



**FAST FOCUS, MONDAY, OCTOBER 23, 2017
FASTING INSTRUCTIONS**

**WE WILL FAST FROM 6PM MONDAY UNTIL MIDNIGHT
TUESDAY MORNING**

**PLEASE DEVOTE THIS TIME TO READING YOUR BIBLE AND
PRAYER AS TIME PERMITS**

**WE WILL OBSERVE THE FAST BY ABSTAINING FROM ALL
FOODS EXCEPT WATER AND JUICE**

Please consult your physician if you are insulin dependent, an expectant or nursing mother or if you have a pre-existing medical condition. While fasting is a spiritually fulfilling exercise, God would not command a physical exercise that would harm His people physically or emotionally.

**To You, Oh Lord, I lift up my soul.
~Psalm 25:1 NRSV**

There is always a temptation to hold on to what we should let go of. Sometimes we hold on to bad relationships, dead-end jobs, or bad habits. We hold on to negativity, past hurts, and negative thoughts. For fear of being uncomfortable or facing uncertainties in life, we sometimes hold on to the very thing that God is calling us to let go of. We often hold on to the very thing(s) that can potentially hinder us from giving our COMPLETE selves to God.

The writer of Psalm 25 in the New Revised Standard Version says, "To You,

Oh Lord, I lift up my soul.” What a bold declaration? Our souls carry the most intricate details of who we are; they depict our wills and emotions. The psalmist makes known that he is offering his most valuable asset to God, his soul. It is a statement that denotes trust in and submission to God. It speaks of the psalmist's willingness to surrender his entire being to God.

In a world that promotes self-reliance, self-sufficiency, and individuality. In a world that perpetuates narcissism and selfishness. The Psalmist shows us the importance of surrendering to God that which carries the very essence of who we are, our souls. It is incumbent upon us to practice surrendering to God daily. Practicing daily surrendering to God means that NO AREA of our lives is off limits to God. We give God permission to search our hearts, to try our motives, and to shape us into the persons God has called us to be. When we daily surrender to God, we will begin to see and experience God's transformative power in new ways.

One of the ways we surrender to God is through fasting and prayer. Fasting and prayer have a way of removing the scales from our eyes, drawing us closer to God, and revealing God's will for our lives. Sometimes it takes courage to bring all that we are before God. But we can be assured of this one thing: as we surrender to God, God will withhold no GOOD thing from us.

Action Steps

- Ask God to reveal to you the areas in your life that are un-surrendered to God.
- Practice surrendering one issue, problem, habit, or situation in your life to God.

•Pray for a continued willing Spirit to follow God.

Prayer

God we pray for the courage to bring our lives to you. We don't want to be guilty of surrendering only half of our lives, but we know that you desire all of us. We bring our souls to you today. We ask that you search our hearts and wash us anew. We pray for the courage to confront, in our own lives, that which is not like You. And we thank you that you will keep that which we commit to you. We give you praise in advance for Your power that we will experience as we surrender and yield to you. In Jesus name, Amen.

Written by: Minister Stacy Dandridge