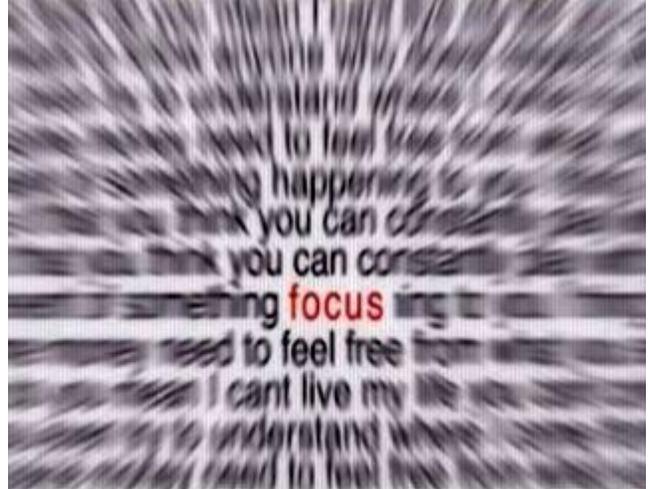


10 Day Fast - Day 6

Distractions

There will be a moment when a choice must be made. The choice will be to follow God or the enemy. The biggest issue here is not the choice. Christ followers will want to choose Christ. The issue is seeing there is a choice.

“Now it came to pass, as they went, that he entered into a certain village: and a certain woman named Martha received him into her house. And she had a sister called Mary, which also sat at Jesus' feet, and heard his word. But Martha was cumbered about much serving, and came to him, and said, Lord, dost thou not care that my sister hath left me to serve alone? bid her therefore that she help me. And Jesus answered and said unto her, Martha, Martha, thou art careful and troubled about many things: But one thing is needful: and Mary hath chosen that good part, which shall not be taken away from her.” - Luke 10:38-42



Martha was so busy with the small stuff she missed the real good part. She missed Jesus. Jesus doesn't care as much about our works as he does our heart and a relationship with Him. Jesus wants us to stop and seek Him. During this fast, look at the times where we get so distracted at the “menu” and where we want to eat as opposed to actually spending time with those we go out to eat with.

“But he answered and said, It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God.” - Matthew 4:4

During this fast, we are not concerned with food (bread) but with the spiritual feeding we receive from God. We should be concerned with the words in the Bible and the relationship we can build from those words between us and God. Jesus dies on the cross so we could engage and have a relationship with God. The Bible is the guide toward that relationship. It will lead you into the presence of God.

“Being forty days tempted of the devil. And in those days he did eat nothing: and when they were ended, he afterward hungered.” - Luke 4:2

One thing I find particularly interesting is the wording of this verse. He was tempted of the Devil and for forty days did not eat a thing. It states he was hungry afterward. It does not state he hungered during, but after. I do believe if you drop all distractions and follow God with your entire heart, He will bring you through certain events (even being tempted by the Devil) without worldly supplication and you will have no need of it. After it was done, Jesus was hungry. Denying the body (flesh) during a breakthrough is important. Denying the soul and body of distractions is very important.



Study **Matthew 4:4** and reflect on the distractions in your everyday life which take away from your relationship with God. Do you look at Facebook, have an obsession with cleaning and organizing, want to constantly prepare and forget to enjoy the party, play video games, watch TV shows, have a favorite sports team, play fantasy football? In all honesty, there are a million distractions. Technology is not a bad thing. The way we misuse it is. Working out or fishing or hunting is not bad, but only working out or fishing or hunting and ignoring the real meat of life is bad. Balance is the key. It's ok to be excited about a hobby, but balance it with the responsibilities you have and make Jesus Christ a priority. Build your relationship with Him first and the rest will follow.