

A large, stylized blue number '21' is enclosed within a black circular outline. The '2' is a simple, rounded shape, and the '1' is a tall, narrow vertical bar with a small horizontal base.

DAYS *of*
PRAYER &
FASTING

January 7-27, 2024



COMMUNITY CHURCH
communitych.com

Our prayer for you during the next 21 days is that you will experience a deeper craving for the beauty of the Lord and the wonder of his leading in your life and that you will know the fullness of the Holy Spirit and the favor of the God of heaven.

Our prayer is that you will realize you are not alone on this journey. You are joining with your immediate and extended church family in seeking God for significant breakthroughs. These will ripple out and turn into a tidal wave of revival and spiritual awakening in our church.

Our prayer is that you will acquire your own prayer and fasting testimony. And that God will overwhelm you with his goodness as you seek his power, presence, and provision in every step of your journey.

21 Days of Prayer & Fasting

A Fasting Guide for Spiritual
Breakthroughs Written by Gary
Rohrmayer

Scripture Reference: Unless otherwise noted, all Scripture references are from the New International Version.

DAY 1 | ASSUMED PRACTICE

Fasting is not an option but an assumed practice for the serious-minded follower of Jesus. Fasting is a spiritual discipline that believers, throughout history, incorporated into their daily lives. Jesus did not say, “If you fast,” but, “When you fast.”

Scripture reading

Matthew 6

Key passages

Matthew 6:16-18 — “When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show men they are fasting. Truly I tell you, they have received their reward in full. But when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.”

Fasting thought

“Jesus takes it for granted that his disciples will observe the pious custom of fasting. Strict exercise of self-control is an essential feature of the Christian’s life. Such customs have only one purpose— to make the disciples more ready and cheerful to accomplish those things which God would have done.”

Dietrich Bonhoeffer

Prayer

Father in heaven, as I subdue the impulses of the flesh this day, I do so not to achieve anything, not to use fasting as a bargaining chip or as a manipulative ploy to get your attention. But I fast as an act of worship to make myself ready and resolute to do your will with a cheerful heart.

In Jesus’ name, I pray. Amen.

DAY 2 | DEPENDENCE

Fasting is a humbling experience that reveals who or what we really depend upon or are controlled by.

Scripture reading

Psalm 69

Key passages

Psalm 69:10 — “When I weep and fast...”

Fasting thought

“More than any other single discipline, fasting reveals the things that control us. This is a wonderful benefit to the true disciple who longs to be transformed into the image of Jesus Christ. We cover up what is inside us with food and other good things, but in fasting, these things surface. If pride controls us, it will be revealed almost immediately — anger, bitterness, jealousy, strife, fear. If they are within us, they will surface during fasting. At first, we will rationalize that our anger is due to our hunger. Then, we know we are angry because the spirit of anger is within us. We can rejoice in this knowledge because we know that healing is available through the power of Christ.”

Richard Foster

Prayer

Father in heaven, as I move through this fast, I seek the transforming work of the gospel in my life. Reveal the controlling influences in my life. Grant me the courage to face them, to renounce them, to confess them, and to surrender them into your healing hands. Draw me closer to you through this fast.

In Jesus’ precious name, I pray. Amen

DAY 3 | SPIRITUAL INVENTORY

Fasting is a holy and legitimate pursuit of a Holy God. It can be of great use in conducting a rigorous spiritual inventory of one's soul and spiritual fruitfulness.

Scripture reading

Psalm 35

Key passages

Psalm 35:13 — “I put on sackcloth and humbled myself with fasting. When my prayers returned to me unanswered...”

Fasting thought

“Let us say something about fasting, because many, for want of knowing its usefulness, undervalue its necessity, and some reject it as almost superfluous; while, on the other hand where the use of it is not well understood, it easily degenerates into superstition. Holy and legitimate fasting is directed to three ends; for we practice it either as a restraint on the flesh, to preserve it from licentiousness, or as a preparation for prayers and pious meditations, or as a testimony of our humiliation in the presence of God when we are desirous of confessing our guilt before him.”

John Calvin

Prayer

Father in heaven, through your probing eyes, search my heart and reveal to me the areas of my life that are hindering fellowship with you. Expose those areas of my life that are interfering with my spiritual fruitfulness. Grant me the courage to face them with faith and confess them fully and humbly before you. Father, I want more of you and to be fully used by you. Amen.

DAY 4 | REAL HUNGER

Fasting is a struggle against the flesh and is emotionally and physically demanding; in this, we discover what we really hunger for.

Scripture reading

Deuteronomy 8

Key passages

Deuteronomy 8:2-3 — “Remember how the LORD your God led you all the way in the desert these forty years, to humble you and to test you in order to know what was in your heart, whether or not you would keep his commands. He humbled you, causing you to hunger and then feeding you with manna, which neither you nor your ancestors had known, to teach you that man does not live on bread alone but on every word that comes from the mouth of the LORD.”

Fasting thought

“Do you have a hunger for God? If we don’t feel strong desires for the manifestation of the glory of God, it is not because we have drunk deeply and are satisfied. It is because we have nibbled so long at the table of the world. Our soul is stuffed with small things, and there is no room for the great. If we are full of what the world offers, then perhaps a fast might express, or even increase, our soul’s appetite for God. Between the dangers of self-denial and self-indulgence is the path of pleasant pain called ‘fasting.’”

John Piper

Prayer

Father in heaven, as I move forward in this fast, help me to turn every hunger pain, thought or craving towards you. Teach me to feed on your word and to find a deep satisfaction in your truth. Today, Father, I want to experience the sweetness of your word. Amen.

Prayer Journal

DAY 5 | CONFESSION

Remember to accompany your fast with confession of sin. Confess your sin, your spiritual weaknesses, and your lack of dependence on God; through this, we can experience the cleansing forgiveness of Jesus Christ.

Scripture reading

I John 1-2

Key passages

I Samuel 7:6 — “When they had assembled at Mizpah, they drew water and poured it out before the LORD. On that day they fasted and there they confessed, ‘We have sinned against the LORD.’”

Fasting thought

“Confession recognizes the absence of God’s presence in our lives through our own willfulness or indifference. Fasting is an act of craving more of God’s presence, power, and purity in our lives and ministry. Confession is admitting there is something wrong between us and God. Fasting is longing for the fullness of God to flood our souls. When we practice confession in our fasting, our fasting becomes more than a tool to bring God back to us; it becomes an instrument moving us back to God because God never moves.”

Gary Rohrmayer

Prayer

Father in heaven, show me through this fast those areas of spiritual weakness and self-reliance in my life so that I may confess them and receive your healing, cleansing, and purifying forgiveness. Father, I want to experience a new level of spiritual refreshment and strength that can only come through you. In the strong name of Jesus Christ our Lord, I pray. Amen.

DAY 6 | YEARNINGS

Fasting is ultimately a yearning for something missing. Something was previously experienced but now is absent from our lives.

Scripture reading

Matthew 9

Key passages

Matthew 9:14-15 — “Then John’s disciples came and asked him, ‘How is it that we and the Pharisees fast, 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

“Christian fasting, at its root, is the hunger or homesickness for God. It tells only half the story of Christian fasting. Half of Christian fasting is that our physical appetite is lost because our homesickness for God is so intense. The other half is that our homesickness for God is threatened because our physical appetites are so intense. In the first half, appetite is lost. In the second half, appetite is resisted. In the first, we yield to the higher hunger that is. In the second, we fight for the higher hunger that isn’t. Christian fasting is not only the spontaneous effect of a superior satisfaction in God; it is also a chosen weapon against every force in the world that would take that satisfaction away.”

John Piper

Prayer

Father in heaven, fill my life with a deeper awareness of your presence and power in my life. Grant me a deeper hunger for you than for those creature comforts the world offers. Give me victory this day. In the strong name of Jesus Christ, my Lord, I pray. Amen.

DAY 7 | DISCERNING

Fasting is a tool that aids in discerning the call of God in our lives. Fasting helps us slow down and hear God's voice.

Scripture reading

Acts 9

Key passages

Acts 9:3-6, 9 — “As he neared Damascus on his journey, suddenly a light from heaven flashed around him. He fell to the ground and heard a voice say to him, ‘Saul, Saul, why do you persecute me?’ ‘Who are you, Lord?’ Saul asked. ‘I am Jesus, whom you are persecuting,’ he replied. ‘Now get up and go into the city, and you will be told what you must do.’.... “So they led him by the hand into Damascus. For three days he was blind, and did not eat or drink anything.”

Fasting thought

A discerning fast “involves focusing on our choices instead of on our foods and praying our decisions through to successful conclusions... this type of fast helps us receive God's wisdom to make our decisions. This type of fast is not for every minor decision in life, such as where to go for lunch or what minor purchase to make. A discerning fast offers help in weighty decisions such as choosing a mate, resigning from a job, and other life-changing choices. Fasting brings more light into the application of good decision-making skills.”

Elmer Towns

Prayer

Father in heaven, today, in my fast, I yield to you and seek your wisdom in my life. Through this fast grant me a greater perspective on those decisions before me, both minor and major. I want your best in my life. Protect me from being impulsive and rash and guide me in your perfect ways. Amen.

DAY 8 | REPLACING VS. ABSTAINING

Fasting is more about replacing than it is about abstaining — replacing normal daily activities with focused praying, confessing, feeding on the Word, and worshipping the Lord.

Scripture reading

Nehemiah 9

Key passages

Nehemiah 9:1-3 — “On the twenty-fourth day of the same month, the Israelites gathered together, fasting and wearing sackcloth and having dust on their heads.... They stood at their places and read from the Book of the Law of the LORD their God for a quarter of the day and spent another quarter in confession and in worshipping the LORD their God.”

Fasting thought

“We tend to think of fasting as going without food. But we can fast from anything. If we love music and decide to miss a concert in order to spend time with God, that is fasting. It is helpful to think of the parallel of human friendship. When friends need to be together, they will cancel all other activities in order to make that possible. There’s nothing magical about fasting. It’s just one way of telling God that your priority at that moment is to be alone with him, sorting out whatever is necessary, and you have canceled the meal, party, concert, or whatever else you had planned to do to fulfill that priority.”

J. I. Packer

Prayer

Father in heaven, as I fast today, I desire to seek your face through earnest prayer and honest confession, feeding on large portions of your word and offering responsive praise.

In Jesus’ name, I pray. Amen.

Prayer Journal

Lined writing area for the prayer journal, consisting of 25 horizontal lines.

DAY 9 | THIRSTS

Let your thirst drive you to God so that he may satisfy your desires and meet the needs of your soul.

Scripture reading

Psalm 63

Key passages

Psalm 63:1 — “You, God, are my God, earnestly I seek you; I thirst for you, my whole being longs for you, in a dry and parched land where there is no water.”

Fasting thought

“Prayer needs fasting for its full growth. Prayer is the one hand with which we grasp the invisible. Fasting is the other hand, the one with which we let go of the visible.... Prayer is reaching out after the unseen; fasting is letting go of all that is seen and temporal. Fasting helps express, deepen, and confirm the resolution that we are ready to sacrifice anything, even ourselves, to attain what we seek for the kingdom of God.”

Andrew Murray

Prayer

Father in heaven, I reach out to you, the only one who can satisfy my thirsty heart and meet the needs within my soul. Through this fast, may I crave you and your kingdom more and more.

In Jesus' name, I pray. Amen.

Prayer Journal

DAY 10 | CRAVINGS

Fasting has a way of revealing what our hearts really crave. It can reveal what our soul needs and how we satisfy those deepest wants.

Scripture reading

Matthew 4

Key passages

Matthew 4:2-4 — “After fasting forty days and forty nights, he was hungry. The tempter came to him and said, ‘If you are the Son of God, tell these stones to become bread.’ Jesus answered, ‘It is written: “Man does not live on bread alone, but on every word that comes from the mouth of God.”’”

Fasting thought

“Fasting can be an expression of finding your greatest pleasure and enjoyment in life from God. That’s the case when disciplining yourself to fast means you love God more than food, and that seeking him is more important to you than eating. This honors God and is a means of worshiping him as God.”

Donald Whitney

Prayer

Father in heaven, only you meet my deepest needs. Today, grant me the ability to turn my hunger pains into moments of worship and praise, focusing on the beauty and splendor of your holiness and reveling in your infinite mercy. May you receive all the honor and praise as I come to you in the name of Jesus Christ, our Lord. Amen.

DAY 11 | CHEERFULNESS

In fasting, it is virtuous to conceal our suffering and discomfort with cheerfulness.

Scripture reading

Matthew 6

Key passages

Matthew 6:16-18 — “When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. But when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.”

Fasting thought

“Let us learn from our Lord’s instruction about fasting, the great importance of cheerfulness in our religion. Those words ‘anoint thy head and wash thy face’ are full of deep meaning. They should teach us to aim at letting men see we find that Christianity makes us happy. Never let us forget that there is not religion in looking melancholy and gloomy. Are we dissatisfied with Christ’s wages and Christ’s service? Surely not! Then let us not look as if we were.”

J. C. Ryle

Prayer

Father in heaven, let me finish this fast with joy and cheerfulness as I feed on your beauty, truth, and goodness. May every growl of my stomach, every internal complaint and headache be turned into moments of dependence on you and delight in every spiritual blessing I have in Christ. In the precious name of Jesus, I pray. Amen.

DAY 12 | SATISFACTION

Fasting is rewarded because it is a cry from the heart of those who find their ultimate satisfaction in God and in God alone.

Scripture reading

Psalm 73

Key passages

Psalm 73:25-26 — “Whom have I in heaven but you? And earth has nothing I desire besides you. My heart and my flesh may fail, but God is the strength of my heart and my portion forever.”

Fasting thought

“When God sees the confession of need and this expression of trust, he acts because the glory of his all-sufficient grace is at stake. The final answer is that God rewards fasting because fasting expresses the cry of the heart that nothing on earth can satisfy our souls besides God. God must reward this cry because God is most glorified in us when we are most satisfied in him.”

John Piper

Prayer

Father, whom have I in heaven but you? And besides you I desire nothing on earth. My heart and my flesh may fail. But you are the strength of my heart and my portion forever and ever. I declare this in the precious name of Jesus. Amen.

DAY 13 | SACRIFICE

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.

Scripture reading

Psalm 109

Key passages

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

Fasting thought

“If religion requires us sometimes to 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.

Prayer Journal

DAY 14 | AUTHENTIC FASTING

Fasting must be accompanied with goodwill and good works toward others to be effective and pleasing to God.

Scripture reading

Isaiah 58

Key passages

Isaiah 58:3-4 — “Why have we fasted,’ they say, ‘and you have not seen it? Why have we humbled ourselves, and you have not noticed?’ “Yet on the day of your fasting, you do as you please and exploit all your workers. Your fasting ends in quarreling and strife and in striking each other with wicked fists. You cannot fast as you do today and expect your voice to be heard on high.”

Fasting thought

“Why is this fasting unacceptable to God? What’s wrong with it? What’s wrong with it is that it left the sin in their lives untouched. The only authentic fasting is fasting, which includes a spiritual attack against our own sin. Whatever else we fast for, we must fast for our own holiness. We cannot fast for anything with authenticity while living in known sin.”

John Piper

Prayer

Father in heaven, grant me the faith to move closer to the light of God’s holiness and to deal with the darkness of my own soul. Grant me the courage through this fast to examine my attitudes and behaviors toward those around me and to make right any wrongs for which I am responsible. Father, I desire that my fast be acceptable to you.

In Jesus’ name, I pray. Amen.

DAY 15 | FASTING AND GOD'S FREEDOM

Fasting is a means of seeing spiritual breakthrough for a physical or emotional problem as well as finding freedom from the besetting sins that affect our relationship with God. Today, focus your prayers on those hurts, habits, and hangups you need spiritual healing to overcome.

Scripture reading

Isaiah 58

Key passages

Isaiah 58:6 — “Is not this the kind of fasting I have chosen: to loosen the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke?”

Fasting thought

“The Elijah Fast is not a common corrective device to be used for freeing yourself from minor habits. It is called for in severely negative cases of mental and emotional response. It often works because it is a discipline that builds self-discipline and self-esteem. But more important than psychological esteem, the Elijah Fast invites God into the problem. Then, in the strength of God, victory is possible.”

Elmer Towns

Prayer

Father in heaven, you are the great physician, you are the healer of my soul, and you are one who grants victory over my emotional wounds that are the cause of my destructive thinking and debilitating habits. During my fast, bring to light those besetting sins that hurt my relationship with you and my effectiveness in your mission. May I experience a new level of freedom and victory as I lean into you this day during my fast.

In Jesus' name, I pray. Amen.

DAY 16 | FASTING AND GOD'S REFRESHMENT

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

Scripture reading

Isaiah 58

Key passages

Isaiah 58:6,8,11 — “Is not this the kind of fasting I have chosen: ...and your healing will quickly appear...and will strengthen your frame.”

Fasting thought

“Of fasting, I say this: It is right to fast frequently in order to subdue and control the body. When the stomach is full, the body does not serve for preaching, praying, studying, or 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.

DAY 17 | FASTING AND GOD'S LIGHT

Approached properly, fasting can bring light into our darkness and clarity to our confusion.

Scripture reading

Isaiah 58 & Psalm 112

Key passages

Isaiah 58:8,10 — “Then your light will break forth like the dawn...then your light will rise in the darkness, and your night will become like the noonday.”

Fasting thought

“By aligning our hearts with God through fasting, we find ourselves consumed by his resplendent nature. This is like the sun breaking forth through the early morning darkness. This breakthrough comes as he turns the gloom and confusion of our darkness into his light of love, joy, and peace.”

Gary Rohrmayer

Prayer

Father of Light, as I fast today, blast through the darkness I am facing with the light of your love. Transform the gloom of discouragement with the hope of your pure light. Help me see through the falsehood of darkness and behold the blazing truth of your light.

In Jesus' name, I pray. Amen.

DAY 18 | FASTING AND GOD'S VICTORY

Fasting is a weapon used to respond to present and future attacks of the evil one.

Scripture reading

Esther 4

Key passages

Isaiah 58:6, 8 — “Is not this the kind of fasting I have chosen...then your righteousness will go before you, and the glory of the LORD will be your rear guard.”

Esther 4:15 — “Go, gather together all the Jews who are in Susa, and fast for me. Do not eat or drink for three days, night or day. I and my attendants will fast as you do. When this is done, I will go to the king, even though it is against the law. And if I perish, I perish.”

Fasting thought

“When the devil, the foe and the tyrant, sees a man bearing this weapon [fasting], he is straightway frightened, and he recollects and considers that defeat which he suffered in the wilderness at the hands of the Savior; at once his strength is shattered and the very sight of this weapon, given us by our Commander-in-Chief, burns him.”

Isaac of Syria

Prayer

Father in heaven, Lord Almighty, today, through my fast, I seek to be better prepared for the spiritual battles that I am engaged in. I choose to stand firm in you. I choose to live my life by the truth of God and not by the lies of the enemy. I choose to live righteously and not selfishly. I choose to live by faith and not by sight, extinguishing every attack from the enemy. I choose to live by the power of the Word of God.

In the strong name of Jesus, my Lord, I pray. Amen.

Prayer Journal

DAY 19 | FASTING AND THE PRESENCE OF GOD

Are you being surprised in your fasting experience? God loves to surprise his children by strangely satisfying them with his presence.

Scripture reading

Isaiah 58 & Psalm 1

Key passages

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.

Prayer Journal

DAY 20 | FASTING AND GOD'S GUIDING HAND

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

Scripture reading

Isaiah 58; Psalm 23

Key passages

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 sun- scorched 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.

DAY 21 | A HOLY HABIT

Fasting is a discipline that should be a holy habit.

Scripture reading

Matthew 9

Key passages

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.

HAS GOD GIVEN YOU A PRAYER & FASTING TESTIMONY?

Experiencing the sweetness of his presence. Enjoying the wonders of his grace. Discovering his guiding hand in a major decision. Finding a new sense of freedom and healing from the hurts of the past. Realizing a victory over a nagging area of sin in your life. Embracing a spiritual breakthrough in your ministry.

How has God shown up in your life in the past 21 days of fasting? If he has, review your journal entries from the past 21 days or write about it now. Then, share it with a friend and reflect upon it with a thankful heart, and share it with us by going to communitych.com, then click, "Share Your Story".

If he hasn't, keep fasting until he does. Be determined like Jacob, who wrestled with God and would not let him go until God blessed him. In this, Jacob experienced the transformational power of God that marked not only his life in that moment but also his descendants for eternity.

The great theologian Ole Hallesby wrote, "The purpose of fasting is to loosen to some degree the ties which bind us to the world of material things and our surroundings as a whole, in order that we may concentrate all our spiritual powers upon the unseen and eternal things."

May we all experience the blessedness of what Jesus taught his disciples, "Blessed are those who hunger and thirst for righteousness, for they will be filled." (Matthew 5:6)

