

## DAY 3: FAITHFUL FOLLOWER

Crosspoint has determined that being a “faithful follower” is the first role of a disciple. Jesus knew He would need focused prayer and fasting to be faithful to God’s call on his life. Luke 4:2 tells about Jesus’ 40-day fast as He prepared to launch His ministry. In that fast, He communicated his dependence upon His Father and his need to create space to center Himself in God and His mission. As we move into this new year, a fast to gain clarity and God’s assistance as we strive to be faithful followers is strengthening and empowering.

In addition to all the spiritual benefits, modern science now shows us how empowering a fast is physically and mentally! A water fast detoxifies (out with the bad and in with the new!) and energizes. It stimulates the anti-aging process, resets dopamine pathways, increases energy and helps burn fat. What a great boost to the new year! Of course, God already knew this as He encouraged fasting all throughout scripture. Now, we are just beginning to understand what God knew all along. In fact, this is part of his design! Fasting is paramount to our health and longevity. Our bodies are temples of the Holy Spirit (1 Corinthians 6:19) so let’s optimize these earthly vessels by obeying God in our fasts.

What physical benefits of fasting do you value most? What are the biggest spiritual benefits?

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### P.R.A.Y.

**Pause:** Use your personalized breath prayer for 2-3 minutes to center and focus on God. Push all other concerns away and invite Jesus into the space of your mind, spirit and venue. Try a new breath prayer: “Heal and energize me for you, Jesus.”

**Rejoice:** Record the names of 10 faithful followers you know. Praise God for their lives and ministries and for their testimonies.

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**Ask:** Focus prayer for Crosspoint’s faithful followers: Pray over the lives and ministries of the 10 faithful followers you just listed. Ask God to encourage them, empower them, heal them, favor them, anoint them and help them remain steadfast in their faithfulness. List some specific prayer requests here:

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Now, ask for yourself: Ask God to help you become a disciple-maker as a faithful follower. What sins do you need to confess now to clean the slate between you and God, and allow deeper community with Him?

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How would you like to grow in your faithfulness to God? Write your answer and record a prayer:

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**Yield:** Write a prayer of submission to a higher life of faithfulness you can imagine that He is calling you into. How do you think He might be asking you to grow in your faithfulness as his follower?

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