

Wednesday, October 25<sup>th</sup>,

Joshua 1:6-9- “<sup>6</sup>Be strong and courageous; for you shall put this people in possession of the land that I swore to their ancestors to give them. <sup>7</sup>Only be strong and very courageous, being careful to act in accordance with all the law that my servant Moses commanded you; do not turn from it to the right hand or to the left, so that you may be successful wherever you go. <sup>8</sup>This book of the law shall not depart out of your mouth; you shall meditate on it day and night, so that you may be careful to act in accordance with all that is written in it. For then you shall make your way prosperous, and then you shall be successful. <sup>9</sup>I hereby command you: Be strong and courageous; do not be frightened or dismayed, for the Lord your God is with you wherever you go.”

Anytime we see God saying the same thing over and over, we should pay attention. Here God is instructing Joshua and the Israelites to be strong and courageous as they prepare to end their forty years of wandering in the wilderness, and begin the entry into the Promised Land. To do so though, they will have to face down a bevy of enemies who will resist them. They will need to be strong and courageous as they prepare for the battles ahead.

Likewise, friends, we need to be strong and courageous, as we begin to liftoff and defy gravity. We need to open our hearts to be courageous in the face of the fear of not having enough or running out. We need to be strong to stand up against the temptations of evil, greed, and selfishness that we experience daily. Really, we need to open our hearts to the strength and courage that God provides for us. Just like the wandering Israelites who would have been unable to win

the battles ahead if it weren't for God fighting on their side, we need the help and strength of God to provide for us what we need. We need God's courage to really believe that we can fly, that the gravitational forces of money and possessions don't have to pin us to earth forever, and that we can live a life of freedom and generosity.

The way that we tap into those gifts of strength and freedom of God is through daily devotional time like this, reading scripture, prayer, and fasting. I would especially recommend the practice of fasting from food and or a material possession you use frequently, to heighten your thankfulness for that thing, and to recognize your dependence on God to provide. If you would like to know more about fasting, check out this resource. <https://www.resourceumc.org/en/content/fasting-the-most-neglected-means-of-grace>.

1. How can you tap into God's strength and courage today?  
Where do you need it most?
2. Have you ever tried fasting? Would you consider it if not?