

Mt. Zion All Nations Bible Church

H. Levi McClendon III, Senior Pastor



MT. ZION ALL NATIONS

B I B L E C H U R C H

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Mt. Zion All Nations Bible Church

21 Day Corporate Fast

Daniel Fast

Beginning Sun-up on Monday, January 10, 2022 through Sunday, January 30, 2022

(ends Sun-up January 31, 2022)

Overview / Instructions

Scripture:

Daniel 10:3 New International Version (NIV)

I ate no choice food; no meat or wine touched my lips; and I used no lotions at all until the three weeks were over.

The Daniel Fast is a fast based on the Biblical book of Daniel. It involves 21 days devoid of animal products and preservatives, and inclusive of fruits, vegetables, whole grains, legumes, nuts, and seeds.

Suggested: Fruit, vegetables, grains, legumes, nuts, seeds, water, and seasonings

Suggested to Avoid: All meats and animal products, all dairy products, all sweeteners, all refined and processed foods, deep fried foods, solid fats, coffee, tea, carbonated beverages, and alcohol

Prayer Points:

- 1. We fast and pray for Unity among the body of believers:** Psalm 133:1, I Corinthians 12:12, Ephesians 4:2-4
- 2. We fast and pray for healing & deliverance:** Jeremiah 8:22, James 6:14:16, Psalm 3:7-8
- 3. We fast and pray for insight and wisdom:** James 5:1, Proverbs 1:1-3, Psalm 111:10
- 4. We fast and pray for surrendering to The Lords will and way individually and corporately:** Isaiah 55:8-9, Proverbs 3:5-6, Ephesians 5:17, Psalm 138:8, Philippians 2:13
- 5. We fast and pray for our Youth:** Jeremiah 29:11-14, Isaiah 54:13, Ecclesiastes 12:1, Proverbs 22:6
- 6. We fast and pray for our Pastor and Family:** Hebrews 13:7, Hebrews 13:17, Isaiah 54:17
- 7. We fast and pray for the Lost:** Romans 10:1, I Timothy 2:1-6, 2 Peter 3:9

*We are also reading corporately a 21-day devotional along with our daily bible readings. **This devotional can also be found on the YouVersion Bible App. Search Plans for “21 Of Seeking Him”.**

Day 1 of 21: Monday, January 10, 2022

This day's reading:

- [Mark 9:29](#)
- [Proverbs 4:23](#)
- [Mark 3:14](#)
- [Matthew 6:5-18](#)

Devotional

The Start of a Journey.

Fasting has, throughout the Bible, been linked with an extra dimension of power. Whether it was Daniel in the Old Testament or the disciples in the New Testament, they were all aware of the power of fasting.

The temptation can be that the focus is just what fasting does through or around us and to lose track of what it does in and to us. A key verse in the Bible is Proverbs 4:23, "Above all else, guard your heart, for everything you do flows from it."

God always works from the inside out and He is never just after our deeds and what we can DO for Him. He is after our hearts and what we can BE. What we do comes out who we are.

Therefore, when He teaches us about prayer and fasting, Jesus reminds people not to do it for the approval of man, but in secret for the acceptance of God. Fasting is not so we can get more of God; we fast so God can get more of us.

Jesus, as I start this fast, help me to do it from a heart that wishes to know you better, rather than just for what you can do for me. I want to finish this journey more in love with you than when I started. Amen.

Day 2 of 21: Tuesday, January 11, 2022

This day's reading:

- [Isaiah 58:3-12](#)
- [Philippians 2:12-13](#)
- [Proverbs 4:23](#)
- [Psalms 139:23-24](#)

Devotional

Fasting or Food Fight?

Whenever people talk about fasting, the debate often comes up about what you can fast and whether it's even necessary. Then at some point, Isaiah 58:6 often gets quoted, which says:

"This is the kind of fast day I'm after:

to break the chains of injustice,

get rid of exploitation in the workplace,

free the oppressed,

cancel debts." (Isaiah 58:6 MSG)

But this passage doesn't talk about not fasting, but the fact that people have totally missed the point of fasting. Fasting (and any spiritual discipline for that matter) doesn't exist as a point on a list for us just to check off once done. It's a matter of the heart.

In the verses prior to this, God rebukes them for fasting while arguing. "The moment you stop fasting," He says, "You're back at it again. Fighting each other." That's not fasting. That's a diet.

That is why fasting is not just about stopping something (eating, watching TV, having a social media break etc.) but also replacing it with some time of prayer and devotion, where we give space for God's grace to challenge and change us from the inside out.

Jesus, I want to pray like the Psalmist prayed:

"Search me, God, and know my heart;

test me and know my anxious thoughts.

See if there is any offensive way in me,

and lead me in the way everlasting."

May you continue to point the things out in my heart that is not reflecting your best for me. Amen.

This day's reading:

- [Matthew 5:21-22](#)
- [Proverbs 4:23](#)

Devotional

About the Food and Not About the Food.

When Jesus stood on the hillside overlooking the Sea of Galilee, He made a number of statements that included the words, "You have heard it said... but I say". That was not Jesus adding to the Old Testament law but rather, correctly interpreting it, for even in the Law, God required clean hands and pure heart. That was the whole point of Jesus' Sermon on the Mount.

It wasn't just about not doing a certain action, whether it was murder, adultery or divorce. Jesus was pointing out that the issue goes deeper than just avoiding a certain action. It starts with the condition of your heart. So, he went deeper. For example, don't just try and avoid murdering someone. No, deal with the hate you have in your heart towards that person because you will not murder someone that you love.

It all comes down to the condition of your heart. Which brings us back to Proverbs 4:23, "Above all else, guard your heart, for everything you do flows from it."

Jesus wasn't giving us a "naughty deeds checklist" to try and avoid and then a "good deeds checklist" to try and perform. No, it's a heart issue.

When we fast, we say to Jesus, "Jesus, I love you this much. More than I love ..." (Insert whatever you are fasting from). This is also why fasting something that you hardly eat or you don't even enjoy is not really a fast. A fast is about sacrifice. (So no, fasting brussel sprouts doesn't count.)

Jesus, you have my heart. Even though I sometimes find it hard saying no to what I am fasting, I choose to say no to those things because I want to show you that you mean more to me. Amen.

This day's reading:

- [1 Corinthians 9:22](#)
- [Matthew 16:26](#)
- [1 Corinthians 9:24-27](#)

Devotional

I Am Not an Animal!

Animals are governed by their instincts; humans are governed by our choices. This also means that my feelings and desires are subject to me; I am not subject to my feelings and desires.

In the Apostle Paul's first letter to the Corinthians, he is talking about his desire to see as many people saved as possible. But as Jesus said in Matthew 16:26, "What good will it be for someone to gain the whole world, yet forfeit their soul? Or what can anyone give in exchange for their soul?" Then Paul also realizes that he cannot just be telling everyone about Jesus but not pursuing Jesus himself, so he goes on and says:

1 Corinthians 9:24-27 (NIV)

Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. Everyone who competes in the games goes into strict training. They do it to get a crown that will not last, but we do it to get a crown that will last forever. Therefore, I do not run like someone running aimlessly; I do not fight like a boxer beating the air. No, I strike a blow to my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize.

In "striking a blow to his body," Paul is saying that he will take control of his body and not the other way around. We live in a world that says, "If it feels good, do it!" Paul, however, draws a comparison with the athletes, who because of their goal of becoming number one in a race, choose to live disciplined even when it doesn't feel good.

Let's not kid ourselves; fasting doesn't feel good. But the pleasure of knowing that I'm in control of my feelings is so much better than any passing craving.

Jesus, I pray that my YES to you will always govern my daily choices.

As I fast, I want to grow in my ability to not just live according to my feelings and desires, but by my convictions. Thank you for strengthening me! Amen.

Day 5 of 21: Friday, January 14, 2022

This day's reading:

- [Matthew 5:37](#)
- [Proverbs 4:23](#)

Devotional

Grow your NO and Bless your YES.

If muscles are not worked out, they will not grow stronger. In fact, they will become weaker. All of us have a "NO muscle". It's the power of choice we exercise whenever we choose what to do or not do.

Humans are not animals that are the end product of an evolutionary chain of events. We are created beings, created on purpose for a purpose. That also means, that unlike animals, we don't operate by instincts. Animals don't make choices in general but are governed by their instincts. Hungry? Eat! Scared? Run! Threatened? Fight! Mating season?! Well... you get the point! :)

As humans, we make choices based on our values. The problem occurs when we don't grow our "NO muscle". When we don't learn to say no, we say yes to everything or just to too many things, which weakens our "yes". In the long run, it makes us unable to fulfil all the commitments we have said yes to and in the worst case, it can destroy us, as we are unable to say no, even to habits and choices that are destructive to our soul, spirit and body.

Jesus said in His Sermon on the Mount, "Let your 'yes' be a 'yes' and your 'no' a 'no'". And as you grow your NO, you bless your YES. When we fast, we exercise our "no muscle" and remind ourselves that our feelings and desires are subject to us; we are not subject to our feelings and desires.

Jesus, help me become stronger in saying yes and no to the right things. Give me wisdom to discern between them and the courage to follow through on them. Amen.

Day 6 of 21: Saturday, January 15, 2022

This day's reading:

- [Zechariah 4:6](#)
- [Romans 7:15-25](#)

Devotional

Say No to Say Yes.

We cannot always, through our own power and ability, do what is right. Sometimes we find it hard or even impossible to forgive, to leave a dark experience behind or to not let negative thoughts rule our mind. We try, fight and stretch ourselves to the maximum but fail over and over again. So frustrating, isn't it?! What's the answer? Yes, you got it: fasting!

Fasting is refraining from food for a spiritual reason. When we fast from something we need, we turn our attention towards God in a special way. The result is that God releases His power in our lives in a fresh and powerful way, and we receive strength to say yes! Yes, to His word, will, plans and ways for our lives as individuals and as a church. As part of this fast, let's decide to say no to food and seek Him with all our hearts, so we can be able to say YES!

Father, today I say no to food because I hunger for you. I open up my heart and receive your power to say yes to what pleases you. In Jesus' name, amen.

Day 7 of 21: Sunday, January 16, 2022

This day's reading:

- [Romans 3:23](#)
- [Galatians 2:20](#)
- [Jeremiah 17:9-10](#)

Devotional

Self-help is a Contradiction.

The self-help industry is a multi-billion dollar industry! The idea of it is that you can help yourself. A lot of this comes down to a humanistic belief that deep down, humans are good. If that is the case, then surely anything bad in us is someone else's fault or we can help ourselves out of whatever issue we face.

The problem though is that "all have sinned and fallen short of the glory of God". Yes, we were created in the image of God, but every time we make a choice based on what "self" wants, we move further and further away from the original design. Sin dehumanizes us.

The only self-help we need is help to deal with our "self". Our "self" is what gets us into trouble and limits us. Anything with "self" attached to it is ultimately limited, whether it's our confidence, speech, or anything else.

Fasting says that our trust is in Jesus. It's only Jesus who can redeem our "self" and only Jesus who can change our hearts with all its desires and wants.

As we give up our "needs" through fasting, we slowly realize that they weren't needs but merely "wants". And in that place, where Jesus is all you have, we realize that Jesus is all we need!

Jesus, I recognize that my self is what gets me into trouble again and again. I choose to put my 'self' aside in order to focus on you. You are what I need and as I give up on what I want, I pray that you will continue to change my heart until what I need is all I want. Amen.

Day 8 of 21: Monday, January 17, 2022

This day's reading:

- [Romans 12:2](#)
- [Proverbs 3:5-6](#)

Devotional

Renewal and Transformation.

“How are you doing?” A question so many of us get asked on a daily basis. What’s amazing is that we serve a God who sees every single detail of our lives that perhaps we are not showing to others and still He loves us with an unconditional love.

We have an opportunity to allow Him into the deepest parts of our heart and mind, for Him to do a transformational work within us. Where perhaps in our own efforts we are unable to see a way out of a bad habit or bad thinking, we can allow His Holy Spirit to renew our mind.

The word renew means:

Give fresh life or strength to, revive, regenerate, revitalize, reinvigorate, restore, breathe new life into, resurrect, resuscitate, awaken!

The process of your mind's renewal takes intentional effort, by choosing to wash your mind in God's Word and truth, but its rewards are life and peace!

Jesus, I thank you for your unconditional love towards me. I allow you to renew my mind and give fresh strength to my life. Amen.

Day 9 of 21: Tuesday, January 18, 2022

This day's reading:

- [John 10:14-15](#)
- [John 10:27](#)

Devotional

Tuning In to His Voice.

I remember one time when my husband and I were out shopping at a department store with our children. As we were getting ready to leave, I realized that our daughter was not standing with us. I felt my heart beat faster as it dawned on me that I did not know where one of my children was. We retraced our steps and went back to all the spots where we had been, desperately hoping that we would find her.

Suddenly, in the midst of the loud chaos of crowds of shoppers, I heard the very distinct sound of my daughter humming. I spun around and there she was, wandering around the racks of clothing, humming to herself. It amazed me that in the midst of so much noise, I still heard and recognized the sound of my daughter's voice.

Jesus, throughout the gospels, describes Himself as the shepherd and His followers as His sheep. He states that their relationship is so close that the sheep recognize His voice and listen to it. The spiritual practice of fasting is so vital to our spiritual growth, yet is often the most neglected in our busy western society. Fasting enables us to tune out the world's noise so that we can tune in to God's voice.

Heavenly Father, I want to deepen our relationship and experience hearing your voice in my life. As I fast, please speak to me and help me to be in tune with what you say to me. In Jesus' name, amen.

This day's reading:

- 1 Kings 19:11-12

Devotional

The Still Small Voice.

In the Old Testament book of 1 Kings, we read how the prophet Elijah, having fled from King Ahab and Jezebel, travels 40 days to Mount Sinai. It is here that Elijah has a powerful encounter with the Lord in the midst of his depression, fear and despair.

God desired to speak to Elijah. Do you believe that God wants to speak to you, too? What is interesting is that God wasn't to be found in the 'expected' and 'impressive' ways (the strong wind, earthquake or fire). Instead, it was a 'still small voice' that ministered to Elijah.

We often stereotype God and search for Him in the 'big, powerful, loud' ways: church events, conferences, books, and podcasts. All of these are beneficial in our growth as disciples, but our spiritual diet cannot only consist of these things. We need to learn how to hear from God for ourselves—in solitude, when we are not surrounded by the voices of others.

God will not compete with the busyness of and the distractions in your life. Our relationship with our Lord is deepened and strengthened in the pursuit of Him. May this time of prayer and fasting be a holy search for and discovery of His still small voice in our own lives.

Heavenly Father, Please give me inspiration, clarity and a heightened awareness of your voice in my life. I believe that you are a personal God who wants to speak personally to me. In Jesus' name, amen.

This day's reading:

- [Mark 6:30-32](#)
- [Joshua 1:8](#)
- [Psalm 119:27](#)

Devotional

Solitude and Meditation.

During this time of fasting, we create more time to spend in prayer and reflection. Prayer connects us to God and requires times of solitude and the meditation of scripture.

Solitude is intentionally setting aside time to be by ourselves: to step away from our daily routines and circumstances in order to speak and listen to our heavenly, eternal Father. Jesus, throughout the gospels, often withdrew to pray. Solitude is not isolation! Wayne Cordeiro, a pastor and author, wrote, 'Solitude is a chosen separation for the refining of your soul. Isolation is what you crave when you neglect the first.'

Meditation is fixing our undivided attention and thoughts on something specific: everything else is zoned out. Our prayer life takes on a whole new dimension when we meditate on scripture. We learn our prayer vocabulary when we immerse ourselves in scripture and speak it out. The Word of God reveals who God is and that informs how we are to pray to Him.

During this time of fasting, create opportunities to pray in solitude and meditate on God's Word.

Heavenly Father, as I fast, please speak to me powerfully through the bible. Please cause specific verses to stand out to me, which bring direction to different areas of my life. In Jesus' name, amen.

Day 12 of 21: Friday, January 21, 2022

This day's reading:

- [Matthew 22:36-37](#)
- [Luke 6:45](#)

Devotional

For the Love of Cake.

I love cake! Apparently, I talk a lot about the subject, or so I have been told, by people who make fun of me (I won't name names). That should not surprise me though, as Jesus Himself made it clear in Luke 6:45 that the mouth speaks what the heart is full of. I don't know about you, but I want to make sure that God has my undivided attention. My desire is to love Him with all my heart, soul and mind.

Your heart might not be full of cake, but maybe there are some other things in there that are taking up a bit too much space. The season we are in is a great opportunity to make room in our lives for what God wants to do in us. Let whatever you have chosen to say no to during this fasting period be a reminder to seek God fully, serve Him wholly and to love Him completely.

Jesus, I want to make room in my life for what you want to do in me and through me. I pray that you will help me to see more of who you are and that you will make me aware of the opportunities you have given me today. Have your way in me. Amen.

This day's reading:

- Philippians 4:6-8
- John 14:27

Devotional

Peace.

There can be moments of total chaos in our household, with three kids full of lots of energy and LOTS of words (sometimes all 3 at once talking to me). It can get to a point where I just need some peace!

Sometimes, our understanding of having peace is to run away from situations or circumstances, however, peace that comes from the Holy Spirit is a peace that subdues. It's a peace that can exist in us, despite what's going on around us.

Definition of subdue:

To overcome, quiet, or bring under control (conquer, defeat, overpower, overcome).

What an amazing promise! Peace within us to conquer, defeat and overcome challenging circumstances in our lives. His peace working in and through us in every season of our lives.

Jesus, help me today to be aware of your peace that is within me. Whatever circumstances I may find myself in today, I know that your peace that surpasses all understanding guards my heart and my mind. Amen.

Day 14 of 21: Sunday, January 23, 2022

This day's reading:

- [Song of Solomon 2:10-13](#)
- [Jeremiah 29:13](#)

Devotional

Come Away With Me.

Busy, busy, busy. Life can be busy. Whether you are a student, a business person, in ministry, or a stay-at-home parent, I think we can all relate to busy. The kids need to be fed, the house needs to be cleaned, we have homework and work, meetings, volunteer activities, sports, and friends and family who want our attention...

A couple of days ago, as I collapsed into bed after a long day, I thought to myself 'at least I remembered to eat today'. It had been one of those days where things outside my control had disrupted my usual routine; an emergency work situation and a fast-approaching project deadline was at the forefront of my mind, and everything else simply had to wait. As I laid in my bed that evening processing the events of the day and celebrating my little victory of remembering to eat, it dawned on me that I had neglected the most important meal of the day; my spiritual meal. I had been too busy to open my Bible, too busy serving Jesus to spend time with Jesus. As guilt crept in, I felt the nudge of the Holy Spirit and I was reminded of a beautiful verse I had read just days prior: "The one I love calls to me... Come away with me!" Song of Songs 2:10.

What I have learned and what I am still learning as I navigate a fast-paced life, is that we always have time for what we deem important; like eating. Even on the busiest of days, I remembered to eat. So, what is important to me? What is important to you? And better yet, what is important to Him? Thankfully, there is no condemnation. He is simply jealous for our attention.

Let this be a day and season where we break with busy, and where we establish a habit to daily respond to His call to come away with Him, to go deeper with Him in the midst of a fast-paced world.

Jesus, here I am. Thank you for your love and grace. Despite the fact that I often get it wrong, You still forgive me and desire me. Draw me closer to Your heart today. Help me to build healthy routines in the midst of a fast-paced life; I want You to be at the center of all that I am and all that I do. Amen.

This day's reading:

- [Matthew 6:31-33](#)
- [Hebrews 12:2](#)
- [1 Peter 5:7](#)

Devotional

Pink Elephants.

A few years ago, I was sitting in a class where the professor encouraged us to take 30 seconds to let our minds wander freely. There was only one thing off limits: pink elephants. For the following 30 seconds, one hundred students sat side by side dreaming about pink elephants. Often times, the thing we try the hardest to avoid becomes exactly what we run right into.

In Matthew 6, Jesus commands us not to worry. To be honest, I worry about a lot of things, and in my experience, trying hard not to worry can become very hard work! However, I believe that Jesus addressed the issue precisely because it is something that we struggle with and he wanted to show us that we have an alternative available. Instead of focusing on the things that make us worried, we ought to "seek first His Kingdom".

When we choose to look to our source rather than to our situation, we realize that He is in control and not us. Fasting helps us turn away from the things that usually have our attention in order to seek God. We are not trying to force ourselves to not worry; we are fixing our eyes on our heavenly Father.

Jesus, I thank you that you are my source. You know what I am worried about today. Help me to shift my focus from my situation to you. I want to seek Your Kingdom first in my life and in my world. Amen.

Day 16 of 21: Tuesday, January 25, 2022

This day's reading:

- [Psalm 27:4](#)
- [Psalm 27:8](#)

Devotional

Sweet Cravings.

This year, my husband and I decided to do a sugar-free January. We had simply eaten too many sweets over the Christmas season, so we decided to make a change, break a habit, and start the year well. It sounds easy, right? But if you know me, you know that I have a sweet tooth, and throughout all of January, I craved sugar. I have had to be creative with healthy ingredients in an attempt to trick myself to satisfy my sweet craving. I've tried recipes for sugar-free cupcakes, sugar-free banana bread, date and oat balls etc., all with moderate success. But here is the thing; no matter how fluffy the sugar-free cupcakes were, and how moist the banana bread, they were not as sweet as the real thing.

In Psalm 27, King David expressed that there was one thing He craved from God. To crave means to have a powerful desire for something. David, who was yet to become king, had a craving to live with God in His house, to live close to Him. This is what he sought above all else. He didn't seek fame or fortune or favor; he just sought God.

What are you craving above all else? As we fast and seek God, let's ask Him to increase our craving for Him and Him alone. All the riches of this world will never be enough, and our selfish desires will never satisfy us. Nothing is as sweet as the real thing; Jesus.

Heavenly Father, I crave more of you in my life. As I seek you today, may your presence be so tangible and sweet, and may you speak to me through Your Word. In Jesus' name, amen.

This day's reading:

- [Ephesians 1:15-19](#)
- [Psalm 119:18](#)

Devotional

Clear Sight.

The other day, I got my new glasses and I tell you, the world around me now looks a bit different! Now I'm able to see what I couldn't see clearly before and it brings a dimension to my life that I haven't experienced for a long time. The biggest difference now is that I see the details in the world around me.

What we see, and how we see it, determines the way we live life. In this season of fasting, we have a great opportunity to get our sight fixed. When Mary is standing outside the grave talking to Jesus, she thinks He is the gardener. She is looking at Jesus but she doesn't recognize Him. But when Jesus speaks to her, her eyes open and she cries out, 'My Lord, my master!' The whole situation changed when she saw Jesus. This is what we pray for, too, during this fast. A fresh revelation of God, where we see Him as He really is in detail!

When we see Him, our faith grows. When we see Him, we're being transformed into His likeness. When we see Him, our faith and approach to life and the world around us becomes courageous, influential and attractive. If your sight, for one reason or the other, is blurred, or maybe you're totally blind, the Holy Spirit can touch your spiritual eyes today. He can bring back sight again so you are able to see all who God is and all the good things He has in store for you.

Father, today I ask you to touch my eyes so I'm able to clearly see who you are. Help me also to see myself, the things and people in my life through your eyes. In Jesus' name. Amen.

This day's reading:

- [Hebrews 4:12](#)
- [Matthew 4:4](#)
- [Romans 15:4](#)

Devotional

My Hungry Place.

I am of the opinion that you don't truly know someone until you have seen them hungry. My experience, though, is that the person who is likely to emerge as the blood sugar is lowered, probably isn't the best version of that individual. For example, when I am hungry, I will completely ignore you. I withdraw to my hungry place where I am unable to listen, speak or focus on anything. In the same way as our bodies need food in order to function (some of you are feeling that right now), our soul and spirit also need feeding.

Before Jesus started His public ministry, He fasted. When the Devil tempted him to eat, Jesus responded by quoting Deuteronomy 8:3, "Man shall not live on bread alone, but on every word that comes from the mouth of God". When we choose to say no to our natural hunger (literal or figurative) in order to feed our soul and spirit, we can believe that God will work in us, transforming us into the best version of ourselves.

Jesus, I need you more than what I am hungering for. Help me to make a daily decision to feed my spirit with what you have for me. I pray that you will speak to me and change me from the inside out as I read your Word. Amen.

This day's reading:

- [Song of Solomon 2:15](#)
- [Psalms 139:23-24](#)
- [Ephesians 2:13](#)

Devotional

Those Sly Little Foxes.

When Adam and Eve lived in the garden of Eden, their relationship with God was perfect. The Bible says that they were naked, but they felt no shame (Genesis 2:25). Can you even imagine what a perfect relationship with God would be like? Unlimited access to the fullness and greatness of God!

Every now and again, I am overwhelmed by the thought that I have only scratched the surface and seen the tip of the iceberg when it comes to the enormity of who God is. I know Jesus and I love Him, yet the reality is that there is so much I don't yet know and understand about who He is, how He works, and there is so much that I have not yet discovered or experienced. Why? Because we live in a fallen world, sin entered our relationship, and we have free will to choose good and evil.

In the Song of Songs, King Solomon refers to sin as sly little foxes that hinder our relationship with God. He paints a picture of foxes that raid the budding vineyard, and ruin what God has planted. When I read this verse a couple of days ago, it stuck with me, and I started to self-examine. What sly little foxes currently hinder my relationship with God and my growth as a person and leader?

As we fast and seek to go deeper with Him, can I also encourage you to go deeper within yourself? Fasting is not so we can get more of God, it's so that God can get more of us. Maybe you are struggling with insecurity, unforgiveness, bitterness, pride... Whatever your sly little foxes look like, will you trust Him with them and surrender? Here is the beautiful truth; we are not doing this on our own. King Solomon wrote: "We will do it together." Jesus paid the price for our sin, and we no longer have to carry the burden of it.

Lord, I give you permission to search my heart today. Though it's uncomfortable, if there is anything in me that is not from you and in line with your Word, help me to let it go. Thank you for doing it with me. I don't want anything to hinder our relationship; I want to be fully yours. In Jesus' name, amen.

This day's reading:

- [Exodus 33:11](#)
- [Jeremiah 33:2-3](#)

Devotional

A Face to Face Meeting.

When my husband and I first started dating, we lived on opposite sides of the planet; he lived in Greece and I lived in Australia. For nine months, we got up at the crack of dawn or stayed up extra late just to be able to talk to one another over Skype. While we did our best to make the long-distance season fun, we most certainly counted down the days, the hours and the minutes until we could see each other face to face and not have to worry about the inconvenient time difference or poor Wifi connection in order to talk and spend time together.

In Exodus 33, we read about how Moses used to take a tent and pitch it outside the camp. He called it the tent of meeting, and this is where the Israelites came to inquire of the Lord. It says that “the Lord would speak to Moses' face to face, as one speaks to a friend.”

This passage gives me chills. While there is something so exciting and supernatural at play here, there is also a sense of normalcy; two friends meeting and speaking together face to face in a tent. There is no doubt that God's presence was in that place. Even after Moses returned to the camp, it says that his young intern, Joshua, would not leave the tent.

Isn't it wonderful to think that God, the creator of the heavens and the earth, wants to interact with you and me in such a normal, yet supernatural way? Let's seek His face today and expect that He will show up and speak to us as he spoke to Moses – face to face.

Heavenly Father, I am so expectant to meet with you today. As I seek you, speak to me and reveal to me more of who you are. May your presence be so tangible that I don't want to leave our meeting place and return to my daily activities. I long for more of you. In Jesus' name, amen.

Day 21 of 21: Sunday, January 30, 2022

This day's reading:

- [Ephesians 3:20-21](#)

Devotional

Breakthrough Is On Its Way!

When I was in my early twenties, I was greatly ruled by what other people thought of me and spent a lot of time and energy trying to appease people to earn their approval. I wasn't being true to myself and over time, I didn't even have my own opinions anymore or a sense of what I liked and didn't like. An older woman in my church community noticed this about me and lovingly confronted me about it. She encouraged me to spend time fasting and praying for breakthrough in this area of my life.

In all honesty, I was quite doubtful about how fasting was going to help. This was my very first time fasting and it was all new to me. Nonetheless, I fasted from eating lunch for a week. During my lunch break at university, I would go for a walk by myself and kept repeating the same prayer, "Lord, please give me courage to just be me and not be scared of what other people think of me."

The following week, a guest speaker visited our church and at the end of his message, he pointed out specific people and prayed for them. He saw me and told me that he wanted to pray for me. I went up the front and as he laid hands on me, the tangible presence of God fell upon me and what felt like chains dropped off of me. The speaker prophesied over my life, and told me that God was breaking the fear of people's opinions over my life so that in the days to come, I could fulfil the calling He has for my life. Over a decade later, I am seeing much of this prophecy becoming a reality.

As we conclude this 21-day fast, remember that fasting breaks the power of our flesh and as a result, causes supernatural breakthrough. What breakthroughs do you need in your own life? What miracles do you desire to take place in your life? Take time today to journal: write down what God has taught you during this time of fasting and what you have learned about yourself.

Heavenly Father, thank you for this period of fasting. I want to experience your miraculous power at work in my life. Bring breakthrough, miracles, healing, and restoration to the broken areas of my life. In Jesus' name, amen.