

21 Days of Prayer and Fasting 2022  
Promises: Building a life on the promises of God  
Devotionals

**Day 1 – Monday, January 10, 2022**

Isaiah 58:6 (NLT)

*“No, this is the kind of fasting I want: Free those who are wrongly imprisoned; lighten the burden of those who work for you. Let the oppressed go free, and remove the chains that bind people.”*

Don't you love it when God is clear? No questions. He just says exactly what He wants you to do. There are times when ambiguity is needed to build faith, however when spiritual warfare is involved God is specific and clear. Our battles are not against people, they are against powers and principalities of darkness (Ephesians 6:12). Fasting is a huge weapon to expose the enemy's tactics, strategies, and strongholds. Isaiah 58 gives clear focus to the type of fasting God wants. Not frivolous, but focused. He wants fasting that frees those who are wrongfully imprisoned. People who are stuck in addiction, trapped in isolation. Fasting that lifts burdens: people who need healing, jobs, and restoration. Fasting that sees the oppressed delivered: folks struggling with anxiety, depression, and other oppressions. Lastly, to remove the chains that bind: all types of generational sins.

As we begin our 21 days of prayer and fasting, we will simply take God at His word. We are going to look at and activate His promises over our life. What promises has God given to us that we simply overlook and don't take hold? As we focus on His promises for our life we are prepared to appropriately pray and fast for others as well.

Ready your heart and remember this is the kind of fast He wants: freedom for people, burdens lifted, oppressed delivered, and chains removed.

**Today's Promise: God's promise is freedom, lifted burdens, deliverance, and chains broken when we fast.**