

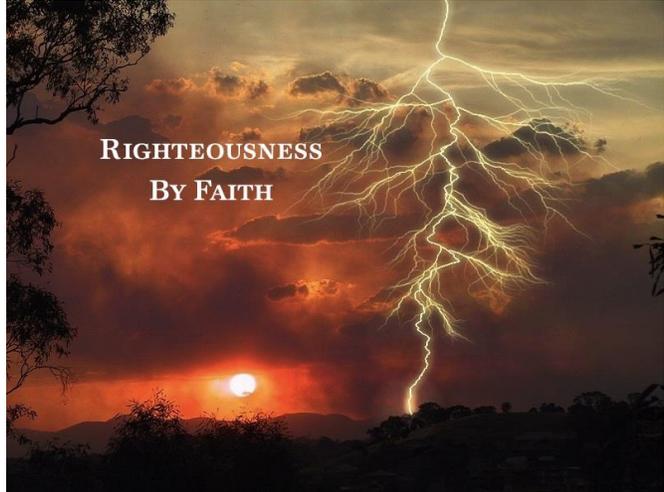
10 Day Fast - Day 5

Righteous Path

Even though we believe we are the first to ever experience a situation, we are not. We are not the first ones to feel pain, feel joy or some emotion in between. This thinking is self-centered and not of God.

“And Moses went into the midst of the cloud, and gat him up into the mount: and Moses was in the mount forty days and forty nights.”
- Exodus 24:18

Moses fasted long before you and I were born. He experienced the same pains are we are.



“That which has been *is* what will be, That which *is* done is what will be done, And *there is* nothing new under the sun.” - Ecclesiastes 1:9

We feel hungry, so we eat. We feel full, so we stop eating. We feel thirsty, so we drink. When we thirst no more, we stop drinking. We feel sad, so we cry. We feel happy, so we smile. Just as our emotions are the voice of our spirit, our senses are the voice of our body. Our spirit does not sense in the physical, but the body does. The body feels heat and cold, pain and enjoyment.

“And he was there with the LORD forty days and forty nights; he did neither eat bread, nor drink water. And he wrote upon the tables the words of the covenant, the ten commandments.” - Exodus 34:28

Moses was hungry and thirsty. His body was probably tired and seeking nourishment from the food of this world. Many scholars argue the climate was different in His day and age, which allowed him to withstand such a long time. In the recent scientific research, the average body can only go eight (8) days without food or water before it gives out and quits working... known as physically dead. Even if Moses went 20 days, that would be unbelievable. He doubled that! God sustained Moses for forty day and forty nights. God is capable of sustaining us for very long periods of time, but we must trust in Him to do so. When God does sustain us, He has a plan. Moses wrote the Ten Commandments. What an amazing journey for him. God can also use you in a powerful way as well.

“There is a way *that seems* right to a man, But its end *is* the way of death. Even in laughter the heart may sorrow, And the end of mirth *may be* grief.” - Proverbs 14:12-13

Be careful your flesh does not trick you into the wrong path. Even if the emotions are the voice of your spirit and they seem joyful, seek God to understand why you are feeling your emotions and where they are coming from and leading to. Seek to place Christ on the Throne of your Heart as pride has a way to



fool the heart into laughter when the heart is really in defense mode against something uncomfortable. Something that clearly needs to be dealt with and could cause spiritual death.

Study **Ecclesiastes 1:9** and realize that God knows the condition of your heart. He has seen it before and will see it again. Not just in your's, but others as well. Don't focus so much on self and focus on God. He will sustain you more than you can imagine. Not only will he sustain, but He may give you a great task. As the parable of the talents goes, if you are capable of handling the small stuff, He can trust you with the big stuff. Pray God opens your spiritual eyes to reveal your heart, not be self-centered but to be righteous and do mighty works.