

JENTEZEN FRANKLIN

FASTING

21-DAY DEVOTIONAL



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Fasting: 21-Day Devotional

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“IF MY PEOPLE WHO
ARE CALLED BY MY
NAME WILL HUMBLE
THEMSELVES, AND
PRAY AND SEEK MY
FACE, AND TURN
FROM THEIR WICKED
WAYS, THEN I WILL
HEAR FROM HEAVEN,
AND WILL FORGIVE
THEIR SIN AND HEAL
THEIR LAND.”

2 CHRONICLES 7:14, NKJV

01
“BUT WHEN YOU FAST,
PUT OIL ON YOUR HEAD
AND WASH YOUR FACE,
SO THAT IT WILL NOT BE
OBVIOUS TO OTHERS THAT
YOU ARE FASTING, BUT
ONLY TO YOUR FATHER,
WHO IS UNSEEN; AND
YOUR FATHER, WHO SEES
WHAT IS DONE IN SECRET,
WILL REWARD YOU.”

MATTHEW 6:17-18, NIV

DAY ONE

FASTING: A WAY OF LIFE

Throughout His time on earth, Jesus taught His disciples principles of the Kingdom of God.

But His teachings weren't just for the twelve disciples at that time in history, or only for the multitudes of people who gathered to hear Him speak.

The truth Jesus shared was also meant to guide, bless, and help you and me today. In Matthew chapter 6, Jesus provides us with some specific direction to live as children of God and experience His victory in our lives.

Jesus said, "When you give..." "When you pray..." "When you fast..."

Throughout the chapter, He made it clear that fasting, like giving and praying, should be a normal part of Christian life. And yet, have you noticed how the exact opposite seems to be the case for many followers of Jesus today?

We see fasting as an ancient ritual, unbecoming of a modern-day Christian. Yet fasting was a regular part of Jesus' life. He didn't expect His disciples to do something He didn't.

Jesus fasted, and we are called to follow in His example, not to do it as a lifeless practice but in obedience to His Word, following His example, and to experience His power in our lives.

I'm so excited and expectant for what He is going to do in your life over the next 21 days.

Undoubtedly, **if you seek, you will find. If you knock, He will open. If you ask, you will receive.** Your fasting is your knocking and your seeking, and I prophetically declare it will be a time when you receive what you're believing God to provide.

What is God speaking to you today?

02

“NOW, THEREFORE,”
SAYS THE LORD, “TURN
TO ME WITH ALL YOUR
HEART, WITH FASTING,
WITH WEEPING, AND
WITH MOURNING.”

JOEL 2:12, NKJV

DAY TWO

A CHANGE OF PACE

Recently, I read something in a book by a successful businessman. He made this observation when he needed fresh vision for his work:

“A change of pace plus a change of place equals a change of perspective.”

I realized that’s exactly what’s happened every time God did something in my life. Those three things happened in succession:

- 1. A change of pace.**
- 2. A change of place.**
- 3. A change of perspective.**

03

THEN I SET MY FACE
TOWARD THE LORD
GOD TO MAKE REQUEST
BY PRAYER AND
SUPPLICATIONS, WITH
FASTING, SACKCLOTH,
AND ASHES.

DANIEL 9:3, NKJV

DAY THREE

A CHANGE OF PLACE

Geography and spirituality are oftentimes related. No one has to tell someone who is five feet tall that their line of sight is different than a person who stands at seven feet.

Likewise, a person looking at the Grand Canyon is taking in a different view than someone who is standing in the middle of Times Square in New York City.

No doubt, our view affects our vision, and that's exactly what a change of place makes possible.

Think of it this way. You can take in a lot more of the Grand Canyon if you leisurely walk through the trails on the ground than if you flew over and saw it from a plane, right?

You'll notice what you couldn't have noticed. You'll think about what you wouldn't have thought about. **Similarly, when you change your pace, you get to a place where you see things differently, where God can inspire you.**

Now, I realize that during these 21 days of fasting, you might not be traveling or going anywhere different than your usual places each day. That's okay!

Instead of getting your typical food and sitting in front of the TV, perhaps you can sit on your front porch or back patio and read the Bible.

Instead of hurriedly making a meal, you can walk through your home, play some worship music, and pray for God's blessing on yourself, your loved ones, and on all who enter your front door.

Maybe you can go on a walk and give God time to speak to you. Instead of dedicating your mind to what you'll eat for lunch as you drive to work, you can meditate on scripture.

No matter how small or insignificant your change of *place* might be, it may very well be right where God wants to do something incredible in your life.

04
“AGAIN, THE KINGDOM
OF HEAVEN IS LIKE
TREASURE HIDDEN
IN A FIELD, WHICH A
MAN FOUND AND HID;
AND FOR JOY OVER IT
HE GOES AND SELLS
ALL THAT HE HAS AND
BUYS THAT FIELD.”

MATTHEW 13:44, NKJV

DAY FOUR

A CHANGE OF PERSPECTIVE

It's inevitable that when you change your pace, you're going to get to a different place, eventually changing your *perspective*.

It's what fasting does. It upends your routine, impacting where you go, what you think about, and the way you see the wants, needs, and situations in your life.

I don't have room in this devotional to share the many times I've experienced this firsthand, but today, I simply want to encourage you to **submit your seeing, thinking, and believing to the Holy Spirit of God.**

You're four days into your fast. No doubt your pace is shifting. You've found yourself in some new places.

Now, think about what feels different in your life. Consider a situation or area of your life where there's a need, where you're praying for breakthrough, provision, or a move of God.

Pause. Be still. For a moment, ask God to give you a new lens with which to see through.

If nothing happens immediately, that's okay. That doesn't mean you're doing anything wrong or didn't do something right.

Keep fasting. Keep asking God to reveal Himself. Know that He is moving and working in your life.

As you change your pace, as you change your place, you're going to transform your perspective.

What is God speaking to you today?

05

AND YOU WILL SEEK
ME AND FIND ME,
WHEN YOU SEARCH
FOR ME WITH ALL
YOUR HEART.

JEREMIAH 29:13, NKJV

DAY FIVE

A NEW DREAM

I was twenty years old and in my first year of college.

I dreamed of becoming a saxophone artist and had a scholarship to become that at Barton College in North Carolina. In between semesters, I decided to go back home to my parents in a little town called Kenly, a place surrounded by cornfields.

Once I arrived back home, the pace I had grown accustomed to at college—practicing my saxophone every day, studying, working—all of that changed.

I developed a discipline of reading God’s word and praying.

One day, I felt led to go on a three-day fast. I was about to go back to college, yet I strangely felt a lack of enthusiasm, as if my former dream wasn’t what I was supposed to do.

So, I fasted. I prayed, **“God, whatever you want me to do with my life, I want to do it.”**

At the end of my fast, I slipped out of the house my parents lived in and went to a nearby building my dad would use as an event center for the churches he oversaw in the area.

No one was in the building, so I walked into the sanctuary and onto the stage where there was an upright piano.

I got down on my knees and started praying. Suddenly, the presence of God came into that room—tangibly and powerfully.

I knew when I got up off my knees, I could never just be a musician again. I’ll always be a worshiper, but I couldn’t be a saxophone artist.

God had called me to preach.

A change of pace and a change of place had given me a change of perspective about who I was in God and what He was calling me to do.

06

“HE WALKED
WITH ME IN
PEACE AND
EQUITY...”

MALACHI 2:6, NKJV

DAY SIX

THE FOUNDATION OF RELATIONSHIP

From the first chapter of Genesis, it's clear God values relationships. So much so, He made it the foundation upon which everything in our lives must be built to live in His blessing, grace, and provision.

It's no coincidence then that there's a longing in every human to be known and loved. **That inner void and loneliness we can all experience isn't a made up feeling but a deep longing only God can fulfill.** And yet, we'll often try to fill it with three things:

1. People

The reality is, no matter how great your spouse or a friend may be, no one other than God can fully and truly satisfy the deepest longings of your heart.

07

“I AM THE
BREAD
OF LIFE.”

JOHN 6:48, NKJV

DAY SEVEN

JESUS: THE BREAD OF LIFE

Do you know that God never disappoints?

**To the lost, He is salvation. To the thirsty, He is living water.
To the hungry, He is the bread of life.**

I want to touch on that last phrase in particular in today's devotional. Throughout the Old Testament, we see just how important bread was as a source of daily food and sustenance, which makes these words from Jesus all the more significant...

"Most assuredly, I say to you, Moses did not give you the bread from heaven, but My Father gives you the true bread from heaven. For the bread of God is He who comes down from heaven and gives life to the world."

Then they said to Him, “Lord, give us this bread always.”

And Jesus said to them, “I am the bread of life. He who comes to Me shall never hunger, and he who believes in Me shall never thirst.” John 6:32-35, NKJV

Through this passage, Jesus clearly shows us how a relationship with Him is so much more than something we do on the side or someone we visit with once a week at church.

We need Jesus every day. He is our living water and bread of life—our source for everything we need.

Fasting reminds us of this. Every time we’re hungry or want something we’re fasting from, we can be reminded of our need for God and His Word as the sustaining source in our lives.

What is God speaking to you today?

08

NOW FAITH IS THE
SUBSTANCE OF
THINGS HOPED FOR,
THE EVIDENCE OF
THINGS NOT SEEN.

HEBREWS 11:1, NKJV

DAY EIGHT

THE HOLDING PATTERN OF FAITH

Has God ever asked you to do something that felt ridiculous?

I've realized that sometimes, faith is the willingness to look foolish. It's unlearning your fears until all that is left is the fear of God. And while gratitude thanks God after He's done something, faith thanks Him before He does it.

Here are some examples of faith in action in scripture:

- Noah built an ark before he had animals to fill it.
(See Genesis 6.)
- Elisha dug a ditch in the desert before God sent rain.
(See 2 Kings 3.)
- The widow borrowed vessels before she had the oil needed to fill them. (See 2 Kings 4.)

Faith takes a step before there's a sign. And I wonder if this fast you're in the middle of is exactly that for you.

By faith, you're changing your pace. By faith, you're moving to a new place. By faith, you're taking on a new perspective.

The hardest part of any dream or destiny is the holding pattern, the pause, the time waiting for the promise to come to fulfillment.

I think of Abraham and how God promised him that an entire nation would come from him—descendants that would outnumber the stars in the sky and the sand by the sea. And yet, years came and went before he began to see that promise fulfilled through the miraculous birth of his son, Isaac.

In the same way, today, I want to encourage you to trust God with the Word He's given you.

You may be in a holding pattern. You might even feel foolish. But stay in faith. God will fulfill His Word to you.

What is God speaking to you today?

09

FOR IF WE HAVE
BEEN UNITED
TOGETHER IN THE
LIKENESS OF HIS
DEATH, CERTAINLY
WE ALSO SHALL BE
IN THE LIKENESS OF
HIS RESURRECTION.

ROMANS 6:5, NKJV

DAY NINE

RESURRECTION POWER

I've had the honor and privilege to visit Israel numerous times. There's one memory that sticks out to me in particular and that's when I first saw the Garden Tomb in Jerusalem.

I'm not sure what I expected to see. After all, Jesus is risen! And sure enough, when I walked into the tomb, it was empty.

All that was there was an olive wood sign that read, "He is not here – For He is risen."

Perhaps you need to declare that same resurrection-faith over some situations in your life today.

Do you have a dream that feels dead?

A relationship that seems hopeless?

A desperate financial situation?

A health issue the doctors say is impossible to recover from?

Know today that you serve a God of resurrection power. He knows how to bring new life to old promises, miracles to impossibilities, and victory in the face of defeat.

As you're praying and fasting, believe that God wants to release His resurrection power—through the finished work of His Son, Jesus—in your life!

What is God speaking to you today?

10
WHO HIMSELF BORE
OUR SINS IN HIS OWN
BODY ON THE TREE,
THAT WE, HAVING DIED
TO SINS, MIGHT LIVE
FOR RIGHTEOUSNESS—
BY WHOSE STRIPES YOU
WERE HEALED.

1 PETER 2:24, NKJV

DAY TEN

HEALING IS HERE

Is there a need for healing in your life or the life of a loved one?

In the book of James, we find an amazing scripture, *“Is anyone among you sick? Let him call for the elders of the church, and let them pray over him, anointing him with oil in the name of the Lord. And the prayer of faith will save the sick, and the Lord will raise him up...”* (James 5:14-15, NKJV).

That means if you or someone you know has a critical or lingering health problem, praying in faith can make a difference. But let's say you don't feel like you have the faith to believe right now. You want to believe God can heal but you're struggling. You can't seem to find the right words to pray that you want to.

One of the names God chooses to be called by is “Jehovah Rapha,” which means “The Lord who heals you.” (See Exodus 15:26.)

If God calls Himself the *Healer*, then you have the right to believe what He says and expect that, given an opportunity, He will perform His role.

The Psalmist said, “*Your promises are backed by all the honor of your name*” (Psalm 138:2, NLT). Has God changed since those words were written? I can assure you He hasn’t. Again, in Malachi we read, “*I am the LORD All-Powerful, and I never change*” (Malachi 3:6, CEV). Who He was, He still is. What He did, He still does. What He said will still come to pass.

So, when you or a loved one is sick, do these two things:

1. Pray, in faith, believing. Jesus spelled it out clearly:

“All things for which you pray and ask, believe that you have received them, and they will be granted to you”

(Mark 11:24, NASB).

2. Look for faith-filled people who will pray and agree

in faith with you. *“If two of you agree here on earth concerning anything you ask, my Father in heaven will do it for you”* (Matthew 18:19, NLT).



“GO, GATHER ALL
THE JEWS WHO ARE
PRESENT IN SHUSHAN,
AND FAST FOR ME...”

ESTHER 4:16, NKJV

DAY ELEVEN

FASTING FOR YOUR FAMILY

Throughout scripture, we find numerous examples of people like you and me fasting and praying for a specific need, and then seeing God come through on their behalf.

In the book of Esther, we find the Jewish people at risk of being annihilated through the evil plot of a man named Haman.

Esther was faced with two life-threatening decisions: go uninvited before the king, or risk being killed through Haman's plot if she didn't.

So, Esther declared a fast.

“Go, gather all the Jews who are present in Shushan, and fast for me; neither eat nor drink for three days, night or day. My maids and I will fast likewise. And so I will go to the king, which is against the law; and if I perish, I perish!” Esther 4:16, NKJV

Miraculously, the king welcomed Esther.

Those three days of fasting altered history, the evil plot was discovered, and Esther’s entire family along with all of the Jewish people were saved.

Now, consider the needs of your family. Similarly, God wants to bring rescue, deliverance, and favor to you and your loved ones just like He did through Esther!

What is God speaking to you today?

12

“AND ALL THESE
BLESSINGS SHALL
COME UPON YOU
AND OVERTAKE YOU,
BECAUSE YOU OBEY
THE VOICE OF THE
LORD YOUR GOD.”

DEUTERONOMY 28:2, NKJV

DAY TWELVE

FASTING FOR YOUR FINANCES

Allow me to start today's devotional with a bold but true statement: God wants to bless His people—spiritually and practically.

God doesn't want you to barely scrape by with only enough to survive. Though we can all go through difficult seasons, **He wants you to be blessed to be a blessing to those around you!**

Ezra experienced this firsthand when he led the second group of exiles out of Babylon.

He knew of the possible dangers along the road from Babylon to Jerusalem, so he stopped, camped, and proclaimed a three-day fast with all the people at the river of Ahava.

When Ezra was confronted with a situation of facing the unknown and in need of divine help, He committed himself to a fast just like you have.

Then I proclaimed a fast there at the river of Ahava, that we might humble ourselves before our God, to seek from Him the right way for us and our little ones and all our possessions. Ezra 8:21, NKJV

God answered his prayer and delivered the people! *“And the hand of our God was upon us, and He delivered us from the hand of the enemy and from ambush along the road”* (v. 31). All of Ezra’s needs were met, provided for by the same loving, caring, gracious heavenly Father to whom you are praying.

The reality is, when you fast and trust God, He will provide for you and supply you with everything you need and more.

What is God speaking to you today?

13

THE RIGHTEOUS
CRY OUT, AND
THE LORD HEARS,
AND DELIVERS
THEM OUT OF ALL
THEIR TROUBLES.

PSALM 34:17, NKJV

DAY THIRTEEN

FASTING FOR DELIVERANCE

We find a powerful key to experiencing God's supernatural deliverance in Isaiah 58:6 (NKJV):

*“Is this not the fast that I have chosen:
To loose the bonds of wickedness,
To undo the heavy burdens,
To let the oppressed go free,
And that you break every yoke?”*

Notice what fasting accomplishes in our lives and in the lives of others: freedom and breakthrough.

In Mark chapter 9, Jesus' disciples came face-to-face with a situation they were not prepared for, an evil spirit they

couldn't cast out. Jesus told them...

"This kind can come out by nothing but prayer and fasting." Mark 9:29, NKJV

This story in Mark chapter 9 shows how we too can find freedom from besetting sins when we fast to achieve His purpose for our lives and experience His best.

For example, the prophet Elijah battled with depression and anxiety. He became distraught to the point of wishing he were dead when king Ahab's wife, Jezebel, sent word that she wanted to kill him.

God sent an angel to Elijah to encourage and strengthen him. Elijah ate the food the angel brought him and then journeyed to the mountain of God. Elijah then fasted for forty days and forty nights as he traveled to Mount Horeb. (See 1 Kings 19.)

God delivered Elijah and He also wants to deliver you!

What is God speaking to you today?

14

YOUR EARS SHALL
HEAR A WORD BEHIND
YOU, SAYING, "THIS IS
THE WAY, WALK IN IT,"
WHENEVER YOU TURN
TO THE RIGHT HAND
OR WHENEVER YOU
TURN TO THE LEFT.

ISAIAH 30:21, NKJV

DAY FOURTEEN

LETTING GOD LEAD

Have you ever been at a crossroads in life and didn't know what to do? Perhaps you're facing one now.

A potential job, relationship, dream, or difficulty, and you don't know where to turn or how to move forward.

Saul, before he became the Apostle Paul, was headed in the wrong direction. Instead of encouraging Christians, he was persecuting them and hunting them down.

As he journeyed he came near Damascus, and suddenly a light shone around him from heaven. Then he fell to the ground, and heard a voice saying to him, "Saul, Saul, why are you persecuting Me?"

And he said, "Who are You, Lord?"

Then the Lord said, "I am Jesus, whom you are persecuting." Acts 9:3-5, NKJV

The light of Jesus was so bright, Saul couldn't see. So, he fasted for three days, eating and drinking nothing, until God sent Ananias to pray for him.

Now, you might not be traveling on a dirt road or persecuting believers like Saul but **God's desire to guide you is just as great as He desired to guide Saul, who we now know as the Apostle Paul.**

After his experience with Jesus and subsequent fast, Paul went on to be inspired by the Holy Spirit to write nearly a third of the New Testament. He went to Jew and Gentile alike, sharing the gospel, building up the church, and experiencing God's power in miraculous ways.

God wants to do the same in your life. Of course, your story is different than Paul's, but that doesn't change the truth that God wants to give you wisdom, vision, and guidance for your future.

15

THEN YOU WILL
CALL UPON ME
AND GO AND PRAY
TO ME, AND I WILL
LISTEN TO YOU.

JEREMIAH 29:12, NKJV

DAY FIFTEEN

FASTING FOR YOUR WORLD

The Lord has good plans for you, your family, and your world. As you draw near to Him today, believe that He is good and that He is for you. Trust that His Word is true and His good promises will come to pass in your life.

I love this promise in scripture:

“If My people who are called by My name will humble themselves, and pray and seek My face, and turn from their wicked ways, then I will hear from heaven, and will forgive their sin and heal their land.”

2 Chronicles 7:14, NKJV

If world events have been weighing heavily on your heart, if there's a friend or family member who has fallen away in their relationship with God, take heart.

Your fasting is making a difference.

Undoubtedly, we need a healing, restoring, and reviving work of God in our nation and world.

Fasting is a simple yet effective way we can humble ourselves before God, call upon His promise to respond to our cry and release His presence and power in the lives of those around us.

Keep praying, keep seeking, keep knocking, and I believe you will see God come through!

What is God speaking to you today?

16
BY HIM LET US
CONTINUALLY
OFFER THE
SACRIFICE OF
PRAISE TO GOD,
THAT IS, THE FRUIT
OF OUR LIPS,
GIVING THANKS TO
HIS NAME.

HEBREWS 13:15, NKJV

DAY SIXTEEN

THE POWER OF YOUR PRAISE

Another key to experiencing God in a deeper way is to worship Him with praise and thanksgiving.

The Psalms are filled with prayers of thanksgiving. They encourage us to honor and praise God for all He has done for us. *“Enter into his gates with thanksgiving, and into his courts with praise: be thankful unto him, and bless his name”* (Psalm 100:4, KJV).

Remembering our salvation, we give thanks for eternal life. Acknowledging God’s protection, we give thanks for His providence. Recognizing His guidance, we give thanks for His indwelling Holy Spirit.

Colossians 3:16 further implores us, *“Let the word of Christ*

dwell in you richly in all wisdom, teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord” (NKJV).

God’s wonders are made known when we sing (Psalm 105:1-4). And as we praise the work of His hands and the depth of His love, other people hear and receive His message of hope.

Furthermore, singing breaks chains of bondage (Acts 16:25-26). **When we look beyond our earthly circumstances and sing praises to God, we change the atmosphere.** Strongholds and addictions are broken.

Ultimately, our worship prepares us for victory (2 Chronicles 20:21). When we sing, we are sending the Spirit of the Lord before us, declaring our dependency on God, and inviting His manifest presence.

When we sing, God listens and responds.

What is God speaking to you today?



DRAW NEAR
TO GOD AND
HE WILL DRAW
NEAR TO YOU.

JAMES 4:8, NKJV

DAY SEVENTEEN

5 KEYS TO INTIMACY

When you fast, five specific things begin to happen that draw you into an intimate and closer relationship with God.

1. Spiritual Cleansing

Over and over in scripture we're instructed to cleanse ourselves. And we do that through the washing of His word (Ephesians 5:26) and the purifying of our flesh (2 Corinthians 7:1)—two things fasting activates. **As we cleanse and purify ourselves, we can be refreshed and renewed by the Holy Spirit.**

2. Fragrant Anointing

First John 2:27 reveals our anointing is from God. As we

fast, His anointing raises our sensitivity to the things we need to remove or add to our lives.

3. New Clothes

When we fast, God changes our wardrobe. Isaiah 61:3 (NKJV) says, *“To console those who mourn in Zion, to give them beauty for ashes, the oil of joy for mourning, the garment of praise for the spirit of heaviness...”*

4. Total Commitment

When we fast, we’re giving our all to God, surrendering our will, desires, and dreams. And in return, God gives us everything we need! (See Matthew 6:33.)

5. A Powerful Promise

In John 14:21, Jesus tells us, *“He who has My commandments and keeps them, it is he who loves Me. And he who loves Me will be loved by My Father, and I will love him and manifest Myself to him.”* When we fast, Jesus can manifest His presence and power in our lives!

What is God speaking to you today?

18

“THOUGH IT
TARRIES, WAIT
FOR IT; BECAUSE
IT WILL SURELY
COME, IT WILL
NOT TARRY.”

HABAKKUK 2:3, NKJV

DAY EIGHTEEN

KEEP BELIEVING THE VISION

What has God been speaking to you these last couple of weeks? What dreams has He awakened in your heart? What promises has He spoken to your spirit?

In Acts 10, we find an account of God giving Peter an incredible vision—a vision detailing the power of God’s grace and His heart to reach every tribe and tongue with the message of salvation in Jesus Christ.

At first, Peter struggled with doubt. He wondered what the vision meant and how God was going to bring it to pass. But the Spirit said to Peter, *“Arise therefore, go down and go with them, doubting nothing; for I have sent them”* (Acts 10:20, NKJV).

I believe those words of encouragement are for you today as well.

Believe and don't doubt. **Don't doubt the vision that God has given you.**

Stay committed to what you had in your mind and in your heart when you started this fast. The prophet Habakkuk encourages us:

*“For the vision is yet for an appointed time;
But at the end it will speak, and it will not lie.
Though it tarry, wait for it;
Because it will surely come,
It will not tarry.”* (Habakkuk 2:3, NKJV)

Keep believing the vision God gave you. As you continue praying and fasting, He will bring it to pass!

What is God speaking to you today?

10

EVEN BEFORE HE MADE
THE WORLD, GOD LOVED US
AND CHOSE US IN CHRIST
TO BE HOLY AND WITHOUT
FAULT IN HIS EYES. GOD
DECIDED IN ADVANCE TO
ADOPT US INTO HIS OWN
FAMILY BY BRINGING US TO
HIMSELF THROUGH JESUS
CHRIST. THIS IS WHAT HE
WANTED TO DO, AND IT
GAVE HIM GREAT PLEASURE.

EPHESIANS 1:4-5, NLT

DAY NINETEEN

GOD CHOSE YOU

Do you know that God chose you before the creation of the world?

Think about that truth for a moment.

If you asked God, “Why do you love me?” He would not respond with a list of your attributes or characteristics. He would simply say, “Because I want to love you. I have redeemed you and called you by name. You are mine.”

Before you made a single decision, He decided to love you, save you, redeem you, and bless you. And perhaps the most romantic part of this divine love story is that He loves you with an everlasting love. He wants to love you. It brings Him joy.

20

“... HOW MUCH
MORE WILL YOUR
FATHER WHO IS IN
HEAVEN GIVE GOOD
THINGS TO THOSE
WHO ASK HIM!”

MATTHEW 7:11, NKJV

DAY TWENTY

GOOD THINGS

As you near the end of your fast, I want to remind you that the heart of your heavenly Father wants to richly bless His children.

Romans 8:32 (KJV) says, *“He that spared not his own Son, but delivered him up for us all, how shall he not with him also freely give us all things?”*

“All things” means all things! If it’s promised in God’s Word, it’s God’s will—so refuse to settle for less. Keep pressing in and drawing near to your heavenly Father and His great heart of love.

Circumstances may change, seasons might shift, *“But the word of our God stands forever”* (Isaiah 40:8, NKJV). You can rest assured in Him because His word is settled in Heaven forever. (See Psalm 119:89.)

21

HE WHO
CALLS YOU
IS FAITHFUL,
WHO ALSO
WILL DO IT.

1 THESSALONIANS 5:24, NKJV

DAY TWENTY-ONE

GOD IS FAITHFUL

I love the story of Abraham.

Here was a man who was given a word from God, a promise that a nation would be birthed through him, outnumbering the sand and stars.

It didn't just seem unlikely, it probably felt to him nothing short of impossible! And yet...

By faith Abraham obeyed when he was called to go out to the place which he would receive as an inheritance. And he went out, not knowing where he was going. (Hebrews 11:8, NKJV)

Abraham went out, and so must we.

Despite our doubts, in the face of our fears, no matter our questions, we have to decide to follow God's Word above all.

Why? Because *"He who calls you is faithful, who also will do it."*

In other words, your faith is in the faithfulness of God. And it doesn't get any better than that.

1 Kings 8:56 encourages us, *"Blessed be the LORD, who has given rest to His people Israel, according to all that He promised. There has not failed one word of all His good promise, which He promised through His servant Moses"* (NKJV).

Attacks may come, *"But the Lord is faithful, who will establish you and guard you from the evil one"*
(2 Thessalonians 3:3, NKJV).

Knowing that, you can *"hold fast the confession of [your] hope without wavering, for He who promised is faithful"*
(Hebrews 10:23, NKJV).

No matter what comes your way, you can have faith in God's faithfulness. As you fast and pray, you can rest assured He will come through.

The encouragement you need to finish your fast and see God move in your life.

Is there a need or breakthrough you're believing God for? A desire to go deeper in your relationship with Him? A dream that feels dead and in need of fresh hope? Through Jentezen Franklin's encouraging and insightful *Fasting 21-Day Devotional*, discover God's heart to release blessing, freedom, and power in your life as you fast and draw near to Him.



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