

Day 3**Good Things Happen When Fasting**

Daniel and his three friends were captured and brought to Babylon for a “training program.” They were to become managers for Babylon. Part of their training was a special Babylonian diet, while they experienced the Babylonian culture, i.e., dress, daily activities, entertainment, etc.

Daniel and his three friends began with a vow. “Daniel was determined not to defile himself by eating the food and wine given to them by the king” (Daniel 1:8, *NLT*).

Why did they not want to eat the Babylonian food? Perhaps it was offered to Babylonian idols, and eating it would be a sign of compromise with idols. Perhaps the wine was intoxicating which would have violated their Jewish practice.

Also the food may have been non-Kosher meat that would have violated the Jewish dietary laws. Whatever the reason, Daniel knew the king’s food was off limits to him and his three friends.

The Daniel Fast was a spiritual choice. Many good things will happen when you are fasting. Sometimes you may lower your blood pressure, or your cholesterol, or you may lose weight. While these are good, it is not the primary focus of your fasting. Rather, you are fasting for a spiritual purpose, for God to show Himself mighty in the coming election.

What could happen to you spiritually in the next 40 days? First, you may re-evaluate your life in light of God’s purpose for you and your body. Second, you may break some bad eating habits or food choices. Third, you may build up your self-control. Fourth, you will join with millions of others to be a part of a national revival. – by Elmer Towns©

-My Time to Pray-

- Lord, be glorified in my body during the next 40 days.
- Lord, show me how to pray in this election.
- Lord, clear my mind regarding the issues and help me see eternal values in this election.

Day 4**Getting Faith by Fasting**

I once interviewed a leading Christian pastor about his great faith but the pastor said, “I don’t have great faith . . .” I was shocked and put away my pen, thinking there is no story here. But then the pastor said, “I don’t have great faith . . . but I have a great God.”

Then I realized that it’s not the size of our faith, it’s the strength of the God in whom you put your faith. The more you know the God of the Bible, the more your faith can move your mountain.

When Jesus said, “If you have faith as a mustard seed, you will say to this mountain, ‘Move from here to there,’ and it will move” (Matt. 17:20, *NKJV*). In the day of Jesus, a mustard seed was thought to be the smallest perceptible thing. That means the smallest perceptible amount of faith moves mountains. .

Let’s finish the story about the great pastor and his great God. So I asked him the next question, “How did you get your faith in a great God?”

He told me of being frustrated as a freshman in college, so he determined to spend every afternoon in prayer, all afternoon. On the first day after twenty minutes he ran out of things to pray about. He went to the college librarian who directed him to books written by great saints who had walked with God. He read *Power through Prayer* by E. M. Bounds, *The Christian Secret to a Happy Life* by Hannah Whitall Smith, *The Normal Christian Life* by Watchman Nee, and *The Power of Prevailing Prayer* by Wesley L. Duwel. The pastor said, “When I learned what God had done for others, I said, ‘Why not me?’”

So use these 40 days of fasting to learn more about God. Read more scripture than you’ve ever done before. Read chapters in books by great prayer warriors. It takes time for your mustard seed of faith to grow. It takes time for your first prayer request to grow into a supernatural miracle.

These 40 days of fasting may first grow your faith, then you pray to save America. Therefore, fast and pray to strengthen your faith, then fast and pray to save America – by Elmer Towns©

-My Time to Pray-

- Lord, I believe in You; strengthen my faith to overcome my unbelief.
- Lord, I believe You can do a supernatural miracle in the coming election.
- Lord, strengthen my faith; strengthen my prayer and fasting, save my nation.