

Day 6- Wednesday, January 7, 2009

Name: LaMar Sefing

Theme: Endurance with Good Health

Scripture: Psalm 103:1-6

Key Verse: Psalm 103:4-5 Who redeems your life from the pit and crowns you with love and compassion, who satisfies your desires with good things so that your youth is renewed like the eagle's. (NIV)

Meditation: David chose to praise the Lord and commanded his soul to be in harmony with his Creator. He daily realized and was thankful verbally to God for forgiveness of sin, healing from all diseases, realizing God was the only One who can lift a person from the pit of despairing. Because it is God's purpose for us to be renewed daily, we can experience through prayer and fasting a greater sense of His love and compassion, leading our lives into endurance and health.

In David's life, and in our lives, we deeply and freshly realize God's ability to satisfy us. When a person prays and fasts, he can and will be built up to be able to endure more for God's sake and will. (Sometimes I need to endure a long journey of trials until my healing appears with wings of glory.)

Points to Ponder:

1. David would often begin preparation with God by praising Him.
2. Breakthrough always takes us to higher levels of fellowship with God and seeing Him faithful to His covenant promises.
3. David knew and we know breakthrough power by first believing God is a God of love, compassion and will always be enough for every situation.
4. God says, "Try me and taste and see for I am good for my children. I renew and do great acts of kindness for my Name is in and upon your life for strengthening and healthfulness. Drink of the wells through prayer and fasting today!"

A Call to Soar with Him:

- Renew your wings to fly.
- Renew your feet to hold fast to life.
- Renew your eyes to look only upon good and see clearly.
- Renew your hunger (desire) to feed on the good things of His word.
- Renew your covenant relationship with the Lord. He only has one Bride.