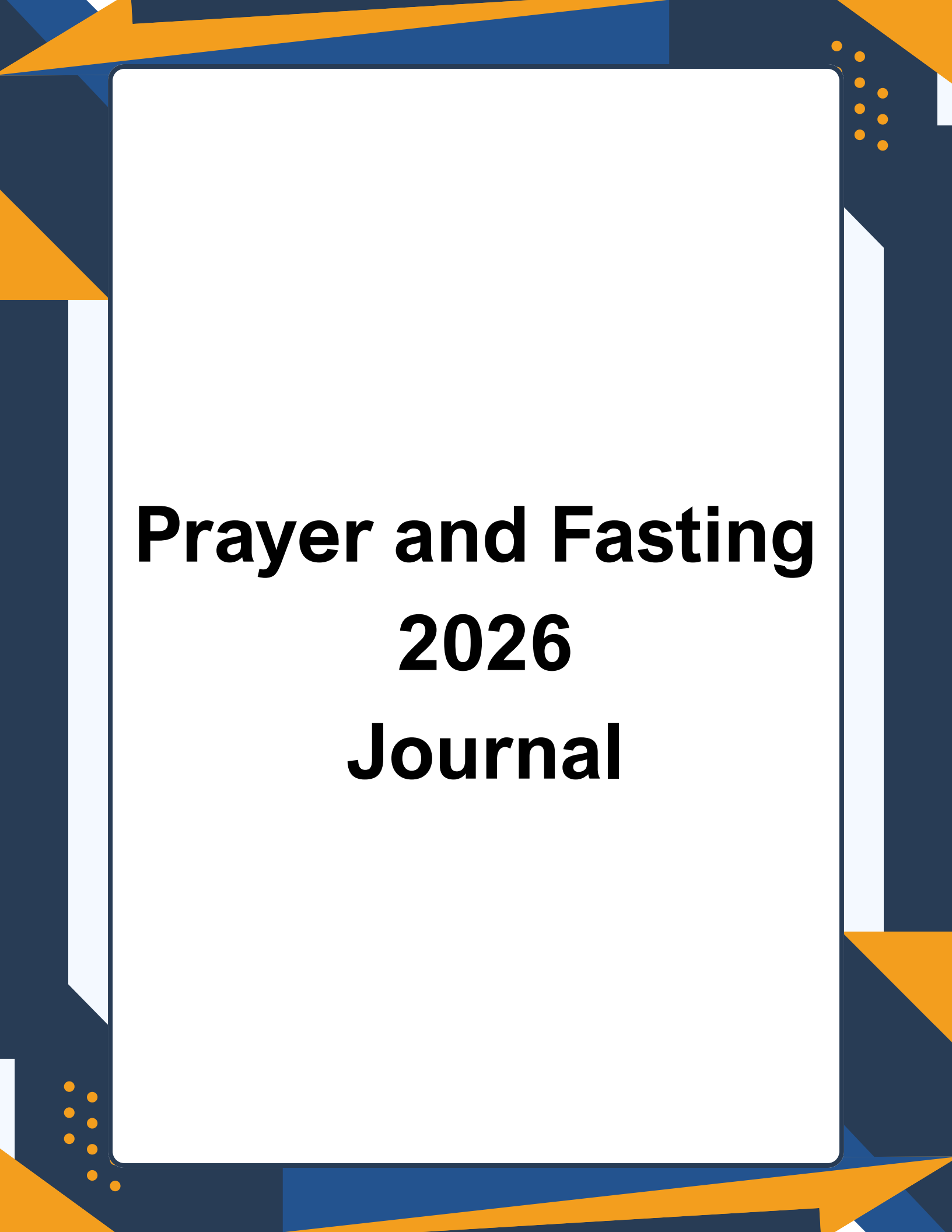




Prayer and Fasting 2026 Journal

DAY 1

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 which God would have done.”

Deitrich 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.

Prayer & fasting journal

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DAY 2

Fasting is a humbling experience that reveals who or what we really depend on 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 that 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.

Prayer & fasting journal

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DAY 3

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

"Devotion to prayer and intimacy with God is the only setting in which we can completely step into the fullness of God's purposes."

Bill Johnson

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.

Prayer & fasting journal

[illegible]

DAY 4

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 our 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 the 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 & fasting journal

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DAY 5

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

Scripture reading

1 John 1-2

Key passages

1 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 absense 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.

Prayer & fasting journal

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DAY 6

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 you 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 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.

Prayer & fasting journal

[illegible]

DAY 7

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 today, 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. In Jesus' name I pray. Amen.

Prayer & fasting journal

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DAY 8

Scripture reading

Luke 11:1

Key passages

Matthew 6:9-13-- “This, then, is how you should pray: “Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one.””

The Lord’s Prayer is often recited in churches or at religious events, but there’s so much more to this prayer. Jesus provided this model as an outline to teach us how to pray in a way that connects us to God and empowers us to accomplish great things through Him. This model takes us through each part of The Lord’s Prayer. Showing us how to pray the way Jesus instructed.

Connect with God Relationally

“OUR FATHER IN HEAVEN”

God isn’t interested in us practicing religion; instead, He desires a relationship with us. God has adopted us as His children and loves for us to call Him our Father. Starting our prayer time, acknowledging our relationship with God is powerful for us and delights Him as well.

You have not received a spirit that makes you fearful slaves. Instead, you received God’s Spirit when He adopted you as His own children. Now we call Him, “Abba, Father.” Romans 8:15

Proclaim your intimate relationship with God, addressing Him lovingly as your Father and thanking Him that you are His child.

Prayer

Father, I come to You in prayer today thankful that I am Your child. I know I am a sinner, but You have forgiven me and adopted me as Your own, and I am so grateful to call You my father. Thank you for loving me. I love you.”

Prayer & fasting journal

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DAY 9

Scripture reading

Luke 11:1

Key passages

Matthew 6:9-13-- “This, then, is how you should pray: “Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one.”

Worship His Name

“HALLOWED BE YOUR NAME.”

God loves when we worship Him, and there is power in His Name. Here is a list of some of His Names to help us worship Him specifically and personally:

God is Righteousness..... He makes us clean

God is Sanctifier..... He has called us and set us apart

God is Healer..... He heals all our diseases

God is Banner of Victory..... He defeats our enemies

God is Shepherd..... He speaks to us and leads us

God is Peace..... He is our peace in every storm

God is Provider..... He supplies all of our needs

The name of the Lord is a strong tower; the righteous man runs into it and is safe. Proverbs 18:10

Speak God's Names out loud. When we proclaim who He is, we not only worship Him, but we also remind ourselves how powerful and great our God is.

Prayer

God, I am in awe of You. Your Name is a strong tower, a place of protection and safety for me. I praise You as my Healer, my Shepherd, and my Banner of Victory. You are my Peace, my Provider, my Righteousness, and my Sanctifier. Your Name is great, and I worship You.

Prayer & fasting journal

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DAY 10

Scripture reading

Luke 11:1

Key passages

Matthew 6:9-13-- “This, then, is how you should pray: “Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one.”

Pray His Agenda First

“YOUR KINGDOM COME. YOUR WILL BE DONE ON EARTH AS IT IS IN HEAVEN”

Part of being a child of God is caring about what He cares about. We know His will is perfect, and we acknowledge His wisdom and sovereignty when we pray His agenda first. Spend time focusing on what God is focused on.

He will always give you all you need from day to day if you will make the Kingdom of God your primary concern. Luke 12:31

HIS PRIORITIES INCLUDE:

- Saving the Lost
- Wisdom and guidance for those in authority-parental, spiritual, governmental, and work-related
- Accomplishing His purpose in our lives

Prayer

God, I recognize there is not better plan on earth than Yours, and I pray for Your will to be done in my life (name the areas of your life where you need more of God's presence today) and in our world. This world is lost and needs You desperately, and I pray for every person to know You as their personal Lord and Savior. Give them supernatural wisdom and discernment as they lead. Give them a revelation of Your will and Your purpose for them. And I give my life to You again today; have Your way in my life! Anything You want to do in me or through me, I will do. I ask today for wisdom and clarity as you show me my next steps. I pray for the leaders in my life (pray specifically over parents, spiritual leaders, government leaders, employers, and any other leaders in your life), that you would give them supernatural wisdom and discernment as they lead. Give them a revelation of Your will and Your purpose for them. And I give my life to You again today; have your way in my life. Anything You want to do in me or thorough me, I will do. I ask today for wisdom and clarity as you show me my next steps.

Prayer & fasting journal

DAY 11

Scripture reading

Luke 11:1

Key passages

Matthew 6:9-13-- “This, then, is how you should pray: “Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one.”

Depend On Him For Everything

“GIVE US THIS DAY OUR DAILY BREAD”

God promises to supply all our needs, and He wants us to come to Him with our problems, needs, and desires and to trust Him to provide.

I look up to the mountains--does my help come from there? My help comes from the Lord, who made heaven and earth!

Psalms 121:1-2

Ask God for what you need today. It may help to write down the concerns weighing on your mind or the desires of your heart. You can bring them to God, and trust Him enough to hand them over to Him fully. It may help to open your hands before God to physically show your surrender to Him. Problems can either be ours or God's; they can't be both.

Father, I acknowledge that everything I need today will come from You. You made the heavens and the earth; You are more than capable of handling any situation I'm dealing with, so I give it to You completely (specifically talk to God about what is on your mind and heart right now and give it to Him). I look to you to help me, sustain me, and give me Your peace. Remind me of Your hope and power today. Thank You in advance for taking care of my needs.

[illegible]

DAY 12

Scripture reading

Luke 11:1

Key passages

Matthew 6:9-13-- “This, then, is how you should pray: “Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one.”

Forgive and Be Forgiven

“FORGIVE US OUR DEBTS, AS WE FORGIVE OUR DEBTORS”

God has offered us complete forgiveness, and we can receive it at any time. When we turn away from our sins and receive His forgiveness, our hearts are more prepared to forgive others as well.

If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness. 1 John 1:9

Ask God to check your heart and life and show you areas where you might need to ask for forgiveness from Him. Then, it is your turn to forgive those who have offended you. We can even choose to forgive people in advance. Ask God to forgive you and help you forgive others.

God, thank You so much for offering me the gift of forgiveness. Show me any areas in my life that I need to bring before You in order to receive forgiveness and healing. I confess that I have been struggling with sin (talk to God about any areas of sin in your life), and I know that You want me to be clean again. Please forgive me for my sin. Thank You for showing me unfailing grace. As You have so freely forgiven me, I also want to freely forgive others. Please help me let go of all of my offenses. I release to You those who have hurt me, and I trust You to handle those situations according to Your perfect will.

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DAY 13

Scripture reading

Luke 11:1

Key passages

Matthew 6:9-13-- “This, then, is how you should pray: “Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one.”

Engage in Spiritual Warfare

“AND DO NOT LEAD US INTO TEMPTATION, BUT DELIVER US FROM THE EVIL ONE”

Spiritual warfare can seem difficult to understand, but the Bible makes it very clear that we have an enemy who is trying to steal from us, kill us, and destroy us. As we pray, we take our stand against the enemy and fight from a place of victory through Jesus as we're empowered by His Holy Spirit. There is power in God's Word, and every lie the enemy has told us can be replaced with God's truth.

For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Ephesians 6:12

By recognizing that the enemy wants to destroy you, you can shed light on his lies and claim God's truth over your life. Ask God to show you any lies you're believing or areas of warfare happening in your life. Ask Him to expose the enemy and to help you understand and receive His truth. Simply speaking the Name of Jesus has great power in the spiritual realm. The Bible tells us in James 4:7 that if we resist the devil, he will flee from us. Through prayer, we can resist him and walk forward in freedom.

Prayer

God, I recognize that my struggles today aren't against the people or circumstances around me, but against the enemy. Please help me to see how the enemy is lying to me. Help me to recognize his lies, take them captive, and make all of my thoughts obedient to the truth of Your Word (list out any specific areas God shows you where you have believed a lie that needs to be replaced with His truth). While the enemy wants to destroy me, I know that You came to give me life to the fullest. I speak the name of Jesus over my life, and declare that no weapon formed against me will prosper. I don't have to fear the enemy because the One who is in me is greater than the one who is in the world.

Prayer & fasting journal

DAY 14

Scripture reading

Luke 11:1

Key passages

Matthew 6:9-13-- “This, then, is how you should pray: “Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one.”

Express Faith in God's Ability

“FOR YOURS IS THE KINGDOM AND THE POWER AND THE GLORY FOREVER”

God is more than able to move in every situation, and ending our prayer time by claiming His authority and power focuses our minds on the truth and hope of who He is and what He can do.

Ah, Sovereign LORD, you have made the heavens and the earth by Your great power and outstretched arm. Nothing is too hard for You. Jeremiah 32:17

Remind yourself of God's limitless power and then return to praising Him and declaring your faith in Him:

- “Yours is the Kingdom” - all authority belongs to You
- “Yours is the Power” - all mightiness flows from You
- “Yours is the Glory” - Your victory will be complete

Prayer

Father God, nothing is too hard for You! Through Your great power, all things are possible. All authority is Yours, all might is Yours, and I know that Your victory will be complete. You are amazing, and I worship You. I praise You for Your power and presence in my life. You are my God, and You are worthy of all praise.

Prayer & fasting journal

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DAY 15

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 king 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

“Fasting with a pure heart and motives, I have discovered, brings personal revival and adds power to our prayers. Personal revival occurs because fasting is an act of humility. Fasting gives opportunity for deeper humility as we recognize our sins, repent, receive God’s forgiveness, and experience His cleansing of our soul and spirit. Fasting also demonstrates our love for God and our full confidence in His faithfulness.”

Bill Bright

Prayer

Father in heaven, you are the great physician, you are the healer of my soul, 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.

Prayer & fasting journal

[illegible]

DAY 16

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 king 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. For when the stomach is full, the body does not serve for preaching, for praying, for studying or for 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.

Prayer & fasting journal

[illegible]

DAY 17

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.

Prayer & fasting journal

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DAY 18

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

Scripture reading

Esther 4

Key passages

Isaiah 58:6, 8-- "Is not this 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 of Light, 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 & fasting journal

[illegible]

DAY 19

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 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 in 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 & fasting journal

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DAY 20

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 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

"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.

Prayer & fasting journal

[illegible]

DAY 21

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.

Prayer & fasting journal

This image shows a full page of white paper with horizontal black ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for handwriting practice or general writing. There are no margins, text, or other markings on the page.

[illegible]

[illegible]