

## DAY 4

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**"SEE I HAVE MADE HIM A WITNESS TO THE PEOPLES, A RULER AND COMMANDER OF THE PEOPLES." - ISAIAH 55:4**

I've spent my whole life struggling with my weight. As a kid, I was "husky," "big boned," or to be blunt, I was fat. In high school, sports helped me slim down, but even now, I find myself in a constant battle. Over the years, I've tried every trick to lose weight: fad diets, supplements, miracle drinks, and even extreme workouts. You name it, I've tried it. Like many of us, I was looking for a shortcut—a quick fix that wouldn't require much sacrifice.

But the truth is: lasting change takes consistent discipline. It's not glamorous. It requires daily, sometimes hourly, recommitment. It requires sacrifice. It's not easy, but it's the truth, and the results are worth it.

In our scripture reading today, the crowd asked Jesus for a sign to prove who he was. They wanted a shortcut without sacrifice, like the manna God gave their ancestors in the wilderness. But Jesus told them the truth: He himself is the Bread of Life, the true sustenance that endures forever. Physical bread fills us for a moment, but only Christ satisfies our deepest hunger.

Following Jesus isn't a one-time decision; it's a daily recommitment, sometimes hourly. It's choosing, again and again, to seek Him. We can do that with the spiritual practices of prayer and fasting to help us focus on Him. It's abandoning the shortcuts and empty promises of the world and feeding on His Word instead.

There are no shortcuts in discipleship, and it requires sacrifices. But when we look to Jesus, the Bread of Life, we find nourishment that never runs out. He promises that whoever comes to Him will never be hungry or thirsty again, and that He will raise us up on the last day. It's not easy, but it's the truth, and the results are definitely worth it!

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# P.R.A.Y.

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## PAUSE

Pause to calm your mind and reflect on your relationship with Jesus. Is it too one-sided? Do you only come to Him when you need something? How can you connect with Him more?

## REJOICE

What blessings have you received that you can thank God for? When have you felt fed spiritually?

## ASK

Are there things you need His help to overcome? Do you need to feel His presence? Do you need His peace, comfort, or strength?

## YIELD

Following Jesus is not easy and requires daily recommitment. It may mean giving up things, people, or activities you enjoy. He has to take priority in your life, and that may require sacrifice. But the results are worth it! How can you reprioritize your life?

ADDITIONAL PRAYER PAGES FOR DAY 4 ARE AVAILABLE ON PAGES 18-19.



