

Prayer Loading

Ready:

??I humbled myself with fasting, and my prayer was genuine.? - Psalm 35:13

Set Recently while I was fasting for a major FCA event we were hosting, I came to the realization that fasting was much like carbohydrate loading. As a marathon runner, I have used various forms of this tactic before my races. One way to ?carbo load? is to deplete your body of energy-producing carbohydrates (sugars) for a few days, and then on the day before the activity, consume primarily carbohydrates. The idea is to use your maximized energy sources when you need them for your competition. This is similar to what we do when we fast. We deplete ourselves of worldly things?in this case food?so that we can prepare and focus ourselves on God. In Isaiah 58:6, we are told to fast because it loosens the bonds of wickedness, breaks every yoke, and sets the captives free. Fasting replaces food with the Word of God and provides an opportunity to draw closer to Him in prayer. Like carbohydrate loading, fasting can actually be beneficial for our bodies. It is a profound way to develop a deeper relationship with God. It provides us with the ability to ?focus? on the event or situation. We are also able to fast joyfully. In Matthew 6:16-18, Jesus declares, ?Whenever you fast, don't be sad-faced like the hypocrites. For they make their faces unattractive so their fasting is obvious to people. I assure you: They've got their reward! But when you fast, put oil on your head, and wash your face, so that you don't show your fasting to people but to your Father who is in secret. And your Father who sees in secret will reward you." Today, pray about doing a fast of your own. Jesus asked us all to fast, and He did so because He knew it would draw us closer to the Father. Whether we fast from food, TV or an iPod, may we do so with the intent of drawing closer to Him.

Go 1. How does fasting draw you closer to God? 2. Why should fasting be a part of your prayer life?

Workout Psalm 109:24 Matthew 17:21 1 Corinthians 7:5



Fellowship of Christian Athletes © 2019
8701 Leeds Road | Kansas City, MO 64129 | 800.289.0909
Comments or Questions, fca@fca.org
[Privacy Policy](#) | [Report a Problem](#) | [Copyright](#)
