

# A 40 Day Journey INTERMITTENT FASTING

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## Day 13 - Hunger for Righteousness

**Matthew 5:6** Blessed are they which do hunger and thirst after righteousness: for they shall be filled.

**Insights:** Fasting reveals that hunger is not the enemy but a teacher. Each pang of emptiness points to a deeper spiritual longing only God can satisfy. Jesus promised blessing to those who hunger and thirst for righteousness. Physical hunger fades after eating, but spiritual hunger grows into true fulfillment. Fasting shifts your focus from food to God, transforming stomach growls into prayer calls. As your body adapts to longer fasts, your spirit begins to crave righteousness, purity, and holiness with greater passion. In this process, sin loses its appeal, and God's presence grows sweeter. Hunger becomes holy, directing you to Him.

- **Prayer:** Lord, fill me with hunger for righteousness above all else.
- **Receiving Healing:** I receive spiritual hunger that only God can satisfy.
- **Faith Declaration:** I am filled as I hunger and thirst after righteousness.
- **Fasting Schedule:** Stop eating at 6:00 p.m. Resume at 1:00 p.m. (19-hour fast).
- **Practical Step:** Use hunger pangs as reminders to pray for revival in your heart.