



SR^C **FAST** *Daily Devotion*

Day 12: Friday, January 16th

READ: 2 Corinthians 1

Food is a source of comfort for many. Reflect on how much your thoughts have been overtaken with craving certain foods, missing the things you're fasting from, or even how much weight you could lose. Is it often? If it were alcohol or a harmful drug, would you consider yourself addicted if you were this consumed with your desire for them? For many, this fast can begin an awareness of a harmful place food may have in your life. It can reveal an addiction. Pray that the God of compassion and all comfort will become your primary source of comfort. Ask Him to use this experience with suffering to remove anything in your life that has taken the Holy Spirit's place as your Comforter.