



KINGDOM FELLOWSHIP AME

# DANIEL FAST

## 21 DAY DEVOTIONAL

### READ

DAY  
16

**Philippians 4:8** *Finally, beloved, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things. (NRSV)*

### REFLECT

I would imagine that by this time in our season of fasting, you have been tempted to stop or at least distracted in some way. Well congratulations for still being here and for staying the course. However, the temptation and the distractions are the job and role of the enemy. Remember that the enemy only tries to take off course those who have a plan and a purpose. You have stayed on course, I believe, because of this element in this Scripture. You have remained “focused,” yes Kingdom Focused, in times of trial. Paul in this Scripture is encouraging the believers to stay focused on the good things. He wants them to “think or meditate” on what is right rather than on what is wrong or evil. During this day there wasn’t widespread peace, but Paul is calling them to remain focused on what God has given them and what is most important. My brothers and sisters, it is important for us to think on the things of the Lord daily and stay Kingdom Focused even when the enemy does his best to distract us.

### RESPOND

**In what ways has the enemy tried to distract you during this fast? How can you continue to remain focused on God over the distractions?**