

21 DAYS OF PRAYER

Day 19: Fasting and the Presence of God

Monday, January 29

Reading: Isaiah 58 & Psalm 11

Are you being surprised in your fasting experience?

God loves to surprise his children by strangely satisfying them with his presence.

Isaiah 58:6,11 — "Is not this the kind of fasting I have chosen....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

"The rewards of fasting are not often instantaneous but are experienced over time. They come as surprises, like in the midst of a worship service when my soul is stirred and strangely satisfied. Or when I am reading the Word and my inner being is lifted beyond this world with a fresh perspective. Or when I am in prayer and the groaning of my heart experiences a peace that is unexplainable. I have found the rewards ultimately lead to a more intimate and satisfying experience with the God who made me, saves me and fills me." - Gary Rohrmayer

PRAYER

Father in heaven, today during my fast may I experience the sweet satisfying nature of your presence and experience the refreshing power of your abiding strength. Father, for your honor and glory I want to be like a well-watered garden, like a spring that never runs dry. In Jesus' name I pray. Amen.