



### Day Five

Listen to the episode. Read the following questions, and write your answers in the box provided.

**How important to you is the way you're seen by other people?** How do other people's perceptions affect how you behave? Write down some of the fears that you know drive some of your behaviour. Eg. concern over your appearance, your speech, your achievements (lack of). Spend some time bringing your fears before the Lord, and reminding yourself that you live for An Audience of One. If necessary, and you have the time, listen again to the episode from a few days ago called An Audience of One.

**Reflection:** Traditionally, it is a spiritual practice that strips away physical supports for a limited time, in order to focus intensely upon the will of God. How did the episode challenge you? Fasting is not a command, but an invitation into intimacy with God. It's about devotion. Be encouraged to try fasting, perhaps for the first time. Start small, and fast for just one day. You could start by missing lunch, and spending the time in prayer. Ask God to take you on the adventure of fasting and prayer, that draws you closer to him. Do it secretly, or as secretly as you can. Prayer.

**Note:** If you're interested in reading further, check out Celebration of Discipline, by Richard Foster, that contains guidance on fasting.