

## Day 1 - Tune In

**John 10:22-30:** <sup>22</sup> Now it was the Feast of Dedication in Jerusalem, and it was winter. <sup>23</sup> And Jesus walked in the temple, in Solomon's porch. <sup>24</sup> Then the Jews surrounded Him and said to Him, "How long do You keep us in doubt? If You are the Christ, tell us plainly."

<sup>25</sup> Jesus answered them, "I told you, and you do not believe. The works that I do in My Father's name, they bear witness of Me. <sup>26</sup> But you do not believe, because you are not of My sheep, as I said to you.<sup>[a]</sup> <sup>27</sup> My sheep hear My voice, and I know them, and they follow Me. <sup>28</sup> And I give them eternal life, and they shall never perish; neither shall anyone snatch them out of My hand. <sup>29</sup> My Father, who has given *them* to Me, is greater than all; and no one is able to snatch *them* out of My Father's hand. <sup>30</sup> I and My Father are one."

Have you ever been searching for a radio station only to be frustrated by finding static rather than music? 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 hectic lives, there are so many signals bombarding 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. (Psalm 34:18, Isaiah 66:2) 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.

### **Additional Reading**

**Psalm 34:18:** The Lord is near to the brokenhearted and saves those who are crushed in spirit.

**Isaiah 66:2:** Has not my hand made all these things, and so they came into being?” declares the Lord. “These are the ones I look on with favor: those who are humble and contrite in spirit, and who tremble at my word.

**Isaiah 64:8:** Yet you, Lord, are our Father. We are the clay, you are the potter; we are all the work of your hand.

### **Hymn**

*Take Time to be Holy*, by William D. Longstaff

Take time to be holy, speak oft with thy Lord; Abide in Him always, and feed on His Word. Make friends of God’s children, help those who are weak, Forgetting in nothing His blessing to seek.

Take time to be holy, the world rushes on; Spend much time in secret, with Jesus alone. By looking to Jesus, like Him thou shalt be; Thy friends in thy conduct His likeness shall see.

Take time to be holy, let Him be thy Guide; And run not before Him, whatever betide.

In joy or in sorrow, still follow the Lord,  
And, looking to Jesus, still trust in His Word.

Take time to be holy, be calm in thy soul,  
Each thought and each motive beneath His control. Thus led by His Spirit

to fountains of love,  
Thou soon shalt be fitted for service above.

### **Prayer**

Lord, 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 spend time with You in secret, to trust in Your Word. You are the potter. I am the clay. Mold me and make me according to Your will. Thank You for being a God who I can trust. You are so faithful to me. I am Yours.

### **Journal**

Write what you've learned from your study today