

The background of the entire image is a close-up, slightly blurred view of the American flag, showing the stars and stripes in shades of red, white, and blue. The text is overlaid on this background.

40 DAYS
of PRAYER &
FASTING

For the Coming National Election

40 Days of Prayer and Fasting

For the Coming National Election

Elmer L. Towns



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1 2 3 4 5 6 7 8 / 24 23 22 21 20

Contents

- Day 1 Fasting Is Sacrifice
- Day 2 A Fast Is a Vow
- Day 3 Good Things Happen When Fasting
- Day 4 Getting Faith by Fasting
- Day 5 Growing Faith by Fasting
- Day 6 Fast and Pray
- Day 7 Putting God First
- Day 8 Learning to Pray-Ask
- Day 9 Why Pray-Ask?
- Day 10 Begin with Giving Thanks
- Day 11 Give Thanks
- Day 12 Joining Others
- Day 13 Fasting to Repent
- Day 14 Saying No to Good Things
- Day 15 Praying Alone
- Day 16 Your First Fast
- Day 17 Prevailing Prayer
- Day 18 Fast Against Temptations
- Day 19 Continue Your Vow Daily
- Day 20 Give Your Whole Self to God
- Day 21 With Insight
- Day 22 Keep Fasting
- Day 23 Searching for Hindrances
- Day 24 Resting in Prayer
- Day 25 The Intimacy of Fasting
- Day 26 Fasting in Communion
- Day 27 Fasting to Feed Others

Day 28 Fasting to Encounter God
Day 29 Fasting to Bless Others
Day 30 Fasting and Answering
Day 31 Conditions to Asking
Day 32 Fasting to Worship God
Day 33 Fasting to Magnify God
Day 34 Fast to See as God Sees
Day 35 The Fast of Denial
Day 36 Fasting and Weeping
Day 37 Searching for God by a Fast
Day 38 Fasting Urgently
Day 39 Fasting in Desperation
Day 40 Fasting to the End

What Is Fasting?

It is a spiritual discipline giving up some or all food for a certain time limit for God's purpose. When you obey God and the Scriptures as a result you will grow in faith. You get answers to your prayers.

Fasting and Dieting

Fasting is not the same thing as dieting. Spiritual fasting has a supernatural element.

First, it is a vow to God. Second, it is a spiritual experience in the presence of God. Third, it has a divine purpose.

Fasting was originally commanded for all of the Old Testament believers (Jews) on the Day of Atonement, i.e., a day of repentance and seeking forgiveness of sin. "On the tenth day of the seventh month of each year, you must go without eating to show sorrow for your sins" (Lev. 16:29, CEV). Today, a Christian one-day fast is often called by its Hebrew term, a Yom Kippur fast. It last from sundown to sundown. Spiritual fasting has been used in the Christian church since its beginning (see Acts 13:2-3).

Four Ways to Fast

The normal fast or juice fast involves going without food for a definite period, during which you ingest only liquids (water and/or juice), which can be 1 day, 3 days, 1 week, 21 days or 40 days.

The absolute fast allows no food or water at all. No one should attempt an absolute fast longer than three days.

The Daniel fast, also called a partial fast, omits certain foods or incorporates a schedule that limits eating. It may consist of omitting one or two meals a day. Fasting only vegetables for several days is also considered a Daniel fast.

The John Wesley fast was practiced by Wesley, the founder of Methodism. Wesley and the other leaders consumed only bread and water for 10 days prior to spiritual events that led to their great revivals.

Day 1

Fasting Is Sacrifice

Fasting is one way to sacrifice to God. You sacrifice (some) food and drink as you seek God's face and pray about the coming election. Sacrifice seems to be is one of the measures of human relationships. Parents sacrifice money and themselves for their kids. A young man buys sacrificially an expensive piece of jewelry as a token of his love when he asks a young lady to marry him. If we love God more than anything in this world, what should we sacrifice for Him? Didn't Christ sacrifice everything for us?

A *normal fast* is giving up food to seek God's will, but you can drink liquids in that fast. An *absolute fast* is giving up both food and drink, but you shouldn't do that for more than three days. If a body goes without water seven days, it will die.

Daniel went 10 days eating only vegetables (see Dan. 1:8); later he extended it to 21 days. Called a *Daniel Fast*, he also gave up pleasurable things (see Dan. 10:4). Today, some have included giving up 21st century pleasures when they fast such as abstaining from golf, pleasurable reading, television, entertainment, etc. But the effectiveness of a fast is not measured in personal sacrifices you give up; it's measured in your commitment to pray, worship, and fellowship with Him. When on a fast, spend meal times in intensive intercession.

As you begin this 40-day fast, ask what sacrifice you can make to get the request for which you pray. Some will give up one meal a day or two for prayer. Some have hard physical work or stressful jobs. They need food just as a car needs gas to keep going. They can't go 40 days without food for energy. They are just as serious as those who fast, but they can sacrifice pleasurable activities.

Begin your fast with a vow, write it down, and sign it. Be as serious as if purchasing a home. David said, "I will not sacrifice to God that which costs me nothing" (see 2 Sam. 24:24).

For what election are you fasting?

What will you give up?

At what time will you pray each day?

*God being my helper, and grace being my motivation, I
commit myself to the above sacrifice to God.*

Sign Date _____

Day 2

A Fast Is a Vow

When fasting is combined with prayer, we have a powerful weapon to defeat the enemy and a powerful tool to revitalize the church. Remember Jesus said, *“This kind does not go out except by prayer and fasting”* (Matt. 17:21, NKJV).

Daniel was a sixteen-year-old Jewish young man taken captive to Babylon to be trained as a future administrator in the nation of Babylon. King Nebuchadnezzar attempted to “Babylonianize” the young men to help him rule over exiled Jews. Daniel was to be trained in the Babylonian language, dressed in Babylonian garments, live according to the culture, and of course, eat Babylonian food and drink their wine.

“But Daniel purposed in his heart that he would not defile himself with the portion of the king’s delicacies, nor with the wine which he drank” (Daniel 1:8, NKJV).

Your spiritual fast begins with a vow or purpose. Notice what Daniel said, “Please test your servants for 10 days...give us vegetables to eat and water to drink.” Daniel chose to obey God and eat healthy. He chose discipline over fattening foods and rich wines.

Daniel is your model for spiritual breakthrough. It begins with prayer and self-discipline. If you want God to do a great work in the United States, and the right person elected, pray and fast for God to send revival to our nation.

-My Time to Pray-

- Lord, I purpose in my heart to fast for 40 days. Here is my schedule: _____
- Lord, give me discipline to continue 40 days.
- Lord, put good responsible people into office to lead our nation away from anarchy.
- God bless America, God revive America, God give us the freedom we have always enjoyed.

Day 3

Good Things Happen When Fasting

Daniel and his three friends were captured and brought to Babylon for a “training program.” They were to become managers for Babylon. Part of their training was a special Babylonian diet, including dress, daily activities, entertainment, etc.

Daniel and his three friends began with a vow. *“Daniel was determined not to defile himself by eating the food and wine given to them by the king”* (Daniel 1:8, NLT).

Why did they not want to eat the Babylonian food? Perhaps it was offered to Babylonian idols and eating it would be a sign of compromise with idols. Perhaps the wine was intoxicating, which would have violated their Jewish practice.

Also, the food may have been non-Kosher meat that would have violated the Jewish dietary laws. Whatever the reason, Daniel knew the king’s food was off limits to him and his three friends.

The Daniel Fast was a spiritual choice. Many good things will happen when you choose to fast. Sometimes you may lower your blood pressure or your cholesterol, or you may lose weight. While these are good, it is not the primary focus of your fast. Rather, you are fasting for a spiritual purpose, for God to show Himself mighty in the coming election.

What could happen to you spiritually in the next 40 days? First, you may re-evaluate your life in light of God’s purpose for you and your body. Second, you may break some bad eating habits or food choices. Third, you may build up your self-control. Fourth, you will join with others to be a part of a national revival.

-My Time to Pray-

- Lord, be glorified in my body during the next 40 days. Keep me healthy and protect me from disease.
- Lord, show me how to pray in this election. I will pray daily for the candidates who pledge themselves to a nation of liberty and freedom.
- Lord, clear my mind regarding the election issues and help me see eternal values in this election.

Day 4

Getting Faith by Fasting

A leading Christian pastor was asked about his great faith. He answered, “I don’t have great faith...” The reporter put away his pen, thinking there is no story here. But then the pastor said, “I don’t have great faith...but I have a great God.”

It’s not the size of your faith, it’s the strength of the God in whom you put your faith. The more you know the God of the Bible, the more your faith can move your mountain.

Jesus said, “*If you have faith as a mustard seed, you will say to this mountain, ‘Move from here to there,’ and it will move*” (Matt. 17:20, NKJV). In the day of Jesus, a mustard seed was thought to be the smallest perceptible thing. That means the smallest perceptible amount of faith moves mountains.

Let’s finish the story about the great pastor and his great God. The next question, “How did you get your faith in a great God?”

He told of being frustrated as a freshman in college, so he determined to spend the afternoon in prayer—all afternoon. On the first day after twenty minutes he ran out of things to pray. He went to the college librarian who directed him to books written by great saints who had walked with God. He read *Power through Prayer* by E.M. Bounds, *The Christian Secret to a Happy Life* by Hannah Whitall Smith, *The Normal Christian Life* by Watchman Nee, and *The Power of Prevailing Prayer* by Wesley L. Duewel. The pastor said, “When I learned what God had done for others, I said, ‘Why not me?’”

So use these 40 days of fasting to learn more about God. Read more scripture than you’ve ever done before. Read chapters in books by great prayer warriors. It takes time for your mustard seed of faith to grow. It takes time for your first prayer request to grow into a supernatural miracle.

These 40 days of fasting will first grow your faith, then pray for your request. Therefore, fast and pray to strengthen your faith, then fast and pray for your request.

-My Time to Pray-

- Lord, I believe in You; strengthen my faith to overcome my unbelief.

- Lord, I believe You can do a supernatural miracle in the coming election. I pray for a specific candidate:
_____.
- Lord, strengthen my faith; strengthen my prayer and fasting, save my nation.

Day 5

Growing Faith by Fasting

What is the biggest thing you've ever requested from God? In these 40 days of fasting, ask God to grow your faith so you can pray for a miracle in our nation.

So how can we grow our faith? Jesus told us to grow our faith by using it. *"Whoever says to this mountain [problem or goal] 'be removed and be cast into the sea' and does not doubt in his heart, but believes those things he says will be done, he will have whatsoever he says"* (Mark 11:23, NKJV). So, pray by faith to solve election problems. Technically, a mountain is a barrier that stops people going from one flat area (valley) to another. Some mountains are extremely high, some mountains are far off, and some mountains have gentle slopes and appear to be benign or non-threatening. How big is your mountain? How big is the election mountain?

Most never think of themselves as having great faith. So, sometimes don't pray for the election; rather, pray for faith to trust God for the election. One time, students were praying for \$5 million dollars at a Christian university. A leader saw doubt in his students' hearts. He just didn't know what to do! So, he prayed, "Lord, I don't have faith for 5 million dollars, but I have faith in You. Lord, give me faith for 5 million dollars so I can ask for it."

As soon as he made that prayer, he remembered the man in scripture who prayed, *"Lord, I believe; help my unbelief"* (Mark 9:24, NKJV).

When someone realizes how weak their faith, they can begin daily exercise to strengthen their faith. You grow your faith by praying for bigger requests. Just as you eat a better diet to strengthen your body—and you take vitamins. So study scripture more during this 40-day fast so you'll grow in Christ.

-My Time to Pray-

- Lord, I realize my faith is weak; strengthen me to believe You for greater things.
- Lord, I pray for our nation. These are threatening times. Save America again, just as You have in the past.
- Lord, I will not give up praying for my nation and its freedom. Keep our nation strong so our churches can send out missionaries around the world.

Day 6

Fast and Pray

In the next 40 days you will read many suggestions to help you fast and pray. You will learn how to worship God, how to *pray-ask*, perhaps you will even experience weeping, repenting, and deep intercession. You may even learn some principles of spiritual warfare that mean you will have to pray deeply—pray desperately.

Definition: *Fast* (fa:st, -æ-): To abstain from food, or to restrict oneself to a meager diet, either as a religious observance or as a ceremonial expression of grief; to go without food; also (contextually) to go without drink; to pass (time) fasting; to keep or observe (a day, etc.) as a time of abstinence.

So, continue on these 40 days of prayer and fasting fully committed to what you are doing. You can get answers to prayer. Continue fasting for 40 days so God can do a miracle that no one ever expected.

As the author prepared these lessons, he fasted several times, in several different ways. He fasted for God to show him what to write, how to express his ideas, and help him to prepare these lessons so you would touch God as you reach out and fast. But more importantly that God would touch you.

-My Time to Pray-

- Lord, give me strength to continue in my 40 days of fasting for my nation.
- Lord, I pray for the election of political leaders that You want to lead the United States. Then I pray for them that they would be faithful to the freedom and strength of our nation.
- Lord, work through circumstances to put in office those who can lead the United States back to its original core values.

Day 7

Putting God First

Jesus commands us, “*Seek first the kingdom of God and His righteousness*” (Matt. 6:33, NKJV). We do this by fasting and yielding ourselves to God’s plan for our life. Look what happens when you fast. “When you take control of your body by fasting, you begin to take control of your inner person.” Fasting gives you more discipline to do God’s will than ever before in your life.

Many people who join in fasting testify that they are closer to God than any other time in their life. Why? Because they are talking to God, seeking His blessing on our nation, and obeying Him every minute of the day.

When you are fasting, you will probably be aware of your stomach growling at times throughout the day. Every time you say, “No!” to the hunger pangs of your body, you are telling God, “Yes.” So when you are fasting and see a pizza on television, immediately pray for God to save our nation. And when you see a big juicy hamburger, immediately pray for God’s presence in your life to help you during this fast.

There is a final benefit you get when you choose to fast. It leads you to deeper worship of God. Every time you put God first in your life, you place Him on the throne of your heart, “*But seek first the kingdom of God and His righteousness, and all these things shall be added to you*” (Matt. 6:33, NKJV). Where is Jesus today?

-My Time to Pray-

- Lord, I choose to fast; come sit on the throne of my heart and rule all I do. Help me pray for our nation.
- Lord, I choose to worship You during my fast.
- Lord, I pray for spiritual revival in our nation. Begin with me, then my church, next my state, and ultimately revive my nation.

Day 8

Learning to Pray-Ask

Remember, prayer is a relationship with God, and part of that relationship is *prayer-asking*. Why does God want us to ask Him for anything? Isn't God all-knowing? Can our *prayer-asking* make any difference?

Didn't Jesus say, "*Your Father knows the things you have need of before you ask Him*" (Matt. 6:8, NKJV)? Yes! So, why are we *prayer-asking* for God to work in the coming election?

Because prayer begins with your relationship to God. Have you ever thought of the possibility that God wants to spend time with you?

Fourteen-time Grammy Award winner Ricky Skaggs read the book *Fasting for Spiritual Breakthrough* and sent word he wanted to spend the day with the author just to learn about fasting and prayer. So they spent a Wednesday in September 2007 together.

Sir Edmund Hillary, the first man to climb Mt. Everest, also read the same book and sent word that he wanted to chat with the author about fasting. The author was making plans to travel to New Zealand to have "tea" with Sir Hillary and talk about fasting. Sadly, Hillary died before they could meet.

If a famous person wanted to talk to you about prayer, you would probably arrange your calendar to make it happen. But God is greater than any famous person. So, arrange your calendar for 40 days to fast and pray for the crucial problems our nation is facing. Your fast could produce the greatest results in history because you are talking with the Lord of the universe.

-My Time to Pray-

- Lord, I will draw near to You and please You, so I will be in a position to *pray-ask* for my request.
- Lord, I would rather meet with You than any famous person.
- Lord, I ask for a miracle in my nation because I believe You still do miracles.

Day 9

Why Pray-Ask?

Asking puts you in partnership with God. If you ask someone to help you on a project, doesn't that mean the two of you will work together? As you work together you get closer and perhaps you become friends. How close does it put you with God when you fast and *pray-ask* for His help in this request about our nation?

You should *pray-ask* because God wants to be asked. Remember, Jesus said, "*Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you*" (Matt. 7:7, NKJV). Don't parents enjoy their children asking them for something? Sure! Think about your heavenly Father—how does it make God feel when you ask for something? For what are you asking today?

And what about your happiness? Jesus said, "Ask and you will receive that your joy may be full" (see John 16:24). To put Jesus' statement into contemporary words, "You are going to be happy when I answer your prayers." So if you fast and pray for 40 days, you will be happy when God answers and so will God.

So, *pray-asking* leads to fellowship. When you *pray-ask*, you enrich fellowship with your heavenly Father. When we ask our human parents, we get as close to them as possible and obey them simply to get the things we want. So *pray-asking* will deepen your relationship with God because you will get closer to Him and obey Him.

Also, remember that Jesus is standing at the right hand of God the Father in heaven making intercession for us (see Heb. 7:24-25). So when we *pray-ask* in Jesus' name, we are asking Jesus to be our intercessor to the heavenly Father. One last thing about praying in Jesus' name. When you were converted, you asked Jesus to come into your life (see John 1:12), so *pray-ask* in Jesus' name because He lives in your heart.

-My Time to Pray-

- Lord, forgive my reluctance to ask You for big things; I now ask for a miracle in this national election.
- Lord, stretch my faith to ask You to do the biggest miracle I've ever experienced. Put godly people into office in the United States.
- Lord, I want to get as close to You as possible, so You feel my heart's prayer for the United States.

Day 10

Begin with Giving Thanks.

Begin praying, “Thank You, Lord, for hearing and answering my prayers.” Why do you begin that way?

Thanksgiving puts you on praying ground. When you come into God’s presence with a grateful heart, He recognizes your sincerity and listens to your request. The wonderful thing about thanksgiving is that it takes away self-centered living and praying. You rely on other people to help you, and you rely on God.

The word “thanksgiving” comes from *eucharisteo*, the root meaning of “grace.” When you tell someone “thank you,” you are communicating “grace” to them and you receive “grace” from God.

Paul teaches us to attach thanksgivings to our prayers: “*In everything by prayer and supplication, with thanksgiving, let your request be made known to God*” (Phil. 4:6, NKJV). Did you see that “thanksgiving” comes before making “requests”? That’s God’s divine priority.

Giving thanks makes you obedient. Note how many times in Psalms we are commanded to give thanks (see Ps. 30:4; 97:12; 105:1; 106:1,47; 107:1; 118:1,29; 136:1-3,26). So when you pray with thanksgiving, you become obedient.

Paul said, “*Continue earnestly in prayer, being vigilant in it with thanksgiving*” (Col. 4:2, NKJV). Note how often Paul gave thanks (see Rom. 1:8; 1 Cor. 1:4; Phil. 1:3; 1 Thess. 2:13; 2 Thess. 1:3; 1 Tim. 1:12; 2 Tim. 1:3; Philem. 4). Don’t you realize that being thankful puts you close to the heart of God? Isn’t that the place where we get answers to prayer?

-My Time to Pray-

- Lord, thank You for hearing me in the past and answering my prayers. Now, I thank You that You will hear and answer in this election.
- Lord, thank You for protecting me from danger—both known and unknown. Now, I want You to protect my nation.
- Lord, thank You for my nation, its government, and the leaders over me. Keep it strong in the future as it has been in the past.

Day 11

Give Thanks

We are facing many political and social battles as we pray and fast for our nation. Notice what Daniel did when he was persecuted for his faith. His political enemies had a civil law passed prohibiting him from praying. Did he quit? *“Now when Daniel knew that the writing was signed, he went home...he knelt down on his knees three times that day, and prayed and gave **thanks** before his God”* (Dan. 6:10, NKJV).

Because Daniel knew that God had answered his prayers in the past, he gave thanks. Isn't it hard to thank God for problems and barriers in our life? But the example of Daniel teaches us to continue giving thanks even as we face difficulties.

Be thankful for your fellow workers rather than yelling at them. Be thankful for your children rather than criticizing them. And how about being thankful for our great nation and those who rule over us? We should be thankful that we don't live under a dictator, nor do we despair with no hope, with no reason to live.

Today, thank God for what food you have, for the clothes on your body, and for whatever shelter you have. Thank God for family, friends, and the nation in which you live. Thank God for every possession you own, but most of all thank God for all He has done through the death of Jesus Christ for you. When you do that, you are ready to pray and intercede for the coming election.

-My Time to Pray-

- Lord, thank You for my family and those who love and help me.
- Lord, thank You for our great nation and its past; keep its future grounded in righteousness.
- Lord, thank You for all Christ has done for me in salvation. Thank You for forgiveness of sins and eternal life.

Day 12

Joining Others

God responds when His people unite in prayer together. Jesus said, *“Tarry in the city of Jerusalem until you are endued with power from on high”* (Luke 24:49, NKJV). What did they do? *“These all continued with one accord in prayer”* (Acts 1:14, NKJV). In response, *“They were all filled with the Holy Spirit on the Day of Pentecost”* (see Acts 2:1-4) and over 3,000 people were saved, baptized, and added to the church.

God can do supernatural things in response to corporate prayer. *“While Peter was in prison, the church prayed very earnestly for him”* (Acts 12:5, NLT). As a result, an angel led Peter out of prison and he was delivered.

What can we learn from these scriptures? First, you can join others who are fasting and praying for our nation. Second, if possible, join someone else in your family, or a close friend, to pray together because unity gets results. Jesus said, *“If two [or more] of you agree on earth concerning anything that they ask, it will be done for them by My Father in heaven”* (Matt. 18:19, NKJV).

Over 62 high school students were converted because a group of people joined together every morning in united prayer for God to send revival to a small place called Bona Bella, Georgia. They were praying specifically for over sixty young people to get saved. In July 1950, an evangelistic meeting was held where seven or eight young people were converted every night for two weeks.

When Rev. Brian Nicholson did research for his doctoral project for the Reformed Theological Seminary, Jackson, Mississippi, he noted that 19 young people from Eastern Heights Presbyterian Church went into full-time church ministry as a result. These 19 were saved at the Bona Bella revival. That number represented only one congregation of young people on that list of sixty names for whom the people of Bona Bella were interceding.

Just as that humble group of people prayed and a group of young people were saved and missionaries went into all the world, so you can change the world through your prayer and fasting. Just as God transformed Bona Bella, Georgia, He can transform the entire United States if enough people join together in intercessory prayer.

-My Time to Pray-

- Lord, I ask that many will fast and pray for You will in this election.
- Lord, we ask for You to change the world through our prayers.
- Lord, we ask You to save our nation.

Day 13

Fasting to Repent

Every Jew was commanded to keep the Yom Kippur Fast, which was the Day of Atonement Fast, *“On the tenth day of the seventh month of each year, you must go without eating to show sorrow for your sins”* (Lev. 16:29, CEV). This new modern version calls it, “go without eating”; other versions call it “affliction.” The King James says, *“Ye shall afflict your souls.”* The New Living Translation says, *“You must deny yourselves.”* The Holman Christian Standard Bible says, *“You are to practice self-denial.”*

Therefore, fasting is not something to be enjoyed, but rather a time of self-denial, abstinence, or affliction. Fasting is repentance. In fasting you give up pleasure and perhaps even necessities so you will pray with earnest or with more intensity.

Why do we do this? We don’t love pain, and pain itself does not please the heart of God. We fast or deprive ourselves for spiritual reasons. You are saying “no” to your old nature. Isn’t this another way of showing repentance?

Afflicting yourself shows you want to get rid of sinful things in your life. Why? So you can get closer to God. Really, fasting gets answers to our *pray-asking*.

So in this 40-day fast are you saying “no” to something that is pleasurable? Perhaps you are only eating vegetables, or you’ve turned down sweets and your favorite snack. But really, aren’t you saying “yes” to God and His will for your life?

Sometimes we’re blinded to sin in our lives; maybe we’re controlled by a wrong attitude. Maybe we’ve gotten lax in our Christian commitment, or we’ve become hardened to the needs of other people. It’s the way termites get into our house—unnoticed.

A man discovered snakes had crawled inside the walls of his house and into his attic. He killed some with traps, but each time he soon discovered another. So he had to deal severely with the problem. He and his family had to live in a motel for almost a week, and a large tent was placed over his house and the snakes were gassed (and every other insect). Sometimes it takes severe actions to deal with a severe problem. Perhaps hidden sins have secretly slipped into your life. The psalmist prayed, “Don’t let me sin ignorantly, and don’t let sin control my life” (Psalm 19:13, ELT).

-My Time to Pray-

- Lord, I am serious about praying and fasting for this national election.
- Lord, I repent of sin to get closer to You.

Day 14

Saying No to Good Things

So why do we give up good things? We fast to put God first in our life. We say “no” to good things so we can say “yes” to the best things.

When you say “no” to good things in your life—i.e., some food—it reminds you who’s the boss in your life. Perhaps you’ve gone through life thinking, “I’ve got a right to three square meals a day, delicious desserts, and entertainment.” You might even rationalize, “Other Christians are enjoying themselves; why can’t I?”

The issue is not whether these things are good, nor is the issue whether you enjoy them or whether you want them. The issue is, who’s running your life? That’s another way of asking—who’s sitting on the throne of your heart?

Rather than letting snack foods and treats control your life, we say “no” to our selfish desires when we make Christ first. *“But seek first the kingdom of God and His righteousness, and all these things shall be added to you”* (Matt. 6:33, NKJV).

There are two strengths you gain by saying “no” to some good things. First, you strengthen your self-control; you discipline your life for the glory of God. Second, you put yourself on praying ground so that God can answer the request of your heart.

One last thing: if you tell yourself you can’t give up good food, you’re letting your passions control your life. So ask, “Am I really saying I don’t want to give up good food?” So the question is not about your ability to fast, but the question is about your desire.

Let’s bring our desires to the foot of the cross and say, “Lord I surrender my desires to You. I will follow the Daniel Fast and pray for You to make a difference in our nation.”

-My Time to Pray-

- Lord, I give up good things to pray and seek God’s will in this election.
- Lord, as I fast, show me any sinful desires or wrong attitudes that are keeping me from effectively praying for our nation.
- Lord, I don’t want anything hindering my prayer; I want to see miracles in my nation.

Day 15

Praying Alone

You have made a vow to fast and pray for 40 days for God to answer your request. Many times you will pray alone in your quiet place. You must also learn the strength of corporate prayer.

Which way is best to pray? Privately or with a group? Technically, both are best at different times. Just as you must walk on both your left and right legs, so you must pray both alone and with other people.

Left, right...left, right...left, right—it takes two legs to get anywhere. Those who hobble along on one leg don't get very far, nor do they go swiftly. So, you must learn to pray both with groups and by yourself.

Technically, you are on a solo journey of faith, praying in the morning or evening—or both—for God to intervene and answer your request for our nation.

Solo prayer is about the private prayer closet. The New Living Translation translates it, *“Go away by yourself...pray to your Father in private”* (Matt. 6:6, NLT). The Holman Christian Standard Bible says, *“Go into your private room”* (Matt. 6:6, HCSB). Because prayer is an intimate conversation with God, find your personal—usually quiet—place where you can meet alone with God.

Jesus practiced *solo-praying*: *“As He was alone praying”* (Luke 9:18, NKJV), and again, *“He departed again to the mountain by Himself alone”* (John 6:15, NKJV).

Remember when you are talking to God, you may be alone, but you are never lonely. The Lord will be there with you to hear you and encourage you. He answers prayer when there is no one but you and God in the conversation.

-My Time to Pray-

- Lord, when I pray alone, may I feel Your presence, then pray with great faith.
- Lord, no one knows my heart but You; I pray to change my nation.
- Lord, I call upon You for revival in my church and nation.

Day 16

Your First Fast

We are usually driven to prayer because of our need. That happened to Beth, a 12-year old middle school student. She was part of a puppet team at her church that planned a trip to a juvenile detention center. They were going to present the gospel through a puppet show.

No one told Beth to fast, but she knew about the book *Fasting for Spiritual Breakthrough*. She decided to fast alone; she did not even tell her parents or friends.

Finally, Beth said to her mother, "I plan to do a one-day Yom Kippur (Day of Atonement) fast from sundown to sundown." So she told her mother, "I am not eating this evening; I am fasting for some boys to get saved when Power Source (church youth group) presents the gospel at the juvenile detention center.

So on the afternoon before her fast, Beth ate a snack in her bedroom before the evening meal, but at sundown she did not eat; she only drank something for the evening meal. That evening she prayed especially for the gospel presentation. The next morning, she did not eat breakfast, only drank a glass of orange juice (her grandfather drinks orange juice in the morning when he is fasting).

During lunch time she got permission to remain in her homeroom and did not go to the lunch room. She confessed, "All I could think about all afternoon was food."

God in heaven sees the simple things we do for Him. While Beth's fast may sound simple, this was a huge step of faith for a small girl. And doesn't God see the step of each of His children and reward them accordingly?

So what were the results? Several boys prayed to receive Christ at the end of the program.

You are almost half way through your fast. Don't give up! What God had done for Beth, He can do for you. What God did for those young people in the juvenile home, He can do for our nation.

-My Time to Pray-

- Lord, I'm not very strong; give me determination to keep my *prayer-vow* for 40 days.
- Lord, see the small sacrifice I make and hear my prayer.
- Lord, please do a miracle in the coming election.

Day 17

Prevailing Prayer

There are so many distractions in modern life that keep us from praying. There are the cell phones, tweets, Facebook, television at home, and the radio in the car. These are all good things, and they can keep us from praying. How can we listen to God when so many voices demand our attention? How can we pray when there are so many interruptions?

We can't "come apart" into some mountain retreat and turn our backs on the bustle of life. No, but we can set aside time early in the morning or late at night for prayer. Begin your fast with a vow to pray at the same time each day. When you can't do anything about the problem, you can pray. God can do something.

Jesus tells the story of a sleeping man awakened by his neighbor who was knocking at his door frantically to borrow some bread in the middle of the night (see Luke 11:5-10). The sleepy man replied, "Leave me alone, I'm sleeping, and so is my family."

The neighbor kept pounding on the door until he got the bread he needed. Jesus noted, "*Though he will not rise and give him because he is a friend, yet because of his persistence, he will rise and give him as many as he needs. So I say to you, ask; it will be given to you; seek, and you will find; knock, and it will be opened to you*" (Luke 11:8-9, NKJV).

This verse can be remembered by the following help. The first letter of each command, i.e., **A** for Ask, **S** for Seek, **K** for Knock. So **ASK** is an acronym that reminds us how to pray.

During the 40-day fast you may experience fatigue, discouragement, doubt, or even many seemingly innocent obstacles. You must enter God's presence with an iron will, determined to pray to the end. God honors your faith when you express it in determination.

-My Time to Pray-

- Lord, I am weak; give me strength to complete this fast.
- Lord, I have completed sixteen days; help me pray and fast until the days are up.
- Lord, keep my focus on the United States; I pray for this election and our nation.

Day 18

Fast Against Temptations

God knows our flesh is weak, and many times our inner person doesn't stand against temptation. The night before Jesus died, He took His disciples to the garden of Gethsemane. He asked, *"Watch with Me"* (Matt. 26:38, NKJV). Jesus went alone to pray and came back and found them sleeping.

"What! Could you not watch with me one hour? Watch and pray, lest you enter into temptation. The spirit indeed is willing, but the flesh is weak" (Matt. 26:40-41, NKJV). God knows that our physical bodies are not trained to stay on a 40-day fast. Not only should we pray for a miracle answer, we should ask God to strengthen us to keep our fast to the end. *"I can do all things through Christ who strengthens me"* (Phil. 4:13, NKJV).

We must pray long, and at times we must struggle against our doubts or our pessimism. The Christian life is not like a coffee break, nor is it a summer vacation. The Christian life is a wrestling match and a battlefield. There is an enemy, Satan, who opposes God and therefore he opposes all that you are doing. Satan will oppose your fast, just as much as he opposes revival in the United States for which you are praying.

The issue is "Who will win—God or Satan?" Pray through obstacles, and pray through discouragement; don't give into your pessimism. Jesus encourages us, *"Keep on praying and never give up"* (Luke 18:1, CEV). Severe life-changing issues demand our complete dedication. Paul reminds us, *"We are not fighting against humans. We are fighting against forces and authorities and against rulers of darkness and powers in the spiritual world"* (Eph. 6:12, CEV). Therefore, nation-changing miracles demand our complete dedication and our complete *pray-asking*.

Prevailing prayer is an attitude we learn in God's presence. So let's learn this lesson—don't give up. Make a vow that you will keep your Daniel Fast to the end. Pray until you finish your fast and pray until you get an answer.

-My Time to Pray-

- Lord, I confess my weakness and doubt; make me strong to pray to the end.
- Lord, help me see a revival in America for which I'm fasting.
- Lord, save America!

Day 19

Continue Your Vow Daily

You made a vow to God concerning what food you choose to give up or what other activity you sacrifice to God.

The original fast by Daniel is described in The New Living Translation: “*Daniel made up his mind not to defile himself by eating the food and wine given to them by the king*” (Dan. 1:8, NLT). The New International Version says, “*Daniel resolved,*” while the New King James says, “*Daniel purposed,*” and the Holman Christian Standard Bible says, “*Daniel determined.*” All of these synonyms point to a life-changing decision of Daniel’s will. Your fast will be effective when you make the same type of life-changing commitment called a vow. You will modify your food or activities while you intercede for our nation.

You have made an original vow to fast and pray; now you must make a daily choice to continue your fast.

Remember, a choice involves your total personality—your intellect, emotions, and will. You first know “with your mind,” but knowledge by itself is not enough to change your life, nor will it get the prayer goal you seek. Next, your “emotions” can be stirred for this fast, but getting excited may only change surface things. You may change a few things—while you’re excited—but what about the long haul? Your life will be transformed when your *will* makes a choice, based on what your mind knows, and when your emotions are stirred.

-My Time to Pray-

- Lord, help me keep my vow to fast and pray for this election.
- Lord, prod my memory, stir my emotions, and commit my will to fast for national revival.
- Lord, I love You and want to please You.

Day 20

Give Your Whole Self to God

There are five things you need to surrender to God to make your fast successful. If you haven't done it yet, you should give to God the following five things—time, temple, talent, testimony, and treasure.

First, commit your fasting *time* to God. Pledge to begin and end according to the time limit you originally decided. *Lord, I promise to withhold food or other activities as long as my fast lasts.*

Second, surrender your *temple* to God. You have pledged to control your food during this fast. You must do what you promise. *Lord, I give my physical body to You. I will not eat or drink anything that will harm my body. I will refrain from alcohol, drugs, addiction, and gluttony.*

Third, surrender your *talent*, or your abilities, to God. Commit your prayer ability to God. You must go beyond everything you have ever known about God and prayer in the past. You must pray many ways and at many times. *Lord, I promise to keep my prayer time during this fast. Help me learn to pray more effectively, and help me learn the intimacy of Your presence.*

Fourth, commit your *testimony* to God. People will be watching you. Be an encouragement to them as they are an encouragement to you. *Lord, fill my life with Your presence. Help me keep my fast strong to the end. Use my fast as a testimony to encourage others. May many see Christ in me.*

Fifth, surrender your *treasure*, or money, to God. Obviously, you are giving tithes and offerings to God, usually through your church (see Mal. 3:10). Remember, when you give your money to God, He lets you use 90 percent for your needs. The 10 percent (tithe) is used for His work. *Lord, I give all my treasures to You. Use them in Your work.*

-My Time to Pray-

- Lord, I will not give up.
- Lord, help me realize, “*I can do all things through Christ who strengthens me*” (Phil. 4:13). Amen.

Day 21

With Insight

A new movement called “prayer walking” has developed in modern Christianity. This is praying on-site with insight. This means you will pray more seriously when you actually see your problem with your eyes than when you think about it or even when you try to see it in your mind.

When you stand in a place of need, you will pray with more heed.

Actually, prayer walking was practiced in Scripture. God told Abraham to walk through the land that He—the Lord God—was going to give him (see Gen. 13:17). Also, God instructed Joshua to walk around the city of Jericho once each day for seven days, then seven times on the seventh day. Also, Joshua was told to walk throughout the land that he was going to conquer (see Josh. 1:3-9).

Ezra brought the people face to face with their problems, that is, to the banks of the Ahava River before they launched out into the desert. The people were challenged to fast and pray. *“Beside the Ahava River, I asked the people to go without eating and to pray”* (Ezra 8:21, CEV).

One pastor has over 700 pictures of people in his spiritual notebook. It’s much easier to pray for them when he sees them by picture and he holds the picture up to God as he holds them up in prayer.

If you’re praying for your city elections, go to city hall and stand in the street to pray. Do the same with the state legislative buildings, or national capitol, or even the White House. Do not picket, do not call attention to yourself, but call on God. Praying on-site demonstrates your sincerity. Praying on-site gives you additional insight into why you pray and how to pray. God rewards your total commitment to Him when you pray on-site.

-My Time to Pray-

- Lord, I will fill my mind with pictures of people and places for which I pray.
- Lord, I will prayer-walk in my mind about the political places for which I’m praying.
- Lord, I pray for a miracle in the coming elections.

Day 22

Keep Fasting

Why are we praying and fasting for 40 days? That's a long time. First, realize the seriousness of your fasting goal. Because it's an extremely imperative goal, you want to spend as much time in prayer as possible. Sometimes God doesn't respond to a quickly breathed prayer when we squeeze Him into our otherwise busy schedule.

God heard the desperate prayer of Peter, who began to sink beneath the storm's waves. His prayer for help was filled with panic because the situation was life-threatening. Obviously, a quickly breathed prayer is effective, but we probably need to pray longer over hard-to-solve problems. Why? Because it takes a longer time to solve some problems. So ask yourself, *how serious is this national election about which we're praying?*

Your prayer will grow in intensity as the fast time unrolls. You'll develop more faith with time. The closer to the finish line, the more your adrenaline begins to flow and you give it a "kick" to finish the race.

You didn't vow your faith pledge to a group or to a church. Your faith pledge was made to God. Don't you think God knew the success of the project before you made your pledge? Then keep fasting to please God.

There's another reason you need time to fast. It takes time for your faith to grow. The more you pray about a project, the sharper your faith and prayer will become.

So a lengthy time of fasting and prayer will focus the goal in your heart and you'll feel a growing burden. It may take time for God to show you the importance of the goal. Keep praying and fasting.

-My Time to Pray-

- Lord, open my spiritual eyes progressively throughout this fast so that I may know You better at the end than I did at the beginning.
- Lord, give me a resolute heart to pray continually and sincerely for our nation.
- Lord, I vow to pray until the last day of this fast. Amen.

Day 23

Searching for Hindrances

When you begin fasting and praying, there may be sin in your life that you didn't know about. A lengthy fast helps you find sin and deal with it by the blood of Christ. There may be a sin hidden in your heart, or you may be blinded to an otherwise obvious sin. Remember, *"If I regard iniquity in my heart, the Lord will not hear"* (Ps. 66:18, NKJV). Because we justify some of our sin, we don't see the hidden sin in our heart that hinders answers to prayer.

As you tarry in God's presence, realize, *"God does not hear sinners"* (John 9:31, NKJV) and *"Your iniquities have separated you from your God; and your sins have hidden His face from you, so that He will not hear"* (Isa. 59:2, NKJV).

Remember, you have an enemy who opposes you. Satan doesn't want you to be holy and separated from sin. He doesn't want you to get answers to prayers. He doesn't want you to enjoy intimacy with God. Satan blinds you to sin in your life so that you will not repent of sin. He uses satanic blindness to keep you in his grasp: *"The god of this age has blinded, [those] who do not believe, lest the light of the gospel of the glory of Christ, who is the image of God, should shine on them"* (2 Cor. 4:4, NKJV).

So, you need to pray with David, *"Search me, O God...and see if there is any wicked way in me"* (Ps. 139:23-24, NKJV). It may take time for God to reveal to you the one hidden sin that blocks His blessing in your life.

You can be sure that if you ask God to show you your sin, He will do it: *"There is nothing covered that will not be revealed, and hidden that will not be known"* (Matt. 10:26, NKJV).

-My Time to Pray-

- Lord, show me anything in my life that is blocking an answer to my prayers.
- Lord, I confess my ignorant sin and known sin; forgive me and cleanse me (1 John 1:9).
- Lord, forgive my sin(s) and hear and answer my prayers.

Day 24

Resting in Prayer

Prayer is talking to God based on your deep relationship with God. When we pray, we are communicating with God. Just as we express many attitudes when talking, so we bring many attitudes to prayer. There is desperate prayer, warfare prayer, struggling prayer, bold prayer, and communion prayer. So, there is a time *to rest in prayer*. Didn't David say, "*I wait quietly before God, for my hope is in him*" (Ps. 62:5, NLT)?

Fasting is letting your body rest. That means your stomach is resting and the heart is not working as hard to digest your food. Don't forget about your soul—you rest in God's presence.

You began your Christian life by getting rest from sin. Didn't Jesus invite us, "*Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls*" (Matt. 11:28-29, NLT). On your spiritual walk, you must constantly get stronger spiritually by seeking occasional rest.

We don't learn as much when we're talking as when we're listening. So we need to kneel quietly in God's presence to learn some of the better lessons in life.

Also, we get strength from being quiet in God's presence. Just as our tired physical muscles need rest to regain their strength, so our tired souls need rest to regain determination and courage to work for God. Your stomach is now resting in this fast; what about the rest of your physical body? What about your soul?

So *resting in prayer* comes naturally when you quit talking. However, there is a skill to the discipline of silence so that something is happening in the silence between you and God. You're growing, you're getting closer to God, and you're getting your prayers answered.

As you fast, learn to rest and fellowship with God. It will rejuvenate your spirit and renew your determination.

-My Time to Pray-

- Lord, I rest in Your protection, knowing any attack is a challenge to Your ownership of my life.
- Lord, help; there's an enemy who hates me.

Day 25

The Intimacy of Fasting

There are many ways to pray such as asking, worshipping, or praising God. But today, let's focus on intimacy in prayer. Jesus is our example; He taught us to pray with the words, "*Our Father in heaven*" (Matt. 6:9, NKJV). Jesus invites us to enter into an intimate relationship with the heavenly Father just as He shared with the Father.

When Jesus was 12 years old, his parents brought the family to Jerusalem for a feast. They probably traveled in a large group, and going home they assumed Jesus was with them. But He was not with them. Mary and Joseph searched for a couple of days until He was found in the Temple. They asked Jesus where He had been; Jesus answered, "*Did you not know that I must be about My Father's business?*" (Luke 2:49, NKJV).

The story emphasizes Jesus was comfortable in the house of God. He sought intimacy with God in His house. Jesus called God His Father, reflecting His communion with the Father. The heavenly Father showed up at the baptism of Jesus, the inauguration of His Son into ministry. Don't fathers show up for important days in the lives of their children? On the Mount of Transfiguration, the Father spoke from heaven, "*This is My beloved Son, in whom I am well pleased*" (Matt. 17:5, NKJV).

*Relationship binds children to their father;
Reverence binds worshipers to their God.*

The relationship of intimacy between the Father and Jesus is seen when Jesus prayed in Gethsemane, "Abba, Father." Calling the Father, "Abba" is like an American calling his father "Papa." Intimacy is enjoying the presence of God. "*David...sat before the Lord*" (2 Sam. 7:18, NKJV). When you come to your time of prayer, remember that you, too, can sit in the presence of the heavenly Father. Enjoy Him.

Because you are God's child, begin your prayers the way Paul taught us to approach the Father: "*And because you are sons, God has sent forth the Spirit of His Son into your hearts, crying out, 'Abba, Father!'*" (Gal. 4:6, NKJV). What intimate name do you use for your heavenly Father?

-My Time to Pray-

- Lord, show me Yourself in Your Word; I fast to know You intimately.

- Lord, when I have seen Your face, I cannot remain the same.
Transform me!

Day 26

Fasting in Communion

You don't have communion with God by methods, techniques, or even correct formulas in prayer. You commune by personally drawing near to your heavenly Father. *"My soul longs, yes, even faints for the courts of the Lord; my heart and my flesh cry out for the living God"* (Ps. 84:2 NKJV).

He's your heavenly Father. Why don't you crawl up onto His lap? Just as a child on earth sits with his or her earthly father, you can do the same with your heavenly Father.

Maybe an earthly child wants to ask for something or she wants her father to read to her. Perhaps the child just wants to sit in his father's lap because he enjoys it. Isn't communion wonderful? *"One thing I have desired of the Lord, that will I seek: that I may dwell in the house of the Lord all the days of my life, to behold the beauty of the Lord, and to inquire in His temple"* (Ps. 27:4, NKJV).

Can we commune with God without words? Yes! Remember, the most used word for prayer in the New Testament is *proseuchomai* (*pros* means "toward" and *euchomai* is "the face"). Prayer is like a face-to-face relationship with God that is pictured by two people sitting face to face, looking into one another's eyes. They don't need to say anything; their communion says, "I love you."

True communion balances the tension between reverence and relationship. These two forces are like two sides of a door. God is the Creator of the universe; we reverence Him because He is the omnipotent I AM WHO I AM. But when we step through that door, we find ourselves in the presence of our heavenly Father—Abba Father—Papa. We draw close and metaphorically throw our arms around His neck and tell Him, "I love You."

-My Time to Pray-

- Lord, I will wait in Your presence, not asking for anything but to know You better.
- Lord, I reverence Your sovereignty and bow before You.
- Lord, I come into Your presence to pray for my nation and the coming elections. Give us good, trustworthy leaders.

Day 27

Fasting to Feed Others

We are like a kernel of wheat that becomes bread to feed others. Jesus said, *“Unless a grain of wheat falls into the ground and dies, it remains alone; but if it dies, it produces much grain”* (John 12:24, NKJV). When we fast, we learn to die to self, our sinful appetite, as well as to our physical appetites. We fast so we can die with Christ to bring life to the world.

But first we must grow, and we do that by making the Word of God a part of our life. Then as kernels of wheat, we must be harvested; and no one likes to be cut off from the things around us. But we must deny our food and pleasure to be ready for use by God. Next the kernel is stored into the barn and kept until the Master Chef is ready to use us to feed the world. This time of waiting is our communion and prayer in the presence of God.

Then we will all have our desert experiences where we are crushed like a kernel of wheat is crushed before it releases its life-giving nutrients. And when a kernel is crushed, it is intermixed with other kernels—Christians. That is our fellowship of fasting and praying with other believers.

In the heat of the oven, the flavor is brought out of the kernel to give pleasure and life to the world. We hate the pains of persecution, and we retreat from the heat of rejection, but in the presence of God we find calmness and purpose in prayer.

When the bread is well done, the Lord brings it out of the oven to serve to a hungry world. So in fasting and prayer we find our meaning and purpose in life. Through fasting we become useful to others; but most of all we become part of the plan of God.

-My Time to Pray-

- Lord, help me understand the times of trials and persecution to prepare me for better service.
- Lord, I want to be “bread” to help feed a hungry world.
- Lord, I pray for our nation and the coming election.

Day 28

Fasting to Encounter God

A minister was on a 40-day fast and it was going well. Someone asked him, “What great answer to prayer have you gotten because of your fast?”

“I’m not fasting to get an answer to prayer,” was the minister’s immediate response.

“Then why are you putting yourself through all this torture if you’re not fasting to get an answer to prayer?”

“I’m fasting to know God intimately,” he said. “My fast is not about getting things from God. I’m fasting to experience God’s presence more intimately.”

The questioner was wrong about two things. First, he felt fasting was putting yourself through trouble. A lot of non-fasters think fasting is difficult. But when you spend time in God’s presence, it’s a satisfying experience. It’s an intimacy that’s hard to describe or put into words.

Second, the questioner was also wrong thinking fasting is primarily for getting answers to prayer. Yes, fasting does get answers to prayer. Jesus told us, “*However, this kind does not go out except by prayer and fasting*” (Matt. 17:21, NKJV). But fasting is more than withholding food. You fast *and* pray to know God.

Now, you’re on a fast praying for answers. But let’s turn your attention away from our prayer goal and emphasize your fellowship with God.

The psalmist exhorts us, “*Oh, taste and see that the Lord is good*” (Ps. 34:8, NKJV). When you refrain from earthly food, you can enjoy heavenly food; you fill yourself with Christ alone.

-My Time to Pray-

- Lord, I want to know You more intimately so that You are the focus of my life.
- Lord, the election is still on my heart. May I ask that good, trustworthy people get elected. Keep my nation great and godly for Your glory.

Day 29

Fasting to Bless Others

Jesus said God would bless those who hungered for God. The word “bless” means “to add value.” Jesus promised, “*Blessed are those who hunger and thirst for righteousness, for they shall be filled*” (Matt. 5:6, NKJV).

Note: “they shall be filled.” When you’re really hungry for a hot, juicy hamburger, there’s no satisfaction like sitting down to slowly munch it down. In the same way, there are times when you really want God to manifest Himself to you. You hunger for God and you want to know Him. Fasting from earthly food is one way to hunger for God’s presence.

The longer you fast, the keener your thinking becomes. You’re not consumed with feeding your body. God begins to consume your thinking. You cry out, “*That I may know Him*” (Phil. 3:10, NKJV).

When you fast, the brain thinks more clearly and you remember more. Perhaps it’s because your heart is not pumping extra blood to your stomach to digest food. There is extra blood available to the brain, and more blood means the brain functions better.

Jesus called Himself bread: “*I am the bread of life. He who comes to Me shall never hunger*” (John 6:35, NKJV). As we fast, we find that Jesus fills every yearning of the heart.

Yes, when we fast, we focus on Jesus who lives within. As we read the Scriptures, we take Christ into our life anew, for Jesus is “*the Word [of God]*” (John 1:1, NKJV). So read much scripture when you are fasting. The Bible—Jesus’ words—renews our will to live for God and sharpens our mind to think on God.

-My Time to Pray-

- Lord, I fast to hunger after You; teach me to pray for results.
- Lord, may my hunger for righteousness lead me to pray for my nation. I want a miracle in this coming election.

Day 30

Fasting and Answering

Why does God want His children to ask Him for things? Isn't God all-knowing? Doesn't He already know our needs? And didn't Jesus say, "*Your Father knows the things you have need of before you ask Him*" (Matt. 6:8, NKJV). So why fast and pray?

Jesus introduced His disciples to a new relationship of asking-prayer. "*Until now you have asked nothing in My name*" (John 16:24, NKJV). After Jesus' death, His followers had a new prayer relationship with Him. What was that? "*Ask, and you will receive, that your joy may be full*" (John 16:24, NKJV). Jesus was saying, "You're going to be happy when I answer your prayers" (John 16:24, ELT).

Jesus was not telling them to use His name as some sort of mantra, or a secret code, or a magical key to open doors. When Jesus said "[ask] *in My name,*" He wasn't even telling us to add His name to the end of our prayers. To pray in Jesus' name is to take full advantage of His death to take away our sins (see John 1:29) because His blood cleanses us from every sin (see 1 John 1:7). So every time we pray in Jesus' name, we take advantage of what He did on the cross to connect us to our heavenly Father.

Also, when we pray in Jesus' name, we identify with Jesus' new life in heaven. More than 172 times in the New Testament we are said to be "in Christ." We are as close to the Father's heart as Jesus. So praying "in Jesus' name" gets us intimacy with the Father.

Also, Jesus is in your heart. He came in when you got saved. "*Christ may dwell in your heart through faith*" (Eph. 3:17, NKJV). So ask in Jesus' name because He's in your heart.

-My Time to Pray-

- Lord, I ask in Jesus' name to bless America by giving our nation good elected officials who will pledge to serve in office.
- Lord, I ask for Your providential hand to guide this election.

Day 31

Conditions to Asking

The first condition of prayer in Jesus' name is to *ask*. That's it! Prayer is as simple as asking. You can pray on the lofty heights of worship and praise—but if you don't ask, you may not get what you need. Didn't James remind us, "*You do not have because you do not ask*" (James 4:2, NKJV)?

The second condition is to ask repeatedly or continually. Remember, Jesus said, "Keep on asking and it will be given you; keep on seeking and you will find; keep on knocking fervently and the door will be opened to you" (Matt. 7:7, ELT).

Is God telling you to pester Him? No! When God tells us to continually ask, He is telling us to keep strong. To continue asking is for our sake. Sometimes God waits to see if we are sincere.

A third condition is obeying the Word of God. He said, "*If you abide in Me, and My words abide in you, you will ask what you desire, and it shall be done for you*" (John 15:7, NKJV). Usually, people think abiding means meditating or communing with Christ. Its elementary meaning is obeying His commandments or rules. "*He who keeps His commandments abides in Him*" (1 John 3:24, NKJV).

The fourth condition is praying according to God's will. John promised, "Now this is the confidence that we have in Christ, that when we ask for anything according to His will, He hears us" (1 John 5:14-15, ELT).

The fifth condition is praying in faith. "*But without faith it is impossible to please Him, for he who comes to God must believe that He is, and that He is a rewarder of those who diligently seek Him*" (Heb. 11:6, NKJV). To get your reward you must believe that God exists, then diligently seek Him for the petitions you want. Isn't that why you are fasting for 40 days?

-My Time to Pray-

- Lord, I believe You exist so come answer my prayer request for my nation.
- Lord, revive our church so it can meet the challenges of the Great Commission.
- Lord, protect our nation from its enemies without and traitors from within.

Day 32

Fasting to Worship God

As we continue fasting and praying, let's focus today on worshipping God. We are instructed to worship God at the beginning of the Lord's Prayer: "*Hallowed [or holy] be Your name*" (Matt. 6:9, NKJV). Why should you worship God when He has all the angels of heaven worshipping Him? They praise Him continually saying, "*Holy, holy, holy is the Lord of hosts*" (Isa. 6:3, NKJV).

Because angels can't sin, it would seem that their praise is far better than our praise. Why? They worship God with a pure heart. Also, they are not side-tracked or influenced by selfishness. Their thoughts do not wander when they're praying like ours wander.

Also, angels worship constantly: "*They do not rest day or night, saying: 'Holy, holy, holy, Lord God Almighty, who was and is and is to come!'*" (Rev. 4:8, NKJV). But we are busy with our jobs or looking after other things that crowd into our schedule.

God has a multitude of angels to worship Him continually, and they offer more pure worship than we, so why should we worship at all? Technically, worship is the only thing that God can't do for Himself. God can't worship Himself; He wants us to be authentic worshipers. Jesus told us, "The Father seeks worship" (John 4:23, ELT). So God seeks worship from His people to manifest all the things that He is and that He can do for them.

When we worship God, we move out of ourselves and get closer to Him—perhaps closer than ever before. We move away from our prayers and focus on Him and His glory. Worship comes from the old Scottish word *worth-ship*. When we worship God, we give Him the "worth" that's due to Him. Why don't you do that now?

-My Time to Pray-

- Lord, I worship You for saving me, forgiving my sin, and leading me daily.
- Lord, today I focus on Your greatness. Thank You for all the wonderful things You have given us in America. Thank You for life, liberty, and the pursuit of happiness. Accept my gratitude for past blessings and hear my prayers for continued freedom.

Day 33

Fasting to Magnify God

We are commanded to worship God. *“Let us continually offer the sacrifice of praise to God, that is, the fruit of our lips, giving thanks to His name”* (Heb. 13:15, NKJV). Just as an apple tree produces apples, so our mouths must produce the words of worship from our hearts because we are thankful for all He has done.

Think about what worship does for us. When we worship God, we are lifted higher and closer to God than ever before. It puts us on praying ground.

Worship keeps us from becoming bogged down with worry. It focuses on something greater than our present limitations. Worship keeps us from being self-centered and negative.

Every time we worship God, we learn something more about Him, what He has done for us, and what He has promised to do for us in the future. That deepens our relationship with Him.

Maybe this is why the disciples *“were continually in the temple praising and blessing God”* (Luke 24:53, NKJV), and why Paul dedicated the book of Ephesians *“to the praise and glory of His grace”* (Eph. 1:6, NKJV).

When you magnify God, He becomes larger in your heart. Then you respond in a bigger or better way. You become absorbed with God and you are ready to add effective prayers to your fast.

-My Time to Pray-

- Lord, I worship You from the bottom of my heart for the establishment of the United States. Keep it free and keep it grounded on liberty and freedom.
- Lord, I know You are great and powerful; turn Your people to repent and pray.

Day 34

Fast to See as God Sees

When you fast for a long time, you begin to see things as God sees them. You begin to see how terrible your sin is. You don't have to "make" yourself repent. Fast in God's presence to repent and confess any and all your sins, "*If we confess our sins, He is faithful and just to forgive us our sins and cleanse us from all unrighteousness*" (1 John 1:9, NKJV).

Sin, like cancer, cuts spiritual strength so we can't do the things for God we used to do. It kills our stamina so we don't want to pray or read our Bibles or even go to church.

The longer you remain in the light, the more you realize your sin. In your fast, God begins to show you the hidden sins that block the flow of His blessings. Like trash in the fuel line, the engine is poking along with half power. When you get rid of the trash, the flow of engine-producing gasoline will give new life to the engine.

Remember, confession means more than just recognition of sin in your life. When you *confess*, you say the same thing about your sin that God says. When God says it's hideous, you must agree with Him and put it out of your sight.

-My Time to Pray-

- Lord, take away my blindness and show me any sin that blocks Your blessing in my life. Take away any blindness to prayer, especially prayer for our nation.
- Lord, I confess my sin (by name), and I ask You to forgive me and cleanse me so I can intercede.
- Lord, I pray and fast for other believers in my church and in the world. May we turn to You in repentance and revival so You can manifest Yourself to our nation. God save America. God revive America.

Day 35

The Fast of Denial

Jesus challenges us, *“If anyone desires to come after Me, let him deny himself, and take up his cross daily, and follow Me”* (Luke 9:23, NKJV). Our generation has been conditioned to enjoy the best the world has to offer. Fasting speaks boldly against consumerism and our practice of putting food first in our life. To set aside what we want is one way to encourage personal spiritual growth. It means we deny ourselves and take up our cross daily. We would have difficulty rising to the challenge of discipleship and living consistent Christian lives without fasting.

Paul told us how our oneness with Christ takes place: *“God forbid that I should boast except in the cross of our Lord Jesus Christ, by whom the world has been crucified to me, and I to the world”* (Gal. 6:14, NKJV). When we take up our cross, we take up all that Jesus’ death symbolizes. It means sacrifice and repentance of sin. So when we take up the cross, we yield ourselves to God and determine to serve Him with all our heart.

That doesn’t mean we lose our sin nature. No, we still have an old nature that will tempt us to sin (see 1 John 1:8). But we surrender ourselves to God to get His victory over it; nor does it mean that we will never sin again. John teaches that the one who thinks he has stopped sinning is deceived: *“If we say that we have not sinned, we make Him a liar, and His word is not in us”* (1 John 1:10, NKJV). What does it mean when we take up our cross? We take on the victory of Christ who triumphed over sin in His death. His death gave us life, so we get the energy of Christ’s life when we receive His crucifixion.

-My Time to Pray-

- Lord, I repent of every known sin. Help me live holy for You.
- Lord, help me draw near to You, so I can pray effectively for my nation and this coming election. God bless America; God save America.

Day 36

Fasting and Weeping

Have you ever prayed so hard that you began to weep? Maybe when you got saved you were so convicted of your sin that you wept before God. Today, let's talk about weeping for your nation. Can you look at your nation through God's eyes? Can you weep for your nation in times of crises?

If you believe America needs spiritual revival, you ought to weep and fast and pray for a national revival. You ought to pray that qualified leaders are voted into office.

If our eyes are always dry, it probably means our soul is also dry. Because like the sun that bakes the clay, something has hardened our heart. On the other hand, when we shed tears before God, it probably means God has touched the very center of our feelings. He has scratched away the scab that has protected a raw wound that needs healing.

Sometimes you will weep over lost loved ones. Paul felt that way when he prayed for lost Jews: *"I have great sorrow and continual grief in my heart. For I could wish that I myself were accursed from Christ for my brethren, my countrymen according to the flesh"* (Rom. 9:2-3, NKJV). His tears were for those who were lost. We must weep over sins, but we must also weep over the sins of Christians and our nation.

Be careful about praying for God to break your heart. He may do it and cause you more pain than if you dealt with your sin immediately and completely. When God breaks your heart, you can pray for Christians and for the church that seems so callous.

-My Time to Pray-

- Lord, show me the sin that hinders my prayer life; I'll confess and repent.
- Lord, I repent and turn from sin that blocks my prayers. How can I pray about the sins of my nation if I am not concerned about my sins?

Day 37

Searching for God by a Fast

Have you ever felt that people were wandering in a desert and they didn't know which way to go? The horizon seems distant. Have you ever lost your way and don't know which way to turn? Do you think our nation has lost its way?

The psalmist also felt lost: *"In the day of my trouble I sought the Lord...my soul refused to be comforted"* (Ps. 77:2, NKJV). Again he cried, *"As for me, my feet had almost stumbled; my steps had nearly slipped"* (Ps. 73:2, NKJV). Let's pray to confess our national sins, asking God to send a spiritual revival.

He prayed: *"Do not hide Your face from me in the day of my trouble"* (Ps. 102:2, NKJV). Just as the psalmist felt lost and couldn't find God, have you ever felt blinded to the greatness of what God can do? You must pray with all your hearts for God to do a miracle and turn back our nation to Him.

Yet the Bible is filled with promises that God will come to us when we completely throw ourselves on His mercy and beg for His presence. *"This poor man cried out, and the Lord heard him, and saved him out of all his troubles"* (Ps. 34:6, NKJV). Oh, that the church members of America would cry out to God.

Then later the psalmist promised, *"The Lord is near to those who have a broken heart, and saves such as have a contrite spirit...but the Lord delivers him out of them all"* (Ps. 34:18-19). Perhaps we need to pray for God to sweep our nation with a conviction of sin.

We must pray for Christians to turn to God and cry to Him for our nation. If millions were to repent and pray, God would hear and bring this us back to our senses. We must pray as though everything depends on God—and it does. Then we must work as though everything depends on us—and it does.

-My Time to Pray-

- Lord, I feel so helpless in the face of great problems that face Christians in our nation. Do a miracle for us.
- Lord, I ask for Your mercy and grace on Your people; turn us back to You in revival and repentance.

Day 38

Fasting Urgently

Urgent prayer means you're praying with all your heart and you keep praying because you must have an answer. When a friend faces cancer surgery, you pray because there's nothing else you can do. Urgency of heart produces urgency in prayer. You ask yourself, *What am I going to do?* You pray urgently and persistently. Urgent prayer for a challenging problem; desperate prayer for a crisis.

Isn't our nation in a desperate need? We are divided. We fight among ourselves. We hate. We've lost our sense of God. We've even lost our sense of right and wrong. If we keep going the way we're going, we could lose everything.

Does urgency describe our present state of affairs? We've prayed about our need, but nothing has happened yet. Now we're at the end of our fast; we're desperate. We have entered our fast to touch God so He will answer our prayers.

What is desperation? Peter was walking on the water toward Jesus. His eyes were fixed on Jesus. Isn't that the way we should walk our Christian life? *"But when he saw that the wind was boisterous, he was afraid; and beginning to sink he cried out, saying, 'Lord, save me!'"* (Matt. 14:30, NKJV). He prayed desperately, "Lord, save me!"

As we see the winds of rioting and desperation facing America, we must pray. We should have been asking God to send revival to our nation, but now we're here. So even when we're blinded by the headlights of emergency, let's ask God for a miracle.

-My Time to Pray-

- Lord, wake up Christians to the crises facing our nation; send revival and a spirit of urgent prayer to Your people.
- Lord, do a miracle for our nation. Send revival to Your people and pour out the Holy Spirit on them.

Day 39

Fasting in Desperation

We pray urgently for a project because it is a spiritual need but then a deadline approaches (the end of our fast). Our prayers move from urgency to desperation. We cry out, “*Lord, do it now!*”

“*God is our refuge and strength, A very present help in trouble*” (Ps. 46:1, NKJV) and “*Whenever I am afraid, I will trust in You*” (Ps. 56:3, NKJV).

When you’re hungry, you sit at a table and eat in a civilized way. You use utensils and chew with your mouth closed. But look at the starving person. It’s acceptable to gulp and swallow. A starving appetite trumps decorum and polite manners. So remember, there is a proper time for desperately crying out to God with tears and deep passion. Is that time now?

Don’t think about what you are going to pray—just pray. Don’t consult your prayer lists; also, don’t think about how you will frame your request—just pray. Don’t get ready to pray—just pray.

If you were cutting weeds in the backyard and a snake bit you on the leg, you wouldn’t ask how the snake got there, nor would you question what people will say. You would yell, “*Help!*” and run for help.

We have a desperate situation in our nation; open your heart and yell, “*Help, Lord!*” “*Lord, it is nothing for You to help, whether with many or with those who have no power; help us, O Lord our God, for we rest on You, and in Your name we go against this multitude. O Lord, You are our God; do not let man prevail against You!*” (2 Chronicles 14:11, NKJV).

-My Time to Pray-

- Lord, I come to You for a miracle in our nation because there is no other place I can turn.
- Lord, I’m desperate for You to do a miracle in my life.

Day 40

Fasting to the End

As we approach emergencies, we cry out instantly and wholeheartedly. We immediately lay the problem at God's feet.

We just bring God into our crisis. King Asa went into battle with 580,000 of his troops against the Ethiopians who had a million men and 300 chariots. The prospect of victory was slight, and the hope of God's people was dark. Asa prayed desperately to God.

“Asa cried out... ‘Lord, it is nothing for You to help, whether with many or with those who have no power; help us, O Lord our God, for we rest on You, and in Your name we go against this multitude. O Lord, You are our God; do not let man prevail against You!’” (2 Chron. 14:11, NKJV). Did you see what Asa said? The Ethiopians were attacking his army, but Asa realized they were attacking God. So he prayed, “Do not let man prevail against You!”

In many ways the issues of our day are not educational, political, or religious. Many of the attacks are against God. We are in a spiritual battle to defend the “core values” of Christianity. Just as Asa prayed, “Do not let man prevail against You,” so we must intercede with all our hearts because we are in spiritual warfare.

The emphasis is not on our begging God to come help us win this battle. No, that's the wrong emphasis. It's not even getting God on our side; it's us getting on God's side.

When our prayer for this fast is God's goal, then we can pray with confidence because God will complete His project, in His way, at His time.

-My Time to Pray-

- Lord, our nation's battles are Your battles; glorify Yourself with a miracle.
- Lord, I cry out to You in spiritual warfare against evil that is attacking Christianity. Save Your church, save America!