

## DAY 1: SACRED TIME WITH THE FATHER

*Pastor Chante' White*

Fasting, believe it or not, is one of the best practices we can participate in as a Christian. Why? Because it's a sacred invitation for us to slow down and turn our hearts fully toward God. And although it is a great thing to do, it's not always easy and there will be moments of weakness. In those moments when your body feels weak or your routine seems disrupted, remember that God is not measuring your endurance, evaluating you on whether or not you make it. Instead, He's drawing near to your willingness to surrender and be in His presence. In fact, every feeling of hunger can become a reminder that our deepest need is not food, comfort, or control, but it's Him. This is the perfect time to ask God to speak to, restore, and realign your heart with His will.

Please understand that it's likely you may feel stretched, exposed, or even discouraged. Take heart and know this is often where transformation begins. Scripture reminds us that "those who seek the Lord lack no good thing" (Psalm 34:10). And one of those good things that comes from fasting is a sharpening of our spiritual focus; helping us release distractions and trust God more fully. Even if answers feel delayed, know that God has worked in ways we haven't seen and we can use these perceived delays to strengthen our faith, preparing us for what lies ahead. Thank you, Lord, for already going before us!

Let this season be one of not just expectation, but also of intimacy with God. Approach each day with humility and hope, believing that the Lord honors a sincere heart. Whether your fast brings clarity, healing, or simply deeper trust, God promises to meet you there. He is faithful to sustain you, to guide you, and to renew your strength as you wait on Him.

**Prayer:** Father, in the name of Jesus, we come before You with open hearts and willing spirits. As we fast together, help us to rely on You more than anything else. Give us strength when we feel weak, peace when we feel uncertain, and clarity as we seek Your will. Draw us closer to You, refine our hearts, and fill us with renewed faith. We trust You in this season and thank You for being with us always. In the mighty and matchless name of Jesus, Amen.

**Scripture Readings:** Philippians 4:19, Psalm 34:10

Thought Questions:

What are some things that you are looking forward to experiencing during this fast?

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If this is your first time or one of many times that you're fasting, what do you think will make this experience unique?

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