

21 DAYS OF PRAYER

Day 20: Fasting and God's Guiding Hand

Tuesday, January 30

Reading: Isaiah 58 & Psalm 23

Fasting has its spiritual rewards. One of the rewards of fasting is experiencing the guiding hand of God in our lives.

Isaiah 58: 6,11 — "Is not this the kind of fasting I have chosen...And the LORD will guide you always; he will satisfy your needs in a sunscorched land and will strengthen your frame."

FASTING THOUGHT

"Every time I have fasted, I have found my worship experience sweeter. I found the illumination of God's Spirit brighter and my hunger for God's word stronger. Through my fasting God has guided me, comforted me, challenged me and corrected me. It is not that I have bent God toward me through fasting, but that I, through fasting, have bent my heart toward him."

- Gary Rohrmayer

PRAYER

Father in heaven, I want to experience your guiding and empowering hand on my life and ministry. There is nothing like knowing that the hand of the Lord is on my life. Today through my fasting I bend my heart and my will toward you and your ways. In Jesus' name I pray. Amen.