

## **21 DAYS OF PRAYER**

Day 21: A Holy Habit

Wednesday, January 31

Reading: Matthew 9

Fasting is a discipline that should be a holy habit.

*Matthew 9:14-15 — "Then John's disciples came and asked him, 'How is it that we and the Pharisees fast often, but your disciples do not fast?' Jesus answered, 'How can the guests of the bridegroom mourn while he is with them? The time will come when the bridegroom will be taken from them; then they will fast.'"*

### **FASTING THOUGHT**

"For the serious-minded follower of Jesus, fasting is a consistent habit. In a world filled with indulgences, we need, on a routine basis, to consciously lay aside our freedoms in Christ for the purpose of seeking the face of God, intimacy with the Son of God and fullness of the Holy Spirit." - Gary Rohrmayer

### **PRAYER**

Father in heaven, thank you for all you have done in my life over the past 21 days. My heart longs for you. My soul craves your presence. I need you. I worship you. I love you. Help me to make fasting a habit in my life. In the precious name of Jesus I pray. Amen.