

Day 1 Fasting is Sacrifice

Fasting is one way to sacrifice to God. You sacrifice (some) food and drink as you can seek God's face and pray. Sacrifice seems to be is one of the measures of human relationships. Parents sacrifice money and themselves for their kids. A young man buys sacrificially an expensive piece of jewelry as a token of his love when he asks a young lady to marry him. If we love God more than anything in this world, what should we sacrifice for Him? Didn't Christ sacrifice everything for us?

A *normal fast* is giving up food to seek God's will, but you can drink liquids in that fast. An *absolute fast* is giving up both food and drink, but you shouldn't do that for more than three days. If a body goes without water seven days, it will die. Moses didn't eat or drink for 40 days but that was a *supernatural fast*.

Daniel went 10 days eating only vegetables (1:8); later he extended it to 21 days. Called a *Daniel Fast*, he also gave up pleasurable things (10:4). Today, some have included giving up 21st Century pleasures when they fast such as abstaining from golf, pleasurable reading, television, entertainment, etc. But the effectiveness of a fast is not measured in the personal sacrifices you give up; it's measured in your commitment to pray, worship the Lord, and fellowship with Him. When I'm on a fast, I spend my meal times in intensive intercession.

As you begin this 40-day fast to save America, ask what sacrifice you will make to turn America back to God. Some will give up one meal a day or two for prayer. Some have hard physical work, others have stressful jobs. They need food, just as a car needs gas to keep going. They can't go 40 days without food for energy. They are just as serious about saving America as those who give up food but they can sacrifice pleasurable things.

Begin your fast with a vow, then write it down, and sign it. Be as serious as if purchasing a home. David said, "I will not sacrifice to God that which costs me nothing" (2 Sam. 24:24). – by Elmer Towns©

When will you begin? _____

What will you sacrifice? _____

How much time will you pray each day? _____

God being my helper, and grace being my motivation, I commit myself to the above sacrifice to God.

Sign

Date

Day 2 A Fast is a Vow

When fasting is combined with prayer, we have a powerful weapon to defeat the enemy and a powerful tool to revitalize His church.¹ Remember Jesus said, "This kind does not go out except by prayer and fasting" (Matt. 17:21, *NKJV*).

Daniel was a sixteen year old Jewish young man taken captive into Babylon to be trained as a future administrator in the nation of Babylon. King Nebuchadnezzar saw great potential in Daniel and the other young men and attempted to "Babylonialize" the young men to help him rule over exiled Jews. Daniel was to be trained in the Babylonian language, dressed in Babylonian garments, live according to the culture, and of course, eat Babylonian food.

"But Daniel purposed in his heart that he would not defile himself with the portion of the king's delicacies, nor with the wine which he drank" (Daniel 1:8, *NKJV*).

Any spiritual fast begins with a vow or a purpose. Notice what Daniel did, "Please test your servants for 10 days, and let them give us vegetables to eat and water to drink." Daniel chose to obey God, and eat a healthy diet. He chose discipline over fattening foods and rich wines.

Daniel is a model for anyone who longs for a spiritual breakthrough. It begins with prayer and self-discipline. If you want God to do a great work in the United States, discipline your prayer life for God to send revival to our nation. – by Elmer Towns©

-My Time To Pray-

- Lord, I purpose in my heart to fast for 40 days.
- Lord, give me discipline to continue 40 days.
- Lord, turn our nation around.

¹ Read *Fasting for Spiritual Breakthrough* by Elmer Towns, Regal Books, Ventura, CA, 1996. See Chapter 10 (The Esther Fast) on spiritual warfare.