

SEVEN Days Of PRAYER & FASTING

DAY 01 OF 07
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& FASTING.

Day One

Sunday, November 1st

Prayer Focus: Realignment with God

It's happening! Today is Day 1 of our third 7-day fast of the year. For those fasting food for three days, I hope you enjoyed your splurge on some fast food last night! That is easily my method of fast-prepping, as well as my fast-ending. But think with me here: why do we fast? And what is the difference between fasting and dieting? These are appropriate questions to ask, and I hope my answer will help you. The goal of today is to prepare our hearts and minds for what God has for you and me. It is time for us to realign ourselves with our King and wait on Him expectantly.

In Matthew 17 and Mark 9, we see the same story of Jesus' disciples going out and doing many miracles; however, there was one miracle they could not perform. They could not cast out a demon who had possessed a small boy. Jesus immediately, without trouble, casts the demon out and explains to the disciples that this one requires prayer and fasting. Prayer and fasting puts you in a position to receive power from the Holy Spirit. It does not make you powerful, but it puts you in a place for God to use YOU.

Today, our society starves for restoration, and the earth cries out for healing. Our generations have become the most distracted generations throughout the history of mankind. We can hardly hear the calm, loving voice of the Father in our hearts because our gazes have become fixed on wealth, success, phones, social media, Netflix, food, billboards, games, ads - the list goes on. None of these things are wrong, but they can become wrong when they are elevated above our life-lived worship of Jesus. There comes a time when we need to silence everything around us, including our own flesh, so that we can find guidance, healing, and empowerment from what our Lord Jesus has to say.

The greatest American virtue has become "busyness." We are taught that the image of success is found in making ourselves busy every second, every day. We have a phobia of boredom, of silence. We don't know what to do when we have nothing to do. This has to change. This is the opposite value of the Christian life. Jesus, being fully man and fully God, could have worked 24/7, doing miracles and healing others nonstop. Instead, this is what He modeled for us:

Yet the news about him spread all the more, so that crowds of people came to hear him and to be healed of their sickness. But Jesus often withdrew to lonely places and prayed. - Luke 5:15-16

Jesus withdrew. He knew when to withdraw to pray to the Father. His prayer time was His source of power, of rest, and of course, of relationship. If our Lord and Savior put a higher value on withdrawing to pray, what does it mean for us to do everything in our power to stay busy, or should I say, distracted?

The Christian life is a simple life - a simple life that can transform an entire community. But simple is hard to find in an extremely complicated and fast-paced world. It is time for you and me to align ourselves more with God's will and live more like Jesus. It is time for us to become "unbusy" Christians. If that means deactivating social media or cancelling TV subscriptions for this week, then do it! And in that time where you would have been focusing on those things, use it to focus on your relationship with Jesus. Write down things you and your family are hoping to experience in your walk with God during this season and the names of those you want to see saved, healed, and restored.

Quiet the noise in your life for this week. Replace that noise with silence and prayer. Listen for God's voice. He loves you and has a word for you.

"Lord, I pray for every individual and family beginning this journey. Let each of our hearts and minds be quieted and realigned with You. Let this week be the beginning of official and supernatural change in our hearts, minds, and spirits. We trust you, and we are expectant. In Jesus' name, amen."