

## **21 DAYS OF PRAYER**

Day 6: Yearnings  
Tuesday, January 16  
Reading: Matthew 9

Fasting is ultimately a yearning for something missing. Something was previously experienced but now is absent from our lives.

**Matthew 9:14** *Then John's disciples came and asked him, "How is it that we and the Pharisees fast often, but your disciples do not fast?"* **15** *Jesus answered, "How can the guests of the bridegroom mourn while he is with them? The time will come when the bridegroom will be taken from them; then they will fast."*

### **FASTING THOUGHT**

"Christian fasting, at its root, is the hunger or a homesickness for God. It tells only half the story of Christian fasting. Half of Christian fasting is that our physical appetite is lost because our homesickness for God is so intense. The other half is that our homesickness for God is threatened because our physical appetites are so intense. In the first half, appetite is lost. In the second half, appetite is resisted. In the first, we yield to the higher hunger that is. In the second, we fight for the higher hunger that isn't. Christian fasting is not only the spontaneous effect of a superior satisfaction in God; it is also a chosen weapon against every force in the world that would take that satisfaction away." - John Piper

### **PRAYER**

Father in heaven, fill my life with a deeper awareness of your presence and power in my life. Grant me a deeper hunger for you than for those creature comforts the world offers. Give me victory this day. In the strong name of Jesus Christ my Lord I pray. Amen.