

Day 25**The Intimacy of Fasting**

There are many ways to pray such as asking, worshiping or praising God. But today, let's focus on intimacy in prayer. Jesus is our example, He taught us to pray with the words, "Our Father in heaven" (Matt 6:9, *NKJV*). Jesus invites us to enter into an intimate relationship with the heavenly Father just as He shared with the Father.

When Jesus was 12 years old, his parents brought the family to Jerusalem for a feast. They probably traveled in a large group, and going home, they assumed Jesus was with them. But He was not with them. Mary and Joseph searched for a couple of days until he was found in the Temple. They asked Jesus where He had been; Jesus answered, "Did you not know that I must be about My Father's business?" (Luke 2:49, *NKJV*).

The story emphasizes Jesus was in the house of God. He sought intimacy with God in His house. Jesus called God His Father, reflecting His communion with the Father. The heavenly Father showed up at the baptism of Jesus, the inauguration of His Son into ministry. Don't fathers show up for important days in the lives of their children? On the Mount of Transfiguration, the Father spoke from heaven, "This is My beloved Son, in whom I am well pleased" (Matt. 17:5, *NKJV*).

Relationship binds children to their father;
Reverence binds worshipers to their God.

The relationship of intimacy between the Father and Jesus is seen when Jesus prayed in Gethsemane, "Abba, Father." Calling the Father, "Abba," is like an American calling his father, "Papa." Intimacy is enjoying the presence of God. "David . . . sat before the Lord" (2 Sam. 7:18, *NKJV*). When you come to your time of prayer, remember that you, too, can sit in the presence of the heavenly Father. Enjoy Him.

Because you are God's child, begin your prayers the way Paul taught us to approach the Father: "And because you are sons, God has sent forth the Spirit of His Son into your hearts, crying out, 'Abba, Father!'" (Gal. 4:6, *NKJV*). What intimate name do you use for your heavenly Father? – by Elmer Towns©

-My Time to Pray-

- Lord, show me Yourself in Your Word; I fast to know You intimately.
- Lord, when I have seen Your face, I cannot remain the same. Transform me!

Day 26**Fasting in Communion**

You don't get communion with God by methods, techniques or even correct formulas in prayer. You commune by drawing near to your heavenly Father. "My soul longs, yes, even faints for the courts of the Lord; My heart and my flesh cry out for the living God" (Ps. 84:2 *NKJV*).

He's your heavenly Father. Why don't you crawl up onto His lap? Just as a child on earth sits with his or her earthly father, you can do the same with your heavenly Father.

Maybe an earthly child wants to ask for something, or she wants her father to read to her. Perhaps the child just wants to sit in his father's lap because he enjoys it. Isn't communion wonderful? "One thing I have desired of the Lord, that will I seek: That I may dwell in the house of the Lord All the days of my life, To behold the beauty of the Lord, And to inquire in His temple"(Ps. 27:4, *NKJV*).

Can we commune with God without words? Yes! Remember, the most used word for prayer in the New Testament is *proseuchomai* (*pros* means "toward" and *euchomai* is "the face"). Prayer is like a face-to-face relationship with God that is pictured by two people sitting face-to-face, looking into one another's eyes; they don't need to say anything; their communion says, "I love you."

True communion balances the tension between reverence and relationship. These two forces are like two sides of a door. God is the Creator of the universe; we reverence Him because He is the omnipotent I AM WHO I AM." But when we step through that door, we find ourselves in the presence of our heavenly Father—Abba Father—Papa. We draw close and metaphorically throw our arms around His neck and tell Him, "I love You." – by Elmer Towns©

-My Time to Pray-

- Lord, I will wait in Your presence, not asking for anything but to know You better.
- Lord, I reverence Your sovereignty and bow before You.
- Lord, teach me when to reverence You and when to seek Your intimacy.

