

## Day 3, January 11, 2023

“Prayer is not a hard requirement - it is the natural duty of a creature to its creator, the simplest homage that human need can pay to divine liberality.” - Charles Spurgeon

### Tune-in

**Focus Scripture:** John 10:22-30 (CSB)

*“Then the Festival of Dedication took place in Jerusalem, and it was winter. Jesus was walking in the temple in Solomon’s Colonnade. The Jews surrounded him and asked, “How long are you going to keep us in suspense? If you are the Messiah, tell us plainly.” “I did tell you and you don’t believe,” Jesus answered them. “The works that I do in my Father’s name testify about me. But you don’t believe because you are not of my sheep. My sheep hear my voice, I know them, and they follow me. I give them eternal life, and they will never perish. No one will snatch them out of my hand. My Father, who has given them to me, is greater than all. No one is able to snatch them out of the Father’s hand. I and the Father are one.”*

Have you ever been searching for a radio station only to be frustrated by finding static rather than music? Well, for those of us that still listen to the radio. Do you remember?

You then focus to fine tune the dial again, and suddenly you hear a clear signal. The fact is, the signal always existed on the airwaves; the only difference is that now you have adjusted your tuner to the right frequency.

In our busy lives, there are so many signals overloading our senses that it can become difficult to distinguish God’s voice from the deafening “static noise” of life. Fasting enables us to tune out the world’s distractions and tune in to God. As we fast, we deny our flesh. When we deny our flesh, we become more in tune to the Holy Spirit and can hear God’s voice more clearly. If you truly listen for God’s voice, you will hear it. When you hear it, it will build faith within you.

If you desire to tune out the static of life and really tune into the voice of God, come to Him first and foremost with ears that are willing to listen and a heart that is ready to obey what he says. The more we practice being in His presence, the clearer and more recognizable His voice becomes.

- In this time of fasting, what is your mind tuned to?
- What distractions do you need to remove so that you can focus on God?
- Prepare your heart to hear the voice of God and ask God to help you remove distractions that keep you from focusing on Him and hearing Him clearly.

**Prayer:**

Father; help me to tune in to You. As distractions and temptations come, give me strength to turn to You. Teach me. Give me eyes and ears to hear Your voice. Open my heart to Your Word. As I'm challenged in the days ahead, please give me what I need to humble myself and honor You. Help me to take time to be holy, to tune-out outside distractions, to spend time with You in secret, and to trust in Your Word. You are the potter; I am the clay. So, mold me and make me according to Your will and according to Your purpose. I give You thanks, honor and glory for being a God in whom can trust. You are so faithful to me; in spite of my shortcomings. In Jesus Mighty Name I pray. Amen