

## 10 Day Fast - Day 2

### Qualified

Today, we are going to concentrate on a few reasons for a fast. We know a fast has great abilities to heal the body, restore natural levels, allow thinking more clearly and the list goes on. Yes, our spirit and soul need to be pure and clean:

**“Do not ye yet understand, that whatsoever entereth in at the mouth goeth into the belly, and is cast out into the draught? But those things which proceed out of the mouth come forth from the heart; and they defile the man. For out of the heart proceed evil thoughts, murders, adulteries, fornications, thefts, false witness, blasphemies: These are the things which defile a man: but to eat with unwashen hands defileth not a man.” - Matthew 15:7-20**



On top of that, the outside should also be observable to others as a light to the world.

**“Ye are the light of the world. A city that is set on an hill cannot be hid.” – Matthew 5:14**

The world constantly hates on us and judges us, and we should expect it. Jesus was harassed and judged by many in His time.

**“If the world hate you, ye know that it hated me before it hated you. If ye were of the world, the world would love his own: but because ye are not of the world, but I have chosen you out of the world, therefore the world hateth you.” – John 15:18-25**

We should assume we are constantly being examined and studied by those around us. We are not of this world, but messengers of God. Servants humbly doing the will of Christ. While we are given this time on earth, and this body to perform God’s will, we need to keep it clean and not allow anyone to castaway our ministry due to us being unfit.

**“But I keep under my body, and bring it into subjection: lest that by any means, when I have preached to others, I myself should be a castaway.” - 1 Corinthians 9:27**

The New Living Translation states it this way: **“I discipline my body like an athlete, training it to do what it should. Otherwise, I fear that after preaching to others I myself might be disqualified.”**

Study **1 Corinthians 9:27**. Take time to ask God for wisdom and revelation on this verse. Pray that God will lead you to understand the capabilities of your own body and the power given to you by Christ. Many of us are unaware of the power we have in Christ and the ministry we could lead through Him. Many are not confident in their own gifts and talents. God gave you a specific purpose, use your body as a light and glorify Him through it.