

21 DAYS OF PRAYER

Day 13: Sacrifice
Tuesday, January 23
Reading: Psalm 109

Are you tired of fasting? Fasting is a sacrificial act that realigns our affections, moving them from the temporal to the eternal.
It turns each moment of craving into a prayer
of intense dependence.

Psalm 109:24 *My knees give way from fasting; my body is thin and gaunt.*

FASTING THOUGHT

“If religion requires us to sometimes fast and deny our natural appetites, it is to lessen that struggle and war that is in our nature; it is to render our bodies fitter instruments of purity, and more obedient to the good motions of divine grace; it is to dry up the springs of our passions that war against the soul, to cool the flame of our blood, and render the mind more capable of divine meditations. So that although these abstinences give some pain to the body, yet they so lessen the power of bodily appetites and passions, and so increase our taste of spiritual joys, that even these severities of religion, when practiced with discretion, add much to the comfortable enjoyment of our lives.” - William Law

PRAYER

Father in heaven, my flesh is tired, my spirit is weakening; grant me the mental focus, spiritual awareness and physical will to push through the quitting points as I seek to realign my desires to your perfect will and your mission and for your glory. In Jesus' name I pray. Amen.