

21 DAYS OF PRAYER
Day 3: Spiritual Inventory
Saturday, January 13
Reading: Psalm 35

Fasting is a holy and legitimate pursuit of a Holy God. It can be of great use in conducting a rigorous spiritual inventory of one's soul and spiritual fruitfulness.

***Psalm 35:13** I put on sackcloth and humbled myself with fasting. When my prayers returned to me unanswered...*

FASTING THOUGHT:

“Let us say something about fasting, because many, for want of knowing its usefulness, undervalue its necessity, and some reject it as almost superfluous; while, on the other hand where the use of it is not well understood, it easily degenerates into superstition. Holy and legitimate fasting is directed to three ends; for we practice it either as a restraint on the flesh, to preserve it from licentiousness, or as a preparation for prayers and pious meditations, or as a testimony of our humiliation in the presence of God when we are desirous of confessing our guilt before him.” - John Calvin

PRAYER:

Father in heaven, through your probing eyes search my heart and reveal to me the areas of my life that are hindering fellowship with you. Expose those areas of my life that are interfering with my spiritual fruitfulness. Grant me the courage to face them with faith and confess them fully and humbly before you. Father, I want more of you and to be fully used by you. Amen