

What is fasting?

Fasting by definition means to abstain from food and drink. It is a deliberate denial of all foods, or choice foods for a determined amount of time. For example, Daniel fasted for 21 Days abstaining from the Kings table of meat and wine (Daniel 10:3), whereas, Moses didn't eat or drink anything for 40 days and nights, according to Exodus 34:28. From both examples, we find fasting to be the expression and cultivation of dependence on and humility before God. Denial of the natural, the flesh, in pursuit of the spiritual, our Father, actually moves the heart of God towards His people. Thus, fasting is a crucial part of a healthy relationship with God. Fasting also strengthens the spirit man just as eating strengthens the physical man. That is why the disciples were able to cast out some spirits but the stubborn one Christ said: ' This type only comes out by fasting and prayer. If you need victory in a certain area in your life, you have tried to handle it in the natural and even prayed but its stubborn and persistent, then apply the principles of Jesus to get "this kind" of serious problem out of your life. You will notice a similar pattern in both the old and new testaments when Gods people needed victory .

Why fast?

God opposes the proud but gives grace to the humble (James 4:6-10). We're told in Isaiah 57:15, "I dwell in the high and holy place, and also with him who is of a contrite and lowly spirit, to revive the spirit of the lowly, and to revive the heart of the contrite." The reference in Isaiah 66:1-2 is much the same as God looks at those who truly fear Him. Our God, and Father, who is above all earthly power comes close to those who willingly humble themselves before Him because they acknowledge and recognize His Sovereignty. And, fasting is how we humble ourselves before God (Joel 1:14; 2:12, 15), it's how we revere Him above everything and anything else. By going without our most basic need for a set amount of time, we declare to God that He is more significant than any worldly possession. Simultaneously, in the absence of food, we look to Him as our sustenance. By fasting we are choosing to feed our spirit rather than our flesh. Fasting is one way that we demonstrate our utter dependence on God for all things. It is another level of yielding to His Lordship or leadership, beyond words but with action as we spend time in His presence declaring our need of Him. And in response, God comes closer to His people.

As God draws close to us in our humility, a fervency grows within the believer's heart. There is a desperation for God that increases (cf. Acts 13:2); freedom from besetting sins comes as our flesh is made subject to the written Word of God (Galatians 6:8; Romans 8:13); clear insight into God's will comes (cf. Acts 14:23); and, dramatic intervention comes in circumstances (see many examples below under "When should I fast").

How should I fast?

The Bible actually has a lot more to say about how *not* to fast rather than how to fast. The warnings are offered so that our fasting is pleasing to God and not just piety at work. For example, the Pharisee's fasted as a legalistic badge of merit and superiority, so we're told not to fast like that. We shouldn't let everyone know we're denying ourselves (exaggerated, distressed gasps as your friends eat lunch; complaining repeatedly about how hungry you are and the like are what Jesus is referring to in Matthew 6:16-18). God's people in the Old

Testament are likewise condemned for fasting because they took advantage of others, so we're told what a true fast actually is, in God's eyes (Isaiah 58). God condemns people for fasting to get what they want, rather than merely drawing close to God and leaving the "results" to Him (" ... you seek your own pleasure." v. 3). So, when we fast, we should also pursue righteousness. And that means, loving others. Anything else is hypocrisy.

Who should fast? According to a first century document called the *Didache*, almost all of the earliest Christians fasted as a regular rhythm in their lives together (they fasted every Wednesday and Friday). Furthermore, Jesus says that His disciples will fast as an act of grief for His departure and as an act of longing for His return (Matthew 9:14-15). As such, it is fitting for Christians to appropriate this powerful means of grace life. To shrink away from this practice is to refuse what God may want to accomplish in and through the process.

When should I fast?

The Scriptures are rife with examples of when God's people are to fast. Nehemiah fasted for an astounding 120 days when he saw the state of God's people and God's city (Neh 1:1-4). Esther called for the entire nation of Israel to fast as she tried to divert Haman's plan to annihilate the Jews (Esther 4:15-17). Ezra proclaimed a fast in order to seek God's protection when the people returned from exile to rebuild Jerusalem (Ezra 8:21; similarly: 2 Chronicles 20:3). The Apostles fasted when they needed clarity on God's plan in the early days of the Church (Acts 13:2-3; 14:23). Even Jesus fasted for 40 days at the outset of His ministry to declare His complete dependence on the Father (Matthew 4). Given these examples, we can conclude that fasting is especially appropriate when God's intervention is especially needed. Let's get practical ...

- Prepare for your fast by slowing down the amount of food you eat, and/or the portion size and/or the kinds of foods you intake a couple of days before your official day of fasting begins. Avoid high-fat and sugary foods before beginning a fast. Wean yourself from caffeine before fast begins.
- Consult your physician if you're on medication. And, you might talk to him/her about a recommended multivitamin and/or fiber supplement. If you are diabetic, have a serious heart condition or are pregnant, you probably should not fast.
- You can fast in many ways. A whole fast speaks to no food and all liquids. A half fast may be the kinds of foods you eat or the time of day. For instance, you may fast from 6am-6pm eating nothing or eating vegetable or eating regularly at 6pm. Any combination of eating may be considered a half fast. Pray about what kind of fast you will engage.
- To prevent constipation during and after the fast, eat fresh fruit and raw vegetables, fruit and/or real vegetable juices. Watch sugar content in many juices. Odwalla and Naked juices are loaded with sugar, for instance and should be avoided.

- The first three days are almost universally the most difficult. The body is releasing toxins that have been built up for years. Once you're through the fourth day, your equilibrium will return and you'll likely feel surprisingly alert and strong. Drink plenty, plenty, plenty of water.
- Don't forget why you're fasting! We can easily get absorbed into recipe's and/or the physical effects of our fast that we forget to maximize its impact in extended times of prayer and taking in large doses of the Scriptures. Don't waste your fast because you're focused on the superficial.
- If you have had serious eating issues in the past, you should approach fasting with great caution. You may consider fasting from a particular type of food (meat, fruit, etc.).
- What about fasting from Facebook, TV, internet, etc.? While these are admirable and even recommended practices, the Biblical definition of fasting is universally with respect to food. Nothing so thoroughly reminds us of our dependence on God than the denial of our most basic need ... and no, our most basic need is not Facebook.
- Have a clear prayer target/focus. And, write it down (Habakkuk 2:2). Without a vision or clear goal you cannot know clearly how God intervened at the conclusion of your fast. Maybe you'd like to see salvation for your relatives, maybe you'd like to see a situation change/resolve on your job.
- When you fast, sincerely pray. Read the Scriptures aloud (Matthew 4:4). It may seem obvious, but busyness and distractions can keep you from daily devotions. Expect to hear God's voice in the Scriptures, in dreams, vision and revelations. Daniel prepared himself to receive revelation through fasting (Daniel 10:1-2).
- There are times during a fast that there is an emotional cleansing. If you find yourself highly sensitive to different emotions, use the fast to identify those areas in life that need greater attention. Self-control is necessary.
- End your fast gradually. Break the fast eating light meals and/or foods that are easy to digest (Broth, apple sauce, watermelon, steamed vegetables).
- Prepare for opposition. Satan tempted Jesus and he will tempt you (Matthew 4)
- If you err and eat, breaking the fast before the 21 days have ended, don't live in condemnation. Start again.
- If you're joining the fast after it is underway, welcome! It's not too late!

Discussion Questions:

1. After reading this sheet, what do you find most motivating in what you've read?
2. Read Matthew 6:16-18. Why do you think Jesus assumes His followers will fast? Given what you've read, what "rewards" might God grant those who fast in this way?
3. Read Isaiah 58:1-12. What makes God so angry about this particular fast? What is the fast that God has chosen? What are some of the results when we fast in this way (properly)?
4. What sort of fast are you going to pursue (water only, juice only, one meal a day)?

On-Site Prayer

Hope Cathedral

46 Bennett's Mills Road

Jackson, NJ

Family Life Center, Auditorium

Monday - Friday Prayer from 7:30pm – 8:30pm.

Saturday Prayer at 7am – 8:00am.

Sunday: Regular service and personal devotion. No on-site meeting in the evening.

DAY 1 – January 5

Be Open Before God

Now thanks be to God who always leads us in triumph [victory] in Christ, and manifests through us the fragrance of His knowledge in every place. 2 Corinthians 2:14

Throughout the Bible you find that God blesses His people. However, the enemy comes to steal, prevent or destroy that blessing. The children of Israel did not inherit the promised land without a fight. Like the Israelites we serve a God who is described in the Bible as Jehovah Gibbor, The Lord Mighty in Battle! ... The Lord strong and mighty, the Lord mighty in battle.” When the enemy comes against you through other people and circumstances, you do not have to fight on your own. Invite Jehovah Gibbor into the fight and be rest assured that victory is certain with God on your side. But first you must be open with God especially in dealing with secret sins, iniquity within yourself and your family line. You need Him to rid you of the lie.

1. Present yourself and entire family to God and pray that He reveals the sin/iniquity in your life. And, pray for freedom. If it’s a sin that has become a habit or stronghold in your life, pray that He destroy that stronghold permanently never to be rebuilt again. These include but not limited to anxiety, fear, seeking external validation, hot temper, rash talk, or anything else that controls/sabotages you.
2. Pray for family members to have victory over strongholds in their lives and that all come to Christ.
3. Pray for Godly wisdom and guidance in everything.

Scriptures to Meditate:

Open up before God, keep nothing back; He’ll do whatever needs to be done: He’ll validate your life in the clear light of day and stamp you with approval at high noon. Psalm 37:5 (MSG)

For the eyes of the LORD roam to and fro over all the earth, to show Himself strong on behalf of those whose heart is fully devoted to Him. You have acted foolishly in this matter. From now on, therefore, you will be at war. 2 Chronicles 16:9

And Solomon, my son, learn to know the God of your ancestors intimately. Worship and serve him with your whole heart and a willing mind. For the LORD sees every heart and knows every plan and thought. If you seek him, you will find him. But if you forsake him, he will reject you forever. 1 Chronicles 28:9

DAY 2 – January 6

A Meeting with God

*Then Jesus told them this parable: “Suppose one of you has a hundred sheep and loses one of them. Doesn’t he leave the ninety-nine in the open country and go after the lost sheep until he finds it? And when he finds it, he joyfully puts it on his shoulders and goes home. Then he calls his friends and neighbors together and says, ‘Rejoice with me; I have found my lost sheep.’ I tell you that in the same way there will be more rejoicing in heaven over one sinner who repents than over ninety-nine righteous persons who do not need to repent. **Luke 15:3-7***

Your current situation is the culminative result of your best human effort so far. Now bring God into the equation and notice the difference. Today pray to get closer to him. Don’t pray about your wants or the things you want God to give you victory in. That’s a “Santa Clause” doctrine. “I want, Give me....” Rather, seek first the kingdom of God and all its righteousness and all these will be added unto it (Matthew 6:33). There is order to everything. Socks first then shoes. Kingdom first, then “All these” which covers anything on your list, from basic necessity to luxury.

It matters not where you are in your Christian walk or lack thereof, He will come close to you the moment He sees you walking back home just like the father did with the prodigal son. Not only did he welcome the son back, he also gave him a signet ring which symbolizes full rights and privileges of a son of noble birth.

Scriptures to Meditate:

*Or suppose a woman has ten silver coins and loses one. Doesn’t she light a lamp, sweep the house and search carefully until she finds it? And when she finds it, she calls her friends and neighbors together and says, ‘Rejoice with me; I have found my lost coin.’ In the same way, I tell you, there is rejoicing in the presence of the angels of God over one sinner who repents. **Luke 15:8-10***

*The Lord appeared to us in the past, saying: “I have loved you with an everlasting love; I have drawn you with loving-kindness. **Jeremiah 31:3***

*Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light. **Matthew 11:28-30***

Day 3 - January 7

A Pure Church Is a Powerful Church

The apostles performed many miraculous signs and wonders among the people. As a result, people brought the sick into the streets and laid them on beds and mats so that at least Peter's shadow might fall on some of them as he passed by. Acts 5:12

We are the light of Christ. A city on a hill. We, the church are expected to be the shining light in a dark world. We should strive for purity in heart and spirit so God can work through us to have a positive impact in our communities.

The question we must ask ourselves is how we make impact another life with the love of God. As His ambassadors in the earth, as His mouthpiece, as His children, how can we demonstrate His work in the earth, especially when those who do not know Him are living in defeat and brokenness of life. You have the answer! His name is Jesus! Now your prayer should be to represent your Father and love His people, all people, just like Christ loved the church—with sacrifice.

Scriptures to Meditate:

Yet a time is coming and has now come when the true worshipers will worship the Father in spirit and truth, for they are the kind of worshipers the Father seeks. God is spirit, and his worshipers must worship in spirit and in truth." It doesn't say attenders, observers, club members, or even family members. The dominant word in this is worship. That's what believers were doing in Solomon's Colonnade and what we need to do here. John 4:23-24

You are the salt of the earth; but if the salt loses its flavor, how shall it be seasoned? It is then good for nothing but to be thrown out and trampled underfoot by men. ¹⁴ "You are the light of the world. A city that is set on a hill cannot be hidden. ¹⁵ Nor do they light a lamp and put it under a basket, but on a lampstand, and it gives light to all who are in the house. ¹⁶ Let your light so shine before men, that they may see your good works and glorify your Father in heaven. Matthew 5:13-16

The woman then left her waterpot, went her way into the city, and said to the men, ²⁹ "Come, see a Man who told me all things that I ever did. Could this be the Christ?" ³⁰ Then they went out of the city and came to Him. John 4:28-29 Then they said to the woman, "Now we believe, not because of what you said, for we ourselves have heard Him and we know that this is indeed [a] the Christ, the Savior of the world." John 4:42

Day 4 - January 8

Who are you in Christ?

*For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them. **Ephesians 2:19, ESV***

Some of us define ourselves by our education, finances or what others have told us who we are or what we would like others to see and say about us. The fact is, the one who creates a thing defines it. The man who creates a car defines it and its features even if someone else throws a tantrum and shouts and calls it something else like a bicycle. It matters not how loud they shout or who believes them, it's still a car. God defined you when he created you. Here are a list of things the one who created you says about you. I think it's prudent to go with his definition and not that of the other voices in your life regardless of how loud they scream.

Scriptures to Meditate:

*...and you are complete in Him, who is the head of all principality and power. **Colossians 2:19,***

*...even when we were dead in trespasses, made us alive together with Christ (by grace you have been saved),...**Ephesians 2:5***

*For the law of the Spirit of life in Christ Jesus has made me free from the law of sin and death. **Romans 8:2, NKJV***

Day 5 - January 9

You Can't Achieve Beyond Your Belief.

There we saw the giants (the descendants of Anak came from the giants); and we were like grasshoppers in our own sight, and so we were in their sight. Numbers: 13:33

While God may have great plans for you, your belief system can limit you. How many times have you seen someone have good success (ie, a new job, solid relationship, security, etc.) but lost it because of low esteem and second-guessing of self. They held onto a limited view/belief of themselves. Quite often they would project their personal limitations unto God, and as a result, they hindered further progress or lost because they could not see the blessing in their own lives.

God was taking the Israelites out of slavery to an abundant land flowing with milk and honey. However, they lost the promise because they saw themselves as less than, less than what God made possible, and less than those who had their inheritance. They did not think themselves worthy of God's promise thereby disqualifying themselves from the blessings set for them.

Don't let that be said of you! Know who you are in Christ today!

Scriptures to Meditate:

Now to Him who is able to do exceedingly abundantly above all that we ask or think, according to the power that works in us,...Ephesians 3:20

...having predestined us to adoption as sons by Jesus Christ to Himself, according to the good pleasure of His will, to the praise of the glory of His grace, by which He made us accepted in the Beloved. In Him we have redemption through His blood, the forgiveness of sins, according to the riches of His grace. Ephesians 1:5-7

And what is the exceeding greatness of his power to us-ward who believe, according to the working of his mighty power,... Ephesians 1:19

Day 6 - January 10

Healing the Wounds from your Past

Bless the Lord, O my soul, and forget not all his benefits, who forgives all your iniquity, who heals all your diseases, who redeems your life from the pit, who crowns you with steadfast love and mercy. Psalm 103:2-4

In your journey through life there will be accidents, incidents, pot holes and rough roads. Any one of these, or a combination of them, could cause so much damage that it impacts your ability to travel through even the smoothest part of life's journey. Today's prayer goes beyond letting go of the past which is important, but it is a prayer for healing of the heart and binding of old wounds. Your journey is made sweeter by looking forward rather than backwards.

Invite God to heal past wounds and give you the wisdom and guidance so that you can live in freedom.

Scriptures to Meditate:

He heals the brokenhearted and binds up their wounds. Psalm 147:3

He himself bore our sins in his body on the tree, that we might die to sin and live to righteousness. By his wounds you have been healed. 1 Peter 2:24

He gives power to the weak, and to those who have no might He increases strength. Isaiah 40:29

Day 7 - January 11

Victory over Rejection and the Legions of Demons that Come with It.

Behold, I give you the authority to trample on serpents and scorpions, and over all the power of the enemy, and nothing shall by any means hurt you. ²⁰Nevertheless do not rejoice in this, that the spirits are subject to you, but ²¹rather rejoice because your names are written in heaven.

Luke 10:19-20

If the world rejects God, expect them to reject the children of God. Rejection is so pervasive you find it everywhere. Within the family, in school, at work, even invitro where the father denies paternity and rejects the child right after conception, or when one or both parents see the child's birth as a mistake.

Rejection, regardless of its source causes trauma and ushers in oppressive spirits that to torment you long after various incidents of rejection. Those spirits include anxiety, fear, self-blame, escaping into an alternate reality in your mind, a fantasy world where you are loved and accepted, self-medication to numb the pain through drugs and alcohol. Others include rejecting others before they reject you, on one extreme. On another extreme, rejection shows as people over compensate to be accepted by others.

Rejection left untreated always leads to a dark place and is bound to reproduce. Today we will pray for victory over the spirit of rejection and every other tormenting spirit that comes with it.

Scriptures to Meditate:

*Though my father and mother forsake me, the LORD will receive me. Teach me your way, LORD; lead me in a straight path because of my oppressors. Do not turn me over to the desire of my foes, for false witnesses rise up against me, spouting malicious accusations. I remain confident of this: I will see the goodness of the LORD in the land of the living. Wait for the LORD; be strong and take heart and wait for the LORD. **Psalms 27:10-14***

*See what great love the Father has lavished on us, that we should be called children of God! And that is what we are! The reason the world does not know us is that it did not know him. **1 John 3:1***

*We are hard pressed on every side, but not crushed; perplexed, but not in despair; persecuted, but not abandoned; struck down, but not destroyed. **2 Corinthians 4 :8-9***

Day 8 - January 12

Don't Elect the Criminal as Judge in Your Life.

*If God is for us, who can be against us? He who did not spare His own Son, but delivered Him up for us all, how shall He not with Him also freely give us all things? Who shall bring a charge against God's elect? It is God who justifies. Who is he who condemns? It is Christ who died, and furthermore is also risen, who is even at the right hand of God, who also makes intercession for us. **Romans 8:31-34***

The devil is described as a thief who comes to steal, kill and destroy. he is also described as the accuser, and the father of all lies. Unfortunately, many have been deceived into electing the biggest criminal (the devil) into the position of Judge and jury in their lives. Consequently, he will do what comes to him naturally. Rob you of joy, health, finances, tempt you and then accuse you for falling into temptation. The goal is to have you punished for what you have done, or what you have neglected to do.

Here is the lie used to trick Christians into electing the enemy into the position of Judge in life:

1. With effort you can do the law. (Good works, pious living etc.)
2. With enough sin you can undo the Gospel of Christ. (Don't fast enough, don't preach enough etc.)

The logic is, I must work hard to earn Gods favor, and if I don't work hard enough (pray enough, fast enough, keep the commandments enough etc.), I will fall out of the will and favor of God. This nullifies the Gospel. Christ fulfilled the law for us and paid the price in full – past, present and future sins.

The purpose of the devil's trick is to take God off the throne of your life, and put himself in the Judges seat. Once seated, he will accuse and condemn you daily. So rather than walk in victory, you will spend the rest of your life in condemnation: Not worthy of the blessings and favor of God, not qualified and not ready. And, if good were to come, he would want you to forfeit it under the guise that you are undeserving. Hence, you fear rather than live in faith, causing the very things that you are afraid of, to manifest in your life.

We have a choice. Christ came that we may have life and have it more abundantly. All you need to do is receive the gift of God through the sacrifice of His only begotten son. And, God's love for you is not only, unconditional but there is NO condemnation in Christ Jesus.

Scriptures to Meditate:

Therefore, there is now no condemnation for those who are in Christ Jesus, ² because through Christ Jesus the law of the Spirit who gives life has set you free from the law of sin and death.

³ For what the law was powerless to do because it was weakened by the flesh, God did by sending his own Son in the likeness of sinful flesh to be a sin offering. And so he condemned sin

*in the flesh, ⁴ in order that the righteous requirement of the law might be fully met in us, who do not live according to the flesh but according to the Spirit. ⁵ Those who live according to the flesh have their minds set on what the flesh desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires. ⁶ The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace. ⁷ The mind governed by the flesh is hostile to God; it does not submit to God's law, nor can it do so. ⁸ Those who are in the realm of the flesh cannot please God. ⁹ You, however, are not in the realm of the flesh but are in the realm of the Spirit, if indeed the Spirit of God lives in you. And if anyone does not have the Spirit of Christ, they do not belong to Christ. ¹⁰ But if Christ is in you, then even though your body is subject to death because of sin, the Spirit gives life because of righteousness. ¹¹ And if the Spirit of him who raised Jesus from the dead is living in you, he who raised Christ from the dead will also give life to your mortal bodies because of His Spirit who lives in you. ¹² Therefore, brothers and sisters, we have an obligation—but it is not to the flesh, to live according to it. ¹³ For if you live according to the flesh, you will die; but if by the Spirit you put to death the misdeeds of the body, you will live. ¹⁴ For those who are led by the Spirit of God are the children of God. ¹⁵ The Spirit you received does not make you slaves, so that you live in fear again; rather, the Spirit you received brought about your adoption to sonship. And by him we cry, "Abba, Father." **Romans 8:1-15, NIV***

Day 9 - January 13

New Creation in Christ

*Therefore gird up the loins of your mind, be sober, and rest your hope fully upon the grace that is to be brought to you at the revelation of Jesus Christ; ¹⁴ as obedient children, not conforming yourselves to the former lusts, as in your ignorance; ¹⁵ but as He who called you is holy, you also be holy in all your conduct, ¹⁶ because it is written, "Be holy, for I am holy. **1 Peter 1:13-16***

Being born again makes you a new creature in Christ. Not a refurbished old self but a brand-new creature. Therefore, the old carnal self is dead and the new spiritual self is resurrected with Christ. In Christ, you are without blemish in God's eyes. The old self focused on feeding the carnal body and was controlled by carnal desires. Now, you are focused on Christ and controlled by the spirit. And, as your spirit man grows stronger so do your victories in the areas that matters most.

Scriptures to Meditate:

*Therefore if anyone is in Christ, he is a new creature; the old things passed away; behold, new things have come. **2 Corinthians 5:17***

*For I will forgive their wickedness and will remember their sins no more. **Hebrews 8:12***

*We were therefore buried with him through baptism into death in order that, just as Christ was raised from the dead through the glory of the Father, we too may live a new life. **Romans 6:3***

Day 10 - January 14

Your Power And Authority: Legions of Angels are Awaiting your Command

Bless the Lord, you His angels, who excel in strength, who do His word, heeding the voice of His word. ²¹ Bless the Lord, all you His hosts, You ministers of His, who do His pleasure. Psalm 103:20-21

Psalm 103:20 talks about God's angels who excel in strength heeding His voice and executing His word. Meaning, each time you speak God's Word, these angels respond! It's important therefore to know His word concerning every situation, and speak His Word's, instead of your own words that may be based upon fear, logic or the circumstantial.

As a child of God, you already the Angels are commissioned by God to do their part by executing the word—the word out of your mouth. So, when angels hear you saying, "Thank You, Father, no evil shall befall me nor shall any plague come near my dwelling" (see Psalm 91:10), they will come to your aid because you are giving voice to God's Word. We can see the same in Daniel's life. At the end of Daniel's three weeks of fasting and praying for an answer from God, the angel Gabriel appeared to Daniel and said to him, "I have come because of your words" (Daniel 10:12).

Scriptures to Meditate:

Bless the Lord, you His angels, who excel in strength, who do His word, heeding the voice of His word. Psalm 103:20

The seventy-two returned with joy, saying, "Lord, even the demons are subject to us in your name!" And he said to them, "I saw Satan fall like lightning from heaven. Behold, I have given you authority to tread on serpents and scorpions, and over all the power of the enemy, and nothing shall hurt you. Nevertheless, do not rejoice in this, that the spirits are subject to you, but rejoice that your names are written in heaven. Luke 10:17-20 ESV

Day 11 - January 15

God Math is Multiplication

*I am Almighty God; walk before Me and be blameless. ² And I will make My covenant between Me and you, and will multiply you exceedingly. **Genesis 17:1-2***

Throughout the Bible we see God's increase speaks to multiplication. He spoke multiplication to Adam first and a couple of others, saying, "Go forth and multiply". Now there are over 7 Billion people despite floods, wars, plagues, and natural disasters. The same pattern is true in everything our God is involved in. With one seed, there is a 30-60 fold yield. That is called, multiplication. When He blesses, there is substantial increase. And He adds no sorrow unto it (Proverbs 10:22).

The same is true when we follow His ways. When we give, 2 Corinthians 9:10 shows us the blessing of multiplication, saying, "Now may He who supplies seed to the sower, and bread for food, supply and multiply the seed you have sown and increase the fruits of your righteousness, ¹¹ while you are enriched in everything for all liberality, which causes thanksgiving through us to God.

Never underestimate the power of your seed/offering to God. When you sow, He supplies more seed, and He increases the fruit in your life so that you are able to give more. And, your giving will trigger thanks to the Father!

Scriptures to Meditate:

*And God is able to bless you abundantly, so that in all things at all times, having all that you need, you will abound in every good work. **2 Corinthians 9:8***

*The LORD will open the heavens, the storehouse of his bounty, to send rain on your land in season and to bless all the work of your hands. You will lend to many nations but will borrow from none. **Deuteronomy 28:12***

*And my God will meet all your needs according to the riches of his glory in Christ Jesus. **Philippians 4:19***

Day 12 - January 16

Be anxious for nothing.

I sought the LORD, and he heard me, and delivered me from all my fears. Psalm 34:4

Anxiety is rooted in fear: Fear of the past (will it happen again?); fear of the future (Layoffs on the job, fear of rejection, fear of failure etc.); fear of things that happened to loved ones; fear of an experience; fear of strangers; Fear of possibilities (accident, natural disasters etc.). Just fear.

Steeped by worry, fear speaks to being paralyzed and limited without personal power to change or remedy a situation. But, neither worry nor fear are from God. So, He tells us not to worry (Matthew 6:25-34) because that cannot change your situation. He tells us, do not live in fear (Isaiah 43:1-3). God wants His children to come to Him in this life, to know that He is God, that He is able and then depend upon Him. To allow Him to intervene in those areas of life where we are unsure and ready to faint, or second-guess.

So, today we can make a decision not to give in to anxiety or fear, but to trust Him in all of our ways and allow Him to direct our steps. And, when we don't know what to do, that we'll remember that He is big enough to get us on track, if we're off, and gracious enough to lead and guide us by His Spirit, as His own.

Scriptures to Meditate:

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

Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you. 1 Peter 5:6-7

Then Jesus said to his disciples: 'Therefore I tell you, do not worry about your life, what you will eat; or about your body, what you will wear. Life is more than food, and the body more than clothes. Consider the ravens: They do not sow or reap, they have no storeroom or barn; yet God feeds them. And how much more valuable you are than birds! Who of you by worrying can add a single hour to his life? Since you cannot do this very little thing, why do you worry about the rest?' Luke 12:22-26, NIV

...the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us with groans that words cannot express. And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for the saints in accordance with God's will. And we know that in all things God works for the good of those who love him, who have been called according to his purpose. Romans 8:26-28

Day 13 - January 17

Using Your Spiritual Gifts

A man's gift makes room for him, and brings him before great men. Proverbs 18:16

To live a victorious life, you must utilize both your physical and your spiritual gifts. God has put many gifts within you. There is not one talent that you possess that is for yourself, alone. But it is for the benefit of others. In the same way that an athlete's gift brings victory to self but it also provides entertainment for others. There is something that you enjoy that can also be a blessing to others. In the same way that Joseph had a dream that would ultimately bless a nation, so you have spiritual gifts/talents, that could affect, if not a nation, a generation.

The key is to identify your gifts and step out of your comfort zone to offer them to others. Not for personal benefit, but because God want to see you flourish, and you can. You don't have to copy and paste someone else's gifts you just identify what God has given you and be the best or do the best with it. Therein, your gifts make room for you.

You were made an original, be the best you and again, the gifts will elevate you before great men.

Scripture to Meditate:

There are different kinds of working, but in all of them and in everyone it is the same God at work. Now to each one the manifestation of the Spirit is given for the common good. To one there is given through the Spirit a message of wisdom, to another a message of knowledge by means of the same Spirit, to another faith by the same Spirit, to another gifts of healing by that one Spirit, 10to another miraculous powers, to another prophecy, to another distinguishing between spirits, to another speaking in different kinds of tongues, and to still another the interpretation of tongues. 1 Corinthians 12:6-10

Day 14 - January 18

Prayer for your household

They replied, "Believe in the Lord Jesus. Then you and everyone living in your house will be saved."³² They spoke the word of the Lord to him. They also spoke to all the others in his house.

Acts 16:31-32

The busyness of life, work, school and everything else tugging at us has negative impacts on our health and home. We may not notice it until the place (Home) that is meant to be the safe place for love and refreshing becomes the place of strife and stress. It's not unusual for people to hide themselves in work, external relationships, social media, vice and/or TV, etc. just to get away from the turmoil that homelife may offer.

It's important then that we pray for our household and everyone in it. Invite your heavenly Father into the peace but also into the pain. Pray against unforgiveness and selfishness; bind and cast out the spirit of rebellion and pride. Take authority over the anti-Christ spirit that may have invaded your home. Pray! Pray that God capture the heart of everyone in your household and make hardened hearts tender towards Him. Turn your eyes to Him when disappointed by behaviors and begin to declare like Joshua. "As for me and my household, we shall worship the lord".

Your declaration is a statement faith and your response is because your focused on your Father and not on those in your home.

Scriptures to Meditate:

*How good and pleasant it is when God's people live together in unity! 2 It is like precious oil poured on the head, running down on the beard, running down on Aaron's beard, down on the collar of his robe. It is as if the dew of Hermon were falling on Mount Zion. For there the Lord bestows his blessing, even life forevermore. **Psalm 133***

*They replied, "Believe in the Lord Jesus, and you will be saved—you and your household." Then they spoke the word of the Lord to him and to all the others in his house. **Acts 16:31***

*Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. And over all these virtues put on love, which binds them all together in perfect unity. **Colossians 3:13-14***

Day 15 - January 19

Prayer for the thorn in your life

*Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds,³ because you know that the testing of your faith produces perseverance. ⁴ Let perseverance finish its work so that you may be mature and complete, not lacking anything. **James 1:1-4, NIV***

The Apostle Paul is known for praying for people, and they were healed miraculously; he is known for writing two thirds of the New Testament; and, for planting churches. Yet, he had a problem that he described as a thorn in the flesh. Many speculate it was a chronic infirmity that he prayed for God to remove, but He would not. Similarly, we might have a situation in our life that we have prayed for, sought for logical solutions in order to end but the problem (the thorn), remains. For you, the thorn may be something chronic. It may be an irritating person, or something bothersome. Well, 2 Corinthians 12 tells us how to live a victorious life in spite of that thorn.

It's important for you to identify the reason why God would allow the thorn to remain. In Paul's case it was to keep him from getting conceited. He described it as a gift from God, delivered by a messenger of satan. For Moses, it was Pharaoh that God used. And, throughout the Scripture, we see where Israel experienced oppression by other nations, until the fullness of time. The point is, God is Sovereign and is willing to use anyone to forward his agenda.

Our response then, is not to question God, per se. But, rather to examine our hearts, reminded that His grace is sufficient, and walk faithfully before Him, knowing that He is able to uphold as well as deliver the righteous.

Scriptures to Meditate:

*Where do wars and fights come from among you? Do they not come from your desires for pleasure that war in your members?² You lust and do not have. You murder and covet and cannot obtain. You fight and war. Yet you do not have because you do not ask. ³ You ask and do not receive, because you ask amiss, that you may spend it on your pleasures. **James 4:1-3***

*...or because of these surpassingly great revelations. Therefore, in order to keep me from becoming conceited, I was given a thorn in my flesh, a messenger of Satan, to torment me. 8 Three times I pleaded with the Lord to take it away from me. But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me. That is why, for Christ's sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong. **2 Corinthians 12:7-10***

Day 16 - January 20

Recover from loss

So David inquired of the Lord, saying, "Shall I pursue this troop? Shall I overtake them?" And He answered him, "Pursue, for you shall surely overtake them and without fail recover all." 1

Samuel 30:8

Every champion will experience loss at some point. Loss and failure are part of the winning process. How you respond to loss and prepare for the comeback is what differentiates the loser from the victorious. And, the best response is to choose God's ways.

When loss comes and it feels like a personal slight from another we have a choice to make. We can ignore situations as if they'll automatically change, or we can address issues. Proverbs 28:1 says, "the righteous are bold as a lion" which means, our response to life is not to faint but to go to God. He is the strength of your life! And, He is, Jehovah Sabaoth. The Lord of Hosts, the God of the Angel Armies.

He leads His people to war and gives victory: He set ambushes for Jeshoshaphat, He said He would be a swift witness in Malachi (3). He brought the enemy to Elisha's front door (2 Kings 6). He caused the sun to stand still for Joshua (Joshua 10). Our God knows how to rescue the righteous! He was faithful in the life of every person who called upon Him and He will be faithful when you call on Him too!

Scriptures to Meditate:

Praise be to the Lord my Rock, who trains my hands for war, my fingers for battle. Psalm 144:1

The Lord will fight for you; you need only to be still. Exodus 14:14

The righteous person is rescued from trouble, and it falls on the wicked instead. Proverbs 11:8

Day 17 - January 21

Letting Go of Unforgiveness and the Torment that Comes With It.

*Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. **Colossians 3:13***

Holding onto a grudge and to bitterness not only impacts your emotional and physical health, it also blocks your prayers. So, while you may be praying for success, in say your career, the bitterness you hold against your brother/sister may hinder your prayers from going anywhere.

Don't grieve the Spirit of God. Rather, "let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice. ³² And be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you." **Ephesians 4:31-32**

Scriptures to Meditate:

*Therefore, if you are offering your gift at the altar and there remember that your brother or sister has something against you, ²⁴ leave your gift there in front of the altar. First go and be reconciled to them; then come and offer your gift. **Matthew 5:23-24***

*I cried unto Him with my mouth, and He was extolled with my tongue. If I regard iniquity in my heart, the Lord will not hear me: But verily God hath heard me; he hath attended to the voice of my prayer. **Psalm 66:17-19***

Day 18 - January 22

Break Free from Financial Bondage. Victory in Finances

*Woe to you, scribes and Pharisees, hypocrites! For you pay tithe of mint and anise and cummin, and have neglected the weightier matters of the law: justice and mercy and faith. These you ought to have done, without leaving the others undone. **Matthew 23:23***

It is God's desire that we owe no one anything but to love them. Poverty and a debt-ridden life are contrary to His plans for you. And, the Bible is replete with promises of abundance for the righteous. It's important then that we align our lives with His principles for financial wellbeing.

Scriptures to Meditate:

*And my God will meet all your needs according to his glorious riches in Christ Jesus. **Philippians 4:19***

*Bring the whole tithe into the storehouse, that there may be food in my house. Test me in this,' says the LORD Almighty, "and see if I will not throw open the floodgates of heaven and pour out so much blessing that you will not have room enough for it." **Malachi 3:10***

*For you know the grace of our Lord Jesus Christ, that though he was rich, yet for your sake he became poor, so that you through his poverty might become rich. **2 Corinthians 8:9***

Day 19 - January 23

Victory In Health

*Bless the Lord, O my soul, and forget not all His benefits: ³ Who forgives all your iniquities, who heals all your diseases, ⁴ who redeems your life from destruction, who crowns you with lovingkindness and tender mercies, ⁵ who satisfies your mouth with good things, so that your youth is renewed like the eagle's. **Psalm 103:1-5***

The one who made us wrote a manual for the maintenance of our spirit, our soul and our body. And, it is within this manual, the Bible, that we have the promise from God, that Jesus is the answer for our wholeness. We do not have to be afraid of the pestilence that walks in darkness, nor of the destruction that lays waste at noonday because God protects and through Jesus, He provides healing. As children of God, we can receive complete healing.

Scriptures to Meditate:

*Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well. **3 John 1:2***

*The LORD sustains them on their sickbed and restores them from their bed of illness. **Psalm 41:3, NIV***

*He said to her, "Daughter, your faith has healed you. Go in peace and be freed from your suffering." **Mark 5:34, NIV***

Day 20 - January 24

Stay the Course

*Let love be without hypocrisy. Abhor what is evil. Cling to what is good. ¹⁰Be kindly affectionate to one another with brotherly love, in honor giving preference to one another; ¹¹not lagging in diligence, fervent in spirit, serving the Lord; ¹²rejoicing in hope, patient in tribulation, continuing steadfastly in prayer; ¹³distributing to the needs of the saints, given to hospitality. **Romans 12:9-13***

The Olympic gold medal cannot be won by accident. Winners, that is, those who are victorious in any sport must discipline themselves by practicing consistently. Quitting is not an option when training gets tough. It requires a fortitude and endurance—a focus on the prize even before it's in possession. But, when the eye stays on the prize, possession becomes likely.

During this 21 Day period of fasting and prayer, stay the course, be persistent and receive victory.

Scriptures to Meditate:

*Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us, ²looking unto Jesus, the author and finisher of our faith, who for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God. **Hebrews 12:1-3***

My brethren, count it all joy when you fall into various trials, knowing that the testing of your faith produces patience. But let patience have its perfect work, that you may be perfect and complete, lacking nothing. If any of you lacks wisdom, let him ask of God, who gives to all liberally and without reproach, and it will be given to him. But let him ask in faith, with no doubting, for he who doubts is like a wave of the sea driven and tossed by the wind. For let not that man suppose that he will receive anything from the Lord; he is a double-minded man, unstable in all his ways. **James 1:2-8**

Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up. **Galatians 6:9**

Day 21 - January 25

It is finished

*After this, Jesus, knowing that all things were now accomplished, that the Scripture might be fulfilled, said, "I thirst!" Now a vessel full of sour wine was sitting there; and they filled a sponge with sour wine, put it on hyssop, and put it to His mouth. So when Jesus had received the sour wine, He said, "It is finished!" And bowing His head, He gave up His spirit. **John 19:29-30***

You are complete in Christ Jesus—no longer a slave to sin, no longer bound or separated from your Creator. You have full access to God, as your Father and His love speaks to His receiving you, hearing from you and showing Himself strong in your life.

Your life as a slave to sin and the death that comes as a natural consequence of sin ended with Christ on the cross and your new life as a victor began with His resurrection. Because of Christ, you have eternal life. And, that's the kind of news that should make us live in homage to Him, but also to share the good news with those who are without the same privilege of being in fellowship with the living God.

Scriptures to Meditate:

*But thanks be to God, who gives us the victory through our Lord Jesus Christ. **1 Corinthians 15:57 ESV***

*No, in all these things we are more than conquerors through him who loved us. **Romans 8:37 ESV***

*The Lord will perfect that which concerns me; Your mercy, O Lord, endures forever; Do not forsake the works of Your hands. **Psalms 138:8***