

DAY 2

"WHY SPEND MONEY ON WHAT IS NOT BREAD, AND YOUR LABOR ON WHAT DOES NOT SATISFY? LISTEN, LISTEN TO ME, AND EAT WHAT IS GOOD; AND YOU WILL DELIGHT IN THE RICHEST OF FARE." - ISAIAH 55:2

So often, if you're like me, it's easier to choose what's wrong because it feels good right now. It's easier to grab that big double cheeseburger with a juicy slab of bacon instead of making a healthier choice. Or if there's something we want at the store, it's easy to swipe a credit card and have it today rather than wait. The reason we do this is simple — the wrong thing usually gives us immediate gratification, while the right thing takes time to pay off.

Read **Genesis 25:29–34**.

In this story, Esau trades his birthright — something of eternal value — for a bowl of stew. He chooses short-term satisfaction over long-term blessing. He fills his stomach but forfeits his future. Prayer and fasting work in the opposite way. They require discipline. They mean saying no to what's easy now so that we can say yes to something greater later.

Hebrews 12:11 reminds us, "No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it."

When we choose to spend time in prayer and in God's Word, we're feeding on what's truly good for us. Over time, those choices transform our hearts, renew our minds, and produce a harvest of righteousness and peace that lasts far longer than any momentary pleasure ever could.

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PAUSE

Take a moment to breathe deeply and slow down. As you breathe, pray: *Jesus, help me hunger for what lasts, not what fades.* Pause long enough for your mind and heart to settle on Him.

REJOICE

Think about the ways God has satisfied your soul in the past — moments when His presence, His Word, or His people filled you more deeply than anything the world could offer. Write down as many as you can.

ASK

Ask God to show where you've been settling for short-term gratification — like Esau with his stew — and to open your eyes to the greater reward in Him. Pray for renewed desire for His Word, prayer, and community. List a few ways to “feast” on God this week.

YIELD

Confess the improper hungers you've had and ask God to fill your soul with His presence and provision. Invite Him into this 10-day fast. Ask how He wants you to fast and what He wants to accomplish in you during this season. Share your thoughts here:

ADDITIONAL PRAYER PAGES FOR DAY 2 ARE AVAILABLE ON PAGES 10-11.

