

Day 5**Growing Faith by Fasting**

What is the biggest thing you've ever requested from God? In these 40 days of fasting, let's ask God to grow your faith so you can pray for national revival and for God to save America through this coming election.

So how can we grow our faith? Jesus told us to grow our faith by using it. "Whoever says to this mountain (problem or goal) 'be removed and be cast into the sea' and does not doubt in his heart, but believes those things he says will be done, he will have whatsoever he says" (Mark 11:23, *NKJV*). So our faith is attached or solving problems. Technically, a mountain is a barrier that stops people going from one flat area to another (valley). Some mountains are extremely high, some mountains are far off, and some mountains have gentle slopes and appear to be benign or non-threatening. How big is the mountain facing our nation?

I have never thought of myself as a man of great faith. So, sometimes I don't pray for the project; rather, I pray for faith to trust God for the project. One time we were praying for \$5 million dollars at Liberty University and I saw doubt in my heart. I just didn't have the faith to ask God for \$5 million. So I prayed, "Lord, I don't have faith for \$5 million dollars, but I have faith in You. Lord, give me faith for \$5 million dollars so I can ask for it."

As soon as I made that prayer I remembered the man in scripture who prayed, "Lord, I believe; help my unbelief" (Mark 9:24, *NKJV*).

When someone realizes how weak they are, they can begin daily exercise to strengthen their muscles. You grow your faith by praying for bigger requests. Also, you eat a better diet to strengthen your body . . . and you take vitamins. So study scripture more during this 40-day fast so you'll grow in Christ. – by Elmer Towns©

-My Time to Pray-

- Lord, I realize my faith is weak; strengthen me to believe You for greater things.
- Lord, I will learn Your Word to get inner strength.
- Lord, I will not give up when I think my strength is small.

Day 6**Fast and Pray**

In the next 40 days you will read many suggestions to help you fast and pray, how to worship God, how to *pray-ask*, perhaps you will even experience weeping, repenting, and deep intercession for our nation. You may even learn some principles of spiritual warfare that mean you will have to pray deeply . . . pray desperately.

Definition: *Fast* - (fa:st, -æ-) To abstain from food, or to restrict oneself to a meager diet, either as a religious observance or as a ceremonial expression of grief; to go without food; also (contextually) to go without drink; to pass (time) fasting; to keep or observe (a day, etc.) as a time of abstinence.

So start on a 40-day fast with a full commitment that what you are doing can change your life and you might also change the United States. If you and millions of others would fast for 40 days, God could do a miracle in the United States that no one ever expected.

As I prepared these lessons, I fasted several times, in several different ways. I fasted so God would show me what to write, how to express my ideas, and help me to prepare these lessons so you would touch God as you read and fast, but more importantly that God would touch you. – by Elmer Towns©

-My Time to Pray-

- Lord, lead me as I begin 40 days of fasting to pray more effectively than I have ever prayed before.
- Lord, I pray that the political leaders that You want to rule the United States may be voted into office.
- Lord, work through circumstances to put those in office who can lead the United States back to its original core values.