

DAY 5: HALFWAY. LET'S GET REAL

We are now halfway through our prayer and fasting journey. Whether you have set aside some time each day to pray, with or without fasting, let's stop and celebrate your success. What is one thing you've learned about yourself through this journey?

What success, great or small, can you celebrate?

In what ways do you think God is pleased with you?

What is one more thing you want to accomplish before the 10 days is over?

What has been the hardest thing so far with your fasting goals and this journey?

Who can you share the answers to these four questions?

Maybe the most important statement in the New Testament on whether or not Christians should fast today is Matthew 9:15: "The days will come, when the bridegroom is taken away from them, and then they will fast." Jesus is physically absent, and we await his final advent. We are in that season; the Kingdom of God is "here and not yet." It's the season of fasting. But there are also seasons of feasting and we just completed one of those: Christmas! We are often called from feasting to fasting. And a fast is a good way to heal from a feast, especially

one laden with the sugar and toxins that accompany our processed food culture. Celebrate that you are healing and also regaining balance from our previous season of feasting.

P.R.A.Y.

Pause: Try the breath prayer: You are the bread of life, Lord. I hunger for more of you.

Rejoice: Thank God for the prayer victories you have experienced this week and before. What are previous prayers He has answered and that you're grateful for. List them:

Ask: Ask God to strengthen and prepare you for the rest of this fasting journey. Ask for strength, perseverance, connection, direction and discipline.

Write your prayer:

Today, ask for yourself. List your top 5-7 prayer requests for you and your family. How can God bless you? What blessings will you look for and expect in the year 2024? Do you have any desperate needs? Ask big:

Yield: Even though fasting can be challenging, yield to whatever you feel He might be calling you to for the rest of this 10-day journey. Listen to Him now. What do you sense or suspect He is saying?

Read your scripture with any time you have left.