



DAY

1

**READ:** Matthew 6:16-18

**PRAY:**

- Thank God for the call to fast.
- Thank God that He provides for us in significant ways, even when we go without food.
- Ask God to help you examine your motivation for fasting.

**SING:** Broken Alabaster - My House Worship Sessions

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DAY

2

**READ:** Daniel 10:1-9

**PRAY:**

- Thank God that He meets us in our mourning.
- Thank God for the call to fast from food in order that we might meet with God.
- Ask God to grow your desire to say no to things in order to say yes to Him.

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DAY

3

**READ:** Psalm 63:1-11

**PRAY:**

- Thank God for the hunger that He gives His people to drink and eat on His Word.
- Thank God that He satisfies our deepest longings.
- Ask God to make your soul cling to Him.

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