



**UNTO THE LORD - 7 DAY FAST
DAY 4
OCTOBER 25TH, 2023**

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Hello Victory! Welcome to today's devotional. I am Suzanne.

I'd like to pose the question: "What do you feast on?"

We've all heard the phrase "You are what you eat". When you enter a room, do people automatically know what you spend the most time consuming?

In the Passion translation in John 6:35, Jesus said to the crowd of people that had witnessed the miracle of the loaves and fishes, "...I am the Bread of Life. Come every day to me and you

will never be hungry. Believe in me and you will never be thirsty."
In Matthew 6:31-34, also in the Passion translation, Jesus says, "So then forsake your worries! Why would you say, 'What will we eat?' or 'What will we drink?' or 'What will we wear?' For that is what unbelievers chase after. Doesn't your heavenly Father already know the things your bodies require? So above all, constantly seek God's Kingdom and His righteousness, then all these less important things will be given to you abundantly."

I would like to suggest that during this fast (and beyond), be very intentional in seeking the Lord. Not for what He can do for you or what you can do for Him, but out of sheer joy to commune with Him! Devour Him Word by precious Word. Commit to Him like one in the bloom of new love.

Put aside the cares of the world. Turn off all the competing noise.

Slow down. Pick up a physical Bible made with pages that require turning. Choose a different version to read. One that entices you to see the familiar line for line, precept upon precept. Ask Holy Spirit to meet you in the lines of text and show you a new spiritual layer.

Become a true follower, not just an admirer, of our beautiful Savior, Jesus Christ. He lived in a tabernacle of flesh and walked this earth as the Living Word. He gave His all, suffering excruciating pain, bearing our sin — the weight of the sin of the world. He died, was buried & raised to life again just for us! He intercedes for us at the right hand of the Father. We love Him because He first loved us!

Shake up your routine with Him. Worship like King David did: with wild abandon! Be intentional when you worship Him in song. Mean the words you sing to the Lord. When you sing “I surrender all”, don’t just sing the words, make them a prayer to the Lord. He gave His all for you. Give all of yourself to Him. Sing to Him in your heart, not just with your mouth. Ask Holy Spirit to place a song in your heart each day—a song that magnifies and exalts Him — and sing it all day, no matter where you are.

Do something completely different in your time with Him. We call it “devotion”, NOT obligation! Be devoted to HIM, not your prayer list, not the clock, not getting to the last word of “today’s reading”! Be devoted to Him, the Lamb of God, the Lion of Judah, the One Who dwelt with God before the Universe. The Uncreated One that became THE seed planted in the womb of a woman who had never known a man. This Only Begotten Son, Son of God, First born of the Dead.

Get low before Him; get silent. Worship Him in silence and just wait on Him. Do something bold: ask Him for nothing & thank Him for everything, then ask Him what is on HIS heart. Wait for the flood He unleashes into you. Step into the River of Life. Abandon yourself to Him. Be radical in your devotion to Him, and He will be radical with you.

Always the consummate gentleman, He’s just waiting for you to feast on Him!