

## Tuesday, January 5 Day 2 Prayer Intention:

May we have the grace and strength to fast, even when we feel it is inconvenient.

### Scripture:

*<sup>12</sup>“Even now,” declares the Lord,  
“return to me with all your heart,  
with fasting and weeping and mourning.”  
<sup>13</sup>Rend your heart and not your garments.  
Return to the Lord your God,  
for he is gracious and compassionate,  
slow to anger and abounding in love,  
and he relents from sending calamity.  
Joel 2:12-13 (NIV)*

### Things we are praying for today (you can pray for all of these or choose a few to pray for):

- God’s protection from COVID after the holiday and as we approach the cold and flu season with SCS and Crosswalk.
- Pray against the fear of COVID and trust God is more powerful than COVID 19
- For a greater measure of wisdom and revelation in moving forward with this virus for SCS and Crosswalk
- Pray for our interim Pastor Gilbert and Church Council as they begin the pastoral search

### Reflection:

Fasting is hard, I mean really hard. It is a discipline that takes practice with time and tenacity. From experience, the more you fast the better you are at it. I will be honest, I have failed miserably with fasting at times, but I still

try to do it regularly. Jesus did not say **if** you fast, He said ***when you fast***.  
Matthew 6:16.

So I say this as a challenge to all who are reading this, unless you have medical reasons that you cannot fast, I encourage everyone to try. Corporate fasts are incredibly powerful and the more who pray and fast with us, the more effective and powerful we become.

If you have not read any books on prayer and fasting, this is a perfect time to do so. [Mike Bickle](#) who started [International House of Prayer](#) 30 years ago, started a worldwide prayer movement, and has written many books on prayer and fasting.

Here are a few of his books if you would like to check them out:

- [Prayers to Strengthen Your Inner Man](#)
- [Growing in Prayer](#)
- [Rewards of Fasting](#)

I am very passionate about books on prayer and fasting and have read many books about it through the years. I have found these books on prayer to be the most practical and insightful.

From experience finding a prayer partner who you can fast with can make the experience even more successful. Many times I have felt I was successful after a fast because I did not eat. Other times the fast was incredibly experiential and I was able to encounter His presence in a dynamic way. Whatever the outcome, fasting is a powerful and effective discipline that all followers of Christ should practice.

If you are not able to fast food for medical reasons, I encourage you to find something you love like TV, social media, or even crossword puzzles etc. to give up for a time during this season.

I want to end with a short clip from [Daniel Kolenda](#) who does an interview with [Eric Gilmore](#) about fasting and the role it plays in our spiritual life. It is only 4 minutes long, but incredibly insightful on why we fast.

## [The Spiritual Roles of Fasting](#)

### Prayer:

Father you are not asking for our discipline to fast, You are asking us to have a heart that desires to fast. We cannot do anything apart from You. So Father, grant us the grace to fast, and do it successfully in whatever ways you ask us to do it.

*<sup>23</sup> Search us, God, and know our heart; test us and know our anxious thoughts. <sup>24</sup> See if there is any offensive way in us, and lead us in the way everlasting. Amen*

Psalm 139:23-24