

REFUGEE

C H U R C H

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Introduction to Fasting

Fasting is abstaining from food, or not eating food over a period of time. Biblical fasting is a form of self-denial for the sake of pursuing our relationship. It is a deliberate abstinence from something for a spiritual purpose. When we fast, we choose to break with our routine in order to draw closer to God. As such, fasting demands a deep level of commitment and sacrifice. Fasting isn't a spiritual requirement; it doesn't make us better than anyone else, nor more spiritual. Fasting is a choice to seek the Lord's face and His presence in a deeper way for a short season.

When we fast, we are following Jesus' example (Matt. 4:2). As we fast, we humble ourselves before the Lord, being very prayerful and meditating in the Word. This is a time to really devote ourselves to constant, consistent praying (1 Thess. 4:17). Ultimately, fasting is waiting on God. Fasting allows us to embrace emptiness and our need for God. Fasting is a way to press in, to break away from the "norm," quiet ourselves before God, and use our time to wait upon the Lord with greater intensity (Gal. 5:24).

Fasting isn't about just what we put in our stomachs, but what we feed our souls and spirits as well. Two powers are at work when we fast: our human will, and the supernatural power of God. Fasting grinds on the flesh (Rom. 8:13) because the flesh fights against the Spirit (Rom. 8:5-8; Gal. 5:17). Realize that our flesh will fight back: grumpiness, headaches, stomach growling, thoughts drifting to food, getting cold, being tired from the toxins being released from your body. It takes work to get our flesh under submission! As the flesh weakens, we become more and more sensitive to the Spirit and the things of God.

Additionally, fasting has several benefits. It helps to root and ground us in faith to the promises of God (Eph. 3:17; Col. 2:7). It can sharpen and hone our spiritual sensitivity to the things of God. Fasting is beneficial for spiritual cleansing as well, as times of prayer and fasting can sever the spiritual bonds of addictions. Fasting also has medical and physical benefits that the medical community has recognized for centuries: fasting allows the digestive system to rest and allows the body to cleanse itself from toxins.

Fasting brings about miraculous results (Gal. 6:8)! As we fast, we empty ourselves and weaken our flesh, that the power of God may be available to us in greater amounts. It is through fasting that God tends to reveal and release His supernatural power: God-inspired creativity (new ideas, God-given plans), His wisdom made available in certain situations, spiritual resources to endure and overcome, and even birth revival and unique outpourings of the Spirit's power!

Fasting and prayer brings us closer to God and also yields some long-term rewards. During this fast, we are expecting God to speak through His written Word, dreams, visions, Spirit-directed impressions, and God-inspired ideas.

Some of the things that God is going to speak are going to be crucial and critical to our walk with the Lord, or instructions He will place in our spirits for 2018, and even personal healing and deliverance.

An effective time of spiritual fasting and prayer requires determining in advance:

- Why am I fasting?

Determine the reason for your fast, what is your focus/reason for seeking the Lord?

Some Examples:

- *Freedom from addictions or besetting sins*
- *Provision/stewardship wisdom with financial troubles*
- *Victory over negative emotional feelings & habits*
- *Wisdom/to know God's will for major life decisions*
- *Physical healing*
- *Favor in a major Kingdom-/work-related venture*
- *Protection and victory in spiritual warfare*

As the Lord confirms in your heart and mind what this fast is for, write it down! This guide includes a Consecration Contract where you can record your reason for fasting.

- How long should I fast?
- Decide that you WILL succeed!

How we will do this

This fast will be a 21-day, restrictive-diet fast, beginning at midnight on the 6th, ending at midnight on the 27th.

For the first 3 days of this fast (January 7th – 9th), we will spend time in a serious time of spiritual repentance and cleansing by engaging in a total fast by limiting ourselves to LIQUIDS ONLY. A total fast is choosing to abstain from all food and drinking water only. On the morning of the 10th, we will revert to the regular restrictions of the Daniel Fast described below.

During these 21 days, and whenever our bodies let us know they desire food, or whenever we seek distraction through media, we are committing ourselves to prayer, worship, and study of the Word. A growling stomach is nothing more than a call to prayer!

In addition to restricting what we eat, we are also fasting from MEDIA that is not work-related or essential. We will seek to not watch TV, spend time on

Facebook & other social media platforms, excessive and superfluous texting, movies, engage in web-surfing, etc.

Finally, use this fasting guide for prayer topics, daily Scriptures to study, food lists, resources, and tips.

Tips for Fasting

- Pray as often as you can throughout the day, or seek to increase the frequency of daily prayer time. Fasting does not work if you do not pray!
- Fast with a cause; never fast casually (hit-or-miss attitude).
- Unless it's a prayer partner, a spouse, or somebody who is supporting you during your fast, do not share that you are fasting with others. By talking about our fast to others, we risk losing any spiritual benefits that come from fasting (Matt. 6:16-18, NLT). Keep your fast to yourself, rather than seeking to use it as a way to impress others or get compassion for your struggle.
- If you don't already have an established daily quiet time with the Lord, then this is an excellent opportunity to do so. Starting your day with God is a habit that will support your faith and growing intimacy with the Lord.
- Integrate listening to praise and worship music before your Bible study time, after it, or as a part of your prayer time.
- Get away from the normal distractions as much as possible and keep your heart and mind set on seeking God's face. Avoiding distractions of media will allow you to focus on your relationship with God.
- Reserve time in your daily schedule for Bible study.
- Do not push to extremes physically or spiritually.

An Introduction to the Daniel Fast

We are embarking on is a biblically-based systematic fast known as the Daniel Fast. This fast, based upon Daniel 1, is for dedicating one's self to the Lord anew. However, each person should determine what area or need the Lord desires your renewed consecration/dedication in your life. Again, some biblical examples would be:

- *Spiritual warfare, victory over demonic oppression (Mark 9:29)*
- *Direction and protection (Ezra 8:21-23)*
- *Social justice and righteousness (Isa. 58)*
- *Guidance, protection, to hear God's voice (2 Chron. 20:3)*
- *Revelation/illumination (Acts 10:30)*
- *Courage, obedience, and wisdom (Esther 4:16)*
- *Confirmation of ministry direction (Acts 13:2-3)*
- *Physical healing (Psalm 35:13; 2 Sam 12:16)*
- *Emotional healing, deliverance from negative emotions/habits (Ps. 139:23-24)*
- *Deliverance from addictive behaviors and cycles (Heb. 12:1)*
- *Financial breakthrough or provision*
- *Revival, salvation for the lost (1 Sam 7:13; 2 Chron 7:14; Joel 2:12-17)*
- *Favor in a major Kingdom-/work-related venture (Neh 1:4-2:8)*
- *Wisdom/to know God's will for major life decisions (Est 4:16;*

The Daniel Fast is a method of fasting that limits the food intake to what is pure/natural/healthier, while still focusing on consecrating one's self to the Lord through the spiritual discipline of prayer. There are two anchoring scriptures for the Daniel Fast.

In Daniel 1, Daniel and his friends ate only vegetables (that would have included fruits) and drank only water for ten days. This passage provides two guidelines for the fast:

- Only fruits and vegetables (they avoided foods that were processed or enriched)
- Only water for a beverage

Then, in Daniel 10 we read that Daniel ate no meat nor any rich foods (NLT) or meat, and he drank no wine for 21 days. So from this scripture, we get a third guideline:

- No sweeteners and no breads, no meat

Another important guideline is drawn from Jewish fasting principles, where no leaven is used during fasting. So that's why yeast, baking powder and the like are not allowed on the Daniel Fast.

Finally, with all the above puzzle pieces, we conclude that artificial or processed foods nor any chemicals are to be abstained from while on the Daniel Fast.

One of the great things about the Daniel Fast is that you are not limited to any specific *amount* of food, but rather to the *kinds* of food you can eat. The Daniel Fast is limited to vegetables (includes fruits) and water.

Be sure to read the ingredients on labels of prepared foods to make sure they only include Daniel Fast-friendly ingredients.

How to Prepare for the Daniel Fast

HOW TO PREPARE PHYSICALLY

Make your meals somewhat lighter for a few days leading up to your fast. Look at the list of recommended foods below and make plans on what to buy and how to grocery shop over the next few weeks.

Make some decisions about your time/daily schedule before starting the fast and figure out how to alter your routine in order to prioritize time for prayer and study of the Word. This is going to have to involve some sacrifices in order to prioritize time for God!

HOW TO PREPARE SPIRITUALLY

Prepare spiritually by confessing your sins to God. Ask the Holy Spirit to reveal areas of weakness. Forgive all who have offended you and ask forgiveness of those you may have offended (Mark 11:25; Luke 11:4; 17:3-4). Surrender your life fully to Jesus Christ and reject the worldly desires that hinder you (Romans 12:1-2).

Start with a clear personal goal in addition to our corporate goals. Be specific. Why are you fasting? Do you need direction, healing, restoration of marriage or family issues? Are you facing financial difficulties? Ask the Holy Spirit for guidance and clarity to your purpose for your fast.

Make up in your mind that you **WILL** succeed, you **WILL** hear from the Lord, that you **WILL** experience breakthrough, revelation, and depth in your relationship with the Lord Jesus!

What to Expect during a Fast:

PHYSICALLY

When you fast, your body detoxifies, or eliminates toxins, from your system. This can cause mild discomfort such as headaches and irritability during withdrawal from caffeine and sugars. And naturally, you will have hunger pains.

Limit your activity and exercise moderately.

Expect your sleep patterns to be thrown off, so take time to rest, or even nap when/if you can. Don't be too hard on yourself if your productivity comes only in spurts!

SPIRITUALLY

Expect to experience resistance from your own body, as well as the enemy, but expect to get to know the Lord better, and for His power to increase in your life.

Be ready for the Lord to speak to you! Purchase a little journal or notebook, or use your notes app on your phone to write down what the Spirit of God has spoken to you. Put the journal or notebook close to your bed to record the things He speaks to you during the night or during your prayer times. Take it with you to work or school so that you can capture whatever He wants to communicate to you during this time of consecration!

RECOMMENDED FOODS AND IMPORTANT INFORMATION

Foods to include in your diet during the Daniel Fast

Please make sure to READ THE LABEL when purchasing packaged, canned or bottled foods. They should be sugar-free and chemical-free. Keep this in mind as you review this list of acceptable foods.

ALL FRUITS (These can be fresh, frozen, dried, juiced or canned (watch for added sugar)

Apples	Melons
Apricots	Limes
Avocados	Mangoes
Bananas	Melons
Berries	Mulberry
Blackberries	Nectarines
Blueberries	Oats
Boysenberries	Olives
Breadfruit	Oranges
Cantaloupe	Papayas
Cherries	Peaches
Coconuts	Pears
Cranberries	Pineapples
Dates	Plums
Figs	Prunes
Grapefruit	Raisins
Grapes	Raspberries
Grenadine	Strawberries
Guava	Tangelos
Honeydew melons	Tangerines
Kiwi	Watermelon
Lemons	

ALL VEGETABLES (These can be fresh, frozen, dried, juiced or canned (watch salt content)

Artichokes	Mushrooms
Asparagus	Mustard greens
Beets	Okra
Broccoli	Onions
Brussels sprouts	Parsley
Cabbage	Peppers
Carrots	Potatoes
Cauliflower	Radishes

Celery
Chili peppers
Collard greens
Corn
Cucumbers
Eggplant
Garlic
Ginger root
Kale
Leeks
Lettuce

Rutabagas
Scallions
Spinach
Sprouts
Squashes
Sweet potatoes
Tomatoes
Turnips
Watercress
Yams
Zucchini

LEGUMES

Dried beans
Black beans
Cannellini
Pinto beans
Split peas
Lentils
Black eyed peas
White peas

Green beans
Green peas
Kidney beans
Peanuts
Beans
Lupines
Peas

SEEDS

All nuts (raw, unsalted)
Sprouts
Ground flax
Cashews
Walnuts

Sunflower
Sesame
Almonds
Natural Almond Butter

WHOLE GRAINS

Whole wheat
Millet
Quinoa
Oats
Rolled Oats
Plain Oatmeal- not instant
Popcorn (homemade)

Brown rice
Barley
Grits (no butter)
Whole wheat pasta
Whole wheat tortillas
Plain Rice cakes

LIQUIDS

Water (spring, distilled, filtered)
Unsweetened Soy Milk
Herbal (caffeine free) Tea
100% Fruit/Vegetable Juice (no added sugar)

OTHER

Tofu

Soy products
Herbs
Small amounts of Honey, Guava, or stevia
Small amounts of Sea Salt
Small amounts of Ezekiel Bread
Small amounts of Olive Oil
All quality oils including but not limited to olive, canola, grape seed, peanut, and sesame.
Spices (read the label to be sure there are no preservatives)

Resources for recipes:

www.ultimatedanielfast.com
www.daniel-fast.com

www.danielfast.wordpress.com
www.caringcarrot.com

Foods to avoid on the Daniel Fast

During this fast, we are going to be abstaining from certain kinds of food. We want to eat right and avoid certain foods. This will produce dual purposes. The first is spiritual. It helps to produce a clear mind causing us to be light in the spirit and to be focused. The second is physical. It will help you to maintain a healthy life style.

All animal products including all meat, poultry, fish...
White bread
White rice
All deep fried foods
Caffeine
Carbonated beverages
Coffee (including decaf b/c contains small amount of caffeine)
Energy drinks
Foods containing preservatives, additives
Refined foods
Processed foods
Food additives
Refined sugar
Sugar substitutes
Raw sugar
Syrups
Molasses
Cane juice
White flour
Margarine
Shortening
High fat products

Butter
All leavened breads
Baked goods
All dairy
Milk
Cheese
Yogurt
Cream
Eggs
Alcohol
Mayonnaise

IMPORTANT INFORMATION

SPECIAL NOTE

If you have health issues, please be sure to contact your health professional for advice before committing to any fast including the Daniel Fast. If you would like a list of the foods included and excluded in the Daniel Fast to show your doctor, just copy the contents of the previous pages.

PREGNANT WOMEN AND PEOPLE ON MEDICATIONS

Pregnant women, persons on medication, with ulcers, and those under a physicians care for diagnosed medical conditions, should consult their necessary doctor for recommended foods and drinks. You can still participate in the fast by eating and drinking very lightly, or choosing something else to fast from.

PARENTS

Parents, please make sure you feed your children. Change their diet and eating habits to something light and nutritious. Include them in your family prayer and Bible reading time. Explain to them why we are fasting. If they are old enough, allow them to express what they also would like God to do regarding their own prayer requests on this fast.

BREAKING THE FAST

When the fast is over, you may want to consider beginning with very light foods, like vegetables. Start by drinking some fluids to relax your intestines before having eating. Drink fluids such as light juices, warm water or warm soup. Overdoing and over-indulging will do more harm than you think.

Common FAQ's

What about prepared foods?

Read the labels of all prepared foods. Remember the Daniel Fast is sugar-free and chemical-free. So, if you use any canned fruits, vegetables, packaged foods, or prepared sauces you must read the label to be aware about just what is in there.

What about pasta?

Make sure the label says whole grain pasta with no additives (watch for sugar). Whole grain pasta offers 7 grams of protein per serving (3/4 cup of dried pasta).

I know it says raw, unsalted nuts, but what about roasted nuts?

The goal would be to stick to raw, unsalted nuts. But these are harder to find so in a pinch just make sure you get plain roasted, unsalted nuts with no preservatives.

How do I get enough protein in my diet while on the fast?

The following are protein-rich foods that are allowed on the Daniel Fast... almonds, sunflower seeds, lentils, quinoa, brown rice, split peas, whole grains, and tofu.

What kind of peanut butter is allowed?

A natural peanut butter with no additives...watch for sugars including molasses. Smucker's creamy natural peanut butter has nothing but peanuts in it.

How can I identify whole grain foods?

Typically if the ingredient lists "whole wheat", "rolled oats", or "whole corn" as the first ingredient, the product is a whole grain food item. Another way to identify whole grains in the foods you eat is to look in the nutritional facts information and check if the food item contains dietary fiber. If it contains a significant amount, it most likely contains whole grains. "Wheat flour" is not a whole grain and therefore does not indicate a whole grain product.

What about salad dressing?

Olive oil and lemon or lime are an option.

Do I need to eat organic foods while on the fast?

No, but it is suggested because organic foods are produced without the use of feed or fertilizer of plant or animal origin and without employment of chemically formulated fertilizers, growth stimulants, antibiotics, or pesticides.

What about bread?

The bread should be prepared without yeast.

How much can I eat?

As long as they are the appropriate foods, we are recommending eating until satisfied with no limits.

CONSECRATION COVENANT AGREEMENT



Father, today I come into agreement and covenant with You concerning this consecration You have called and ordained. My purpose for participating in this fast is to seek Your face, will, Word, and power about (write your reason for fasting below):

I submit my will and my desire to You, that You will accomplish Your purpose in my life. Holy Spirit, help me to be faithful and to remain consistent with this fast. Strengthen my body and my mind that I will not fail You. Help me to become focused and release a fresh energy and zeal in me to take this consecration very seriously.

I stand in agreement with You, and with my brothers and sisters, to take on this challenge for what You have called us to do. I ask You, Holy Spirit, to release Your divine enablement in me to help me through this fast; and if I miss it along the way, I am determined not to feel condemned, but I will repent and continue with the consecration. Strengthen my heart so that my excitement for and expectations of this fast will not be stolen from me. Allow me to get stronger spiritually and physically every day throughout this fast.

As I keep this covenant, I ask You, Father, to do wonders, miracles, and bring change in my life. Father, let me not be the same after this fast. Let there be tremendous growth, release, and manifestation in my life. I thank You for Your faithfulness and Your goodness in ordaining this fast. I thank You for being a covenant-keeping God, and I thank You for helping me to keep my part of this agreement in Jesus Christ name I pray and agree.

Amen!

Signed: _____ Date: _____

PRAYER AND STUDY GUIDE

As we prepare for our Corporate Fast, we must recognize that we can all use this time of consecration to focus on the areas and issues that He wants us to go “Further in and Deeper Down” in this year.

In our fasting, we seek to have the Lord expand us; we believe that He is a big God and is okay with us dreaming big, doing big, asking big, pursuing big. During this fast, this is our opportunity to ask God to reveal, manifest, and grant things that we have desired of Him! We will start by ensuring we are spiritually cleansed for this encounter with the Lord, then we will go further in and deeper down by praying and fasting for an expanded mind, an expanded “ask,” and an expanded capacity.

The format for our daily study will fall in five categories:

Hook - the focus for the day

Book - the Scripture(s) to study for the day

Look - some study hints for those Scriptures

Cook - those pray areas to let simmer before God during the day

Took - a devotional thought for the day

Use the topical information and the Scripture references to guide your study time, but also consider using a concordance to help you do further study on the ideas and words involved. Use the Scriptures to help frame how and what you pray for during your prayer time. A fast ought to involve as much listening to the Lord as praying! Let the Holy Spirit guide you and lead you into deeper understandings of what He wants to reveal to you during this time of consecration.

Sunday, January 7th (Total Fast Day)

Hook: Repentance from known and unknown sin

Book: Psalm 51

Look: Notice how many words in this psalm begin with “re-“. What is David teaching us about what repentance does for us?

Cook: Repent of personal participation in actions, thoughts, and behaviors that you knew were sin. Renounce those appetites and attitudes that you know displease God.

Took: To “repent” means to change how I think about what I’ve done and see it the way God sees it.

Monday, January 8th (Total Fast Day)

Hook: Spiritual cleansing in all areas of our lives

Book: Psalm 32:1-5; Psalm 90:8; Psalm 19:12; Jeremiah 23:24; Psalm 139:23-24

Look: Prior to Psalm 32, David had tried to cover up/hide his sin; notice how it affected him (Ps. 32:3-4)! What do Ps. 90:8, 19:12, & Jer. 23:24 tell us about trying to hide our sin from God?

Cook: Pray Ps. 139:23-24 back to God. Ask forgiveness for “hidden”/secret sins in your life.

Took: Only COMPLETE openness and honesty with God will do!

Tuesday, January 9th (Total Fast Day)

Hook: Confession is necessary in our relationship with God

Book: 1 John 1:7-10

Look: What is the relationship between “confession” (v.9) and “cleansing” (vv.7,10)?

Cook: Confess any unforgiveness, desires for revenge, bitterness toward others, or feelings of hatred for those who have hurt you. Confess your need for the Lord’s help so that your thoughts and actions will be pleasing to Him.

Took: To “confess” means to say the same things that God says about my actions, thoughts, and mindsets.

Wednesday, January 10th

Hook: Humility is a necessary trait for God’s Kingdom people

Book: James 4:7-10; 1 Peter 5:5-7; Ezra 8:21

Look: Notice that in all 3 passages, rewards are attached to humbling ourselves

Cook: Ask forgiveness for any actions & attitudes of arrogance you have exhibited toward others. Ask the Lord to help you trust Him rather than looking for ways to promote yourself.

Took: It might seem backwards, but the only way for God to exalt and expand us is for us to first humble ourselves before Him.

Thursday, January 11th

Hook: Expanding my understanding and my mind

Book: Psalm 119:32 (NLT); Matthew 13:11-12

Look: According to Ps. 119:32, what brings about “expanded understanding”? What grants access to Kingdom secrets/mysteries in Matt. 13:12?

Cook: Today, pray for the kind of obedience to the Lord that produces an expanded understanding of the mind, will, and Kingdom of God

Took: We can’t handle God’s 2018 blessings unless He expands our minds to handle it!

Friday, January 12th

Hook: Spiritual mind over matter

Book: Colossians 1:9-13; Romans 12:2

Look: In Colossians 1, underline in vv. 10-12 all the things that we will be/do when we are filled with the knowledge of His will (v.9)

Cook: “Lord, fill my mind with the knowledge of Your will. Give me spiritual understanding. Increase my knowledge of You. Let me be transformed as You renew my mind.”

Took: When we have the mind of Christ, worldly obstacles don’t matter.

Saturday, January 13th

Hook: Wrestling with God

Book: Genesis 32:22-32; Psalm 46:10

Look: Notice who wrestled with whom (Gen. 32:24-25). Also notice who wouldn’t let go (v.26)

Cook: Listen to “I Am God” by Kirk Franklin/Toby Mac. Spend some time listening to God and wrestling with Him about what areas in your life He wants to work on.

Took: Don’t give up on this process of spiritual surgery until He blesses you!

Sunday, January 14th

Hook: The Father wants to see how big our dreams and Kingdom ambitions are

Book: 1 Kings 3:5-14; Matthew 7:7; Mark 11:24

Look: What would YOUR response be if the God of heaven told you to ask for ANYTHING you wanted? Isn't Jesus saying that we have that same privilege in Matt. 7 and Mark 11?

Cook: "Lord, transform my desires to conform to Yours. Teach me how to take You up on Your promises. Expand my "ask"!"

Took: God is only limited by the faith of MY requests!

Monday, January 15th

Hook: Bless me indeed!

Book: 1 Chronicles 4:9-10; Proverbs 10:22; James 1:17; Matthew 7:11

Look: First, look at Jabez' request in 1 Chron. 4. Next, read the the other 3 passages. Does God have a problem with us asking to be blessed? How do you know?
In Prov. 10:22 and Jam. 1:17, what are the characteristics of being blessed by God?

Cook: List the problem areas/needs in your life. As God to bless you "indeed" in those areas. Get bold in what you ask Him to do in those areas/needly places in your life.

Took: As a child of God, you get to ask your Father for GOOD gifts and blessings!

Tuesday, January 16th

Hook: Enlarge my territory

Book: 1 Chronicles 4:9-10; Philippians 2:3; 1 John 5:14-15

Look: How does Phil. 2:3 help us understand why God didn't have a problem with Jabez' request?

Cook: Take some time to make some bold requests of God based upon the dreams and ambitions He has given you for the Kingdom

Took: God does NOT have a problem with us asking for increased and expanded responsibilities, when our ways please Him.

Wednesday, January 17th

Hook: That Your hand would be with me

Book: 1 Chronicles 4:9-10; Psalm 89:13; Acts 4:28-30

Look: Based upon Ps. 89 & Acts 4, what was Jabez really asking for when he asked the Lord's hand to be with him?

Cook: Make a list of all the areas/relationships/personal issues you need the Lord's hand to be with you in. Pray that list back to God.

Took: Like Joseph in the Old Testament, when God's hand is on your life, you can't HELP but to walk in favor!

Thursday, January 18th

Hook: Keep me from evil that I might not cause pain

Book: 1 Chronicles 4:9-10; 1 John 3:22

Look: Notice in v.9 what "Jabez" means. How does that help us understand this part of Jabez' prayer request in v.10?

Cook: In your prayer time today, ask the Lord to show you how to act/behave so as to undo the generational curses that operate in your family.

Took: Because of my relationship with the Lord, I will be a blessing, not a curse, to those I come in contact with!

Friday, January 19th

Hook: Asking for a close encounter with God

Book: Exodus 33:17-23

Look: Based upon God's response, could Moses even handle what he asked for? Why do you think God granted at least part of Moses request?

Cook: Don't worry about whether you can handle it or not; expand your "ask" and request those things that you have always wanted of God!

Took: Just ask! You may not get what you ask for, but the Lord will reward your faith!

Saturday, January 20th

Hook: Ask for the hard stuff

Book: Joshua 14:6-13; Ephesians 3:20; Jeremiah 32:27

Look: What was the basis for Caleb's bold request (according to vv.6, 9, 12)?

Cook: Pull out some of your favorite "victory verses"/promises of God that you have appropriated for yourself. Pray those promises back to God over your big dreams and the "hard" areas of your life. Ask for the mountain!

Took: God is able to do it if we have the faith to ask Him.

Sunday, January 21st

Hook: Letting go of past disappointments and limitations

Book: Isaiah 54:1-4

Look: In v.1, the ones addressed are those who had been barren (representing those who had experienced past failures, disappointments, and limitations). Why does the prophet instruct them to sing?

Cook: Use your prayer time to ask the Lord to help you identify and overcome past disappointments, limitations, and attitudes of pessimism in your life

Took: For what God has planned for my 2018 and beyond, I cannot live with past limitations!

Monday, January 22nd

Hook: Expanding my capacity

Book: Isaiah 54:1-4

Look: What do you suppose was the purpose of the instructions in v.2?

Cook: Ask the Lord to show you the areas in your life, competencies, skill-sets that will need to be expanded in order to pursue His dreams for your life in 2018.

Took: What steps do I need to take to seek to enlarge my capacities?

Tuesday, January 23rd

Hook: New vision, new expectations

Book: Isaiah 54:1-4

Look: Notice that the expansion of v.3 would only be possible because of the prior preparations of v.2!

Cook: In the time you spend with the Lord in prayer today, begin to pray in expectation for what you anticipate the Lord to do. Thank Him for what you expect!

Took: I have to live with an expectation that God desire to expand my life!

Wednesday, January 24th

Hook: Expecting success

Book: Genesis 24:12-15 (NLT)

Look: Notice the specificity of the servant's prayer.

Cook: If you believe God for, and expect success with what He has given us, shouldn't your prayers reflect the specificity because of what you expect?

Took: As a child of God, I pray for success, operate so as to achieve success, and expect for success in my life.

Thursday, January 25th

Hook: God-given, God-expanded skills

Book: Exodus 31:1-6

Look: Notice that the skills to perform for God were put in those individuals by God.

Cook: Pray for the Lord to expand your skills, give you new ones for the new journey, and to open up the places for those skills to be used for His glory.

Took: I believe God to expand my skill-sets, gifting, and my anointing to operate at peak levels for His glory!

Friday, January 26th

Hook: Expecting God to resource my dream

Book: Nehemiah 2:1-8

Look: Note what helped Nehemiah shift from his mood in vv.1-2, to his bold requests in vv.5-8 (hint: end of v.4). Also, notice that Nehemiah had prayed (1:4-11), prepped (because he had his list ready), then prayed again (v.4)!

Cook: Spend some time in conversation with God to think through and hear from Him as to what resources you will need to achieve God's dream for your 2018.

Took: As a child of God, all of the resources that we need to fulfill His purpose for our lives has already been made available to us.

Saturday, January 27th

Hook: A predicted victory

Book: 2 Chronicles 20:1-25

Look: Notice the very real threat in vv.1-2. Notice how Jehoshaphat responded to the threat (v.4). Take note that God responded (vv.14-17). Check out Jehoshaphat's battle plan (vv.18-22).

Cook: Since you are already on the winning side, allow your prayer time to be more like worship time!

Took: By faith, I receive the Lord's expanding of my mind, my asking, and my capacities so that I can achieve His big Kingdom dreams for my 2018!