praise unto the Lord to declare who He is, which will become a feast of grace and deep nourishment for your Spirit.

In verse 9: Let us not be focused or be concerned on diet or types of foods we consume throughout this week. We can so easily become distracted during a fast and unknowingly make it all about food and diet restriction. This itself can become a religious ritual making it about us, rather than a spiritual sacrificial feast unto the Lord. Make no mistake, our bodies will cry out! Can I get an amen? Ha! However, in verse 12 of Hebrews it says that Jesus suffered death of the physical body as a sin-sacrifice. Let us not forget, yes, He was God but He was completely flesh! He did have a physical body and He physically knew suffering! Much more than any of us will ever have to experience. Jesus also knew that there was a much greater reason for the sacrifice of pain He had to endure... To conquer and put to death sin! This was the endgame, and what He came here for. In the same way, we must know our greater calling is to be living first for the Kingdom of Heaven, not giving priority to the kingdom of the earth and humanity.

Now, as a worshipper, verse 15 resounds with me heavily. The word says, “We will offer up to God a steady stream of praise sacrifices from our lips that celebrate His name.” Notice the key word here is STEADY! We are not made to have the Holy Spirit living in us and not give Him praise, quite the opposite. Give Him praise continually in all things! In the good and the bad, in the ups and the downs, in the shaking or the stable.... **GIVE HIM PRAISE. Remember we give the Lord steady praise not because we have to, but because we **LONG TO!** Much like a spouse or a close family member, we pursue a deeper relationship and trust with them, so how much more should we be doing the same with Him!**

I want to leave you with a few scriptures throughout this week as a reminder to give the Lord continuous praise.

- **Psalms 34:1 “I will bless the Lord at all times; His praise shall continually be on my lips.”**
- **Psalms 63:4 “I will praise You as long as I live, and in Your name, I will lift up my hands.”**
- **1 Thessalonians 5:16-18 “Rejoice always, pray continually, give thanks in all circumstances; for this is God’s will for you in Christ Jesus.”**
- **Philippians 4:4 “Rejoice in the Lord always. I will say it again: Rejoice!”**

Remember, praise unto the Lord is anything that exalts or lifts higher the name of the Lord above anything and everything else here on the earth. This week, let the praises unto the Lord be the fruit of our lips. Declare with me: “Jesus is always the same yesterday, today, and forever”, Amen! Love you Victory and Victory family. I pray you have a mighty rest of the week and look forward to worshipping with you all this Saturday at the end of our Unto the Lord fasting week.