

Drawing Near to God in Prayer Through Fasting

Scripture:

"Then I turned my face to the Lord God, seeking Him by prayer and pleas for mercy with fasting and sackcloth and ashes." – Daniel 9:3 (ESV)

Fasting is an intentional act of drawing near to God. In Daniel 9:3, we see Daniel seeking God with urgency and purpose—not out of ritual, but to align his heart with God's will. Fasting magnifies our spiritual hunger, reminding us that our greatest need is not physical sustenance but God Himself.

As you fast, bring your burdens, questions, and praises before Him. Use this time to quiet distractions and deepen your communion with God. Trust that, like Daniel, you can come boldly to His throne, knowing He hears and responds. The greatest reward of fasting is God Himself—His love, guidance, and presence.

Prayer:

Lord,

As we fast, we turn our faces to You, seeking Your presence and mercy. Teach us to hunger for You above all else and to hear Your voice clearly.

Strengthen us in prayer and draw us closer to You. Thank You for the assurance that You hear our hearts and meet us where we are. May this fast glorify You and transform us.

In Jesus' name,

Amen.

- Pastor Cheryl Andrews