

10 Day Fast - Day 4

Healing

God has a wonderful way for our spirit to communicate to us. The voice of our spirit is our emotions. This is not to say we need to become emotional balls of touchy-feely. We need to be in touch with our emotions as they speak the truth about how our spirit is fairing. We need to recognize when we feel uncomfortable or hurt. Why? What is our spirit telling us in the moment? Is it telling us we are uncomfortable because the person we are speaking to is lying to us. Did the event that just happened bring up past hurt because of past wounds? Do we need to find refuge in Christ because our pride is starting to reign over our lives?



“Blessed are they which do hunger and thirst after righteousness: for they shall be filled.” - Matthew 5:6

During this fast, turn your hunger and attention towards something more than mere food. Turn towards righteousness. Turn your life toward God and allow Him to fill you with righteousness. But, be prepared to endure the hardness of the world.

“When I wept, and chastened my soul with fasting, that was to my reproach.” - Psalms 69:10

The New Living Translation states, **“When I weep and fast, I must endure scorn;”**

There will be those, when you are in a low place who will want to push you even further down. When you are intentionally working hard for God and are being tested, evil will tempt you even more. Your attitude and patience will be tested and your resolve will determine your heart. Place in your heart now to make every effort to pray before God and lean onto Him. This is your only answer. Constantly love others, but don't take it personally when others do not understand the power of God and His mighty works.

“And it came to pass, when I heard these words, that I sat down and wept, and mourned certain days, and fasted, and prayed before the God of heaven,” - Nehemiah 1:4

Place your hurts in His hands. Take time to sit quietly with God and ask Him to reveal your past hurts and for Him to administer healing to those hurts. Seek your emotions (what your spirit is telling you) and the reason your have felt those emotions.

“But as for me, when they were sick, my clothing was sackcloth: I humbled my soul with fasting; and my prayer returned into mine own bosom.” - Psalm 35:13



Take time to humble your heart, listen to your spirit (emotions) and fast with joy. Prayer fervently unto God and sit quietly as you allow Him to speak to your wounds. Ask for healing and seek God's will. Your scars are made to eventually glorify the kingdom. Seek how He plans to use you for such an awesome outreach.

Study **Matthew 5:6** and seek God's will in becoming a righteous servant to His good and perfect will. Examine your emotions and what your spirit is speaking to you. Once you become more in tune with your spirit, you will be able to discern and hear God better. Deny your body the things the world seeks after and make an all our effort to find healing in Christ.