

PRAYER AND FASTING

TUESDAY DINNER

“Even now,” declares the LORD, “return to me with all your heart, with fasting and weeping and mourning.” Joel: 2:12

When you fast, our bodies get weak and our minds become tired. At the end of the first day, you may not be feeling those things yet. Day one tends to go by quickly with little struggle. During that time your eyes may not fully be on the Lord. But I urge you to keep praying, even if it doesn't seem like you need God's help. As the days pass, the fast gets harder and in those times only God can get you through it. Pray to him when you are tired or when you are hungry. Pray to him when you are grumpy towards your family members or your coworkers. Lean on God completely because once the hunger and fatigue set in, you will need Him. I thought the fast would be a breeze for me. I have a small appetite naturally and do not require much food. However, by the end of day one, I was praying to the Lord to take my hunger away. By day three, I cried out to Him while sitting on my bathroom floor because I felt as if my fatigue had won! He helped me get off the floor and make it through the day, because we were in constant communication.

Journal:

Prayer:

Lord, I am coming to you in prayer that I will rely on you during this fast process. I know I need you daily and I cannot do this without you. Please give me the strength to get through two more days of this fast and comfort me in the times where I want to give up.