

Reset – A 40 Day Media Fast

Week Two: Repentance and Cleansing

Day 1: Read Psalm 32:1-11

Compare the two different responses to personal sin and the results. Take a few minutes and ask God to make you aware of sin you need to confess, then confess it.

Reflect on: Psalm 32:5, I acknowledged my sin to You, And my iniquity I did not hide; I said, “I will confess my transgressions to the LORD”; And You forgave the guilt of my sin. Selah.

Day 2: Read Mark 7:14-23

Jesus told His listeners that it wasn't failing to observe external religious practices that defiles a person. Look at some of the sins Jesus listed, and ask God to help you see what's stirring inside you.

Reflect on: Mark 7:23, “All these evil things proceed from within and defile the man.”

Day 3: Read 1 John 1:5-10

What does John say about God, and fellowship with others and with Him? Take some time and do what this passage tells you to do.

Reflect on: 1 John 1:9, If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness.

Day 4: Read Luke 3:3-17

What did John tell the people was necessary in lieu of the coming judgment? What is the Lord telling you that you need to do?

Reflect on: Luke 3:8, “Therefore bear fruits in keeping with repentance, and do not begin to say to yourselves, ‘We have Abraham for our father,’ for I say to you that from these stones God is able to raise up children to Abraham.

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