



## Day 1: The importance of Fasting

Fasting shows up everywhere in the bible. Specifically, as to when you're going through a crisis. Whether a personal crisis, financial crisis, health, or whatever crisis it was—it was a time that you set aside because you needed God to do a breakthrough in your life on some spiritual level. Jesus told the disciples in Matthew 17, that this mountain can only be removed by fasting and prayer. Jesus tells them that this mountain, this circumstance can only be overcome, this tragedy can only be reversed by prayer and fasting.

You hear a lot about prayer in churches, but not so much about fasting. In fact, Jesus says that in His absence, fasting was to be a priority. In Matthew 9:15 *“And Jesus said to them, “The attendants of the bridegroom cannot mourn as long as the bridegroom is with them, can they? But the days will come when the bridegroom is taken away from them, and then they will fast.”*

He was telling them that the day will come when He will no longer be here on earth. Because of his physical absence—fasting would be the way to make that connection/link with Him spiritually.

### Daily Spiritual Log

My Commitment to God on Today: \_\_\_\_\_

Morning Worship: \_\_\_\_\_ am Evening Worship: \_\_\_\_\_ pm

Personal prayer to God regarding myself: \_\_\_\_\_

Prayer regarding my family: \_\_\_\_\_

Prayer regarding others: \_\_\_\_\_

Bible chapters I've read today: \_\_\_\_\_

**My memory scripture for this day is:** “So I gave my attention to the Lord God to seek Him by prayer and supplications, with fasting, sackcloth and ashes.” (Daniel 9:3)

Does this scripture apply to my life? Y / N    If so, in what way?

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**Prayer Request**

Things that I am claiming this season in my life for God to do and things that I am working on in my life regarding my spiritual walk:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_