

## Fasting

We do not fast to earn anything from God but to surrender more to Him. Since we have such wandering hearts, minds, and desires, we forget who we are and what we have been given. Times of fasting can center our focus on Jesus and His great love for us.

Fasting is a gift from the Lord that helps us align our lives and purposes with God. Fasting is the intentional abstinence from something we desire for the purpose of expressing and cultivating a superior desire for God Himself.

Fasting is God's invitation to His children to refocus, recharge, reengage, and repent.

- Give yourself to prayer

**Out of the depths I have cried to You, Lord.** Lord, hear my voice, Let Your ears be attentive to the sound of my pleadings. If You, Lord, were to keep account of guilty deeds, Lord, who could stand? But there is forgiveness with You, So that You may be revered. I wait for the Lord, my soul waits, And I wait for His word. For with the Lord there is mercy.

*Psalm 130*

- Delight yourself in God's Word

I will delight in your statutes; I will not forget your word. **Teach me, O Lord, the way of your statutes; and I will keep it to the end.** Give me understanding, that I may keep your law and observe it with my whole heart. Lead me in the path of your commandments, **for I delight in it.** Incline my heart to your testimonies, and not to selfish gain! Turn my eyes from looking at worthless things; and give me life in your ways.

*Psalm 119*

- Quiet yourself before the Lord

God is our refuge and strength, a very present help in trouble. Therefore we will not fear though the earth gives way, though the mountains be moved into the heart of the sea, though its waters roar and foam, though the mountains tremble at its swelling. **Be still, and know that I am God.** I will be exalted among the nations, I will be exalted in the earth! The Lord of hosts is with us; the God of Jacob is our fortress.

*Psalm 46*

- Waiting on the Lord

The Lord is my light and my salvation; whom shall I fear? The Lord is the stronghold of my life; of whom shall I be afraid? One thing have I asked of the Lord, that will I seek after: that I may dwell in the house of the Lord all the days of my life, to gaze upon the beauty of the Lord and to inquire in his temple. **Wait for the Lord;** be strong, and let your heart take courage; **wait for the Lord!**

*Psalm 27*

- Confess what has been revealed

Blessed is the one whose transgression is forgiven, whose sin is covered. Blessed is the man against whom the Lord counts no iniquity, and in whose spirit there is no deceit. I acknowledged my sin to you, and I did not cover my iniquity; I said, **“I will confess my transgressions to the Lord,” and you forgave the iniquity of my sin.**

*Psalm 32*

- Be thankful to the Lord

Blessed be the Lord! For he has heard the voice of my pleas for mercy. The Lord is my strength and my shield; in him my heart trusts, and I am helped; my heart exults, and **with my song I give thanks to him.**

*Psalm 28*