

**Those from among you
Shall build the old waste places;
You shall be called the repairer of the Breach,
The Restorer of Streets to dwell In.**

**If you turn away your foot from the Sabbath,
From doing your pleasure on My holy day,
And call the Sabbath a delight,
The holy day of the Lord honorable,
And shall honor Him, not doing your own ways,
Nor finding your own pleasure,
Nor speaking your own words,
Then you shall delight yourself in the Lord;
And I will cause you to ride on the high hills of the earth,
And feed you with the heritage of Jacob your father.
The mouth of the Lord has spoken.
Isaiah 58:6-14**

Prayer and Fasting

Andrew Murray Jesus teaches us that a life of faith requires both prayer and fasting. Prayer grasps the power of heaven, fasting loosens the hold on earthly pleasure.

Let's remember that abstinence, moderation, and self-denial are a help to the spiritual life.

Prayer is not easy work. For the real practice of prayer – taking hold of God and having communion and fellowship with Him – it is necessary that our selfish desires be sacrificed.¹

¹ Andrew Murray The Best of Andrew Murray on Prayer