

## DAY 5: UNITY

Are there any Biblical laws to ensure that we fast? No. We have freedom in this matter and we don't get legalistic about it but neither should we neglect this great opportunity. Maybe the most important statement in the New Testament on whether or not Christians should fast today is Matthew 9:15: "The days will come, when the bridegroom is taken away from them, and then they will fast." Jesus is physically absent, and we await his final advent. We are in that season, the Kingdom of God is "here and not yet." It's a season of fasting.

Journal:

**PAUSE:** Try the breath prayer: You are the bread of life, Lord.

**REJOICE:** With whom do you experience unity? Rejoice in 10 unifying relationships or beliefs. Write.

**ASK: Unity** – In these tumultuous times there is nothing more the enemy would like to do to God's Church than to divide us. Pray for unity of heart, unity of spirit, and unity of purpose as we move into the new things God has for us as His Church. Pray about 3 people with whom you crave unity. Ask God to break down walls.

**YIELD:** What steps would He have you take towards unity. Take one today.

Read Psalm 133, Philippians 2, Colossians 3

### Day 5 – Journal