



CHESTER FBC

What is Fasting?

DAY 3 OF 5

Judges 20:26 (NLT)

²⁶ Then all the Israelites went up to Bethel and wept in the presence of the Lord and fasted until evening. They also brought burnt offerings and peace offerings to the Lord.

Devotional

God's people prayed and wept. But it wasn't until they fasted that they finally asked the right question: "God, what do you want us to do?" Fasting doesn't guarantee a booming voice from heaven. But it positions your heart to be guided. It makes you more receptive. More available. More ready to say "yes." Fasting tunes us into heaven's frequency and sharpens our spiritual hearing.

Reflection

Are you seeking guidance from God, or just asking Him to bless your own plan? Can you think of a time in your life when you would have benefited from using fasting as a means to getting tuned into the Holy Spirit's frequency?