

DAY 6

"SEEK THE LORD WHILE HE MAY BE FOUND; CALL ON HIM WHILE HE IS NEAR. LET THE WICKED FORSAKE THEIR WAYS AND THE UNRIGHTEOUS THEIR THOUGHTS. LET THEM TURN TO THE LORD, AND HE WILL HAVE MERCY ON THEM, AND TO OUR GOD, FOR HE WILL FREELY PARDON." - ISAIAH 55:6-7

Seeking God always begins with repentance, which is turning away from what pulls us from God so that we can turn toward Him. As **Isaiah 55:6** reminds us, this means choosing to "forsake our wicked ways" as we seek the Lord's forgiveness and mercy.

Recently, while reading the book *Lead with Prayer*, I was struck by a powerful insight about fasting and repentance:

"Fasting somehow teaches us to flex our 'no muscle.' It's as if saying no to food, TV, or phones for a season allows us to say no to other, more destructive temptations and evils" (Skoog, Greer, and Dolittle).

See, what fasting does is it creates a defined space to examine our hearts, repent, and intentionally seek after God. In this act of turning to God, we make room for His mercy and forgiveness in our lives, resisting our worldly and fleshly desires.

This theme echoes in **Exodus 16**. When Israel grumbled about their hunger in the wilderness, God could have responded with punishment; instead, He responded with provision in the form of manna from heaven. Even in their disobedience, God gave them what they needed. This story is a vivid reminder that we are met with God's mercy when we turn to him; therefore, we should "seek Him while He may be found."

As you fast and pray today, remember: repentance is more than merely saying "Lord, forgive me." It's an act of trust, a decision to receive the daily bread of God's mercy and to walk thenceforth in obedience to His Word

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PAUSE

Take a moment for embodiment. Meaning, intentionally take and identify what is going on in your heart, mind, and body. Give it to the Lord.

REJOICE

Consider **Isaiah 55** and **Exodus 16**; what reasons do you have to rejoice in God's holiness and goodness today? List ways He has shown you mercy, provided for your needs, and invited you back into relationship.



ASK

As you fast and pray, ask God to reveal specific areas where your heart and habits need to turn toward Him. Invite Him to help you "forsake your ways" and align your life with His will. Write down what comes to mind:



YIELD

Review what you have written and then declare: *Lord, let your will be done.*



ADDITIONAL PRAYER PAGES FOR DAY 6 ARE AVAILABLE ON PAGES 26-27.

