

# *40 Days of Prayer and Fasting*

October 7<sup>th</sup>

Daily Devotional #7

Today marks the seventh day of our 40 Days of Prayer and Fasting journey together. I am so grateful to those who have fasted (food fasts and other fasts). I pray your time in fasting and prayer has been both challenging and productive. Today's devotional comes from one of our "food fasters", Alecia Ragan. Alecia fasted yesterday and shares her thoughts and experiences below. My prayer for the entire WH Family is that we are all praying and seeking GOD's wisdom and "input" as we seek to discover what HE is doing in us, and what HE is preparing us for and for us as HE transforms us for HIS Kingdom Living. I love all, deeply, and pray for you continuously throughout the day. May GOD be blessed by our love for one another and our devotion to HIM and our seeking HIS help and blessing. ...*Danny*

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*(from Alecia Ragan...)*

Yesterday (Monday, October 6<sup>th</sup>) was my day to fast.

I was a bit surprised at how I felt physically. I had done this when I was much younger, and it had a much different effect. However, I did think much more about praying and all the blessings we have...

When I woke up this morning, I was filled with gratitude...  
...thankful for things usually taken for granted.

We are so blessed to be a part of a group so willing to please God...  
I felt (and still do feel) renewed.

During the fast itself, I was thinking that 1 in 6 people in this country are hungry all the time, but I am always trying to not eat too much. I feel even more drawn to helping those who do not have enough.

One Scripture that kept coming to me was Psalm 18:3 (or the song), I Will Call Upon the Lord. The fast made me slow down and not be consumed with trivial things.

(I am thankful we (WH) are) on this journey...

Alecia

## **Psalm 18:1–3 (NIV84)**

<sup>1</sup> I love you, O LORD, my strength.

<sup>2</sup> The LORD is my rock, my fortress and my deliverer;

my God is my rock, in whom I take refuge.

He is my shield and the horn of my salvation, my stronghold.

<sup>3</sup> I call to the LORD, who is worthy of praise,  
and I am saved from my enemies.