

## 10 Day Fast - Day 1

### Heart Check

When we are asked to do something, we need to be prepared to do the right thing. That does not always mean saying yes. But, when we do say yes, we need to mean it. Seeking God and asking for discernment to be led by the Holy Spirit is key to making choices which align you in God's will. Take the following story for example.

**“But what think ye? A certain man had two sons; and he came to the first, and said, Son, go work to day in my vineyard. He answered and said, I will not: but afterward he repented, and went. And he came to the second, and said likewise. And he answered and said, I go, sir: and went not. Whether of them twain did the will of his father? They say unto him, The first. Jesus saith unto them, Verily I say unto you, That the publicans and the harlots go into the kingdom of God before you. For John came unto you in the way of righteousness, and ye believed him not: but the publicans and the harlots believed him: and ye, when ye had seen it, repented not afterward, that ye might believe him.” – Matthew 21:28-32**



When the father asked the first son to do something, the first son disrespected the father by not doing the right action and verbally disagreed to work as requested. The second son also did the wrong action as he agreed to work but never showed up. Each one disrespected the will of the father. When we pray, we need to seek the right action and devote our heart to seek God's direction. The last thing we want is for God to be displeased with our actions. So, saying yes to God is important after we discern the directions are from God.

**“Now therefore perform the doing of it; that as there was a readiness to will, so there may be a performance also out of that which ye have.” - 2 Corinthians 8:11**

The New International Version says it this way: **“Now finish the work, so that your eager willingness to do it may be matched by your completion of it, according to your means.”**

God is concerned with the state of our hearts. Performing something for Him is not His greatest concern. Yes, it can be a way to worship and show your great appreciation. But, if you perform with all your might and fail (as the world considers a failure) at your task, God cares more about your heart and how much effort you placed into the deed. He still does not want you to give up. God wants you to work diligently until you finish your task.

**“Better is the end of a thing than the beginning thereof: and the patient in spirit is better than the proud in spirit.” - Ecclesiastes 7:8**

Be patient, be humble and seek God. Do not become proud and do not attempt to do this fast for the wrong reasons. This fast is to physically heal and spiritually grow closer to God. Rely on God for strength.



During this fast, there will be times we will be tempted to give in and want to eat from the world. Do not fall prey to the temptations and selfish concerns of the body. We are in a time to purge our flesh and find the will of our Father. Place on your heart eagerness and readiness to complete this 10 Day fast. I believe in you and your father in heaven believes in you.

Study **Ecclesiastes 7:8**. In the New Living Translation it states: "Finishing is better than starting. Patience is better than pride." We have such a habit of starting something, usually good but not finishing it. We make promises but break them. This is not how Christ lived. Christ makes a promise and sees it through. He started something and stuck with it until completion. He knew His life was to be taken, and he asked God if there was any other way. When He knew the only way, he agreed and completed His task. His heart was saddened and joyful at the same time. Be joyful for Christ completing His task and promises as you complete your task and see your promises through.