

# THE **BIG** IDEA

## *Fasting allows us to focus on God.*

### **Monday:**

What is your spiritual hunger? Is it for clarity? Courage? In what area of your personal life do you need a breakthrough? Ezra 8:23 says, “So we fasted and petitioned our God about this, and he answered our prayer.” Commit this verse—and its meaning—to your heart this week.

### **Tuesday:**

Fasting allows us to focus on God. What is keeping you from focusing on God? In other words, from what do you need to fast (food, internet, television, etc.)? If you desire to experience breakthrough in a specific area of your life, ask God to show you what, when and how long you are to fast.

### **Wednesday:**

Is your time with God consumed with seeking His *presence* or seeking His *presents*? Do your prayers focus more on seeking to know God or on asking God to bless your life and make it more satisfying? Read Matthew 6:33 again and pray that God would help lead you in putting your sights on Him and His righteousness over what He can do for you.

### **Thursday:**

Read Matthew 6:1, 16-18. Jesus had some good tips for those of us wanting to go old school through fasting. What are some good reasons for fasting? Why would Jesus say we should be private, almost secretive about our fasting? During this season of fasting, challenge yourself to share your struggles only with God as you seek His presence over His presents.

### **Friday:**

Take another look at Isaiah 58:1-14. What was wrong with the way the Israelites were fasting? If their fasting had been God-seeking, how would things have been different? How do God’s promises (8, 10-14) motivate you to seek God through fasting?

### **Saturday:**

Denying our fleshly appetites can make us more sensitive to God’s Spirit and His leading. When fasting, set aside extended time with the Lord and write down the insights that He gives you; then follow through with the appropriate actions.