



MAKE ROOM FOR GOD'S HEART

— 30 DAY FAST —

DAY 3

COME INTO *the Light*

John 3:19

"And this is the condemnation, that light is come into the world, and men loved darkness rather than light, because their deeds were evil."

TODAY'S SCRIPTURE

John 3:19–21

Ephesians 5:8–14

1 John 1:5–10

Psalm 32:3–5

THERE IS A DIFFERENCE BETWEEN EXPOSURE AND HUMILIATION

We often experience exposure as something threatening because what is hidden usually has a reason behind it. We may be ashamed, we may have justified it, or we have simply buried it so deeply that we no longer recognize it.

But what is covered is not gone. Psalm 32 shows us the cost of silence—hidden sin becomes heavy and begins to drain our strength, our joy, and our intimacy with God and with others.

GOD'S LIGHT ALLOWS US TO SEE

John 3 tells us that light came into the world, yet people preferred darkness because they did not want their deeds exposed. Light makes things visible, not to shame us, but to bring truth, healing, and freedom. 1 John reminds us that God is light, and when we confess our sins He is faithful to forgive us and to cleanse us. We are not telling God something He doesn't already know. We are choosing to stop hiding what He already sees.

LAY IT ALL OUT BEFORE GOD

Ephesians 5 calls us to "find out what pleases the Lord." The Aramaic word *perash* means to spread out and examine closely. What if we laid out our entire lives before God—our motives, relationships, habits, desires, gifts, wounds, ambitions, fears, strengths, and even the things we are convinced are right? We ask, "God, what here pleases You? What have I covered? What needs to come into the light?"

Confession is not God discovering the truth about us. It is us becoming willing to stand with God in the truth He already knows.

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WORD STUDY INSIGHTS

KEY WORDS FROM CHAIM BENTORAH'S STUDY

CHATAH

חטא

(chatah)

Sin – Missing the Mark

To miss the target. Sin is having an ambivalence toward God, not attempting to understand His feelings, which leads to destruction.

Psalm 32:5

CHARESH

חרש

(charesh)

Silence – Covering Over

To plow over, to cover up. Silence is not just being mute, but not speaking up and revealing the truth. It buries sins deep inside and creates distance in our relationship with God and others.

Psalm 32:3

PERASH

פרש

(perash)

Lay It All Out – Examine

To spread out and closely examine. To determine what pleases the Lord by examining your life before Him. Use the gifts God has given you to bring Him pleasure.

Ephesians 5:10

CHASHAK

חשך

(chashak)

Darkness – Dawn

Darkness, but also the dawn or twilight. A subtle transition where you may think you are in the light but are still living in darkness. Humankind often loves darkness because they do not want their deeds exposed.

John 3:19

REFLECTION QUESTIONS

Where have I missed the mark with God? In what areas do I need His forgiveness?

What have I been silent about? What have I covered over instead of bringing it into the light?

What do I need to lay out before God? How can I use my gifts to please Him?

Where might I be living in twilight, thinking I am in the light? What motives or areas need God's illumination?

TODAY'S PRAYER

Lord, search my heart and reveal anything I have hidden. Bring Your light into the places I have covered over. Give me the courage to confess, the humility to examine my life, and the wisdom to know what pleases You. Remove anything that creates distance between Your heart and mine and fill me with the joy of walking in Your truth.

I lay it all out before You — my motives, my habits, my relationships, my desires, my strengths, my weaknesses — and ask You to show me what needs to remain, what needs to grow, what needs to heal, and what needs to be released. I don't want silence where You are inviting honesty. I don't want darkness where You are offering light. Make room in me for Your heart.

In Jesus' name, Amen.