

# Notes

January 6th, 2020

Dear Friends,

AW Tozer once said, "We have as much of God as we want!" That has stuck with me through times in life when my wanting has been low and when it's been higher. How much of God do I want right now?

As we enter this new decade and life season full of potential with God, we look forward to what He has in store over these next seven days. Let's be intentional about this week of fasting and prayer. Ask God how you are to fast and persevere with his help.

One of the greatest things we can do is pray for each other by name as we carve out time to spend concentrated times with the LORD and hear from him. As the LORD brings a person to mind, pray for him or her.

We give up food and media to give God undivided attention to deepen our relationship with him. There are seven days of devotions here to guide you. May your Word dwell richly in us this week O God.

Speak Lord, your servants are listening,

Pastor Scott



## How will I fast and pray into 2020?

Write down the highlights from your week of fasting. Take time to thank God for what he has done this past week. Share this with a friend.

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What has been the most significant breakthrough you have sensed from the Lord this week?

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How could you continue in prayer and fasting this year? Establish a pattern. Could you fast one or two meals a week. One day a week? Share this with someone.

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We are called to dwell richly in the Word of God. (Colossians 3:16.) If you don't have one, seek out a Bible reading plan to follow this year. Check out Bible.com or youversion.com. Reading plans are available at the back. Buddy up with someone to hold you gracefully accountable

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## Fasting in the Bible

### Old Testament

Moses fasted 40 days on behalf of Israel's sin: Deut 9:9, 18, 25-29; 10:10.

David fasted and mourned the death of Saul: 2 Sam.1:12. David fasted and mourned the death of Abner: 2 Sam 3:35.

David fasted and mourned the death of his child: 2 Sam 12:16.

Elijah fasted 40 days after fleeing from Jezebel: 1 Kings 19:7-18.

Ahab fasted and humbled himself before God: 1 Kings 21:27-29.

Darius fasted in concern for Daniel: Daniel 6:18-24.

Daniel fasted on behalf of Judah's sin while reading Jeremiah's prophecy: Daniel 9:1-19.

Daniel fasted regarding a mysterious vision from God: Daniel 10:3-13.

Esther fasted on behalf of her people: Esther 4:13-16.

Ezra fasted and wept for the sins of the returning remnant: Ezra 10:6-17.

Nehemiah fasted and mourned over the broken walls of Jerusalem: Nehemiah 1:4-2:10.

The people of Ninevah fasted after hearing the message of Jonah: Jonah 3.

### New Testament

Anna fasted for the redemption of Jerusalem through the coming Messiah: Luke 2:37.

Jesus fasted 40 days before his temptation and the beginning of his ministry: Matthew 4:1-11.

The disciples of John the Baptist fasted: Matthew 9:14-15.

The elders in Antioch fasted before sending off Paul and Barnabas: Acts 13:1-5.

Cornelius fasted and sought God's plan of salvation: Acts 10:30.

Paul fasted three day fast after his Damascus Road encounter: Acts 9:9. Paul fasted 14 days while at sea on a sinking ship: Acts 27:33-34.

# Four kinds of Fasting

Here are four ways to fast:

## 1. Normal fast.

In a normal fast, a person goes without food for a pre-determined amount of time—1 day, 3 days, 1 week or longer. Drinking water and Tea.

## 2. Partial fast.

This fast allows certain foods, or is on a schedule that includes limited eating, possibly one meal or two meals a day, or only eating vegetables for several days. Daniel and John the Baptist followed this sort of fast.

## 3. Juice fast.

This is the same as 'normal' fast, except the one fasting also eats fresh vegetables or drinks fruit juice.

## 4. Soul fast.

Some people decide to fast from something completely unrelated to food: novels, entertainment (television, movies, facebook, social media)

**Lord, how would you like me to fast this week?**

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**What will be my set times for prayer and reading God's Word?**

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## Questions to ask of a Bible passage:

1. What does this passage say?
2. What does this passage mean?
3. What is God telling me?
4. How am I encouraged and strengthened?
5. Is there sin in my life for which confession and repentance is needed?
  1. How can I be changed, so I can learn and grow?
  2. What is in the way of these precepts affecting me? What is in the way of my listening to God?
  3. How does this apply to me? What will I do about it?
  4. What can I model and teach?
10. What does God want me to share with someone?

## Fasting Resources

<https://www.cru.org/train-and-grow/spiritual-growth/fasting/personal-guide-to-fasting.html> (Bill Bright)

<http://www.desiringgod.org/articles/fasting-for-beginners> (David Mathis)

<https://www.youtube.com/watch?v=h6jvnfdUQhI> (Video by Derek Prince)

<https://bible.org/question/what-does-bible-say-about-fasting> (Fasting in the NT)

**Worship Breakthrough**

We are called to worship our God in spirit and in truth. Read through the story of Jesus encountering the woman in **John 4:1-45**. The true worshippers, worship in spirit and truth. How is this true of me, as I worship the Lord? Ask God for a fresh filling of his Spirit today.

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Come to Sunday worship service with one item of the Lord's work in your life. Gather with us with an expectant heart. Any further insights from the LORD? Any dreams or "words" from another person?

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Join us tonight at 6 pm as we break our fast with a potluck supper and the Lord's supper.

**1. Set your objective and commit to a type of fast.**

- Choose the type of fast God wants you to undertake: water only, water and juices, what kinds of juices, how often?
- Determine how much time and when you will daily devote to prayer and God's Word.

**2. Be Expectant**

Be reminded that the Lord listens to a prayer from the heart. Be true and contrite as we expect to hear direction from our God.

**3. Prepare yourself spiritually.**

The very foundation of fasting is repentance. Unconfessed sin hinders your prayers. Seek forgiveness from all whom you have offended and forgive all who have hurt you. Make things right as the Holy Spirit leads.

**4. Prepare yourself physically.**

Fasting requires physical precautions. If you are taking medication or have a chronic ailment, consult your doctor first before beginning the fast.

**5. Lessen physical activities.**

Limit your physical and social activity during this period. Conserve your energy and devote more time to prayer and reading the Bible.

**6. Be in faith.**

Be strong and focused in prayer as you dedicate more time in fellowship with the Father. Expect God to answers. Maintain a thankful heart throughout the fast and after. Be clear about your faith goals believing God to meet them.

**Here are items I will pray for this week:**

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## Helpful Hints

**Drink plenty of water.** (Drinking at least half of your body weight in ounces of water per day is a good rule of thumb whether you are fasting or not.)

**It is wise to abstain from strong stimulants** such as caffeinated and sugary drinks during a fast, including the artificial sweeteners found in diet drinks. Also, avoid soy protein drinks, which have been known to cause health problems during a fast.

**If you are on a juice fast, drink raw fruit juices such as apple, grape, and pineapple**, which are excellent sources of necessary natural sugar to stabilize blood sugar and keep energy levels up. Orange and grapefruit juice are also good, but they are not recommended for arthritis or allergy sufferers. Monitor juice acidity carefully as it can cause canker sores (mouth ulcers). Raw vegetable juices such as carrot, celery, beet, or green vegetable combinations are excellent as well. Fresh fruit and vegetable juices can be made in a juice extractor or purchased ready-made (be sure to buy juices without any added sugars). Some of the benefits of drinking raw juice versus bottled are that it does not stimulate digestion (hunger) and it maintains all of its enzymes and nutritional value.

**Expect some physical discomforts because of the detoxification process**, especially on the second day. You may have fleeting hunger pains or dizziness. Withdrawal from caffeine and sugar may cause headaches, but it is a part of the detoxification process.

“Fasting... opens the way for the outpouring of the Spirit and the restoration of God’s house. Fasting in this age of the absent Bridegroom is in expectation of His return. Soon there will be the midnight cry, ‘Behold, the bridegroom! Come out to meet him.’ It will be too late then to fast and to pray. The time is now.”

— *God’s Chosen Fast*, Arthur Wallis

## Day 6 Saturday, January 11th

### National Breakthrough

As we focus on our governing leaders in Canada, let's look up Scripture that guides us: **John 19:11, Romans 13:1, Acts 4:27-28, 1 Timothy 2:1-2, Romans 13:1-4, 1 Peter 2:13-17**

Identify what God teaches about government..

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Consider sending an email/ letter to your Ward councillor in Windsor telling them that you are praying for them.

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What to pray for our nation:

That Canada will be a country that honours and serves God  
That Canada will be a nation which demonstrates righteousness, justice, compassion and generosity

That the Holy Spirit will bring a spirit of individual and national repentance across our land, starting with Christians.

That individuals and leaders will seek and demonstrate forgiveness

That Canada will be a nation of diverse people accepting, forgiving, sharing and working together for a better Canada

Prayer: Pray specifically for our government leaders.

**Community Breakthrough**

Read Acts 17:22-34. Notices vv26-27 and how God places people in exact locations and times. Some 10,000 people live in the west Windsor district. How does God view these people?

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What are the barriers that we can pray into that are holding people back from finding God?

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Identify the people the Lord has placed around you and pray for them by name. What can you do this week to demonstrate your care for them. Speaking a word of encouragement and the gospel.

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Prayer: Lord, give me boldness and courage to act and speak in your name. Thank you that your Spirit helps me. Give me opportunity this week to share the good news of Jesus with at least one person.

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**Fast and pray in order to humble yourself and purify your worship.** In fasting we are not trying to get something from God, but seeking to realign our hearts' affections with His. In fasting we can more readily say, "We love you, Lord, more than anything in the world." Lust of any kind is perverted worship, but fasting enables us to cleanse the sanctuary of our hearts from every other rival.

**Do the fast with someone else.** Two are better than one! We encourage parents and kids to consider fasting together. Several generations fasting together has a powerful impact.

**Have a clear target as your prayer focus.** Without a vision (a clear, prophetic prayer goal), the people perish. Write down your vision, so you can run with it (Hab. 2:2).

**Take time to pray and read the Word.** This may seem obvious, but busyness and distractions can keep you from devotions. Reading books will encourage you, too. *Shaping History through Prayer and Fasting* by Derek Prince, *Fast Forward* by Lou Engle, and *God's Chosen Fast* by Arthur Wallis are just some of the books about fasting that are available.

**Expect to hear God's voice** in the Word, dreams, visions, and revelations. Daniel prepared himself to receive revelation through fasting (Dan. 10:1-2). There is a fasting reward (Mt. 6:18).

**Prepare for opposition.** On the day of your fast you can bet that donuts will be at the office. Your spouse (or your mom) will suddenly be inspired to cook your favorite meals. Press through. Many times you may feel more tension build at home. Satan tempted Jesus on the fast, and we must expect the same. Discouragement may come but recognize the source and take your stand on the victory of Christ. <http://www.ihopkc.org/about/fasting->

## During a Fast

### Put yourself on a schedule.

For maximum spiritual benefit, set aside a good amount of time each day to be alone with the LORD. Listen for his leading. The more time you spend with him the more meaningful your fast will be.

- Praise and worship
- Confession and repentance of sin
- Read and meditate on God's Word, on knees?
- Pray for his vision for your life and empowerment to do his will.
- Spend time in intercessory prayer for your family, church, world's needs, etc.
- Take spiritual prayer walks
- If others are fasting with you, meet together for prayer.
- Avoid television, computer games, internet entertainment surfing, movies, parties or other distractions that may dampen your spiritual focus.

### Attend Prayer meetings.

Work at coming out to our prayer gatherings. The church facility will be open Monday to Saturday from 12-1 pm and 6:30—7:30 PM. Come and pray quietly or ask for prayer.

### Have the Right Motive.

Remember that your motive in fasting is to glorify God, to listen to him and be more intimate with him and to bring your burdens to him. When your motives are right, God will honour your seeking heart and bless your time with him in a special way.

## Day 4 Thursday, January 9th

### Church Breakthrough

We are the body of Christ and each one a valuable part. Read through **1 Corinthians 12:4-30**. First, do you know your part in our body? What are your spiritual gifts? Is there a part that God is calling you into?

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Let's pray for revival to come to our body. Read over **Psalms 85** and spend time praying that God will renew and restore our first love, Jesus to his rightful place. Confess any sin that is blocking: apathy, rebellion..

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Pray for the unity of the Spirit at Ambassador. Am I contributing to the unity or taking away from it? Pray for the leaders in different areas. For financial provision for our body. Read through **Hebrews 13:7-19**. Pray through the church photo directory asking God for his leading as you pray.

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**Family/ Relationship Breakthrough**

Read through **1 Corinthians 13:4-7**. Meditate on these words as you ask God for insight on your own display of love to those closest to you. How are you doing at displaying these qualities of love? Ask someone close to you.

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Read over the following family passages and ask the Lord for personal insights: **Joshua 24:15, Colossians 3:13, Ephesians 6:4, 1 John 4:19.**

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Do I need to ask forgiveness of a family member and make something right? Guide me Lord in this.

How can I pray for those closest to me today?

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Who do I need to tell today that they are loved by me?

**1. End your fast gradually.**

Begin eating gradually. Do not eat solid foods immediately after your fast. Suddenly reintroducing solid food to your stomach and your digestive tract will likely have negative, even dangerous, consequences. Try several smaller meals or snacks. If you end your fast gradually, the beneficial spiritual and physical effect will result in continued good health. You may start with fruits, fruit juice, salads, and soups, then gradually eat more solid foods.

Overall, the following four factors represent what we are trying to accomplish when breaking a fast.

- frequent meals to less frequent meals
- Small meals to larger meals
- Easy to digest to harder to digest
- Less variety to more variety
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**2. Continue to pray.**

Don't let your prayer end on the day you finish your fast. Build from the momentum you gained during your fast. Let it transform your prayer and devotional life. Carry the newfound passion with you throughout the year.

**3. Expect greater intimacy with God.**

Pray for the items on your prayer list and other items as God the Spirit leads you. Lift up requests using a prayer list at the back for our church family, our city, government etc..

## Day 1 Monday, January 6th

### How am I doing, Lord?

It is good to start with my spiritual condition. Be sincere with God, ask him to search your heart. Don't rush this. Spend the day, off and on, reflecting on how your inner person is with God. Read **Psalm 139** and focus in on vv 23-24.

<sup>23</sup> **Search me, God, and know my heart;**

**test me and know my anxious thoughts.**

<sup>24</sup> **See if there is any offensive way in me,**

**and lead me in the way everlasting.**

What anxious thoughts am I experiencing?

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What is my soul condition with God? empty, satisfied or dry?

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Take a moment to think about the state of the inner you. What are three specific fears, feelings, assumptions, or insecurities that could be affecting you? Is there an area of your life that you need to repent of?

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Mediate on **Isaiah 58:6-8**—God's chosen fast

## Day 2 Tuesday, January 7th

### Personal Breakthrough

Do you feel stuck in some way in your walk with God? Peter had a breakthrough in **Acts 10**. Read through the chapter and see what was happening. It had to do with his view of people.

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There may be some area of your life that you are wrestling with as you start this new year. It may be a habit, seeking a next step from God, finances, health. Identify these. Spend time in prayer, invite someone to join you in praying.

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We are in a spiritual battle. It's not uncommon to have a besetting sin that keeps aiming to take us down and weaken our relationship with God. Pride, anger, lust, jealousy, critical spirit, apathy, etc. Read through **Ephesians 6:10-20**. What armour pieces do you need to pick up and use in your fight of the good faith? Repent of the sin as needed and ask for a fresh filling of God's Spirit. What Bible promises come to mind? Memorize one today.

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What is a hymn or worship song you could listen to?