

## Devotional: Prayer And Fasting

### Christian Devotion on Prayer And Fasting

Read: [Isaiah 58:1-14](#)(NKJV)

What is true fasting? It certainly isn't a mechanical response to God, a merely external religious act. It is done from a heart truly dedicated to God, wanting to press on into Him more to realign our focus on Him. We should be mindful of others—attending the physical, emotional and spiritual needs of others who may be in need. It is also not a theatrical show, as the hypocrites were accused of in the New Testament. It isn't done so people will think that we are 'spiritually superior' (Matt. 6: 16-18). That is not the right motive or attitude. We need to have a humble heart and be aware of our own weaknesses and shortcomings. No one needs to even know we are fasting.

And lets not forget about prayer. Prayer goes hand in hand. It is so important to couple fasting with prayer. Prayer for our nation, our family and friends, the unsaved, our church leaders, ministries, missions, ourselves in the area of things we need real breakthrough in, and God's direction, purpose and plan for our lives. There is so much in need of our prayers. God can do mighty things in the spiritual realm when we pray and fast—as long as we are in the right spirit of the fast. There are times we need to fast, but it shouldn't become a religious, legalistic thing.

I remember somebody mentioning one time, that you could even have a fast from other things, such as T.V. Whatever we feel is taking up more of our time than it should. I found that quite interesting. I guess giving up something (or limiting ourselves in it) to spend more time with the Lord, is something He desires and what we should desire. He will honour us in that. He wants us to fellowship with Him. To have that close daily intimate relationship with Him. So, whatever fasting you undertake, may you grow closer to the Lord, as you pray and meditate on His word. Remembering the out-working of this relationship is ministering into the lives of others.

*And whenever you are fasting, do not look gloomy and sour and dreary like the hypocrites, for they put on a dismal countenance, that their fasting may be apparent to and seen by men. Truly I say to you, they have their reward in full already. But when you fast, perfume your head and wash your face, So that your fasting may not be noticed by men but by your Father, who sees in secret; and your Father, who sees in secret, will reward you in the open.*

- Matthew 6:16-18 (AMPC)

Lord, the fast that you require  
Is a humble contrite heart  
And a willingness to reach out to  
Those souls lost in the dark.

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Christian Devotional: Behind The Fast

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