



**By McKay S., age 9, Utah, USA**

I am a level 5 gymnast at my gymnastics club, and I was having a very good season. The state meet was coming up, and if I did well in the state meet, I would qualify for region. But the region meet was going to be on a Sunday. I had been working so hard to get to this point, and I wanted to go, but I felt like I shouldn't.

A couple days later was fast Sunday, and I told my mom and dad what I was going to fast for. Together with my family we fasted that I would know what the Lord wanted me to do. I fasted Saturday night, all the

way to Sunday dinner. Boy, that was hard.

That night when I was sitting with my mom, I decided that I shouldn't go. I felt good and peaceful about my decision. The next day my mom got an email saying the region meet was changed to Friday. The following week I competed at state and took first place all-around, and now I get to go to regions in Colorado.

I know my prayer was answered. My faith in fasting and prayer is a lot stronger. ♦

# Competing on Sunday?

