

## **21 DAYS OF PRAYER**

Day 7: Discerning

Wednesday, January 17

Reading: Acts 9

Fasting is a tool that aids in discerning the call of God in our lives. Fasting helps us slow down and hear God's voice.

***Acts 9:3** As he neared Damascus on his journey, suddenly a light from heaven flashed around him. **4** He fell to the ground and heard a voice say to him, "Saul, Saul, why do you persecute me?" **5** "Who are you, Lord?" Saul asked. "I am Jesus, whom you are persecuting," he replied. **6** "Now get up and go into the city, and you will be told what you must do"...**9** For three days he was blind, and did not eat or drink anything.*

### **FASTING THOUGHT**

A discerning fast "involves focusing on our choices instead of on our foods and praying our decisions through to successful conclusions...this type of fast helps us receive God's wisdom to make our decisions. This type of fast is not for every minor decision in life, such as where to go for lunch or what minor purchase to make. A discerning fast offers help in weighty decisions such as choosing a mate, resigning from a job and other life-changing choices. Fasting brings more light into the application of good decision-making skills." - Elmer Towns

### **PRAYER**

Father in heaven, today in my fast I yield to you and seek your wisdom in my life. Through this fast today grant me a greater perspective on those decisions before me, both minor and major. I want your best in my life. Protect me from being impulsive and rash and guide me in your perfect ways. In Jesus' name I pray. Amen.