

After three hours of sleep, I had to will myself to wake up and start our day. First, I cleared out the cobwebs in my head by getting coffee brewing. I was able to jot my prayers down in my journal before waking Cason, and when it was time, I took him to the bus stop. I had about a half an hour more of quiet Bible reading time, then I woke Alec and got him on the bus, just barely. I'm sure my neighbors appreciated me honking my horn as I chased down his school bus that had just rounded the corner! The driver was early!

In a span of about three hours, I went from being a groggy, sleep deprived grandma, to being energized and excited about what my future may hold. How did this happen? For a bit of background, a dear friend from church invited we ladies to join her on a forty-day sugar fast. We started on January 1st, so yes, I have done my best to abstain from 'sugar'. At the encouragement of the author of the book we're using, how one gives up sugar may vary. Some go all out and don't even eat foods that contain sugar. If you've ever read labels on most foods, that is nearly impossible. With two grandsons to feed, it is unacceptable that I be made to think that hard about every morsel we consume. My 'sugar fast' has basically been no candy, no sweets, no soda, etc. I have abstained from the obvious sugar products that I would normally not think twice about. I gave in just a few times on special occasions, but I repented and got back on track. Recently we were challenged to add something else to our fast, just in case we have become complacent, so alas, I gave up bread for the remainder of the forty-day fast.

I share this, simply because I want you the reader to know that change most definitely comes through prayer and fasting. It's one thing to go without something you're used to having, but the point is to use the time of fasting to spend time in God's Word, to pray for strength and focus on what he wants to do in your life. It is also a special time to pray for others, your loved ones, and the issues of the day. So far, I have been made aware of my need to be humble. I am nothing without God's presence in my life, and I am so thankful for the breath in my lungs, supplied by him.

I am currently reading Ezekiel in the Old Testament and Revelation in the New Testament. Call it a coincidence, but not only do I find myself understanding more clearly what I'm reading, but the places I happen to be reading in both books are tied together! Just this morning I was completely blown away by the references that connected the message in these two books. God's Word is alive, my friends. I may have missed this if I hadn't been in the middle of a fast.

I believe God has placed something on my heart, just this morning, but I am not at liberty to share the details at this time. I am still tired, needing more rest. So before I say this is a 'God-thing', I want to make absolutely sure. Through more prayer and continued fasting, I am confident the answers will come to me, and when I'm certain, I will most definitely share it with the world. Well, my little world, anyway. I will say that the thought placed in my mind will be life-changing for me. It will be a tremendous test of faith, and will no doubt bring forth scoffers and criticism. If it is a God-thing, I'm willing to do whatever he requires. I am absolutely confident he will provide just what I need.

When I sat down to eat my breakfast this morning, I looked out my window and was delighted to see the sun shining! If you read my blog last week, you know that I cannot wait for January to be over with. Following my fasting epiphany and my scrambled eggs and watermelon bites for breakfast, seeing that sunshine was a cause to celebrate. In my thankfulness to my Lord, I was moved to write today's thoughts. I'm ready for a nap now. My cup is full.

Blessings,

Lisa Jo

