



# SR<sup>C</sup> **FAST** *Daily Devotion*

**Day 3: Wednesday, January 7th**

**READ:** Daniel 1

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Nothing but vegetables and water. And not just for three weeks, but more likely for the duration of their training in Babylon! This response from these four young men didn't come from a fear of getting caught. It came from a devotion to God's commands already formed in them before being taken from their homeland. During this fast, you'll have many opportunities to deviate from your commitment--especially if you're fasting alone or if no one will find out. Pray that God will give you the resolve and courage to stick to the standards you've set and honor Him no matter what.