

Day 27
Fasting to Feed Others

We are like a kernel of wheat that becomes bread to feed others. Jesus said, “Unless a grain of wheat falls into the ground and dies, it remains alone; but if it dies, it produces much grain.” (John 12:24, *NKJV*). When we fast, we learn to die to self, our sinful appetite, as well as to our physical appetites. We fast so we can die with Christ to bring life to the world.

But first we must grow, and we do that by making the Word of God a part of our life. Then as kernels of wheat, we must be harvested; and no one likes to be cut off from the things around us. But we must deny our food and pleasure to be ready for use by God. Next the kernel is stored into the barn and kept until the Master chef is ready to use us to feed the world. This time of waiting is our communion and prayer in the presence of God.

Then we will all have our desert experiences where we are crushed like a kernel of wheat is crushed before it releases its life-giving nutrients. And when a kernel is crushed, it is intermixed with other kernels—Christians—that is our fellowship of fasting and praying with other believers.

In the heat of the oven, the flavor is brought out of the kernel to give pleasure and life to the world. We hate the pains of persecution, and we retreat from the heat of rejection, but in the presence of God we find calmness and purpose in prayer.

When the bread is well done, the Lord brings it out of the oven to serve to a hungry world. So in fasting and prayer we find our meaning and purpose in life. Through fasting we become useful to others; but most of all we become part of the plan of God. – by Elmer Towns©

-My Time to Pray-

- Lord, help me understand the times of trials and persecution to prepare me for better service.
- Lord, I want to be “bread” to help feed a hungry world.
- Lord, I join with others to pray for our nation.

Day 28
Fasting to Encounter God

I was on a 40-day fast and it was going well. Bill Greig, Jr., the president of Gospel Light Publishing, asked me, “What great answer to prayer have you gotten because of your fast?”

“I’m not fasting to get an answer to prayer,” was my immediate response.

“Then why are you putting yourself through all this torture if you’re not fasting to get an answer to prayer?”

“I’m fasting to know God intimately,” I said. “My fast is not about getting things from God. I’m fasting to experience God more intimately.”

“Oh . . . Write that for Regal Books; that’s an enticing topic for a book.”

I went straight up to my hotel room and began writing that night what was eventually to be published with the title *God Encounters*.¹

Bill was wrong about two things: First, he felt fasting was putting myself through trouble. A lot of non-fasters think fasting is difficult. But when you spend time in God’s presence, it’s a satisfying experience. It’s an intimacy that’s hard to describe or put into words.

Second, Bill was also wrong thinking fasting is about getting answers to prayer. Oh yes, fasting does get answers to prayer. Jesus told us, “However, this kind does not go out except by prayer and fasting” (Matt. 17:21, *NKJV*). But fasting is more than withholding food; we fast AND pray to know God.

Now, you’re on a fast praying for our nation. But let’s turn our attention away from our prayer goal and emphasize fellowship with God.

¹ Elmer L. Towns, *God Encounters* (Ventura, CA: Regal Books, 2000).

The psalmist exhorts us, “Oh, taste and see that the Lord is good” (Ps. 34:8, *NKJV*).
When you refrain from earthly food, you can enjoy heavenly food; you fill yourself
with Christ alone. – by Elmer Towns©

-My Time to Pray-

- Lord, I want to know You more intimately.
- Lord may my knowledge of You lead to effective communication for my nation.