

# Daniel Fast



## Helpful Guidelines and Devotions

# 21 Day Devotional, Fasting and Prayer Guide

By starting each year with a corporate fast, many Christians and Churches have found that God meets with us in very unique and special ways. His presence grows greater and greater with each day of the fast. Without fail, He always shows up!

Corporately fasting in March is much the same precept as praying in the morning to establish the will of God for the entire day. I believe along with many Pastors that, if we will pray and seek God and give Him our best at the first of the year, He will bless our ENTIRE year! “But seek ye first the kingdom of God and His righteousness, and all these things shall be added to you” (Matthew 6:33).

Fasting is a principle that God intended for everyone to be able to enjoy. It's not a punishment; it's a privilege! By making fasting a way of life, you can get closer to God and grow in your spiritual walk like never before. Fasting is one of the most powerful weapons God has given us for our daily lives. When you fast and pray, you will see amazing results from God. It's all about putting Him first, and letting our Shepherd lead the way all year long. Without a doubt, fasting sets you on a great course every year. Psalms 37:23 says, “The steps of a man are established by the LORD, and He delights in his way.”

I don't expect that every single one of you will join us in our fast but I would like you to pray about reading through the 21 day devotional and prayer guide listed below. So if you can't fast, you can join, with equal impact, by praying for God's grace and strength for those who do! Take this time and pray for Abundant Life. Pray for God to move with divine direction and that in 2015 He will give us dreams, revelation, and visions for Abundant Life both corporately and individually.

James 4:8 says, “Draw near to God, and He will draw near to you.” He has amazing things in store for us, and I am encouraged and excited about this new year.

Resources: There are several websites and resources available online that you will find useful during your 21 Day Fast. The Daniel Fast website has prayers, recipes & scriptures for your fast: [www.Daniel-Fast.com](http://www.Daniel-Fast.com), [www.DanielFast.WordPress.com](http://www.DanielFast.WordPress.com)

# Types of fast and what they require.

## Broad Types

1. **Corporate:** This is a call to fast by the Pastor or Leader of a church or group of people. (see 1 Kings 21:9, Ezra 8:21, Ester 4:16) This type of fast requires that the people are of one accord about the fast and will be in compliance to what the Pastor or Leader, by the leading of Holy Spirit has called them to do.
2. **Private:** This is a personal fast for an individual or husband and wife; lead by the Lord. (see Matthew 6:18)

## Specific Types

1. **Daniel Fast:** No meat, sweet foods, or strong drinks (see Daniel 10:2- 3). This can be done for an extended period of time. This could also be considered a vegetarian diet because there is no meat eaten.
2. **Partial Fast:** This would be not eating one main meal you would usually eat on a daily routine, such as breakfast, or lunch, or dinner. This meal would be skipped until the fast was over.
3. **Half-Day:** Fast until 3 P.M. (ninth hour). This is the fast John Wesley participated in. (see Acts 10:30-31)
4. **Complete Fast:** This would require you to abstain from all solid foods, liquids only. When Jesus fasted in the desert, the Bible says, “After fasting forty days and forty nights, He was hungry.” This verse does not mention Jesus being thirsty. (see Luke 4:1-2)
5. **Total Fast:** This is a full and complete fast, no food or drink. Acts 9:9 describes when Paul went on a full fast for three days following his encounter with Jesus on the road to Damascus. Esther also called for this type of fast in Esther 4:15-16. This type of fast should be done with extreme caution and not for extended periods of time.
6. **Juice Fast:** This is a fast where only fresh fruits and vegetables are juiced in a juicer. If you can't juice your own fruits or veggies try buying juices without sugar or additives. When using fruits that are acidic, such as lemons, oranges, and even tomatoes dilute them with water for your stomach's sake.

## Lengths of Fast

1. Half-Day: see Judges 20:26, Acts 10:30
2. One Day
3. Three Days: see Acts 9:9, Esther 4:15-16
4. Seven Days: see 1 Samuel 31:13
5. Fourteen Days: see Acts 27:33
6. Twenty One Days: see Daniel 10:3 7.
7. Forty Days: see 1 Kings 19:8, Luke 4:1-2

NOTE: The length of the fast should be dependent on three factors – 1.) Your health, 2.) God’s leading, and 3.) Type of fast.

USING WISDOM IS ALWAYS IMPORTANT IN FASTING.

## Other activities to Fast

Although not mentioned in the Bible, we as Christians today can also commit to fasting from other activities:

- a. Electronics
- b. Computers
- c. TV
- d. Video games
- e. Limited cell phone use if possible.
- f. Try to give up some entertainment like sports and movies and focus more on prayer and studying the Word of God during the times we do some of the mentioned activities.

## Daniel Fast: foods to avoid

Basically you want to avoid the types of food that the King offered to the Jews in captivity and you want to eat what they ate. In essence we are avoiding the things that only royalty could eat in ancient days.

- Meat, because Daniel didn’t want to take the chance of eating non-kosher meat and/or meat that was offered to idols.
- White flour and all products using it
- White rice, white bread, hominy and pasta
- Fried foods
- Caffeine
- Carbonated beverages, including diet sodas
- Wine or any other alcoholic drinks

- Foods containing preservatives or additives
- Refined sugar
- High fructose corn syrup
- Chemical sugar substitutes
- Margarine, shortening, animal fat, high fat products

## **Daniel Fast: foods to eat**

Daniel seemed to eat only things planted for harvest and drank only water. You may want to keep it simple and eat only vegetables and drink only water.

1. Whole Grains: brown rice, oats, rolled oats, oatmeal, barley, corn, popcorn, wheat
2. Legumes: dried beans, pinto beans, split peas, lentils, black eyed peas, green beans, green peas, peanuts.
3. Fruits: apples, apricots, avocados, bananas, berries, blackberries, blueberries, boysenberries, breadfruit, cantaloupe, cherries, coconuts, cranberries, dates, figs, grapefruit, grapes, grenadine, guava, honeydew melons, kiwi, lemons, limes, mangoes, melons, mulberry, nectarines, oats, olives, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, watermelon, etc.,
4. Vegetables: artichokes, asparagus, beets, broccoli, Brussel sprouts, cabbage, carrots, cauliflower, celery, chili peppers, corn, cucumbers, eggplant, garlic, ginger root, kale, leeks, lettuce, mushrooms, mustard greens, okra, onions, parsley, any peppers, any potatoes, radishes, rutabagas, scallions, spinach, sprouts, squashes, sweet potatoes, tomatoes, turnips, watercress, yams, zucchini, etc.
5. Seeds: all nuts, natural peanut butter, natural almond butter, sprouts, ground flax, etc.
6. Liquids: spring water, distilled water, filtered water, 100% all natural fruit or vegetable juices

## **Other Food items to Avoid during Your Fast**

- a. Avoid caffeinated drinks.
- b. Avoid chewing gum and mints even if your breath is bad. Drink decaffeinated mint tea to assist with your breath. \*These items stimulate digestive action in your stomach and may make you feel hungry

## Why Pray?

Prayer is our greatest weapon. Not only does it draw us closer to God, it unleashes his power into our world. Through prayer we learn the heart of the Father in all the matters of our world and through spending time in his presence we begin to be conformed more and more into his image. Through discipline, prayer changes from being a duty to a delight. Simply said, the more you pray the more you want to pray and the greater it's impact.

Our Heavenly Father desires our love, our attention, our fellowship, and our worship and each of these begins in an attitude of prayer. Through prayer we actualize our three most powerful weapons: The word of God and the name and blood of Jesus. Therefore, prayer is both relational and strategic.

When Jesus was asked by the disciples to teach them how to pray he taught them what we now call, "The Lord's Prayer." In that prayer Jesus acknowledges the sovereignty of God then prays that God's will and kingdom would come to earth as it is in heaven. Through prayer we literally bring God's desires and kingdom from the heavenly realm into our earthly realm.

## **DAY ONE MARCH 11, 2018 ACKNOWLEDGING GOD THE CREATOR OF HEAVEN AND EARTH**

### **Devotion**

Have you ever wondered who or what created the heavens or even little things like flies and ants? If so, what caused you to think that there is someone besides God who can bring things like that into existence? Colossians 1:16 says, “for by Him all things were created that are in heaven and that are on earth, visible and invisible, whether thrones or dominions or principalities or powers. All things were created through Him and for Him.” When we acknowledge the Creator of heaven and earth it leaves no room or doubt in our minds that our Heavenly Father is the creator of the Universe. Take a look around outside today, and behold the beauty of the sky and the things around you; and look at how detailed our Father God is. Don’t you think that if we serve a God who is that detailed in the smallest things of His creation like a fly or a tiny ant then think of how detailed the plan must be that He has for your life? Take some time today to thank God for what He has done for us in all creation. God loves it when we brag on Him and about Him. Watch how He will begin to fill your heart with joy!

### **Prayer**

Father God, who is like You? There is none in heaven or on earth like our Mighty and Awesome God. O Lord, You have created all things and by You all things exist. Heaven is Your throne and the earth is Your footstool. God, we your children can not build anything large enough to contain You and Your glory, the heavens can’t contain You, yet You have chosen to have Your Holy Spirit live inside of us. Thank You Father, for all the things You have done for us. Thank You, for the wonderful creation of life we partake in each day God. Lord, we acknowledge that You are God of every living thing. We say that You are God of all flesh, the Creator, the Great I Am, the Ancient of Days, and we bless Your Holy and Righteous Ways. Thank You, Father, for Your Creation.

### **Scriptures to Meditate on**

1 Kings 8:22-23,27; Psalm 103:1; Psalm 148, Isaiah 66:1; 2 Timothy 1:14 8

## **DAY TWO - MARCH 12, 2018 ONE NATION TRULY UNDER GOD**

### **Devotion**

Today in our society we have become passive about how and what people do, especially our own children. We now look at the wrong people do and call it right, and the good that people do, and call it bad. The word of God tells us in Psalms 33:12, “that blessed is the nation whose God is the Lord.” We cannot be silent as our nation slips further and further away from God. You and I are

called by God to be a light in the darkness. We must never forget that regardless of the outward appearance, the scriptures are clear that there will always be more that are for us than those who are against us (2 Kings 6:17). God is watching (Proverbs 15:3) to see how we will respond to the world around us. Always remember that throughout scripture it often only took a single person seeking God's direction and help to turn the course of an entire nation. Remember the impact of Daniel, Jeremiah, and Moses. A single person's commitment could change the course of our entire nation! Will you be that person?

### **Prayer**

Father, first forgive me for silently standing by while watching people make bad decisions and not sharing the Gospel of Jesus Christ with them. Help me to not be afraid to share Your goodness to the world around me. Father, I have a desire to see my home, city, state, and country be changed by You. We want You, Lord Jesus to rule in our nation. We want what You want for our Nation so that we can continue to be blessed by You to be a blessing to other Countries. Help us dear Lord, to be a Nation who calls You our God.

### **Scriptures to Meditate on**

Psalm 33:12-15, Psalm 52:4, Job 24:1-25 9

### **DAY THREE- MARCH 13, 2018 GUIDANCE FOR THE PRESIDENT OF THE USA**

The President and VP have been chosen by majority vote. It is our job as believers to keep them lifted up in prayer, whether you like the choice or not we are told in scripture to pray for them. God is the one who lifts some up and sits some down. We must understand that God has the last word and whatever decisions these two people make, our God is STILL in control. The Bible tells us that He is the God of all flesh. So let us make a decision to pray for guidance for our leaders. Let us purpose in our hearts that we will ask the Father to lead and guide every plan, purpose, thought, and decision they make. Remember, these Leaders have a huge load to carry. As God's word instructs us, let us lift up those in authority over us each day. Only as our nation's leaders turn towards God can our nation remain great.

### **Prayer**

Lord, we pray that you will touch our president and all those who you have allowed to be in positions of leadership in our nation. May they seek and receive wisdom from you and may their steps reflect your righteousness. If they do not know you personally may you create circumstances in their lives that cause them to seek your saving grace and may that decision result in a relationship with you that will be a blessing to our entire nation. May your word dwell richly in their hearts and minds so that with each decision and trial that they face the Holy Spirit would be the voice speaking loudest to their hearts. In our future elections exalt those who trust in you and bring down those who reject you. Bless us so that we may bless the entire world. Bring us peace and prosperity as our nation returns to you. 10 Day Four - March 14, 2018



## **Scriptures to Meditate on**

Psalms 1:1-3, Romans 13:1-7, 1 Timothy 2:1- 4

### **DAY FOUR- MARCH 14, 2018 ACCOUNTABILITY**

#### **Devotion**

No one wants to be accountable. As young children we begin to find ways to release ourselves from the accountability of others. We simply want to do what we want to do without having to deal with the consequences of our actions. However, the Word of God is clear that we owe both God and others in the Body of Christ our honest accountability. It's an old cliché but a good one that says, "No man is an island." We simply were not designed by God to go through this life alone. This is true not only in regards to our emotional health but also our spiritual health. We require other people to stretch and push us closer and closer to God. Left alone, most people slowly move away and doing so leaves them very vulnerable to the devils lies and schemes. Ultimately those who are alone are defeated and the Kingdom of God suffers. Therefore, we need to willingly give an account of ourselves to others. Throughout this time of fasting and even through this entire year establish a relationship with someone other than your spouse to whom you are going to be accountable. Give them permission to question you on every area of your life so that every area of your life will be pleasing to God.

#### **Prayer**

Dear Lord, I humble myself before you and before my accountability partner. Through their involvement in my life bring me closer to you. Forgive me for the years that I wasted thinking that I could live this life without anyone's help. I commit to you and to them that this year will be my most devoted year ever as they hold me accountable to those disciplines and devotions that produce your spirit in me more and more.

## **Scriptures to Meditate on**

Romans 12:16, Matthew 12:33-37

### **DAY FIVE- MARCH 15, 2018 GOD WANTS TO USE YOU!**

#### **Devotion**

It absolutely thrills me when I think that the God of Heaven can actually use me! We all should be very grateful to know that we can be an instrument to accomplish His will here on earth. Faithful Christians are the tools God uses to do great things that have eternal value. He uses His followers as witnesses to the entire earth to tell everyone about Him and His love. When you stop to think about it, you and I can truly alter the course of history and the world. Unfortunately, some people are not being used by God because they are either unwilling or unfaithful. It is said that Leon Trotsky, who was a key part of the Communist revolution in Russia, actually attended

a Sunday school class one day during a visit to America. But the teacher of the class was absent that morning, and did not bother to get a substitute. So no one taught the Bible that morning, and as far as anyone knows, Trotsky never attended church again. What if someone had been faithful enough to show up that morning? It may have helped to alter history! All that God asks of us is to make ourselves available to Him. Tell the Lord today that you want to faithfully serve Him. Who knows what wonderful things might happen when you are faithful to the Lord?

### **Prayer**

Dear Lord, forgive me for not being available for Your use in the Kingdom. Lord I want to be used by You to bring about change in my community. I yield myself to You Lord, to do whatever You want me to do. In Jesus' name, Amen.

### **Scripture to Meditate on**

2 Timothy 2:20-21, Psalm 91, and Psalm 100

### **DAY SIX- MARCH 16, 2018 WHAT IS FREEDOM?**

### **Devotion**

The concept of freedom is one that most Americans would claim to comprehend. But after generations of living free, do we really understand what would be lost if just a piece of our freedom were taken away? Remember the days just after September 11, 2001? The airlines were shut down, and air travel suffered for months. Professional football games were postponed. Large events were canceled. The security measures implemented since then have cost billions of dollars and demanded countless hours. Imagine what life would be like if we suffered a barrage of suicide bombers, truck bombs and armed assaults similar to what happens in places like Iraq and Israel. An old saying warns that you don't know what you have until it is gone. Truly, we take so much for granted in this country that it is easy to lose sight of how much is at stake. We must not allow terrorists to shut us down and isolate us from the rest of the world. Our soldiers are risking (and some losing) their lives to protect our freedom. The rest of us must do our part to secure the future for our children and grandchildren, not only for the sake of our loved ones, but also for the sake of freedom. This is where our prayers for freedom and protection, not just for America, but for all those other countries like Darfur, and Israel etc. that suffer through terror everyday, become very important. We must pray for the protection of this Country. God is waiting to hear from us about everything that concerns us.

### **Prayer**

Thank You, Lord, for the freedom we enjoy in this country. You have blessed us beyond what we deserve. Thank you, for the gifts of transportation, recreation, financial security, and so much more. We are guilty of taking Your blessings for granted. Remind us continually of how You protect us and cause us to prosper. Help us not to squander the freedom You have bestowed upon us. Help us to protect it as the treasure that it is.

## **DAY SEVEN- MARCH 17, 2018 THE DIFFERENCE BETWEEN COVERING AND COVERING UP.**

### **Devotion**

1 Peter 4:8, “Above all, love each other deeply, because love covers a multitude of sins.” Sometimes this passage is misinterpreted to mean that our love for each other blots out our sin. Make no mistake, the only love that can cancel out sin is the love of Jesus manifested in His death on the cross. What Peter is talking about here is the unconditional love and acceptance that should be present in the Body of Christ creating an environment where we feel safe and secure to confess our sins to one another and repent. Sadly, in some church fellowships that love and acceptance is not present. This results in an environment where we dare not confess our faults to each other for fear we will become exposed and put through a gossip mill. This lack of “covering love” in the church is the spirit of the Pharisees, not that of Jesus! When Jesus encountered those struggling with sin He responded with compassion and understanding, saying “I don’t condemn you.” He did this, even though He is the only person who has the right to condemn sinners. You and I don’t have the right. We are like the Pharisees with rocks in their hands waiting to throw them at the sinful woman; when Jesus reminded them of their own sin, one by one they dropped their stones and walked away, knowing they were every bit as guilty as her. Through the Word of God and the Holy Spirit that which is sin and that which is not sin becomes very clear. We are not a people called to turn a blind eye to sin in our lives or the lives of others. We must be willing to confront sin but we must always do that after a relationship is established and with our primary motivation being reconciliation and love and always with a eye to our own sinfulness.

### **Prayer**

Dear Lord, thank You for putting me in a body of believers that I can be accountable to and who won’t gossip about my sins or shortcomings, but will pray with me and for me. Help us Father, Your children, to truly edify and pray for each other the way You intend for us to. In Jesus name, I pray Amen. \_\_\_\_\_

### **Scriptures to Meditate on**

Hebrew 10:24-25, 1 Thessalonians 4:11

## **DAY EIGHT- MARCH 18, 2018 SALVATION FOR THE LOST DEVOTION**

Do you know of someone who does not know Jesus Christ as their personal Lord and Savior? Chances are that you do. It may be a coworker, a friend, a neighbor, and even your own mother or father. The fact is almost every born again believer knows at least one person who is not saved. Why then do you think that God has placed you in their life? Is it to witness to them or to let your light shine before them so that they will desire to know your God? Today take time out to pray for someone specifically that you know who is not saved. Ask God to show and tell you

exactly how to witness to this person or people that He has for you to share your faith. God desires for everyone to be saved.

### **Prayer**

Heavenly Father, I come to You now in the name of my Lord and Savior Jesus Christ. Heavenly Father I pray for (\_\_\_\_\_), and the lost of the world this day and that every man, woman, and child from here to the farthest corners of the earth be saved. As I intercede, I use my faith, believing that thousands this day have the opportunity to make Jesus Christ their Lord and Savior. I ask the Lord of the harvest to thrust the perfect laborers into these lives this day to share the good news of the Gospel in a special way so that it will touch their hearts. In the name of Jesus I pray, Amen.

### **Scripture to Meditate on**

Isaiah 52:10

### **DAY NINE- MARCH 19, 2018 YOUR DESTINY**

### **Devotion**

This life is but a grain of sand on eternity's beach. Your ultimate destiny is more magnificent than you can possibly imagine. However, God wants to give you a taste of it right here in this life. He has a plan for you to accomplish. He has set you on a prearranged path with an intended destination. Has God told you to do something that looks totally impossible to your natural eyes and understanding? Do you hear God calling you to go to the left instead of the right? Step onto the path that God is calling you to, and stay on it. Every step on this path is covered in God's wisdom. Listen and watch as He guides you past every obstacle and distraction. Know that your Heavenly Father is always guiding you with His right hand.

### **Prayer**

Dear Lord, in my heart I submit myself to your purpose for my life. I believe that as long as my heart is stayed on you there is no way I can fail. I trust you to reveal your plan for my life. I will listen for your voice. I know that even in those time that I don't think I can hear your voice you are powerful enough to direct my life in a way that will both please you and bring glory to your name. My simple commitment is to remain submitted to you in every way I know how. In Jesus name, Amen.

### **Scriptures to Meditate on**

Proverbs 19:21; 20:24, John 5:20, Romans 12:2

## **DAY TEN- MARCH 20, 2018 PROMOTION**

### **Devotion**

No one in the Body of Christ is bound to a dead-end job. We serve a God of increase and prosperity. He will promote you to positions you never thought you could do and then give you the ability to do them better than anyone ever has. Never forget that your Father prospers everything you set your hands to do. So set your hand to the plow and don't let up. Maintain a good attitude. Don't be a complainer. Complainers are always last in the promotion line. See your present job as a proving ground. Do it as unto the Lord and to the very best of your ability, and don't be selfish. If the opportunity arises, teach others to do your job as well as you can. You will reap the benefit of sowing into someone else's life and ensure that you have a replacement when you get the promotion you've been expecting. Remember, promotion does not come from the east or the west, but promotion is from God!

### **Prayer**

Dear Lord, thank You for raising me from the dust (the place where I am easily driven by the wind). Thank You, Lord for delivering me from the dunghill (the place of deep and filthy poverty). You Lord have set me with kings and nobles. You, Father, have made me righteous in the earth. You have guarded my ways and given me strength to do Your will. Lord, Your word says that You are the one who promotes and I believe Your word for my life. I thank You, Father, that You have come to give me an abundant life. Amen.

### **Scriptures to Meditate on**

Deuteronomy 8:6-18, Psalms 75:6, 7

## **DAY ELEVEN- MARCH 21, 2018 WAITING ON GOD**

### **Devotion**

As children of God we often find it hard to wait on God to answer our prayers. For some reason we think God needs our help in answering our prayers so we might tend to do things our own way instead of waiting on God. God's word tells us that His ways are not our ways and His thoughts are not our thoughts. So why is it hard for us to wait on God? Maybe it is because of our impatience, immaturity, or lack of trust that will cause us to jump ahead of God instead of waiting and listening for His voice. Do we really trust God to answer us when we call on Him? Are you willing to wait on the Lord to answer all your prayers, even if it takes longer than expected? Prayer Father show me Your ways, Lord God, and teach me Your paths. Lead me in Your truth and teach me. You are the God of my salvation. I wait before You with expectant hope all the day long. Let integrity and uprightness preserve me as I wait on You. Father God, help me to remember to wait on You at all times and to be of good courage, for I know that as I do these things, You will strengthen my heart. Thank You, Father, for this precious promise from Your word. In Jesus name, Amen.

## **Scriptures to Meditate on**

Psalm 25:1-5, 21; Psalm 27:14

### **DAY TWELVE - MARCH 22, 2018 LIFE BALANCE**

#### **Devotion**

Balance is not an easy thing to find and an even harder thing to regain if you lose it. We live in a very fast-paced world. Every second of our day is up for grabs and there are a lot of things vying for those seconds. We have work, recreation, family, church, children, grandchildren, appointments, friends, education, sleep, shopping, fun, holidays, vacations, sports, and the list goes on and on. If we are aren't careful, the Lord's place in our life can suddenly be found to be way down on a list full of other things. Over and over throughout the history of the people of Israel, this is exactly what happened. God would be center to their lives and great blessing and peace would be upon the people. Time would pass, the people would begin to allow other things to crowd God out of their lives, and difficulty would befall them. It's a pattern that happened over and over. Are there many worthwhile things competing for our time, money and allegiance? Absolutely and many of them are noble, righteous things. However, even good things must not be allowed to push God from the center of our lives and the first place on all of our priority lists. God is a jealous God and he will only fill first place in our hearts. God has given us every aspect of our lives including our bodies, our time, our money, our families, our work, everything. In all of our ways let's acknowledge him first!

#### **Prayer**

Father, please show me any areas where I need to reorder my priorities. Guide me to solutions that will help me live my life in a way that is pleasing to You. Jesus, I desire for my steps to be ordered in Your Word. I want to be faithful to the time You have given me on this earth. I want to please You, Lord in all that I do. Help me, Holy Spirit, not to neglect my body in which You dwell. Help me not to neglect my family by being too busy for them. Forgive me, Lord, for using my time unwisely. Thank You, Lord, for being faithful to me when I am unfaithful with the time You have given me. In Jesus' name I pray, Amen.

Scripture to Meditate on Ecclesiastes 3:13

### **DAY THIRTEEN - MARCH 23, 2018 GOD WORKS THROUGH FAMILIES**

#### **Devotion**

Whether we know it or not our families are a classroom for God's character traits, including forgiveness, mercy, justice, grace, trust, loyalty, and love. God put us in families to teach us how to be more like Him. As we care for our aging parents, we learn to serve as He served us in the person of Jesus Christ. As we raise our children, we learn to love as He loves us as His own children. As we carry out our marriage vows, we learn to sacrifice self as He sacrificed Himself for our sins. As we stand by our brothers and sisters in trials, we learn to care for their needs as

our Father cares for us. Through the family, God also teaches us about His covenant. God works through families. Over and over in scripture we see His hand touching generations to bring His plan to fulfillment; Noah, Abraham, Isaac, Jacob, and even through the genealogy of Jesus Christ. God also uses the family to teach us about community. In walking through life with our families, we share the good and the bad. We care for one another, pray for one another, and learn the value of standing together in tough times as well as rejoicing in good times. Scripture says, “All have sinned and fall short of the glory of God” (Romans 3:23). So inevitably, we will wound one another or let one another down in some way, however in our family, we can hold each other accountable and walk through forgiveness and repentance.

### **Prayer**

Dear God, thank You for what You have taught and are teaching me through my family. Help me to continue to grow in love, joy, peace, forgiveness, self-control, kindness, and goodness. Help me and my family to glorify You in all that we do. Use us to teach another family about Your true love so that they may want You as their Lord and Savior. Help us Lord to love what You love and do what You would do. Amen.

### **Scriptures to Meditate on**

Genesis 17:7, Romans 3:23, Galatians 5:16

## **DAY FOURTEEN- MARCH 24, 2018 RESTORE RELATIONSHIPS**

### **Devotion**

Today as you continue in this fast and prayer ask the Holy Spirit to help you restore any of your relationships that you know ended in an abrupt way. You may not be angry or hold any ill feeling towards the person but maybe you feel as if they are upset with you. Sometimes the enemy blinds us into thinking that someone is angry at us or you have done something wrong to them. Walk in boldness today and with help of the Holy Spirit go to that person and say, “Can we talk?” Don’t be tricked by your own thoughts, the situation may not be what you think. How many people do you know that are not communicating with distant loved ones just because they think that the other person is mad at them when in fact, it’s not that way at all? Maybe they are waiting on you to make the first move. Prayer Father, today I ask you to help me take all of my thoughts captive to the obedience of Jesus Christ. Help me, Lord, to see all people the way you see them. Help me to be a person of reconciliation, restoring all that may have been lost in the relationships with others you have place in my life. I ask You, Father, to restore a good relationship between me and all of my family, friends, co-workers, and others.

### **Scriptures to Meditate on**

Proverbs 19:11, Ephesians 4:30-32, Romans 12:10

## **DAY FIFTEEN - MARCH 25, 2018 ENLIGHTENMENT**

### **Devotion**

Do you have a desire to know more about God? I have a hard time imagining anyone answering no to that question. God has promised in His Word to enlighten us and reveal Himself to us. How does He do that? Through the combination of two things. His Word, (the Bible) and through the Holy Spirit. It's sort of like a glue that comes in two parts. Separate they don't stick anything together. Mix them together, spread them onto something and stick it to something else and in just a little time the two pieces are now one piece. The Word of God through the Holy Spirit making it alive in us brings the truths of who God is and how God works right into our hearts and perhaps more importantly into our minds. That process is called enlightenment in Paul's letter to the Ephesians.

### **Prayer**

Lord of Heaven, I pray that You might give to me Your spirit of wisdom and revelation, with the eyes of my heart being enlightened, knowing what is the hope of Your calling, Your inheritance in me and Your inherent power to me as one who believes (see Eph.1:17-19). Father, I pray that You would make known to me the mystery of Your will according to Your good pleasure (see Eph. 1:9).

### **Scriptures to Meditate on**

Daniel 2:21, James 1:5

## **DAY SIXTEEN - MARCH 26, 2018 GOD'S PROVISION AND PROTECTION**

### **Devotion**

When we seek God and are thankful with all He has given us, we will not lack anything we need. When we give to those less fortunate than ourselves, He will bless us (Ps.41:1- 2). If we close our eyes to the needs of those around us, God will do the same with our needs. When we put all that we have, especially our finances in His hands and do with it what He is telling us to do, He promises to bless us. Remember, if you give nothing, you get nothing, and if you give little, you get little. "You reap what you sow". 17 How many times have we been protected and spared from harm and disaster that we are not even aware of? God's word tells us that we are in His hands and no man can pluck us out.

### **Prayer**

Lord, I worship You as my Almighty God. You are my King and Lord over all my life. I surrender everything I have to You because I recognize that every good thing I have has been given by You as a sign of Your goodness, mercy, and love (James 1:17). Thank You that You are my Provider and You provide everything I need, Amen.



## **Scriptures to Meditate on**

Psalm 28:7, 34:10, Matthew 6:25-34, Psalm 91

### **Note of encouragement.**

You are on the last week of your prayer and fasting, great job, you have hung in there. This last week will focus on more praying and reading the scriptures, instead of devotions. We will focus more on praying specific prayers from specific scriptures for specific topics, such as; unity, sanctification, guidance, and thankfulness.

### **DAY SEVENTEEN- MARCH 27, 2018 A PRAYER FOR SPIRITUAL STRENGTH**

Praying Ephesians 3:14-21

Father, In the name of Jesus, I praise and thank You that You saved me for a purpose, and that You have a plan for my life that exceeds my most imaginative hopes and dreams. For that reason, Father, I bow my knee to You, the God of heaven and earth. I pray that by Your glorious riches You would strengthen me on the inside through the power of Your Holy Spirit and that Christ would truly live in my heart and live through me by my faith in You. Help me to understand with all of the saints the breadth, length, depth, and height of Your love which surpass all knowledge. Fill me with all of Your fullness, Your wisdom, strength, and power, so that I would live a life that glorifies you. Amen!

### **DAY EIGHTEEN- MARCH 28, 2018 A PRAYER FOR GUIDANCE**

Praying Philippians 1:9-11 for your loved ones and yourself. (just insert the name of the person or people for whom you are praying for) Father, in the name of Jesus, I pray that Your love in \_\_\_\_\_'s heart by the Holy Spirit would abound and grow more and more, strengthening \_\_\_\_\_'s knowledge of You and of the things You have called \_\_\_\_\_ to do, in the discernment and spiritual insight of the Holy Spirit. I pray that \_\_\_\_\_ can prove Your excellence by always knowing the right things to do and doing them with excellence and that \_\_\_\_\_ will remain sincere, genuine, and real in all his/her/my encounters with others and free from blame or even the appearance of evil until the day of Jesus Christ's return. Allow this to lead to \_\_\_\_\_ overflowing in the fruits of Your righteousness, which I have because of Jesus Christ, that all of this would make \_\_\_\_\_ a constant glory and praise to You under all circumstances and in all things. In Jesus name, Amen

### **DAY NINETEEN- MARCH 29, 2018 A PRAYER FOR UNITY**

Praying Romans 15:5-6 for your loved ones, your church, your organization or business, or your city.

Heavenly Father, I know that it is by Your Spirit that we have the power to forgive, and that it is through the fruit of Your Spirit that we can overcome the challenges of life and become encouragers to others around us. I thank You that You have called us as Christians to be unifiers,

reconcilers, and peacemakers on this earth as a display of Your love and grace in our everyday lives. I also thank You for giving us an example of true unity in Your relationship with Your Son, Jesus, as He walked upon this earth and that we can be one as You and He were one because of His prayers for us in John 17. For this reason, Father, I pray for unity for \_\_\_\_\_. I pray that You would not only use \_\_\_\_\_ to be a unifier, reconciler, and peacemaker but that the Holy Spirit would also be present with \_\_\_\_\_ everyday to help \_\_\_\_\_ overcome with Your joy and encourage others as \_\_\_\_\_ follows Jesus. I pray that in unity with one heart and one mouth \_\_\_\_\_ may glorify You, the Father of our Lord and Savior Jesus Christ. Amen.

#### **DAY TWENTY- MARCH 30, 2018 A PRAYER FOR SANCTIFICATION**

Praying 1 Thessalonians 5:23 for yourself.

Father, in the name of Jesus, I praise and thank You for being the God of Peace. I pray that You would sanctify me completely from my inner spirit to my outer actions, making my life stand out to others as an example of Your grace, mercy, love and righteousness. Father, help me to walk worthy of my heavenly citizenship even as Jesus has made me worthy through His sacrifice on the Cross. I pray that my entire Spirit, soul and body would be sanctified and complete for the purpose to which You have called me. I want to live blamelessly, above reproach, and without any appearance of evil, fit for Your use in all things and ready to tell others of Your love until the return of Your Son, my Lord and Savior Jesus Christ. Now unto You, who called me, be the glory forever and ever, even as You will be faithful to make certain Your sanctification and will are fulfilled in my life. Amen.

#### **DAY TWENTY -ONE- MARCH 31, 2018 A PRAYER OF PRAISE AND THANKSGIVING**

Father, You alone have the power to establish all of us according to the Good News of Christ. You have chosen to reveal through the Church the mystery of Your manifold wisdom, a secret You kept from the beginning of creation until the day You raised Jesus from the dead. You now are making that wisdom manifest to the entire universe through those of us who obey You. You, Father, who through the grace of our Lord and Savior Jesus Christ, have enriched us in knowledge and to the greatness of Jesus. You have enabled us to be steadfast and blameless until the day Jesus returns for us. You are faithful who has called us into the fellowship of Your Son Jesus Christ our Lord. You have enabled each of us to be ministers and ambassadors of Your grace regardless of our past and abilities. To You the only wise God, the King eternal, immortal, unseen by human eyes, who dwells in the light which no one can approach, who is the blessed and only true and Living God, the King of kings, and the Lord of lords, be the glory through Christ Jesus, the Church, and my life forever and ever.

You did it! Give God the glory for the Victory. Purpose in your heart to go forward and not backwards from this point.