

Day 19
Continue Your Vow Daily

You made a vow to God concerning what food you choose to stop eating or what other activity you sacrifice to God.

The original fast by Daniel is described in *The New Living Translation*, “Daniel made up his mind not to defile himself by eating the food and wine given to them by the king” (Dan. 1:8, *NLT*). The *New International Version* says, “Daniel resolved,” while the *New King James* says, “Daniel purposed,” and the *CSB* says, “Daniel determined.” All of these synonyms point to a life-changing decision of the will. Your fast will be effective when you make a life-changing commitment called a vow that will modify your food or activities while you intercede for our nation.

You have made an original vow to fast and pray, now you must make a daily choice to continue your fast.

Remember, a choice involves your total personality: your intellect, emotions and will. You first know “with your mind, but knowledge by itself is not enough to change your life, nor will it get the prayer goal you seek.” Next, your “emotions” can be stirred for this fast, but getting excited may only change the surface things. You may change a few things—while you’re excited—but what about the long haul? Your life will be transformed when your “will” makes a choice based on what your mind knows, and when your emotions are stirred. – by Elmer Towns©

-My Time to Pray-

- Lord, help me keep my vow to fast and pray for our nation until election day.
- Lord, prod my memory, stir my emotions, and commit my will to fast for the coming election.
- Lord, I love You and want to please You.

Day 20
Give Your Whole Self to God

There are five things you need to surrender to God to make your fast successful. If you haven’t done it yet, you should give to God the following five things: time, temple, talent, testimony and treasure.

First, commit your fast *time* to God. Pledge to begin and end according to the time limit you set in the checklist. *Lord, I promise to withhold food or other activities as long as my fast lasts.*

Second, surrender your *temple* to God. You have pledged to eat healthy during this fast. You must do what you promise. *Lord, I give my physical body to You. I will not eat or drink anything that will harm my body. I will refrain from alcohol, drugs, addiction and gluttony.*

Third, surrender your *talent*, or your abilities to God. Commit your prayer ability to God. You must go beyond everything you have ever known about God and prayer in the past. You must pray many ways¹ and at many times. *Lord, I promise to keep my prayer time during this fast. Help me learn to pray more effectively, and help me learn the intimacy of Your presence.*

Fourth, commitment is your *testimony* to God. People will be watching you. Be an encouragement to them as they are an encouragement to you. *Lord, fill my life with Your presence. Help me keep my fast strong to the end. Use my fast as a testimony to encourage others. May others see Christ in me.*

Fifth, surrender your *treasure*, or money to God. Obviously, you are giving tithes and offerings to God, usually through your church (Mal. 3:10). Remember, when you give all your money to God, He lets you use 90 percent for your needs. The 10 percent is used for His work. *Lord, I give all my treasures to You. Use them in your work.* – by Elmer Towns©

-My Time to Pray-

- Lord, I will not give up.
- Lord, help me realize, “I can do all things through Christ who strengthens me” (Phil. 4:13). Amen.

¹To learn many ways to pray, read *How to Pray When You Don’t Know What to Say* by Elmer Towns, Regal Books, Ventura, CA, 2006.