

21 DAYS OF PRAYER

Day 8: Replacing vs. Abstaining

Thursday, January 18

Reading: Nehemiah 9

Fasting is more about replacing than it is about abstaining — replacing normal daily activities with focused praying, confessing, feeding on the Word and worshiping the Lord.

Nehemiah 9:1 *On the twenty-fourth day of the same month, the Israelites gathered together, fasting and wearing sackcloth and putting dust on their heads. 2 Those of Israelite descent had separated themselves from all foreigners. They stood in their places and confessed their sins and the sins of their ancestors. 3 They stood where they were and read from the Book of the Law of the LORD their God for a quarter of the day, and spent another quarter in confession and in worshiping the LORD their God.*

FASTING THOUGHT

“We tend to think of fasting as going without food. But we can fast from anything. If we love music and decide to miss a concert in order to spend time with God, that is fasting. It is helpful to think of the parallel of human friendship. When friends need to be together, they will cancel all other activities in order to make that possible. There’s nothing magical about fasting. It’s just one way of telling God that your priority at that moment is to be alone with him, sorting out whatever is necessary, and you have cancelled the meal, party, concert or whatever else you had planned to do in order to fulfill that priority.” - J. I. Packer

PRAYER

Father in heaven, as I fast today, I desire to seek your face through earnest prayer and honest confession, feeding on large portions of your word and offering responsive praise. In Jesus’ name I pray. Amen.