“Getting Serious About God”

*A Three Month Devotional and Fasting Commitment*

Another way of summarizing our calling and purpose as followers of Christ is to love God completely, to love self correctly, and to love others compassionately.

*Loving God completely* is a growth process that involves the personal elements of communication and response. By listening to the Holy Spirit in the words of Scripture and speaking to the Lord in our thoughts and prayers, we move in the direction of knowing Him better. The better we know Him, the more we will love Him, and the more we love Him, the greater our willingness to respond to Him in trust and obedience.

To *love ourselves correctly* is to see ourselves as God sees us and to allow the Word, not the world, to define us by telling us who and whose we really are. The clearer we capture the vision of our new identity in Christ, the more we will realize that our deepest needs for security, significance, and satisfaction are met in Him and not in people, possessions, or positions.

A biblical view of our identity and resources in Christ moves us in the direction of *loving others compassionately*. Grasping our true and unlimited resources in Christ frees us from bondage to the opinions of others and gives us the liberty to love and serve others regardless of their response.

Since we cannot serve two masters, the focus of our heart will either be the temporal or the eternal. If it is the temporal, we cannot love God completely because of a divided heart. When Christ is a component instead of the center of life, things become complicated; the worries of the world, the deceitfulness of wealth, and the desires for other things choke the word of truth in our lives and we do not bear lasting fruit (Mark 4:19). If the focus of our heart is the eternal, we will love Christ above His created goods and pleasures and begin to fulfill the enduring purpose for which we were created.

**The Commitment**:

For the next three months, commit to follow the *fasting plan* (each day) at least one week out of the month. However, you may commit to *fasting* each week of the month. Each day of the month use the *devotional reading plan* as a means of getting to know God better and being centered in Christ.



**March**

No food until 12 noon.

Fruits and vegetables for lunch.

Meat portion can be eaten with dinner…about (4-5 oz.)

**February**

Eat only fruits and vegetables during the day.

Meat portion can be eaten with dinner…about (4-5 oz.)

**January**

No Red Meat

Minimum of four (4) bottles or eight (8) cups of water daily.



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