

Lent Day 16, March 7, 2012



*The Lord will guide you continually,
And satisfy your soul in drought,
And strengthen your bones;
You shall be like a watered garden,
And like a spring of water, whose waters do not fail.
Those from among you
Shall build the old waste places;
You shall raise up the foundations of many generations;
And you shall be called the Repairer of the Breach,
The Restorer of Streets to Dwell In.
Isaiah 58:11-12*

I can't pretend to have extensive experience with fasting, as it is has been a difficult spiritual discipline for me. I tend toward low blood sugar and just can't handle skipping too many meals. I have, however, tried fasting from just one meal--usually lunch--during the day. During one season of my life when I was teaching at a small, private school, I began fasting one time a week during lunch for the school. We had experienced some difficulties at the school, so I felt called to pray and fast to seek God's wisdom for us.

Instead of having my normal lunch, I would usually just have a protein drink and then spend my lunch hour in prayer for the school. I prayed for insight and direction for us. During one prayer session, God blessed me with the above scripture. These words were definitely an encouragement to us to continue on with what we were doing. At times if felt as if nothing we were doing was producing any good results, but this verse encouraged us to keep on working. We were trying to influence generations; opposition is to be expected.

I have to say that time of fasting during one lunch hour a week was beneficial for me. While I realize it probably barely scratches the surface of what serious fasting can do, God still blessed that time with Him. It encouraged me during a difficult time and gave me the determination to continue on with an important work despite difficult circumstances. I don't know how or if it changed the school itself, but I know it changed me. As far as I know, I was the only one fasting for the school at that time. Looking back, I wonder what more might have happened had I recruited some other people to join me in my lunch time fasts to pray for the school.

Application: Perhaps God is calling you to pray and fast for an institution that is important to you, like your children's school or maybe your work place. Perhaps you feel like your efforts would be too insignificant. I can assure you that God will take the

offering of your fast and bless the time with Him to change at least your heart. Why not record below what God is placing on your heart?

Institution to pray and fast for:

Time/Meal during which I will fast:

Details: (Do you need to have a protein drink available, or at least water? Any special medical conditions to consider?)

Results: Record any scripture or other impressions that come from your time of fasting.

Prayer: Lord,
Help me to be faithful with the fast you are calling me to. Guide and direct this time with You. Show me if this is to be a personal fast or if You want others to join me. Help me to be obedient and to focus on You. Amen.