

**HEALING TEMPLE CHURCH
NEW YEAR'S FAST**

2024

JANUARY 2ND-22ND



PASTOR VERONICA GOODMAN

DANIEL 10:3

I ate no choice food; no meat or wine touched my lips; and I used no lotions at all until the three weeks were over.

Thank you for joining us in our Annual New Year Consecration and Fast. We praise God for your willingness and commitment in participating with us as we seek God's face during this period. As a reminder, our fast is not intended to manipulate God into doing what we desire, but rather as a way to seek His face and His will for us, His people.

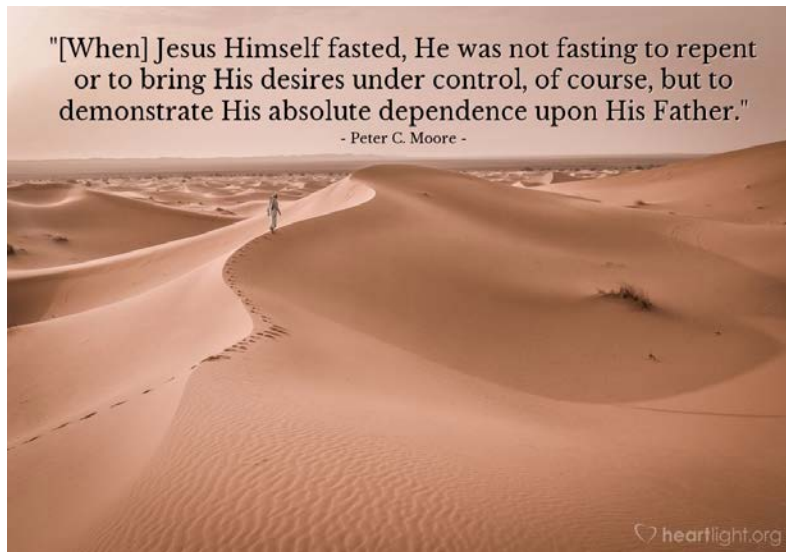
Fasting has tremendous spiritual and physical benefits, some outlined in Isaiah 58. Fasting and prayer go hand in hand. Fasting without prayer is a diet. We must not only fast, but we must also pray. While you are fasting, proclaim that this is our winning season! This is the year of our breakthrough as a body of believers! We have overcome the world because the greater is in us!

Fasting aligns our hearts more closely with the heart of God and also empowers us to see breakthroughs in specific areas. Fasting is when we go without food (or specific types of food) for a period of time and instead direct our attention more fully to God. It helps us as believers to not be ruled by our physical desires but to grow in spiritual power and authority over the desires of our flesh.

When we are fasting, the Lord reminds us that our body's hunger is what our spirits feel when we are not feeding on spiritual food. When we are fasting, we can feel in our body what our inward man is feeling when it's deprived of nourishment. What bread and meat are to our body, the Scriptures are to our spirit. What sodas and tea are to our body, sweet communion with the Holy Spirit is to our spirit.

When we fast, we are following the example of those set before us in the Scriptures. Moses, David, Elijah, Daniel, Anna, Paul, and Jesus practiced fasting. When Jesus taught fasting, He said, "When you fast" not "if you fast". In Matthew 6, Jesus gave specific instructions about how we are to fast and pray. This means fasting is a spiritual discipline that every Christian must devote themselves to. God created us with fasting in mind. When we sleep, we fast. That's

why our morning meal is called breakfast. It's when we break our fast.



Disciplines like fasting train us to obey the Lord and not our flesh. When our flesh gets hungry, fasting subdues its cries for satiation, because we submit to the Lord, even when it is difficult. It says in Romans 6:16-18, "Don't you know that when you offer yourselves to someone as obedient slaves, you are slaves of the one you obey – whether you are slaves to sin, which leads to death, or to obedience, which leads to righteousness? ¹⁷ But thanks be to God that, though you used to be slaves to sin, you have come to **obey from your heart** the pattern of teaching that has now claimed your allegiance. ¹⁸ You have been set free from sin and have become slaves to righteousness."

Throughout the Bible, the people of God consistently took time to fast and pray as a means of growing closer to God and experiencing breakthroughs in specific areas. If we want to deepen our relationship with God or see Him move supernaturally in a specific area, this is the time for us to fast and pray and be steadfast in spending time in Bible study.

About Fasting:

Definition:

To abstain from physical nourishment for a specific period of time for spiritual reasons.

Types: (1) Water only or, (2) water and juice only, or (3) restriction of normal diet (Daniel 10:2-3)

Methods: Choose one day, several days or all 21 days. Choose one meal, two meals or all three.

Note: If you have health concerns, check with your physician first.

Scriptural Attitudes Toward Fasting:

Obedience. Jesus said, "when you fast," not "if you fast" (Matthew 6:16, Isaiah 58).

Humility and Repentance. Seek the Lord. Confess and turn away from all known sins (2 Chronicles 7:14-15, Daniel 9:1- 23).

Commitment. Pray and seek God through His Word (Luke 4:1-14, Esther 4).

Expectancy. Believe He will answer you (Daniel 10:1-14, Acts 13:1-4).

BENEFITS OF FASTING:

1. Helps us overcome the adversities and tribulations of life.

Fasting is the Biblical way to humble ourselves (Psalm 35:13; 69:10). Esther fasted when faced with danger (Esther 4:16). Ezra fasted for protection (Ezra 8:21-28). Jehoshaphat fasted in the time of the invasion of the confederated armies of Canaanites and Syrians (2 Chronicles 20:3).

2. Renews our connection with God.

Jesus said that His disciples will fast when He is gone (Mark 2:20). When we fast, we get our hunger back for the presence of God.

3. Empowers us to fulfill God's calling in our life.

Most of the people in the OT fasted in a crisis; Jesus fasted for His calling. We should not fast only during problems, but also for our purpose. Anna was fasting for the coming of the redemption of Israel. (Luke 2:37).

4. Defeats the devil.

Once, the disciples of Jesus could not cast out a demon. Jesus said, This kind does not leave, but by prayer and fasting (Matthew 17:21). Fasting helps to break the bonds of wickedness, undo heavy burdens, and empower us to break every yoke (Isaiah 58:6).

Healing Temple Fast

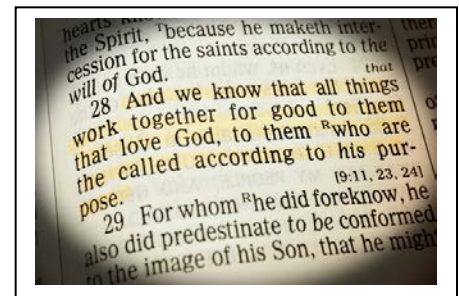
Daniel Fast:

Daniel denied himself of choice food, along with all meat and wine, and received significant answers to prayer (Daniel 10:2-3, 12-13).

Partial Daniel Fast:

Healing Temple will be following a twenty-one-day fast modeled loosely on the Daniel Fast found in Daniel 10:2 -3. This means we will restrict some but not all of the foods that Daniel denied himself.

Make sure that you are allowed to eat the following items listed during your fast. If you have allergies, do not eat those types of food. For instance, do NOT eat



peanuts or peanut butter or any other nuts if you have nut allergies. Follow your doctor's orders for taking medication.

Week 1: January 2 – 8—All fruits and vegetables (fresh, frozen, dried, juiced, canned, including corn and potatoes. All nuts and seeds, including peanut butter. All legumes, canned or dried (peas, pintos, kidneys, black, split peas, etc.). You may also eat meatless soups. All oils from plants, including olive, canola & peanut. Soy products, vinegar, seasonings, salt, herbs & spices. Water or fruit juice without processed sugar.

Week 2: January 9 – 15—Continue eating the same types of food from week one. You may now add chicken or turkey to your soup.

Week 3: January 16 – 22— You may add baked or broiled fish and baked or broiled poultry to your fast. Remember to pray and read your word every day of your fast. This is a fast and not a diet. Our purpose is to hear from God and to draw closer to Him.

During our Fast, we will review some of the Biblical fasts for greater revelation.

January 2

Pray for a spiritual breakthrough

Exodus 24:18—And Moses went into the midst of the cloud, and gat him up into the mount: and Moses was in the mount forty days and forty nights.

Deuteronomy 9:9—When I was gone up into the mount to receive the tables of stone, even the tables of the covenant which the Lord made with you, then I abode in the mount forty days and forty nights, I neither did eat bread nor drink water:



Think About It: Fasting draws us closer to God. When we deny our bodies natural food and feed our spirits spiritual food, it allows us to receive a revelation or instruction from God. It allows us to commune with God. Moses spent time with God. He communicated with God. He was in fellowship with God. Take time during the next 21 days to commune, fellowship, and listen to what God is speaking to you.

January 3

Pray for repentance for you, your family and your community.

Exodus 32:30-31— *And it came to pass on the morrow, that Moses said unto the people, Ye have sinned a great sin: and now I will go up unto the LORD; peradventure I shall make an atonement for your sin. And Moses returned unto the LORD, and said, Oh, this people have sinned a great sin, and have made them gods of gold.*

Deuteronomy 9:18—*And I fell down before the LORD, as at the first, forty days and forty nights: I did neither eat bread, nor drink water, because of all your sins which ye sinned, in doing wickedly in the sight of the LORD, to provoke him to anger.*

Think About It: After Moses spent time with the Lord receiving the commandments and fellowshiping with God, he came down to find that the Israelites had just carved the golden calf with the help of Exodus. Moses had just been in a forty day meeting with God. It's hard to comprehend how Moses felt to experience that type of intimacy with God and come down from that high to be hit with the realization that the people had chosen to sin. The very next day, Moses ascended the Mount for a second time to ask God for mercy for the sin of the congregation and he stayed on the mount for a second time fasting for forty days and forty nights. Let us intercede for our family, our church, our



community, and our nation that they would repent and turn back to the Lord.

January 4

Pray for the glory of God to rest upon you and cause the people to see what He is doing in this season.

Exodus 34:1, 2— *And the Lord said unto Moses, Hew thee two tables of stone like unto the first: and I will write upon these tables the words that were in the first tables, which thou brakest. And be ready in the morning, and come up in the morning unto mount Sinai, and present thyself there to me in the top of the mount.*

Exodus 34:28-30—*And he was there with the Lord forty days and forty nights; he did neither eat bread nor drink water. And he wrote upon the tables the words of the covenant, the ten commandments. And it came to pass, when Moses came down from mount Sinai with the two tables of testimony in Moses' hand, when he came down from the mount, that Moses wist not that the skin of his face shone while he talked with him. And when Aaron and all the children of Israel saw Moses, behold, the skin of his face shone; and they were afraid to come nigh him.*

Deuteronomy 10:1-5—*At that time the LORD said unto me, Hew thee two tables of stone like unto the first, and come up unto me into the mount, and make thee an ark of wood. And I will write on the tables the words that were in the first tables which thou brakest, and thou shalt put them in the ark. And I made an ark of shittim wood, and hewed two tables of stone like unto the first, and went up into the mount, having the two tables in mine hand. And he wrote on the tables, according to the first writing, the ten commandments, which the LORD spake unto you in the mount out of the midst of the fire in the day of the assembly: and the LORD gave them unto me. And I turned myself and came down from the mount, and put the tables in the ark which I had made; and there they be, as the LORD commanded me.*

Think About It: When you spend time with God people should be able to see a difference. They should be able to see that you've been touched by God. The skin of Moses' face was shining because he had been talking with God. Moses has a radiant face because he spoke with the Lord. When you spend time with God you can see a difference. Spending time with God develops that intimate relationship that we all need to be more like God. Because of his appearance, the people were afraid to come near Moses. We don't want people to be afraid of us, but we want them to fear to offend the Holy Ghost that's within us.

January 5

Pray for families to have greater strength in the time of adversity.

2 Samuel 12:15-23—¹⁵ And Nathan departed unto his house. And the LORD struck the child that Uriah's wife bare unto David, and it was very sick. ¹⁶ David therefore besought God for the child; and David fasted, and went in, and lay all night upon the earth. ¹⁷ And the elders of his house arose, and went to him, to raise him up from the earth: but he would not, neither did he eat bread with them. ¹⁸ And it came to pass on the seventh day, that the child died. And the servants of David feared to tell him that the child was dead: for they said, Behold, while the child was yet alive, we spake unto him, and he would not hearken unto our voice: how will he then vex himself, if we tell him that the child is dead? ¹⁹ But when David saw that his servants whispered, David perceived that the child was dead: therefore David said unto his servants, Is the child dead? And they said, He is dead. ²⁰ Then David arose from the earth, and washed, and anointed himself, and changed his apparel, and came into the house of the LORD, and worshipped: then he came to his own house; and when he required, they set bread before him, and he did eat. ²¹ Then said his servants unto him, What thing is this that thou hast done? thou didst fast and weep for the child, while it was alive; but when the child was dead, thou didst rise and eat bread. ²² And he said, While the child was yet alive, I fasted and wept: for I said, Who can tell whether God will be gracious to me, that the child

may live? ²³ But now he is dead, wherefore should I fast? can I bring him back again? I shall go to him, but he shall not return to me.

Think About It: Scripture tells us that King David committed adultery with Bathsheba, had her husband executed, married her and they had a child. David repented before God, but there were still consequences for his sin. The prophet Nathan told David that the child would die. The child became ill and David refused to eat and immediately went into praying and fasting before God, hoping that he might find grace in the eyes of God. After seven days of praying and fasting before God, the child died. David got up, washed, put on lotions, went to church and worshipped, went home, and ate. Fasting is not a magical guarantee that God would answer our every petition the way we want Him to. God answered David's prayer. The answer was "no." We see that here in the story of David. God had already told David that his child would die because of his sin. However, David still prayed because "Who knows whether the Lord will be gracious to me, that the child may live?" We are to continue to fast and pray even when it doesn't look good. Who knows whether the Lord will be gracious to us?



January 6

Pray for those who have mistreated you.

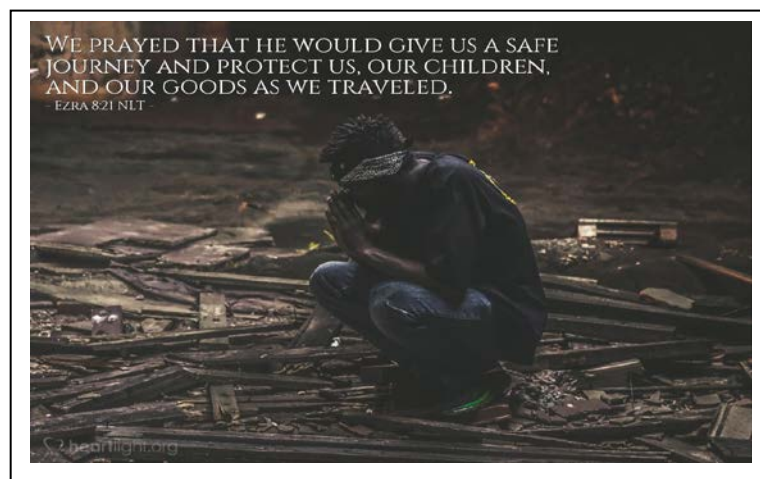
Psalms 35:11-14—¹¹ False witnesses did rise up; they laid to my charge things that I knew not. ¹² They rewarded me evil for good to the spoiling of my soul. ¹³ But as for me, when they were sick, my clothing was sackcloth: I humbled my soul with fasting; and my prayer returned into mine own bosom. ¹⁴ I behaved myself as though he had been my friend or brother: I bowed down heavily, as one that mourneth for his mother.

Think About It: David reflected on the considerate and thoughtful treatment he showed his enemies before they turned against him. He doesn't say who these enemies are, but it could be people who positioned themselves with either Saul (1 Samuel 19:1-2) or Absalom (2 Samuel 15:13-14). It could have been members of the court or soldiers in the army. Whoever they were, David had shown concern for them. David showed what it meant to walk in love. He followed the routine process of mourning: he fasted and prayed for them. He showed himself to be a devoted friend. But they turned on him and even sought his death. David called out for God's intervention. That's what we should do. When our friends turn against us, we pray for and love them.

January 7

Pray for God's awesome power to move and work through His people.

Ezra 8:21-23—²¹ Then I proclaimed a fast there, at the river of Ahava, that we might afflict ourselves before our God, to seek of him a right way for us, and for our little ones, and for all our substance. ²² For I was ashamed to require of the king a band of soldiers and horsemen to help us against the enemy in the way: because we had spoken unto the king, saying, The hand of our God is upon all them for good that seek him; but his power and his wrath is against all them that forsake him. ²³ So we fasted and besought our God for this: and he was intreated of us.



Think About It: We see a great example of the discipline of fasting that comes from the heart in Ezra 8:21-23. When Ezra was bringing the exiled families back to Jerusalem, he testified to King Cyrus of Persia that the returning exiles didn't need any provisions or assistance from the king to return to Jerusalem. Ezra was testifying to the faithfulness and provision of the Lord. Ezra feared that in requesting protection from the king, the ruler would doubt his prior statements regarding his firm faith in God's guidance and protection. Ezra did not want to undermine his previous statements by requesting military escorts from Cyrus. Ezra called for a fast. The people humbled themselves before the Lord in faith to see the hand of God move, so that the king would see God's awesome power. God chooses to move and work through his people when they humble themselves.

January 8

Pray for true repentance for your family.

Daniel 9:3-6—³ And I set my face unto the Lord God, to seek by prayer and supplications, with fasting, and sackcloth, and ashes: ⁴ And I prayed unto the LORD my God, and made my confession, and said, O Lord, the great and dreadful God, keeping the covenant and mercy to them that love him, and to them that keep his commandments; ⁵ We have sinned, and have committed iniquity, and have done wickedly, and have rebelled, even by departing from thy precepts and from thy judgments: ⁶ Neither have we hearkened unto thy servants the prophets, which spake in thy name to our kings, our princes, and our fathers, and to all the people of the land.

Think About It: When Daniel read Jeremiah's prophecy about the 70 years, he realized that it would soon come to pass. Daniel prayed earnestly to God that the Jews had truly confessed the sins

that had put them in exile in the first place. He prayed that God would truly let them go home to Jerusalem. In Daniel 9, we read a beautiful, powerful prayer of confession and trust and a model of boldness. Daniel sought God through prayer and fasting. The sackcloth and ashes represented his true sorrow and repentance. Spend time in prayer and supplication for true repentance.

January 9

Pray for true repentance for discipline and determination spend time in God's presence.

1 Samuel 7: 1-6— And the men of Kirjathjearim came, and fetched up the ark of the LORD, and brought it into the house of Abinadab in the hill, and sanctified Eleazar his son to keep the ark of the LORD. ² And it came to pass, while the ark abode in Kirjathjearim, that the time was long; for it was twenty years: and all the house of Israel lamented after the LORD. ³ And Samuel spake unto all the house of Israel, saying, If ye do return unto the LORD with all your hearts, then put away the strange gods and Ashtaroath from among you, and prepare your hearts unto the LORD, and serve him only: and he will deliver you out of the hand of the Philistines. ⁴ Then the children of Israel did put away Baalim and Ashtaroath, and served the LORD only. ⁵ And Samuel said, Gather all Israel to Mizpeh, and I will pray for you unto the LORD. ⁶ And they gathered together to Mizpeh, and drew water, and poured it out before the LORD, and fasted on that day, and said there, We have sinned against the LORD. And Samuel judged the children of Israel in Mizpeh.

Think About It: Samuel called for the nation of Israel to gather at Mizpeh. It is at Mizpeh, where Samuel will pray for them to the Lord. Once they assemble, the people fast from eating and, it seems, even drinking water. They draw water and pour it on the ground before the Lord. This symbolizes not only a pouring out of their hearts in repentance but also symbolizes cleansing. The people fast to show true repentance before the Lord. They repent from

worshipping foreign gods. They acknowledge that they have sinned against God. Think about everything that you have done that you need to repent from. Have you placed family, friends, and things before God? Have you spoken out of term or done things that you know are not pleasing to God? If so, go to God repent of all sins, and ask him to cleanse you.

January 10

Pray for pastors and leadership.

Esther 4:13-17— ¹³Then Mordecai commanded to answer Esther, Think not with thyself that thou shalt escape in the king's house, more than all the Jews. ¹⁴For if thou altogether holdest thy peace at this time, then shall there enlargement and deliverance arise to the Jews from another place; but thou and thy father's house shall be destroyed: and who knoweth whether thou art come to the kingdom for such a time as this? ¹⁵Then Esther bade them return Mordecai this answer, ¹⁶Go, gather together all the Jews that are present in Shushan, and fast ye for me, and neither eat nor drink three days, night or day: I also and my maidens will fast likewise; and so will I go in unto the king, which is not according to the law: and if I perish, I perish. ¹⁷So Mordecai went his way, and did according to all that Esther had commanded him.

Think About It: If ever there was a time to fast and pray, this is the time. The king of Persia had published an irreversible edict to kill all Jews. God's chosen people were facing extermination. It was all a "set up" by a person within the king's inner circle. Esther had to face her fear and uncertainty to do the unthinkable. She had to go before the king without being called. She had to draw from the faith that she had and call for a corporate fast. Esther's faith was manifested when she called for a fast. Prayer and fasting are two intertwined disciplines that Jews have been practicing through the ages. There is no fasting devoid of prayer. There is no deeper prayer without fasting. Though the Scriptures do not specifically mention prayer, the implication is implicit. In times when things seem like an

impossibility, God makes the impossible possible. Fasting and prayer change things. If you are faced with an impossible situation, go to the one who can do anything but fail.

January 11

Pray for Healing Temple and Pastor.

Acts 9:1-9—And Saul, yet breathing out threatenings and slaughter against the disciples of the Lord, went unto the high priest,

² And desired of him letters to Damascus to the synagogues, that if he found any of this way, whether they were men or women, he might bring them bound unto Jerusalem. ³ And as he journeyed, he came near Damascus: and suddenly there shined round about him a light from heaven: ⁴ And he fell to the earth, and heard a voice saying unto him, Saul, Saul, why persecutest thou me? ⁵ And he said, Who art thou, Lord? And the Lord said, I am Jesus whom thou persecutest: it is hard for thee to kick against the pricks. ⁶ And he trembling and astonished said, Lord, what wilt thou have me to do? And the Lord said unto him, Arise, and go into the city, and it shall be told thee what thou must do. ⁷ And the men which journeyed with him stood speechless, hearing a voice, but seeing no man. ⁸ And Saul arose from the earth; and when his eyes were opened, he saw no man: but they led him by the hand, and brought him into Damascus. ⁹ And he was three days without sight, and neither did eat nor drink.

Think About It: Have you heard someone say of somebody “If God can save him or her, He can save anyone?” Something similar could have been said about Saul. He had made it his life’s mission to hunt down and kill or imprison those who followed the way of Jesus Christ. God can indeed save anybody. Saul met Jesus on the road to Damascus where he was going to do what he did best—persecute the Jews. Jesus has confronted him with his violence toward His followers, and Saul has become blind because of the great light of heaven. For three days, Saul was without sight. He ate no food nor had water. After he met with Jesus, Saul may have felt

the need to reflect on what happened to him, so he fasted for three days. This was the typical length of time traditionally used to repent or wait for God's Word. At the end of his three day fast, Jesus sent help to him in the form of Ananias who comes to him, prays for him, and ministers to him. To have three days without sight, to fast, and to pray after such an encounter was surely a healing and refining undertaking for Saul, communing with the one who had formerly been His enemy. It may have been that Saul was thinking about his past sins, his hatred of the followers of Christ, and asking for forgiveness. Take this time of fasting to commune with God. Think about the time when you were blind and the miracle of receiving spiritual insight.

January 12

Pray for souls to be added to the kingdom.

Acts 13:1-3— Now there were in the church that was at Antioch certain prophets and teachers; as Barnabas, and Simeon that was called Niger, and Lucius of Cyrene, and Manaen, which had been brought up with Herod the tetrarch, and Saul. ²As they ministered to the Lord, and fasted, the Holy Ghost said, Separate me Barnabas and Saul for the work whereunto I have called them. ³And when they had fasted and prayed, and laid their hands on them, they sent them away.



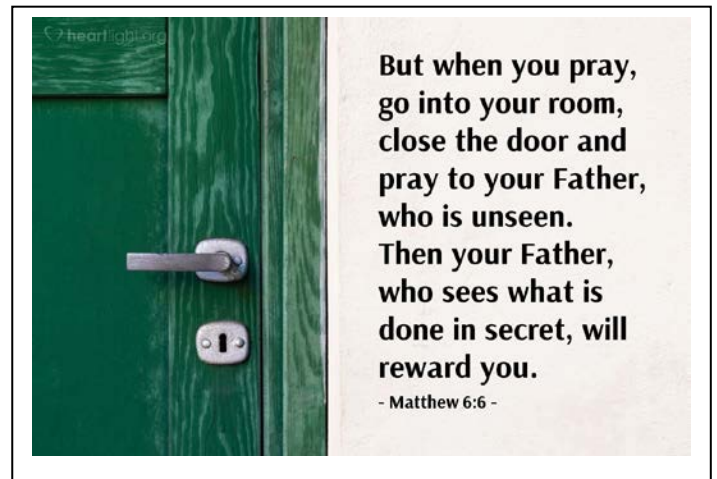
Think About It: Fasting, praying, and worshipping lead to a deeper relationship, a greater anointing, and a greater revelation. During this time of fasting and praying, God is going to speak to you. He speaks through His revealed Word, the Bible, but He also speaks through divine revelation. God wants to bring powerful answers to the things you are praying for, but He also wants to reveal things to you through this fast. Revelation is an important component of our

walk with the Lord. Proverbs 29:18 tells us, "When people do not accept divine guidance, they run wild." The Church at Antioch fasted and prayed and they received revelation from the Holy Ghost to separate Barnabas and Saul for a work that God had called them to. Further fasting and prayer and laying on of hands was to prepare them for their ministry.

January 13

Pray for spiritual and financial increase.

Matthew 6:16-18— ¹⁶ Moreover when ye fast, be not, as the hypocrites, of a sad countenance: for they disfigure their faces, that they may appear unto men to fast. Verily I say unto you, They have their reward. ¹⁷ But thou, when thou fastest, anoint thine head, and wash thy face; ¹⁸ That thou appear not unto men to fast, but unto thy Father which is in secret: and thy Father, which seeth in secret, shall reward thee openly.



Think About It: Why are we fasting? Is it to get the recognition and accolades of men, or to become closer in our walk with the Lord? What is our motive? Jesus says that the reward for fasting as the hypocrites do is only the favor of God. He encourages the disciples, and we are included, to choose the greater reward. Do not put on a gloomy face and look like you are miserable from fasting as the hypocrites, those who are religious pretenders do. They neglect their appearance to try to appear super-spiritual. They wanted everyone to know that they were fasting. That type of fasting gains you nothing. They already have their reward which comes from men. Jesus says when you fast do so in secret, anoint your head, and wash your face so that your fasting will not be noticed by men. Don't

broadcast to others that you are fasting. God will see what you are doing in secret and will reward you openly. What is your motivation for fasting? Is it to seek God's face or man's approval? God's rewards are far greater than anything man could give you.

January 14

Pray for revival in our homes.

Joel 2:12-14—¹²Therefore also now, saith the LORD, turn ye even to me with all your heart, and with fasting, and with weeping, and with mourning: ¹³And rend your heart, and not your garments, and turn unto the LORD your God: for he is gracious and merciful, slow to anger, and of great kindness, and repenteth him of the evil. ¹⁴Who knoweth if he will return and repent, and leave a blessing behind him; even a meat offering and a drink offering unto the LORD your God?

.Think About It: Joel had a broken heart for the people of his day. God had sent judgment on the people and continued to do so until they turned back to Him. God wanted them to repent. He wanted them to turn away from their sin, to change directions, to return to Him. God wants our hearts to be turned from sin and to be turned to Him. The people had gotten away from God, and God was asking them to return to Him with fasting, weeping, and mourning. They should be broken because of their sin. We are to have a broken heart on the inside. God doesn't want us to appear broken and put on some sort of show, but He wants us to have a broken heart. The encouraging thing is that we can turn back to Him and that He is gracious and compassionate. He is not sitting there waiting for us to return to Him so that He can make our lives miserable. When we turn back to Him and turn away from our sin, His love for us is so incredible. As Joel says in verse 14, "who knows...He may leave behind a blessing." What a great thought. We can turn from our sin and turn back to our loving God, and He might even bless our lives for that! God wants to bless us. God wants to do amazing things in our lives. We just have to turn our hearts back to Him and allow Him to be God in our lives.

January 15

Pray for revival in the land.

Judges 20:26— ²⁶Then all the children of Israel, and all the people, went up, and came unto the house of God, and wept, and sat there before the LORD, and fasted that day until even, and offered burnt offerings and peace offerings before the LORD.

Think About It: It doesn't matter what you've done or how bad people think you are, God is able and willing to save you. We see that with the people of Nineveh. The people had sinned. Jonah, although reluctant, warned them of God's plan to destroy their city. The people didn't just say they were sorry, but they humbly repented. They believed God. They humbled themselves. They believed in His power and His word. They fasted, both the powerful and the poor and they replaced their clothes with old sacks as signs of destitution and emptiness before God. The king of Nineveh even recognizes his evil and repents. Their fast leads to revival and the king formalizes the revival that began among his people. Sincere fasting leads to revival and revival leads to change. Are you ready to see a revival break forth?

January 16

Pray for emotional healing.

1 Kings 19:1-8— And Ahab told Jezebel all that Elijah had done, and withal how he had slain all the prophets with the sword. ²Then Jezebel sent a messenger unto Elijah, saying, So let the gods do to me, and more also, if I make not thy life as the life of one of them by to morrow about this time. ³And when he saw that, he arose, and went for his life, and came to Beersheba, which belongeth to Judah, and left his servant there. ⁴But he himself went a day's journey into the wilderness, and came and sat down under a juniper tree: and he requested for himself that he might die; and said, It is enough; now, O LORD, take away my life; for I am not better than my fathers. ⁵And as he lay and slept under a juniper tree, behold, then an angel

touched him, and said unto him, Arise and eat. ⁶ And he looked, and, behold, there was a cake baken on the coals, and a cruse of water at his head. And he did eat and drink, and laid him down again. ⁷ And the angel of the LORD came again the second time, and touched him, and said, Arise and eat; because the journey is too great for thee. ⁸ And he arose, and did eat and drink, and went in the strength of that meat forty days and forty nights unto Horeb the mount of God.



Think About It: Elijah had tremendous victories and blessings, but he was human like us. So when he gets attacked and threatened, Elijah feels fear and despondency. He is in the wilderness and it's while in the wilderness

that he endures a wilderness experience. In addition to the fear he is feeling, he is also dealing with depression. He just wants to be alone. He is ready to die. But in the midst of that, there is always hope. For forty days Elijah fasts and spends time with God. God was ministering to him. When we feel moments of depression, fear, anxiety, and despondency, spending time with God in fasting and praying gives us clarity, peace, and joy.

January 17

Pray for God's will to be revealed in your life.

Luke 2:36-38— And there was one Anna, a prophetess, the daughter of Phanuel, of the tribe of Aser: she was of a great age, and had lived with an husband seven years from her virginity; ³⁷ And she was a widow of about fourscore and four years, which departed not from the temple, but served God with fastings and prayers night and day.

³⁸ And she coming in that instant gave thanks likewise unto the Lord, and spake of him to all them that looked for redemption in Jerusalem.

Think About It: Anna's life story in the Bible is summed up in three verses. She was a prophetess. She was a daughter. She was from the tribe of Asher. She had been married for seven years. She was a widow. She was 84 years old. But the most important thing about her life was her commitment and perseverance to fasting and praying. She fasted and prayed day and night and did not depart from the temple. Her commitment to fasting and praying and her dedication to round-the-clock intercession over many decades point to not an ordinary prayer for daily needs and desires. Her prayers were for the fulfillment of the greatest promise God had ever made and that was the redemption of mankind. Anna lived to see Jesus. Through her constant fasting and praying, she fulfilled her destiny. Sometimes it seems that our ministry is so insignificant, but God created us for purpose and we should remain steadfast in doing what He has called us to do.

January 18

Pray for authentic fasting.

Isaiah 58:3-7— ³ Wherefore have we fasted, say they, and thou seest not? wherefore have we afflicted our soul, and thou takest no knowledge? Behold, in the day of your fast ye find pleasure, and exact all your labours. ⁴ Behold, ye fast for strife and debate, and to smite with the fist of wickedness: ye shall not fast as ye do this day, to make your voice to be heard on high. ⁵ Is it such a fast that I have chosen? a day for a man to afflict his soul? is it to bow down his head as a bulrush, and to spread sackcloth and ashes under him? wilt thou call this a fast, and an acceptable day to the LORD? ⁶ Is not this the fast that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke? ⁷ Is it not to deal thy bread to the hungry, and that thou bring the poor that are cast out to thy house? when thou

seest the naked, that thou cover him; and that thou hide not thyself from thine own flesh?

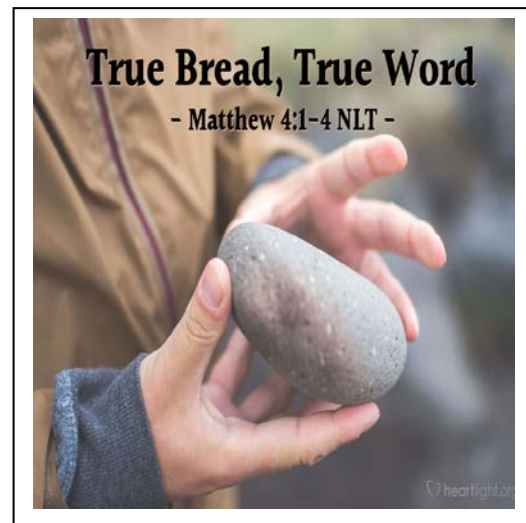
Think About It: "Why is this fasting unacceptable to God? What's wrong with it? What's wrong with it is that it left the sin in their lives untouched. The only authentic fasting is fasting that includes a spiritual attack against our own sin. Whatever else we fast for, we must fast for our own holiness. We cannot fast for anything with authenticity while living in known sin." John Piper

January 19

Pray for marriages and families.

Matthew 4:1-4—Then was Jesus led up of the Spirit into the wilderness to be tempted of the devil. ² And when he had fasted forty days and forty nights, he was afterward an hungred. ³ And when the tempter came to him, he said, If thou be the Son of God, command that these stones be made bread. ⁴ But he answered and said, It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God.

Think About It: "Just as Israel faced the battle of temptation in the desert, Jesus does, too. But unlike Israel which always seemed to get hung up on physical needs rather than following God, Jesus chose to honor and focus on the Father rather than himself. Nowhere is this focus seen more clearly than in the two great temptation crises of his ministry: his temptations here and in the Garden shortly before his death. In both situations, and in all the others in between, Jesus chose the Father's will and the Father's glory over his own needs and desires. The Father's word, the Father's will, was what Jesus fed on more than physical food. He is our example that we should not try to live a day without our



spiritual food, or our souls will be hungrier than our bellies on a 40-day fast!." Taken from What Jesus Did! **Phil Ware**

January 20

Pray for our youth.

Joel 1:13-15—¹³ Gird yourselves, and lament, ye priests: howl, ye ministers of the altar: come, lie all night in sackcloth, ye ministers of my God: for the meat offering and the drink offering is withholden from the house of your God. ¹⁴ Sanctify ye a fast, call a solemn assembly, gather the elders and all the inhabitants of the land into the house of the LORD your God, and cry unto the LORD, ¹⁵ Alas for the day! for the day of the LORD is at hand, and as a destruction from the Almighty shall it come.

Think About It: When Joel calls for the people to lament, to cry out, to seek forgiveness, he addresses the priests, those who fulfilled the religious duties in Judah. He urged the priests to lament and seek God's favor. Joel asked the priests to wear sackcloth and lament to express their loss because the locust plague had devastated the land of Judah. The extent of the devastation caused by the locust plague demanded more than lamenting, so the prophet called on the priests to consecrate a fast. In addition to consecrating a fast, the religious leaders were to proclaim a solemn assembly. They were to gather the elders and everyone else to the house of the Lord. Why? So they could cry out to Him. The people were to gather in corporate worship as well as corporate fasting. Continue to join together in worship while you fast and pray. God is calling us to fast and pray in this season.

January 21

Pray that God grants us a greater perspective on those decisions before us, both minor and major.

Isaiah 30:18—¹⁸ And therefore will the LORD wait, that he may be gracious unto you, and therefore will he be exalted, that he may

have mercy upon you: for the LORD is a God of judgment: blessed are all they that wait for him.

Think About It: Always maintain a clean and compassionate heart. Remember that this prayer and fasting period is not simply a matter of not eating or drinking, but rather giving ourselves to spend more time with God. As we withdraw from our fleshly desires, we draw closer to God. When we focus on God, we will discover that God has been waiting to show us great and wonderful things beyond what we could ever ask or think of.

January 22

Pray that we would crave more of God and His kingdom.

James 4:1-3— From whence come wars and fightings among you? come they not hence, even of your lusts that war in your members? ²Ye lust, and have not: ye kill, and desire to have, and cannot obtain: ye fight and war, yet ye have not, because ye ask not. ³Ye ask, and receive not, because ye ask amiss, that ye may consume it upon your lusts.

Think About It: When it comes to listening to God's promises, we need to reflect and discern whether it comes from God or our self-centered desires. Am I serving to glorify Christ or to seek approval from other people? Is my giving coming out of the willingness of my heart or for a selfish reward? Believe that God loves us and will provide for us. Because of His love, He wants to protect us from anything that will cause separation from Him, even if that means saying no to our desires. We might wonder why God has not fulfilled our requests and desires, and why we have not been promoted at our job or in our leadership position. The focus should be on how ready we are to receive those blessings in our lives. Every blessing that God has entrusted to us comes with responsibility.

