

10 Day Fast - Day 3

Expectations

Fasting is a time to prove and display self-control. It's a chance to place God as the number one priority in your life. What we need to be careful of is to not place God there for the wrong reasons. We should not say in our heart, "I want money/fame/looks/love/etc..." but simply ask for God to lead us. In other words, we need to drop our expectations and allow God to work. The wrong reasons can get us into more trouble than we know. So, why do all that hard work for nothing?



"When they fast, I will not hear their cry; and when they offer burnt offering and an oblation, I will not accept them: but I will consume them by the sword, and by the famine, and by the pestilence." - Jeremiah 14:12

God makes it very clear we will not be heard nor accepted if we do not accept Him and fast with a heart towards a righteous path.

"Moreover when ye fast, be not, as the hypocrites, of a sad countenance: for they disfigure their faces, that they may appear unto men to fast. Verily I say unto you, They have their reward. ¹⁷ But thou, when thou fastest, anoint thine head, and wash thy face; ¹⁸ That thou appear not unto men to fast, but unto thy Father which is in secret: and thy Father, which seeth in secret, shall reward thee openly." - Matthew 6:16-18

God gives us clear directions to fast to please Him, not man. This should be true for all our actions. We should be constantly looking for our audience of one (God) and wanting to perform His will. We fall short so many times and it is really easy to accept the applause of man. Our flesh (sinful nature) screams for attention and tricks us by telling us how good it feels to be accepted by man. It is a trap even I fall into on occasion. The only truth is to look toward God and allow him to brush off your pride with humbleness.

Study **Matthew 6:16-18** and seek to discover how and where in your life you are looking to please man. What areas of your life are left open to the enemy to attack and create a stronghold. Pray God will bind those areas shut and fill them with the Holy Ghost. We must remember, pride will tell us we are ok when we are not. When we do humble ourselves to see our weaknesses, we need to declare them to the Lord and ask Him to fill in where we are weak. God is excellent at this. He makes us strong where we are weak. But, only if we see the weakness. Spend time with God asking about your weaknesses and your attitude toward seeking Him. Christ is a gentleman who wants to occupy the throne of your life so you may live it abundantly. You must stop seeking men's approval and do all things for God. If we are unable to drop our own expectations, how can we let go of those around us? God can help! Simply ask God why you expect certain things. Get real with Him. Also ask Him to reveal expectations in your heart you did not know exist. You may be surprised where He leads you to on this journey.