

## **21 DAYS OF PRAYER**

Day 10: Cravings  
Saturday, January 20  
Reading: Matthew 4

Fasting has a way of revealing what our hearts really crave. It can reveal what our soul needs and how we satisfy those deepest wants.

**Matthew 4:2** *After fasting forty days and forty nights, he was hungry. 3 The tempter came to him and said, "If you are the Son of God, tell these stones to become bread."*

**4** *Jesus answered, "It is written: 'Man shall not live on bread alone, but on every word that comes from the mouth of God.'"*

### **FASTING THOUGHT**

"Fasting can be an expression of finding your greatest pleasure and enjoyment in life from God. That's the case when disciplining yourself to fast means you love God more than food, that seeking him is more important to you than eating. This honors God and is a means of worshiping him as God." - Donald Whitney

### **PRAYER**

Father in heaven, only you meet my deepest needs. Today grant me the ability to turn my hunger pains into moments of worship and praise, focusing on the beauty and splendor of your holiness and reveling in your infinite mercy. May you receive all the honor and praise as I come to you in the name of Jesus Christ our Lord. Amen.