

Friday, February 19, 2010

Psalm 51: 18-19

For you do not desire sacrifice; a burnt offering you would not accept. My sacrifice, God, is a broken spirit; God do not spurn a broken, humbled heart.

Today all of our readings surround a common theme - fasting. When we think of fasting, immediately we think of doing without food. Although that may be part of fasting, what our Lord wants more is fasting from ourselves, from our own desires and so-called needs. He wants us to fast from the things that lead us away from Him. More than anything, Jesus wants us to be like Him - humble, loving and filled with a desire to help others. When we do this, we fulfill our purpose in life - to lead others to Jesus.

From what areas of my life do I need to fast this Lent?

*Dear Lord, Give me the grace
to be humble as You are humble
and to be loving as You are loving.
Send Your Spirit to me today
to break the spirit of the world in me.
Give me Your grace
so I can fast from the behaviors
that lead me away from you.
Amen*

Wayne Rottger