

## **21 DAYS OF PRAYER**

Day 12: Satisfaction

Monday, January 22

Reading: Psalm 73

Fasting is rewarded because it is a cry from the heart of those who find their ultimate satisfaction in God and in God alone.

***Psalm 73:25** Whom have I in heaven but you? And earth has nothing I desire besides you. **26** My flesh and my heart may fail, but God is the strength of my heart and my portion forever.*

### **FASTING THOUGHT**

“When God sees the confession of need and this expression of trust, he acts, because the glory of his all-sufficient grace is at stake. The final answer is that God rewards fasting because fasting expresses the cry of the heart that nothing on earth can satisfy our souls besides God. God must reward this cry because God is most glorified in us when we are most satisfied in him.” - John Piper

### **PRAYER**

Father, whom have I in heaven but you? And besides you I desire nothing on earth. My heart and my flesh may fail. But you are the strength of my heart and my portion forever and ever. I declare this in the precious name of Jesus. Amen.