

DAY 14 | PRAY ON IT, OVER IT AND THROUGH IT

Written by Jared Lucas

**“Do not worry about anything, but in everything, through prayer and petition with thanksgiving, present your requests to God. And the peace of God, which surpasses all understanding, will guard your hearts and minds in Christ Jesus.
Philippians 4:6-7**

Fasting creates space to quiet the noise, turn our attention toward God, and bring our hearts into greater surrender to Him. We don't fast to convince God to do something for us. We are fasting because we want to draw closer to Him and become more sensitive to His voice, His direction, and His will.

One of the enemy's greatest lies is, “You have to carry this yourself.”

| *Paul reminds us that every burden has a destination: God's throne.*

Some situations call us to pray on something, bringing it before God for wisdom and direction. Some seasons call us to pray over someone, covering our family, our church, our brothers, and even our enemies in prayer. And then there are valleys where we must pray through the struggle, refusing to quit until we see God move or until He changes us in the waiting. Jesus Himself modeled this in the Garden of Gethsemane. He didn't avoid the pressure; He prayed through it. He wrestled honestly with the Father, surrendered completely to His will, and walked out of that garden with peace before He ever reached the cross.

**| *Men and women of God aren't marked by having fewer battles.
They're marked by knowing where to take them.***

Whatever you're facing today, don't just think about it. Don't just talk about it. Don't just worry about it.

Pray on it. Pray over it. Pray through it.