

## Mindfulness Meditation: Seeking Spiritual through Fasting

*"During this time of fasting, let us focus on replacing what we pause or eliminate with what we seek, deepening our connection with God and aligning our lives more closely with His will."*

**Hey there, Faithgineer,**

It's TC Cooper, founder of FaithFocusFlow® Global.

The day this meditation was recorded marks the beginning of a 21-day fast with my church community, a spiritual journey we have named 'Seek.' In this fast, my church family and friends collectively and corporately commit to replacing the things from which we are fasting with an intentional focus on seeking God.

Because this Mindfulness Meditation series is inspired by Holy Spirit and informed by my life experiences, this meditative session is an invitation for you to join me on a fast and to use your time to seek.



[Click here to listen to the meditation audio.](#)

And now, let's journey together through a meditative experience focused on the areas God has placed upon my heart to seek His will and way during my fast. I invite you to consider these areas, with modifications as Holy Spirit directs you, should you be led to join me in the *Seek* Fast.

I invite you to find a peaceful place where you can be still. Have your Bible, pen, and #FaithFocusFlow notebook ready to jot down insights and reflections as revealed by Holy Spirit.

**Let's start with a deep breath, inviting the presence of Holy Spirit to guide you.**

*Inhale, the presence of God;  
Exhale, worldly distractions.*

Now, let's together seek:

### **Seek Purpose and Discipline**

See yourself discovering your divine purpose and cultivating the discipline to walk in it every day.

### **Seek Self-Management and Peace**

Visualize yourself managing your thoughts and emotions with intention, embracing a deep sense of peace that flows from faith in God, in all situations.

### **Seek Deeper Connection with God:**

Allow yourself to feel a deep connection with God, growing closer and more connected each day, as strengthened through prayer, fasting, and meditation.

### **Seek Wisdom and Fulfillment**

Envision yourself seeking God's wisdom in every decision, and feel the fulfillment that flows from living in alignment with God's will and guidance.

### **Seek Joy and Clarity**

See your life filled with clarity and the joy that flows from knowing and understanding your purpose within God's plans for you, humanity, and the earth.

### **Seek Love and Discernment**

See yourself embracing divine love in your relationships and embodying discernment in all of your interactions.

### **Seek Courage and Direction**

See yourself with the courage you need to face challenges and obstacles, and being guided through clear direction from the promptings of Holy Spirit.

### **Seek God's Promises and Face**

See yourself first knowing, through your bible study, God's promises as revealed in scripture and then seeking God's face in every aspect of your life.

### **Seek Authenticity and Renewal**

Visualize yourself committed to being authentic in your faith, walking in the truth of who you are created by God to be, and experiencing a renewal of your mind and spirit through your Christ-centered authenticity.

### **Seek Life-Affirming Words and Christ-Centered Awareness**

See yourself and hear yourself speaking words that affirm the life you want to live, the experiences you want to experience, and the power of the God you serve at work within you.

See yourself growing in your understanding of God's will for your life, embracing the humility that flows from knowing all good things come from the Lord.

### **Seek Your Identity in Christ:**

Seek yourself anchoring your identity in Christ, not the approval of people, and feeling the peace that flows from being firmly rooted in Christ.

### **Finally, Seek the Kingdom of God**

See yourself seeking the righteousness of God joyfully, confident that the desires of your heart are being added to you.

As we wind down this Mindfulness Meditation, I invite you to contemplate what you've visualized here, allowing this meditative time of seeking God to enrich your spiritual journey and deeply strengthen your relationship with God.

May your prayer, fast, and meditative journey be a time of profound growth, insight, and deep connection with the Lord.

Amen.