

21 DAYS OF PRAYER

Day 16: Fasting & God's Refreshment

Friday, January 26

Reading: Isaiah 58

Our fasting may be rewarded in the experience not only of spiritual replenishment but also of physical refreshment.

Isaiah 58:6 *"Is not this the kind of fasting I have chosen...8 Then your light will break forth like the dawn, and your healing will quickly appear; then your righteousness will go before you, and the glory of the LORD will be your rear guard...11 The LORD will guide you always; he will satisfy your needs in a sun-scorched land and will strengthen your frame. You will be like a well-watered garden, like a spring whose waters never fail.*

FASTING THOUGHT

"Of fasting I say this: It is right to fast frequently in order to subdue and control the body. For when the stomach is full, the body does not serve for preaching, for praying, for studying or for doing anything else that is good. Under such circumstances God's Word cannot remain. But one should not fast with a view to meriting something by it as by a good work." - Martin Luther

PRAYER

Father in heaven, as I subdue my flesh and control my appetite today, refresh my spirit, replenish my soul, heal my wounds and strengthen my will to carry out your desires. I ask this in the strong name of Jesus Christ my Lord.
Amen.