

UNTO THE LORD FAST 7 DAY FAST JANUARY 11TH, 2023



DAY 5

MONICA CLARK

I pray that your fast so far is everything you expected it to be and more. Maybe you have had some questions? I know I have. I have some questions for you to ponder. Hopefully they are as thought provoking for you as they were for me.

Is your fast truly unto the Lord? What questions do you need to ask yourself?

Joel 2:12-13 in the NLT says. “That is why the Lord says, ‘Turn to me now, while there is still time. Give me your hearts. Come with fasting, weeping and mourning. Don’t tear your clothing in your grief, but tear you hearts instead.’ Return to the Lord your God, for he is merciful and compassionate, slow to get angry and filled with unfailing love. He is eager to relent and not punish.”

One of the things fasting does for us is it allows the Holy Spirit to speak more clearly to us. It allows us to become more focused on what the Lord is saying to us personally but also corporately. Do we intentionally remove all distractions or are we just denying ourselves food or “earthly pleasures?” Do we spend our time enjoying the Lord instead of dinner, or do we just fill our time with “extras?”

Fasting also allows God’s power to more freely work in us and through us. Fasting is a sacrifice that we can make to show God we are serious about following Him and doing what is necessary to bring about transformation, not only in our own lives, but the lives of people around us. Let’s be honest, when our lives change because of what the Lord is doing in us, our relationships will naturally change as well.

Fasting allows us a greater focus on the Lord. Do we want to do everything possible to show the power of God to a hurting world? Are we content to fast because it makes us feel like we are “doing something good?”

Romans 12:1-2 NIV tells us “Therefore, I urge you, brothers and sisters, in view of God’s mercy, to offer your bodies as a living sacrifice, holy and pleasing to God – this is your true and proper worship. Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is – His good, pleasing and perfect will.”

Not only do we worship by singing and praising, we worship by giving and sacrificing. Are you living a life committed to worship in every facet that encompasses? Even when it’s hard?

We also need to understand that by committing ourselves fully to our week of fasting, that we will possibly be faced with some difficult or even overwhelming circumstances. Know this, if your first move is to go straight to Jesus, you have made the best decision. Hebrews 4:15-16 NKJV “For we do not have a High Priest who cannot sympathize with our weaknesses, but was in all points tempted as we are, yet without sin. Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need.”

What is the Lord asking of you this week? If we allow Him to ask the hard questions and give Him the honest answers, He will move us into a place that perhaps we never could have imagined.

Having done these things unto the Lord, what will that produce in us?

It will produce in us humility. We need to allow the Holy Spirit to do His work in us without restraint. The greatest example of this is Jesus himself. Philippians 2:8 NKJV “And being found in appearance as a man, He humbled Himself and became obedient to the point of death, even the death of the cross.”

It will produce in us holiness. Holiness according to apostolicfaith.org, in their curriculum “Holiness defined,” Lesson 1, can be defined as:

“Not merely conforming to a certain set of rules. Rather it is a way of life based on separation from the world, setting ourselves apart or devoting ourselves to God for his use, and the eradication of the sin nature through the experience of entire sanctification. It includes the necessity of spiritual growth, and is marked by a desire to receive instruction from God and to mature as Christians in every aspect of the Christian walk.”

1 Peter 1:13-15 NLT “So prepare your minds for action and exercise self-control. Put all your hope in the gracious salvation that will come to you when Jesus Christ is revealed to the world. So you must live as God’s obedient children. Don’t slip back into your old ways of living to satisfy your own desires. You didn’t know any better then. But now you must be holy in everything you do, just as God who chose you is holy. For the Scriptures say, “You must be holy because I am holy.”

Fasting will align our hearts with God’s heart. He will be able to more readily share with us what He wants for our lives, how He wants us to live and where He wants us to move spiritually. Are you ready for God to reveal to you what is on His heart? Can He trust you to handle it properly?

Colossians 3:12 TPT “You are always and dearly loved by God! So robe yourself with virtues of God, since you have been divinely chosen to be holy. Be merciful as you endeavor to understand others, and be compassionate, showing kindness toward all. Be gentle and humble, unoffendable in your patience with others.”

Please pray with me: Father God, we want our eyes to be always focused on You. When our eyes want to stray, turn our heads back to you. We want our bodies to always be a living sacrifice to you. When we use our bodies for something that is not honoring to you, gently guide us back into right relationship with you. We want our mouths to speak life to everyone we meet. Give us the words of life that only can come from you. When we are tempted to use our mouths for anything that would be dishonoring, put a blockade in our speech to stop any hateful or hurtful things being said. Father God, train us to always live with humility and holiness. In the mighty name of our Savior, Jesus we thank you for providing a way for all to live in right relationship with you. May we always trust in your unfailing love and abundant mercy. Thank you for making us your children. In Jesus name.