



Pray Specifically

By Mary Kane

The Fast He has Chosen

Many Christian people are fearful of fasting. I used to be too. I was afraid that I would do something wrong and offend God. I also thought that fasting would make me weak. In contrast, fasting actually strengthens and reinforces the faith of believers, putting them on the *fast* track to spiritual growth.

There is one type of fast that God favors above all others. You may be surprised to learn that with God it's not about the food but the heart.

Please read Isaiah 58:6-9a.

To ask God to help you fast in a way that pleases Him, please pray the following prayer. Insert your name in the blanks:

Dear Lord,

Your Word says the fast you have chosen loosens the bonds of wickedness, lifts heavy burdens, and frees the oppressed. Please help me, _____, to loosen the bonds of wickedness in my life.

Please lift my heavy burdens and help me be freed from every oppression of sin. Thank you that You have broken every yoke that tries to enslave me, _____. Give me Your hands to feed the hungry, shelter the poor, and cover the naked. I confess that I, _____, have often walked past the needy. Thank you that when I fast from selfishness and serve others, I will shine like the morning, receive healing, and attain a greater level of righteousness. Then Your

marvelous glory shall cover me, _____, You shall hear and
answer _____ and I, _____, will know Your
Presence.

In Jesus Holy Name, amen.

Be blessed.

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