

DAY 1

"COME, ALL YOU WHO ARE THIRSTY, COME TO THE WATERS; AND YOU WHO HAVE NO MONEY, COME, BUY AND EAT! COME BUY WINE AND MILK WITHOUT MONEY AND WITHOUT COST." - ISAIAH 55:1

What?! We can leave home with empty pantries, go to the store with no money, fill our carts and restock with no payment, not even a credit card? Which store is that? I'm going now!

Oh, wait. I guess it depends on what we're hungry for. We've learned we can fill our bellies today and be hungry again tomorrow (or even in 3 hours!) but Jesus satisfies on a level food can't begin to touch. What we really need is Jesus, not another sub sandwich!

Read 1 Kings 19:3-8. The Prophet Elijah is fleeing from evil Queen Jezebel. Hiding in the wilderness, he becomes so despondent, he asks God to take his life. But an angel of God touches him during his sleep and provides bread and water twice, strengthening him to complete his journey. What journey are you on and what, besides food, do you need from God to complete this journey? Record your thoughts on pages 6-7.

Then in **John 6:35**, God drives the point further when Jesus states that HE is the bread of life. If we come to Him and believe in Him, we will never be hungry or thirsty. It sounds audacious until we remember that what we truly crave is for our soul to be satisfied forever.

An interesting thing happens to me during extended seasons of fasting. It's called clarity. Confusion flees, my own cluttered thoughts diminish, and God-thoughts abound. I find I'm able to eat at a table I could never provide for myself. In fact, the rhythm of fasting is a continual reminder that I am made to crave something way more than delicious entrees and palate-tempting desserts. God designed our bodies so that hunger ebbs and flows as ghrelin, the hunger hormone, peaks then falls. I use those peak moments to draw my attention back to God. "Jesus, give me a hunger for You! Deepen my desire! Satisfy my spiritual palate." I've never known God not to answer this prayer. In this way, fasting becomes a wake-up call, hour by hour throughout my day.

WRITTEN BY LISA AUSLEY, ASSOCIATE CAMPUS PASTOR, SOUTH CRESTVIEW

P.R.A.Y.

PAUSE

Take a moment to take three deep breaths and while doing so think and/or state this prayer: *Jesus give me a hunger for you.* Repeat this process as many times as you need to get focused.

REJOICE

List as many reasons that you can think of that God has satisfied you.

ASK

Spend some time asking the Lord to reveal to you ways in which you can feast on Him, His Word and His messages through others. List them below.

YIELD

Confess to God the improper hungers you've had and ask him to fill your soul with Him, His presence and His provision. Ask God to enter into this 10 day fast with you. Ask Him how He would have you fast and what He would accomplish in you through this 10-day season. Share your thoughts here:

ADDITIONAL PRAYER PAGES FOR DAY 1 ARE AVAILABLE ON PAGES 6-7.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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