

Transfigured

A Journey of Fasting, Faith, and Obedience

by Scott Kline



Introduction:

Why I Wrote This Book

I never imagined I'd become someone who fasts regularly. For years, I thought fasting was reserved for ultra-spiritual people—pastors, missionaries, or maybe folks in crisis. Not for someone like me.

But in January 2024, that all changed.

This is not a how-to manual on fasting. It's a testimony. A deeply personal story of how God led me, spoke to me, and transformed me through the discipline of fasting—at key crossroads in my life.

I've come to see fasting not as a religious burden, but as a gift. It's a way of clearing the noise, putting God first, and hearing His voice more clearly. It has helped me break through fear, let go of security, and step into the unknown with faith.

Whether you're considering a fast, in a season of uncertainty, or simply hungry for more of God, my prayer is that this story encourages you.

Part One: The First Fast — January 2024

When Obedience Begins with Hunger

Before 2024, I had never fasted. Not once. It felt unnecessary—maybe even a little extreme. But as the new year approached, I felt a quiet yet unmistakable prompting from the Holy Spirit: “Put Me first this year.”

Each year, I choose a word to guide me through the coming months. For 2024, the word that came to me was **transfigure**—meaning “to give a new and typically exalted or spiritual appearance to; transform outwardly and usually for the better.”

That word captured what I was longing for: not just improvement, but spiritual transformation. I wanted God to do something new in me—something that I couldn’t manufacture on my own.

I began listening to a series of messages from Pastor Chris Hodges and Church of the Highlands about starting the year with prayer and fasting. Something about it clicked. Fasting wasn’t just a religious checkbox—it was a way of putting God first. I felt convicted: it was time.

So, for the first 21 days of 2024, I committed to a fast. For me, that meant giving up soda and sweet treats—two things I indulged in regularly. It may seem small, but it was a daily act of surrender.

What made it even more challenging was that both my wife and third son had birthdays during that window. I knew I’d be skipping birthday cake—and that made the commitment real. But if I was serious about being transfigured, I had to start with simple obedience.

Alongside the fast, I also committed to a Bible-in-a-Year reading plan. I didn’t just want to give something up—I wanted to replace it with more of God’s Word. I was making space to hear Him.

A Wake-Up Call from Genesis

Around day 10 of the fast, I came across a Bible study from Christine Caine. It led me to Genesis 19 and the story of Lot's wife. When I read verse 17, it felt like the words were highlighted just for me:

"Flee for your lives! Don't look back, and don't stop anywhere in the plain! Flee to the mountains or you will be swept away!"

In that moment, God applied it directly to my situation—specifically, my corporate job:

1. **Flee for your life** – "I want to rescue you by removing you from this environment."
2. **Don't look back** – "It will be hard to leave, but don't cling to the past."
3. **Go to where I lead you** – "I've prepared something new. Obey and trust Me." (Isaiah 43:19)

The message was clear: God was calling me out. But I wasn't quite ready. I was still wrestling with fear and the false belief that my job was my source of provision and security.

Clarity Through Confirmation

Just days after the fast ended, I listened to a podcast by Christy Wright titled, *"What If God Doesn't Want You to Be Comfortable?"* It was the push I needed. Combined with the story of Abraham and Isaac in Genesis 22, it gave me the courage to act.

On January 31, I made the call. I told my boss and my team that I would be stepping away from Nationwide, with May 31 as my final day. I didn't know what was next—I just knew God was leading.

And I was finally willing to follow.

Reflection Prompt

- What is something you've been clinging to for comfort or security that God may be asking you to release?
- What would it look like to put God first in this next season?

Part Two: The Waiting — February to March 2024

Trusting God in the In-Between

When I made the decision to step away from my role at Nationwide, I felt a strange mix of peace and uncertainty. I was confident about what I was supposed to leave—but I had no idea where I was going.

It's one thing to hear God's voice when He says, "Leave." It's another thing to wait in faith until He says, "Now go here."

That's where I found myself for the next couple of months—in the space between obedience and clarity.

I didn't have a job lined up. I didn't have a plan. And as a former investment leader who had spent three decades building structure and strategy, this "in-between" season challenged everything in me.

But God was doing something deeper.

Anchored in the Word

During this waiting period, I clung to Psalm 130—especially verse 5:

“I wait for the LORD, my whole being waits, and in His word I put my hope.”

I wasn't idle. I kept reading, praying, and completing my Bible reading plan—finishing it nine months ahead of schedule on March 17. That daily rhythm of time in the Word helped anchor my heart when my circumstances felt adrift.

I returned often to Matthew 6:33:

“But seek first his kingdom and his righteousness, and all these things will be given to you as well.”

This verse became my filter: if God was first, I didn't need to panic about what was next. My role was to seek Him—not scramble to fill the gap.

The Temptation to Fill the Silence

There were plenty of days where I felt tempted to initiate something on my own. I'm wired to solve problems and move things forward. And when you've told people you're stepping out in faith, the silence that follows can feel deafening. But I knew that any plan I could piece together would be a poor substitute for what God might be orchestrating behind the scenes.

Isaiah 55:8–9 reminded me:

“For my thoughts are not your thoughts, neither are your ways my ways,” declares the Lord. As the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts.”

Waiting wasn't easy. But it wasn't wasted either.

God was using that time to refine my trust, to quiet my striving, and to prepare my heart for what He had already set in motion—even if I couldn't see it yet.

Reflection Prompt

- How do you respond to seasons of uncertainty—do you rush to fill the silence, or lean in to listen?
- What Scriptures can you cling to when God's direction seems delayed?

Part Three: The Second Fast — April to May 2024

40 Days to Freedom

As March turned into April, I still didn't have a clear next step. The clock was ticking toward my final day at Nationwide—May 31—but no new door had opened.

Yet, I felt God was up to something. I sensed that another period of fasting was needed—not to earn anything, but to hear more clearly. Jesus Himself fasted 40 days before launching into His public ministry (Matthew 4:2), and that example deeply resonated with me.

So, I counted back 40 days from May 31 and began my second fast of the year on **April 22, 2024**.

Once again, I gave up soda and sweet treats. It was a sacrifice, but one I was ready to make—not out of obligation, but expectation. I didn't want to miss anything God was trying to say.

God Moved on Day One

On the very first day of the fast, I had learned about an opportunity out of state from a previous connection.

Even though we were willing to pursue that role if God had truly called us there, it didn't feel quite right.

The next day, I felt a prompting from the Holy Spirit to check the websites of local churches in our fellowship. My hope was to find an opportunity to serve in ministry—ideally somewhere close to family and aligned with the broader calling that had been stirring in my heart.

And there it was.

A recently posted job opening for a **church administrator** at Northwest Chapel. The listing had just gone live. The location? Less than five miles from our oldest son, daughter-in-law, and granddaughter. Even more, it allowed my wife to continue in her teaching role and stay connected to the national women's ministry she served with.

The role was only posted on the church's website. It wasn't widely advertised. And they were moving quickly to fill it. I knew—this was more than coincidence. It was confirmation.

Later, I learned the outgoing administrator had postponed her retirement by six months, which aligned perfectly with my transition timeline. That delay, which likely felt frustrating to her at the time, was divinely orchestrated to open the door for me.

Seven Days In, God Delivered

By **April 28**, just **seven days into the fast**, I had received a job offer from Northwest Chapel.

I was blown away.

God didn't just meet the need—He exceeded it. The location, timing, alignment, and impact were exactly right. I was reminded again of Ephesians 3:20:

"Now to him who is able to do immeasurably more than all we ask or imagine..."

He did more than I dared to ask. But it wasn't just about the result. It was about obedience.

This fast wasn't about "getting a job." It was about continuing to say, "Yes" to God—without conditions, without guarantees. And He honored that surrender in ways I couldn't have foreseen.

Finishing Strong

I completed the 40-day fast on **May 31**—my last day at Nationwide. Once again, I passed on the cake at both my **granddaughter's first birthday** and my **own retirement reception**. It wasn't about impressing others. It was about finishing this chapter with integrity.

In the final weeks of my corporate career, God gave me the words to encourage others, the grace to finish well, and the perspective to see how relationships were being strengthened—even through my leaving.

And in a beautifully full-circle moment, I broke my fast the next morning—**June 1**—gathered with the men at my new church.

The place He had led me.

Reflection Prompt

- What step of obedience might God be asking you to take before the next door opens?
- Have you considered fasting as a way to better hear God's voice in a time of transition?

Part Four: A New Rhythm — January to March 2025

Fasting as a Way of Life

After everything God did through fasting in 2024, it was clear that this discipline wasn't meant to be a one-time experience—it was an invitation into a new rhythm of life.

So as 2025 began, my wife and I committed to a 30-day fast together. It was the first time we fasted in unity—side by side, sacrificing different things, but pursuing the same goal: seeking God above all else.

For me, it was again soda and sweet treats. For my wife, it was coffee—a daily staple she didn't give up lightly. Together, we entered this season not just to “do something spiritual,” but to realign our hearts with God's will for the year ahead.

We knew what we were giving up. But more importantly, we knew what we were seeking.

A Whisper of Transition

Midway through the fast, something unexpected happened. While driving to work at Northwest Chapel one morning, I sensed God speak to my spirit—not audibly, but clearly:

“This is a temporary assignment. I brought you here to prepare you—but I am releasing you soon.”

It stopped me in my tracks.

I had just settled into this role. It had felt like the promised land after a long wilderness season. But now, I could feel it: God was on the move again.

He wasn’t calling me to disengage or rush. He was asking me to remain faithful to the assignment in front of me, while being open to what was coming next.

Quick Confirmations

Within a few weeks—by mid-February—two new ministry opportunities emerged. God was making it clear: the season at Northwest Chapel was winding down.

One of those opportunities was with a local mission organization. The other was with **Grace Polaris**—a church that had been part of our story before this season ever began.

Months earlier, my wife and I had joked that I'd work at Grace "for free" if we could afford to. The heart connection was already there. And when I received a call about a potential role there, it felt like everything came full circle.

A Story Only God Could Write

We were amazed—not just at what God was doing, but at how we could trace His goodness all the way back to what once felt like frustrating delays and foggy waiting.

What had been confusing now made sense.

What felt like detours were actually divine alignments.

God had been preparing us all along—for something better than we could have imagined.

"You will seek me and find me when you seek me with all your heart." (Jeremiah 29:13)

On **March 10, 2025**, I began my new role at Grace Polaris. The short commute. The chance to work near my wife. The joy of serving with people I admire and respect—it was all a gift.

A blessing.

A divine appointment.

Reflection Prompt

- Are you open to God interrupting what you thought was permanent?
- What might change if you viewed fasting as an annual realignment instead of a one-time event?

Part Five: Lessons from the Journey

What Fasting Taught Me That Nothing Else Could

When I started 2024, I had never fasted. By the end of the year, I had completed two extended fasts, walked away from a 30-year corporate career, stepped into ministry, and discovered that obedience opens doors in ways striving never can. But fasting wasn't just about the outcomes. It was about what God did in me. Through the hunger, the waiting, the letting go, and the listening—I was changed. I was transfigured.

Here are the most important lessons I've learned, not just from fasting itself, but from following God through each season that fasting helped unlock.

Ten Lessons Fasting Taught Me

1. Fasting clears spiritual noise.

It's hard to hear God when everything else is louder. Fasting turned down the world's volume so I could tune in to His.

2. Obedience unlocks clarity.

God didn't reveal the full picture. He just asked for the next step. My "yes" led to revelation.

3. Provision follows surrender.

When I stopped clinging to security and released control, God provided better than I could've imagined.

4. Waiting is not wasted.

God uses the “in-between” to stretch our faith, deepen our roots, and prepare our hearts for what’s next.

5. Fasting is not about food—it's about focus.

It's not the size of the sacrifice but the sincerity of the surrender that matters to God.

6. God's timing is never off.

Every delay, closed door, or pause was part of a divine setup for something greater.

7. Faith grows in the silence.

When God seemed quiet, He was still working—and teaching me to trust Him, not just His answers.

8. Fasting sharpens spiritual discernment.

I saw patterns, heard confirmations, and recognized divine appointments I would've otherwise missed.

9. God honors small obediences.

Skipping cake may seem silly. But those daily “yeses” to God built a posture of obedience in my soul.

10. Fasting is now a way of life.

It's not a once-a-year checkbox. It's a spiritual rhythm that resets my heart and recalibrates my priorities.

Final Reflections

If you're considering a fast, I want to encourage you: start where you are. You don't need to have it all figured out. You don't need to do what someone else did. Just ask God:

"What would it look like to give You first place in this season?"

Then listen. And obey.

The transformation may not happen all at once. But if your heart is open, I believe He will meet you there—just as He met me.

Reflection Prompts for Your Journey

Take a few moments to reflect on your own walk with God. Use these questions as journal prompts:

- What is one area of my life where God may be calling me to surrender?
- What comfort am I holding onto that could be limiting my faith?
- Have I made space to hear God's voice lately?
- Is there a fast—of food, habits, or distractions—that would help me grow spiritually?
- What might obedience look like in this next season?

Next Steps

If this story has stirred something in you, here's how you can take a step forward:

- **Pray about starting your own fast**—no pressure, no guilt. Just invite God to lead.
- **Read Matthew 6 and Isaiah 58** to understand fasting from God's perspective.
- **Share your intention** with someone you trust, so they can walk alongside you.
- **Keep a journal** of what God reveals—He speaks when we make space.
- **Return to this rhythm regularly**—perhaps at the start of each year.

And if you ever feel uncertain, remember: the goal of fasting isn't perfection.

It's presence.

It's about drawing near to the One who already loves you deeply and is inviting you into more.

A Personal Note

I never planned to write this book.

But I also never planned to fast, leave my job, or walk into ministry. And yet, here we are—on the other side of surrender, telling a story only God could write.

If this journey has encouraged you, I'd love to hear your story. You can connect with me at mail@deeprootedbelievers.com or deeprootedbelievers.com.

Let's keep encouraging each other to follow Jesus with clarity, courage, and obedience.

Rooting for your success,

Scott Kline