



DAY 4

JOSIAH GIBBS

Scriptures used: Matthew 22:37-39 / John 15 / 1 Corinthians 6:20 / Philippians 3:19-20 /

Hello, my name is Josiah, I am the Media Director and AVL Lead at VICTORY. Normally I am behind the camera and edit all these devotionals, but this time, the whole team here at VICTORY is contributing to this fast. So, here I am!

When spending time in prayer and talking with the Lord, my first course of action was taking a look at the core definitions of the two words, “Humility” and “Holiness”.

The definition of Humility is “the quality of being humble; a modest or low view of one’s own importance; humbleness.” In a religious context humility can mean a recognition of self in relation to a deity, and subsequent submission to that deity as a member of that religion. As Christians, we are humble before the Lord, and we take on a view that puts others before ourselves. In Matthew 22:37-39, it says that we are to love our neighbors as we love ourselves. This can seem like a contradiction to what the definition of humility states, but God tells us that if we truly want to love people well, we must love ourselves too. We are to take care of ourselves, not speak badly of ourselves and treat others with the same amount of care and devotion that we desire for ourselves.

The definition of Holiness is “the state of being holy.” It is being separate or set apart unto God. God is holy in that he is set apart from everything that is not of Him. God’s people must be holy by being set apart from sin. Holiness is being separated from all that is worldly and immoral. When we are set apart unto the Lord, we do not take part in the vices, iniquities, profanities, and sins of this world. John 15:19 says that “If you were of this world, the world would love you as its own, but because you are not of this world, but he chose you out of the world, therefore the world hates you.” Later on it says in verse 22, “If I had not come and spoken to them, they would not have been guilty of sin, but now they have no excuse for their sin.” We are covered by the grace of Jesus, but we should not use this as excuse for sin. Ever. We are to live holy.

As we are fasting, we are turning away our desire for the things of the flesh: food, drinks, etc. This is an opportunity to turn down one of the biggest desires that we all face but have a very hard time acknowledging. Gluttony. This is the only sin that we can’t really hide. It shows on us because it is our outward appearance. When we don’t take good care of our bodies, it shows. When we fast, the health benefits are incredibly positive. It helps our blood sugar control, blood pressure, and even inflammation. Fasting can cause weight loss. It enhances your heart, boosts brain function, boosts metabolism, increases growth hormone secretion, which is vital for muscle strength and extended longevity. Studies have also shown that it may even aid in cancer prevention. This is all according to Health Line, you can read these articles and studies yourselves, but what does scripture say about this?

1 Corinthians 6:20 says, “for you were bought with a price. So glorify God in your body.”
Philippians 3:19-20 says, “Their end is destruction, their god is their belly, and they glory in their own shame, with minds set on earthly things. But our citizenship is in Heaven, and from it we await a Savior, the Lord Christ Jesus.” Proverbs 28:7 states, “The one who keeps the law is a son with understanding, but a companion of gluttons shames his father.” Also in Proverbs 23, verse 2 says, “and put a knife to your throat if you are given to appetite.”

For us to live lives of humility and holiness, we must take care of our physical and spiritual bodies. It's not one or the other, it's both. As we fast, let this be the beginning phase of making an emphasis on taking care of this temple that God has given us. I know that might seem contradictory for some of you because I have tattoos, but that's a different discussion! Let's cut out the fast food, the excessive candy and sugar, and overeating. Let's get in shape by working out and going outside. God can't use us if we're glued to the couch. We're called to be warring soldiers under God's command and our physical bodies should be aligned with our spiritual bodies.

VICTORY family, I love you. I am so grateful to have this moment with you guys and share what the Lord has placed on my heart. I pray that he strengthens you and encourages you. May this fast be one where He ministers to you in new ways and gives you new and fresh revelations. Amen. Until I see you next time, Godspeed.