

**Day 29****Fasting to Bless Others**

Jesus said God would bless those who hungered for God. The word “bless” means “to add value.” Jesus promised, “Blessed are those who hunger and thirst for righteousness, For they shall be filled” (Matt. 5:6, *NKJV*).

Note “They shall be filled”? When you’re really hungry for a hot juicy hamburger there’s no satisfaction like sitting down to slowly munch it down. In the same way, there are times when you really want God to manifest Himself to you. You hunger for God and You want Him. Fasting from earthly food is one way to hunger for God’s presence.

The longer you fast, the more keen your thinking becomes. You’re not consumed with feeding your body. God begins to consume your thinking. You cry out, “That I may know Him” (Phil. 3:10, *NKJV*).

When you fast, the brain thinks more clearly and you remember more. Perhaps it’s because your heart is not pumping extra blood to your stomach to digest food. There is extra blood available to the brain, and more blood means the brain functions better.

Jesus called Himself bread: “I am the bread of life. He who comes to Me shall never hunger” (John 6:35, *NKJV*). As we fast, we find that Jesus fills every yearning of the heart.

Yes, when we fast, we focus on Jesus who lives within. As we read the Scriptures, we take Christ into our life anew, for Jesus is “the Word [of God]” (John 1:1, *NKJV*). So read much Scripture when you are fasting. The Bible—Jesus’ words—renews our will to live for God and sharpens our mind to think on God. – by Elmer Towns©

**-My Time to Pray-**

- Lord, I fast to hunger after You.
- Lord, may my hunger for righteousness lead me to pray for my nation.

**Day 30****Fasting and Answering**

Why does God want His children to ask Him for things? Isn’t God all-knowing? Doesn’t He already know our needs? And didn’t Jesus say, “Your Father knows the things you have need of before you ask Him” (Matt. 6:8, *NKJV*). So why fast and pray?

Jesus introduced His disciples to a new relationship of asking-prayer from the Father. “Until now you have asked nothing in My name” (John 16:24, *NKJV*). After Jesus’ death His followers had a new prayer relationship with Him. What was that? “Ask, and you will receive, that your joy may be full” (John 16:24, *NKJV*). Jesus was saying, “You’re going to be happy when I answer your prayers” (John 16:24, *ELT*).

Jesus was not telling them to use His name as some sort of mantra, or a secret code, or a magical key to open doors. When Jesus said “[ask] in My name,” He wasn’t even telling us to add His name to the end of our prayers. To pray in Jesus’ name is to take full advantage of His death to take away our sins (see John 1:29, *NKJV*) because His blood cleanses us from every sin (see 1 John 1:7). So every time we pray in Jesus’ name, we take advantage of what He did on the cross to connect us to our heavenly Father.

Also, when we pray in Jesus’ name, we identify with Jesus’ new life in heaven. More than 172 times in the New Testament we are said to be “in Christ.” We are as close to the Father’s heart as Jesus. So praying “in Jesus’ name” gets us intimacy with the Father.

Also Jesus is in your heart. He came in when you got saved. “Christ may dwell in your heart through faith” (Eph. 3:17, *NKJV*). So ask in Jesus’ name because He’s in your heart. – by Elmer Towns©

**-My Time to Pray-**

- Lord, I ask in Jesus’ name to reviving the church in this time of national spiritual crises.
- Lord, I ask for Your providential hand to guide this coming election.