



CHESTER FBC

What is Fasting?

DAY 4 OF 5

Acts 13:2 (NLT)

²One day as these men were worshiping the Lord and fasting, the Holy Spirit said, "Appoint Barnabas and Saul for the special work to which I have called them."

Devotional

Fasting is like raising a sail. You don't control the wind. But when God moves, you'll be ready. Just like a sailboat on a still lake, you wait prepared. You can't force God to move, but you can position yourself to move with Him. Lord, whenever you choose to blow, I'm ready. Fasting is hunger for a fresh encounter with God. It's saying "Yes" before you even know the assignment.

Reflection

Is your sail raised? Are you spiritually prepared for when God moves? If not, how can you get ready for an assignment from God?