



Perseverance
During
Challenging Times

Move Forward In 2025

**First Church of God in Christ
20 Days Prayer and Fasting
January 11 – 30, 2025**

Prayer Schedule

Saturdays 12 – 1pm

Sunday – Friday 6:30pm – 7:30pm

Join us in person, Facebook or YouTube

Pastor Don Crowley

Perseverance

Perseverance is defined as the ability to stick with, pursue, and go after without giving up, even if it is a long period of time. You continue to hang in there. Perseverance can be summed up in two words: KEEP GOING! It is the key ingredient to resilience and the antidote to hopelessness.

How do we practice and cultivate perseverance in such a troubled world during these challenging times?

- **Pinpoint areas of growth.** We cannot grow and learn by practicing the same way that got us where we are now. As the saying goes, “Doing the same thing over and over again while expecting different results” is called insanity.
 - Make positive changes to better your situation according to God’s Word which has the answers you need.
- **Stay on course.** Growth and change can be hard, but the results are rewarding.
 - Stick with your plan.
- **Go further than you did yesterday.** Take it one day at a time, keep moving.
 - If you fall get back up and DO NOT QUIT.
- **Encourage yourself in your progress.** David in the Bible encouraged himself in the Lord. Read *1 Samuel 30:6-8*
- **Surround yourself with a good community.** People that will build you up with encouragement and hold you accountable.
- **Continue to make efforts to achieve.** If you persevere long enough and work hard enough, you will eventually succeed even when it’s difficult or takes a long time.

- **Persevere.** The relentless determination to keep going despite setbacks, failures and seemingly insurmountable obstacles.
- **Keep your faith in God.** Stay focused.
 - Look to Jesus, because He is the author and finisher of our faith. Praise God!

I encourage you, keep moving, persevere, you are a winner.



A Word of Encouragement to Persevere

We all admire those who persevere in the face of adversity. People who never give up no matter how tough things get. You may wonder why some people are better at persevering than others. The Bible indicates that a lot of it has to do with your mindset. People who persevere have a different way of looking at adversity and challenges. Some adversity seems to come out of left field while other challenges we bring on ourselves. No matter how or why it happens, no one is immune to adversity.

The people in the Bible faced plenty of difficulties, but they still managed to overcome them. Noah, Moses, Gideon, David, Jeremiah, Nehemiah, the Disciples (Apostles) of Christ, and many others, these are a few examples that immediately come to mind. In fact, the Bible is full of stories of people who faced adversity and preserved.

I'm going to share with you a few Bible stories during our 20 days journey of fasting, praying and meditating. In your prayer journal you will find daily devotions prepared for your reading each day.

My prayer is that you will be strengthened.

In Jesus Name, Amen.

Pastor Don

Love you!

Why Fast?

Praying and fasting is very important in the Christian life. We must have a purpose when we fast.

Isaiah 58:6 Says: “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?”

Fasting teaches self-discipline, how to deny our flesh and bring it under subjection. Through fasting we are more sensitive to the voice of God, and we can hear the Spirit and the Word of God when it speaks to us. We have more awareness. God strengthen us and we are able to overcome temptation.

Fasting prepares for spiritual warfare. Your purpose for fasting should be...

- Power to overcome temptation
- To break and destroy strongholds, sexual addictions, drug addictions, alcohol addictions, cigarettes, overeating, unforgiveness, depression, oppression, talking too much (loose lips), etc.
- Deliverance from all things that hinder you from getting to God.
- Deliverance for our children, grandchildren and others
- To remove any idea, idol or thing that interferes with your relationship with Jesus Christ

Jesus said, “This kind comes out through fasting and prayer”. Read scriptures: *Matthew 17: 14-21.*

Jesus gave us instructions on how to fast.... *Matthew 6:16-18*

“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.

But thou, when thou fastest, anoint thine head, and wash thy face; 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.”

When you fast comb your hair, brush your teeth, wash your face, take a shower or bath, do not look sad (holier than thou), do not appear to others that you are fasting, do not tell others you are fasting accept your mate if you are married.

Read I Corinthians 7:5 to refrain from sexual intimacy for a limited time with consent from your married partner.

Do your fasting in secret and your heavenly father will reward you openly. Your prayer request will be honored according to God's will. You will be strengthened.

Read Matthew 4:11.

Do not tell others that you are fasting. We are not doing it to be seen of men. God is the one who will reward you when you do it in secret.

Scriptures on Fasting

Moses Fast

Deuteronomy 9:9-18; 25-29

Daniel Fast

Daniel 10:3-13

Esther Fast

Esther 4:13-16

Elijah Fast

I Kings 19:7-18

Jesus Fast

Matthew 4:1-11

Cornelius Fast

Acts 10:30-48

These are just a few – but results follow. Fasting helps to sustain you. It is cleansing for your body. It is a renewing and strength for your spirit and soul. It is a renewing of the mind. Many things happen when you fast.

My prayer is during this prayer and fasting, you will have an experience with God that will cause you to make this a part of your Christian life. It will mature you in Christ, maintain the blessings that will come to you and enrich your total being.

It is my desire that you prosper and be in health as your soul prospers. *3 John 1:2*

Fasting Guidelines

Please read the following instructions prior to starting your fast:

- 1) Consider any health concerns and consult your physician prior to beginning the fast if you are pregnant, nursing, taking medications or have any chronic health conditions.*
- 2) Drink plenty of water during your fast. It is important to keep your body hydrated during the fast.*
- 3) If you are pregnant or nursing please notify your physician to ensure that the health of yourself and the baby is not being jeopardized. You can fast from other things like sweets, television, social media, internet, etc. Please consult your physician prior to beginning your fast.*
- 4) If at any time during your fast your health is compromised please consult your physician and it may be necessary to consider other options of fasting. For example: fasting from sweets, caffeine, television, internet and social media.*

Consecration, Meditation and Fasting during the Prayer

Consecration

The Bible says, "You shall consecrate yourselves therefore and be holy, for I am the Lord your God" (Leviticus 20:7).

A technical definition of consecration means that you are to set yourself apart from evil, turn to the Lord, and be prepared to be used by God.

This shows us the importance of consecration when walking with God. It is vital to our growth as Christians. We must remember when we decided to come to Jesus and allow him to come into our hearts; we were to give ourselves completely and fully to him so that we can be used for his purpose. He cleansed us, washed us up and made us Holy. This is done so that our whole person is ready for ministry. *"For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's". I Corinthians 6:20*

Consecration has two parts; one part is what we do and one part is how God will use us. We are responsible for setting ourselves apart from sinful things, sinful living, sinful thoughts, sinful behaviors, sinful habits and the like.

During this prayer and fasting I am asking that you be mindful of what you put into your body, mind and soul. Pay attention to what movies and/or television shows you watch and ask yourself the question, **"Does this edify my mind, body and soul for ministry?"** If the answer is "no" maybe during this prayer and fasting that particular kind of movie or show should not be watched. This also applies to internet usage and social media (ie. Facebook, Instagram, Twitter, Snapchat, etc.). Think about the music you listen to, the places you go, the company you keep. All these things can have an impact on your consecration. The more we separate ourselves from earthly sources of influence; over time they will have less of an influence on us as Christians. Think about watching spiritual programs, spiritual movies, listening to the word on CD or DVD. Watch the news so that you know what to pray for. Enjoy movies or television shows that have meaning, positive messages, show family in a positive light, etc.

The other part of consecration is drawing near to God. *“As the hart panteth after the water brooks, so panteth my soul after thee, O God. My soul thirsteth for God, for the living God: when shall I come and appear before God?” Psalms 42:1-2.*

If we drink from the things of God and consume all that God has for us, we will be ready to be used by God as he sees fit. God made us so that we have to drink from something. It can be from sin and evil or it can be from pureness and truth. The Bible says, *if we draw near to Him, He will draw near to us, James 4:8.* Drawing near to God is to wash our hands, come away from sin, purify our hearts and make sure not to be indecisive (being uncertain). Do you want to be used for His purpose? Do you want to be what God is calling for in these last and evil days? Do you want to be an asset to God’s Kingdom? If so it calls for consecration.

Meditation

Read *Luke 1:26-38, 2:7-19 (KJV)* for clarity of devotion

Key verse *Luke 2:19* which says, “But Mary kept all these things, and pondered them in her heart.” (she meditated upon them).

Meditation: means to consider or examine attentively, deliberately, ponder, to roll over, to think carefully, quietly about a matter for a noticeable length of time.

Meditation clears your mind and gives you clarity, understanding, serenity – the state of being calm, peaceful and untroubled. We must be careful of what we think because it will determine who we will be...

Proverbs 23:7 (KJV)

For as he thinketh in his heart, so is he: Eat and drink, saith he to thee; but his heart is not with thee.

Philippians 4:8 (NLT)

And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.

This is what Mary did in our scriptures we read. She examined attentively, deliberately, pondered, thought, and rolled over carefully, quietly about the matter the angel had shared with her concerning the Christ child. What an amazing time!

As she went through the process of life she had a clear understanding and clarity because she continued to meditate upon the things she had heard.

I found meditation to be a great source of strength in my life and have made it part of my prayer and Word life. We all need a time when we just meditate upon what the Lord is saying to us in prayer and His Word as we read and study the Word of God. We must meditate upon it so we can practice it in our everyday life.

Isaiah 26:3 (KJV) says

Thou wilt keep him in perfect peace, whose mind is stayed (focus) on thee: because he trusteth in thee.

We must renew our minds daily by the Word of God, take time to speak to yourself and think of what the Word is saying to you. Think on things that are positive, pure, honest, true and of good report. Keep negative thoughts out and do not allow the world system to corrupt you.

Romans 12:2(KJV)

And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.

Colossians 3:1-2(KJV)

If ye then be risen with Christ, seek those things which are above, where Christ sitteth on the right hand of God.

² Set your affection on things above, not on things on the earth.

If we practice what God has given us through what we speak, think, do and “meditate upon it”, we will have a successful, quality life of peace in this present world and the world to come.

Fasting

Christians fast to strengthen their faith so they can spiritually conquer sinful desires through a spiritual awakening.

Throughout this prayer and fasting you will be asked to refrain from eating specific foods. Many of the foods we consume on a daily basis contain lots of sugar, fat and sodium. This can lead to heart disease, diabetes, high blood pressure and high cholesterol. The foods you will be asked to refrain from consuming doing this fast are high in sugar, sodium and fat. My hope is that when you end the fast you continue with these changes which will lead to a healthier lifestyle.

DRINK PLENTY OF WATER

It is important to stay hydrated during the fast. Your body needs water to sustain itself. Make sure to drink plenty of water during this fast. Dehydration can lead to serious medical problems.

EAT CHICKEN, TURKEY AND FISH

These meats can be prepared any way you like except fried. They can be boiled, broiled, baked, and grilled. Try some new recipes during this fast and you just might be surprised how delicious these foods can be when prepared in a healthier way.

EAT WHOLE FOODS

This includes fruits, vegetables, whole grains, seeds, nuts, meat, fish, eggs, and beans. Examples are leafy greens, carrots, avocados, radishes, cucumbers, squash, and sweet potatoes. Fresh or dried fruits. 100% whole-grain cereals, pasta and bread. Read your labels because foods labeled as multi-grained, made with whole grain and 100% wheat are not pure 100% whole-grain foods. These choices are healthier for you. Have fun with these in 4 recipes and you will be surprised how much better you will feel.

REFRAIN FROM SWEETS

This means no cookies, no cakes, no pies, no donuts, no sweet tea, no presweetened sugar cereal, no white sugar, no sugar substitutes, no brown sugar, no jelly and no syrup. Raw sugar and honey are okay. It is natural and is a good substitute. Please read your labels. Stay away from anything that has fructose, corn syrup, dextrose, GA lactose (anything that ends in some kind of -tose).

REFRAIN FROM EATING PORK AND BEEF

This means any kind of food that comes from a cow or pig in any form. No matter if it boiled, baked, broiled or fried.



REFRAIN FROM JUNK FOOD

This means McDonald's, Wendy's, Spangles, Taco Bell, etc. Most fast food is junk food. There are a few items on the menu that are healthier, for example: grilled chicken sandwiches, bean burritos, skinny pizzas from Pizza Hut, salads, yogurt, oatmeal to name a few. Subway is a good choice without the chips of course 😊. No potato chips, popcorn, candy, pretzels, French fries, nachos, cookies, cakes, pies, etc. You may want to consider low salt nuts, Greek yogurt with granola, fresh fruit, raw vegetables, peanut butter with apples or celery. These are just a few healthier choices.

REFRAIN FROM PROCESSED FOODS

When ingredients such as oil, sugar or salt are added to foods and they are packaged, they are considered as processed foods. Some examples are canned fruit and vegetables, canned meat, deli meat, cheeses, margarine, white rice, sausage, bacon, boxed meals, microwave meals and bottled dressings.

REFRAIN FROM DRINKING SODA

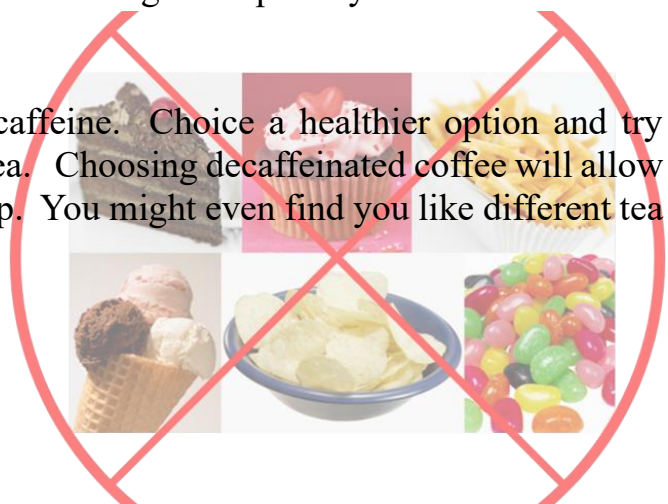
This includes all sodas, regular, diet, zero calorie, etc. Any beverage that has carbonation is considered a soda. Try low salt vegetables juices, limited amounts of no sugar fruit juice (only one to two glasses per day). Water is a good choice of course 😊.

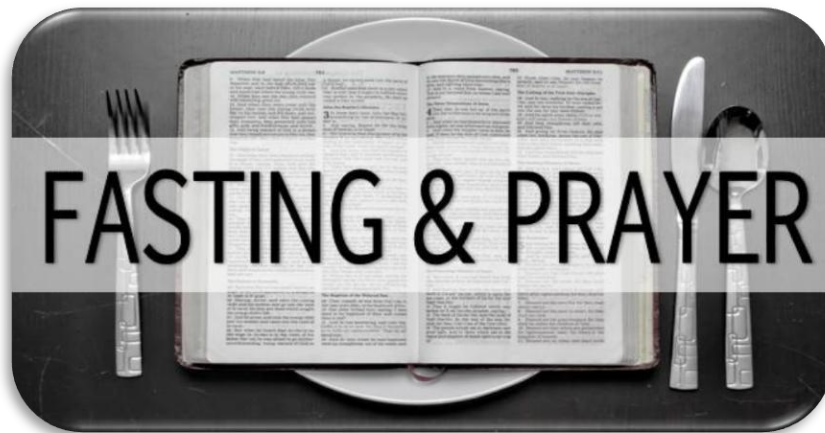
REFRAIN FROM DRINKING SUGAR ADDED FRUIT JUICES

While fruit juice can help with sweet cravings, it is important to limit consumption. Fruit juices with no sugar added are okay to drink but because fruit has natural sugars they should be limited as well. Too much of anything can be harmful to the body. Drink in moderation by limiting it to one or two glasses per day.

REFRAIN FROM CAFFEINE

This means coffee and tea that have caffeine. Choose a healthier option and try decaffeinated coffee and caffeine free tea. Choosing decaffeinated coffee will allow you to relax and get a good night's sleep. You might even find you like different tea flavors that you have not tried.





Prayer & Fasting Schedule

First Day of Consecration: January 11th

Prayer: Saturday 10:00am

Fast: **Refrain** from eating anything until after prayer

After fast **eat** chicken, turkey, fish, eggs, vegetables and whole food. **Drink** plenty of water.

Limit no sugar added fruit juices to only one or two glasses per day.

Refrain from eating any sweets, pork, beef, junk food, processed food, soda, sugar added fruit juices.

Week 1: January 12th – January 18th

Prayer: Saturday 10:00am

Sunday – Friday 6:30pm - 7:30pm

Fasting: Saturday – **Refrain** from eating anything until after prayer

Sunday – **Refrain** from eating anything until after 1pm

This week **eat** chicken, turkey, fish, eggs, vegetables, and whole food. **Drink** plenty of water.

Limit no sugar added fruit juices to only one or two glasses per day.

Refrain from eating any sweets, pork, beef, junk food, processed food, soda, sugar added fruit juices.

Week 2: January 19th – January 25th

Prayer: Sunday – Friday 6:30pm – 7:30pm

Prayer: Saturday 12:00pm – 1:00pm

Fasting: Sunday – **Refrain** from eating anything until after 1pm

Monday – Friday – **Refrain** from eating anything until after 12:00pm

Saturday – **Refrain** from eating anything until after 1pm

This week **eat** chicken, turkey, fish, eggs, vegetables and whole food.

Limit no sugar added fruit juices to only one or two glasses per day. **Drink** plenty of water.

Refrain from eating any sweets, pork, beef, junk food, processed food, soda, sugar added fruit juices, and anything fried.

Week 3: January 26th – January 28th

Prayer: Sunday – Tuesday 6:30pm – 7:30pm

Fasting: Sunday – Nothing to eat until 1:00pm

Monday – Wednesday – **Refrain** from eating anything until after 12noon

This week after fast **eat** vegetables and whole food. **Drink** plenty of water.

Limit no sugar added fruit juices to only one or two glasses per day.

Refrain from eating any sweets, all meat, fish, seafood, junk food, processed food, soda, sugar added fruit juices, and anything fried and caffeine.

January 29th

Prayer: Wednesday 6:30pm – 7:30pm

Fasting: **Refrain** from eating anything until after 3:00pm

After 3:00pm **eat** vegetables and whole food. **Limit** no sugar added fruit juices to only one or two glasses per day. **Drink** plenty of water.

Refrain from eating any sweets, any meat, junk food, processed foods, soda, sugar added fruit juices, anything fried, caffeine and dairy.

January 30th

Prayer: Thursday 6:30pm – 7:30pm

Fasting: **Refrain** from eating until after prayer

Drink plenty of water.

Join us for soup and salad after service.

Day 1 – Saturday, January 11th

Prayer: 10:00am

Fasting: **Refrain** from eating anything until after prayer. (can drink water)

After fast **eat** chicken, turkey, fish, eggs, vegetables and whole food.

Drink plenty of water. **Limit** no sugar added fruit juices to only one or two glasses per day. **Refrain** from eating any sweets, pork, beef, junk food, processed food, soda, sugar added fruit juices.

Perseverance During Challenging Times Move Forward

Philippians 3:12 – 14

¹² Not as though I had already attained, either were already perfect: but I follow after, if that I may apprehend that for which also I am apprehended of Christ Jesus.

¹³ Brethren, I count not myself to have apprehended: but this one thing I do, forgetting those things which are behind, and reaching forth unto those things which are before, ¹⁴ I press toward the mark for the prize of the high calling of God in Christ Jesus.

My friends, we must keep persevering and move forward in order to reach our goals. The first thing we must bear in our minds is to keep our eyes on our goals in Christ. Stay focus as Paul did in our scripture: Paul had a vision and goal ahead of him, and he kept his eyes on his goal as we must do. Secondly, we must “press on” move forward! Paul uses the analogy of a race to show that we are constantly striving toward our goal to win. Keep running, don’t stop.

Luke 13:24 Jesus is speaking, and He said: *Strive to enter in at the strait gate: for many, I say unto you, will seek to enter in, and shall not be able.*

Why will they not be able to enter in? It is because many are not willing to put forth the effort to press forward with perseverance to endure with patience and stand firm in times of opposition. They are not willing to deny themselves and take up their

cross daily to follow Christ; therefore, many will not be able to enter the rich blessings of love, joy, peace, and life more abundantly in Christ and the hope of living eternally in Heaven.



Prayer:

Heavenly Father, with a humble heart, I come before you seeking your guidance and strength to enter the straight gate. I acknowledge that the path to true life is narrow and requires commitment and I choose to follow your way even when it is difficult. Lord, open my eyes to see the truth. Strengthen me to resist temptations. Lead me to live a life that aligns with your will.

May I strive to be a beacon of your light to this world and grant me the grace to persevere until I stand before you in your eternal kingdom.

In Jesus name, Amen.

Reflections:

Day 2 – Sunday, January 12th

Prayer: 6:30pm – 7:30pm

Fasting: **Refrain** from eating anything until after 1pm (can drink water)

After fast **eat** chicken, turkey, fish, eggs, vegetables, and whole food.

Drink plenty of water. **Limit** no sugar added fruit juices to only one or two glasses per day. **Refrain** from eating any sweets, pork, beef, junk food, processed food, soda, sugar added fruit juices.

Build Yourself Up in Your Most High Faith

Jude 1:20 – 21

²⁰ But ye, beloved, building up yourselves on your most holy faith, praying in the Holy Ghost, ²¹ Keep yourselves in the love of God, looking for the mercy of our Lord Jesus Christ unto eternal life.

To build yourself upon your most Holy faith, means to align your mind to the will of God. This provides the content we need to discern falsehood (things which are not true according to God's Word). We can only do this by praying in the Holy Spirit which gives us the power to discern good from evil and stand firm in God's Word.

In building yourself up, it implies a continuous process of growth and development in your faith. This is not a one-time conversion.

How do we achieve this?

- Studying the Bible regularly
- Reading and meditating on scripture to gain a deeper insight
- Applying His principles to your everyday life.

How do we build ourselves up?

- Communicate with God through prayer
- Seek His guidance and strength to live according to your faith
- Fellowship with other believers and share experiences
- Supporting one another in living out our faith

These principles must be followed in your daily activities, and you will see change and growth in your Christian life. You will be built up in your most Holy faith.

Prayer:

Dear God, I come to you seeking your strength and guidance to build myself up in your most Holy faith, trusting in you. Help me to see the unique qualities and talents that you have given me to love others the way you have loved me. When I feel weak and vulnerable, remind me that I am fearfully and wonderfully made in your image. Keep me with the desire to communicate with you daily in prayer, seek your guidance and strength and to live according to your Word that you have given me to read and study. Help me remember the importance of fellowshiping with other believers, sharing and supporting one another in our faith. Help me to remember that iron sharpens iron, and this is the way we build up one another in our most Holy faith.

In Jesus name, Amen.

Reflections:

Day 3 – Monday, January 13th

Prayer: 6:30pm – 7:30pm

Fasting: **Eat** chicken, turkey, fish, eggs, vegetables, and whole food. **Drink** plenty of water. **Limit** no sugar added fruit juices to only one or two glasses per day. **Refrain** from eating any sweets, pork, beef, junk food, processed food, soda, sugar added fruit juices.

Perseverance in Prayer Remain in an Atmosphere of Prayer Day by Day

Colossians 4:2 – 4 (NLT)

² Devote yourselves to prayer with an alert mind and a thankful heart. ³ Pray for us, too, that God will give us many opportunities to speak about his mysterious plan concerning Christ. That is why I am here in chains. ⁴ Pray that I will proclaim this message as clearly as I should.

In our scripture verses Paul begins by asking for constant and loyal prayer. Even though he was in chains in prison, not in a comfortable position; Paul knew the importance of perseverance in prayer for himself and other believers. In order for us to fight on God's side against Satan, we need to persevere in prayer. We need to set aside definite times for prayer. We need to remain in an atmosphere of prayer by constantly exercising our spirit in prayer daily.

We do this by reading and praying the Word and singing and meditating the Word so that the Lord's Word can dwell in us richly. When we allow the Word of God to dwell in us, we can become filled with the breath of God. We set the atmosphere for His presence in prayer which makes prayer easier.

As we persevere, we find the fulfillment of God's purpose in our lives. We can then speak the mysterious plan concerning Christ proclaiming the Gospel clearly for others to understand.

May we learn to meet the Lord early in the morning, throughout our day and at night allowing Him to speak to us, shine on us, infuse us, and saturate us with Himself. In the Lord's presence is the fullness of joy: at His right hand there are pleasures forevermore.

*"We have to pray
with our eyes on
God, not on the
difficulties."*

~ Oswald Chambers

Prayer:

Lord, help me become more aware of your presence. Help me not to rush my time with you but to give you quality time. I want the riches of your blessings for me. Give me a mind and heart to persevere during challenging times, knowing all things will work out for my good. Give me how to pray for myself and others. Lead me for you know the heart of my needs. I know what I want but you know what I need the most so therefore I put my trust in you.

In Jesus name, Amen

Reflections:

Day 4 – Tuesday, January 14th

Prayer: 6:30pm – 7:30pm

Fasting: Eat chicken, turkey, fish, eggs, vegetables, and whole food. Drink plenty of water. **Limit** no sugar added fruit juices to only one or two glasses per day. **Refrain** from eating any sweets, pork, beef, junk food, processed food, soda, sugar added fruit juices.

Endure with Patience and Perseverance

Colossians 1:11 – 14 (NLT)

¹¹ We also pray that you will be strengthened with all his glorious power so you will have all the endurance and patience you need. May you be filled with joy,^[a] ¹² always thanking the Father. He has enabled you to share in the inheritance that belongs to his people, who live in the light. ¹³ For he has rescued us from the kingdom of darkness and transferred us into the Kingdom of his dear Son, ¹⁴ who purchased our freedom^[b] and forgave our sins.

The character qualities of endurance and perseverance are not widely sought after. Perhaps that is because the only way to develop them is for us to endure and persevere with patience regularly until we eventually get good out of it. Doing this is not pleasant, but there is no other way to develop the ability to endure and persevere. If we are wise, we will pray for these qualities to be developed in our lives even though the learning process will be painful. It is undoubtably worth it. We should pray as Paul did to be strengthened in endurance and patience.

Prayer:

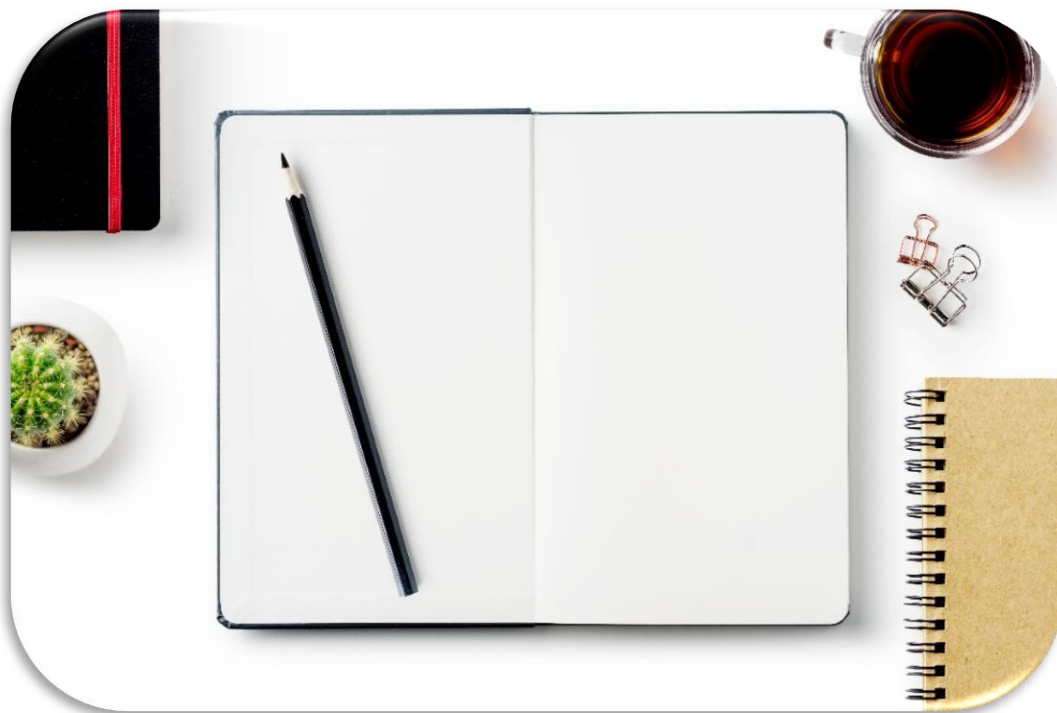
Lord, help me remain steadfast under trials to run with endurance, patience and perseverance in the race that is before me and to rejoice in hopes to be patient in tribulation and constant in prayer.

In Jesus name, Amen.

Exercise:

What can I commit to that will help me to endure patience and perseverance keeping these three things in mind?

- 1) Consciously practicing patience by accepting the situation
- 2) Trusting in God's timing
- 3) Focusing on my inner peace rather than immediate results



Reflections:

Day 5 – Wednesday, January 15th

Prayer: 6:30pm – 7:30pm

Fasting: Eat chicken, turkey, fish, eggs, vegetables, and whole food. **Drink** plenty of water. **Limit** no sugar added fruit juices to only one or two glasses per day. **Refrain** from eating any sweets, pork, beef, junk food, processed food, soda, sugar added fruit juices.

Perseverance in Being Obedient to God

II Kings 5:1 – 19

(Please Read)

A common spiritual error we all sometimes make is being obedient to God and his Word. In the story Naaman had a problem. The king he served held him in high esteem of power. The Lord had given Naaman great victories through his military expertise that were accomplished but Naaman suffered from a contagious skin disease called Leprosy. Had he lived in Israel, his medical condition would have disqualified him from serving in any government capacity. **Read *Leviticus 13:46***

One day a household servant girl who knew about the ministry of Elisha, the prophet, suggested that Naaman visit this great man of God to be cured of his disease. Naaman wants very much to be healed so he decides to go to Israel. When he gets there, he goes to Elisha's house. Elisha has his servant go out and tell Naaman to go wash in the Jordan River and dip seven times. This made Naaman very angry, and he says, "The rivers back home are better than any river in Israel (means even cleaner)! After Naaman says this, he leaves. The servant tells him, "Sir, if Elisha told you to do something hard, you would do it? Now why can't you just wash yourself, as he said (just be obedient)? Naaman finally listens to his servant and goes and dips seven times in the dirty Jordan River.

After he obeys and dips seven times, he rose up from the river and his skin was healthy, clear and smooth as a young child and he was healed.

Lesson from this story:

Naaman had to learn what we all must learn. God may choose to show His power through whatever means He desires. His actions are not bound by our expectations. His manner of working always remains His choice. We must remember He is God after all.

*Obedience is Better than Sacrifice, our Precious Gifts
Obedience is always #1 with God
Obey first and the blessings will follow
According to God's will and His Word.*

Prayer:

Lord, help me persevere and humble myself. Help me to deny my feelings, emotions, intellect and what make sense to me. Give me a desire to be obedient to your Word and your voice. Help me to know wisdom to discern when you are speaking for my healing, deliverance and success is in you. I want to receive all that you have for me. Please forgive me, cleanse me, wash me and make me whole. In Jesus name, Amen.

Reflections:

Day 6 – Thursday, January 16th

Prayer: 6:30 – 7:30 pm

Fasting: Eat chicken, turkey, fish, eggs, vegetables, and whole food. Drink plenty of water. Limit no sugar added fruit juices to only one or two glasses per day. Refrain from eating any sweets, pork, beef, junk food, processed food, soda, sugar added fruit juices.

Perseverance with Wisdom and Focus

Proverbs 4:7

Wisdom is the principal thing; therefore get wisdom: and with all thy getting get understanding.

You'll never get anywhere without wisdom

Wise decisions are necessary for success. In other words, you need to make good choices to reach your goals in life. The Bible says that wisdom comes from above *James 3:17, 18 (NLT)*. ¹⁷ *But the wisdom from above is first of all pure. It is also peace loving, gentle at all times, and willing to yield to others. It is full of mercy and the fruit of good deeds. It shows no favoritism and is always sincere.* ¹⁸ *And those who are peacemakers will plant seeds of peace and reap a harvest of righteousness.*^[a] This means you do not earn wisdom; you receive it directly from God. If you want to become wiser, ask Him for wisdom daily. He promises to give it to you.

As we apply God's Word to our lives, we will grow in wisdom and the trials that come our way will help us focus more single minded on what has eternal significance.

Prayer of Wisdom:

Heavenly Father, I humbly ask for your wisdom. Guide any thoughts and actions so I can make the right choices. Thank you for your guidance.

In Jesus name, Amen.



Reflections:

Day 7 – Friday, January 17th

Prayer: 6:30pm – 7:30pm

Fasting: **Eat** chicken, turkey, fish, eggs, vegetables, and whole food. **Drink** plenty of water. **Limit** no sugar added fruit juices to only one or two glasses per day. **Refrain** from eating any sweets, pork, beef, junk food, processed food, soda, sugar added fruit juices.

Perseverance with Wisdom is the Path that Leads to Life

Proverbs Chapter 4

Hear, ye children, the instruction of a father, and attend to know understanding.

² *For I give you good doctrine, forsake ye not my law.*

³ *For I was my father's son, tender and only beloved in the sight of my mother.*

⁴ *He taught me also, and said unto me, Let thine heart retain my words: keep my commandments, and live.*

⁵ *Get wisdom, get understanding: forget it not; neither decline from the words of my mouth.*

⁶ *Forsake her not, and she shall preserve thee: love her, and she shall keep thee.*

⁷ *Wisdom is the principal thing; therefore get wisdom: and with all thy getting get understanding.*

⁸ *Exalt her, and she shall promote thee: she shall bring thee to honour, when thou dost embrace her.*

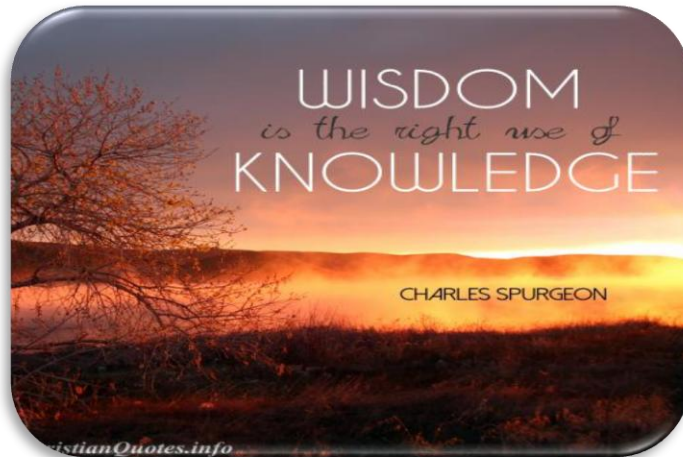
⁹ *She shall give to thine head an ornament of grace: a crown of glory shall she deliver to thee.*

¹⁰ *Hear, O my son, and receive my sayings; and the years of thy life shall be many.*

- ¹¹ I have taught thee in the way of wisdom; I have led thee in right paths.*
- ¹² When thou goest, thy steps shall not be straitened; and when thou runnest, thou shalt not stumble.*
- ¹³ Take fast hold of instruction; let her not go: keep her; for she is thy life.*
- ¹⁴ Enter not into the path of the wicked, and go not in the way of evil men.*
- ¹⁵ Avoid it, pass not by it, turn from it, and pass away.*
- ¹⁶ For they sleep not, except they have done mischief; and their sleep is taken away, unless they cause some to fall.*
- ¹⁷ For they eat the bread of wickedness, and drink the wine of violence.*
- ¹⁸ But the path of the just is as the shining light, that shineth more and more unto the perfect day.*
- ¹⁹ The way of the wicked is as darkness: they know not at what they stumble.*
- ²⁰ My son, attend to my words; incline thine ear unto my sayings.*
- ²¹ Let them not depart from thine eyes; keep them in the midst of thine heart.*
- ²² For they are life unto those that find them, and health to all their flesh.*
- ²³ Keep thy heart with all diligence; for out of it are the issues of life.*
- ²⁴ Put away from thee a froward mouth, and perverse lips put far from thee.*
- ²⁵ Let thine eyes look right on, and let thine eyelids look straight before thee.*
- ²⁶ Ponder the path of thy feet, and let all thy ways be established.*
- ²⁷ Turn not to the right hand nor to the left: remove thy foot from evil.*

A Key Principle of Life:

If you want wisdom you must decide to go after it. It will take determination not to abandon the search once you begin, no matter how difficult the road may become. This is not a once-in-a-lifetime step but a daily process of choosing between two paths, the wicked path or the righteous path. Nothing is more important or valuable. Which path do you choose?



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Prayer:

Lord Jesus, My Creator and Savior, please forgive me for the times I have sinned before you. Please help me to recognize your wisdom. Help me understand how to apply your Word. Give me the understanding about myself and others. Teach me how to persevere during challenging times and how to live out your principles of wisdom of your Word.

In Jesus name, Amen.

Reflections:

Day 8 – Saturday, January 18th

Prayer: 12:00pm – 1:00pm

Fasting: **Refrain** from eating anything until after 1pm (can drink water).

After the fast **eat** chicken, turkey, fish, eggs, vegetables and whole food.

Limit no sugar added fruit juices to only one or two glasses per day.

Drink plenty of water. **Refrain** from eating any sweets, pork, beef, junk food, processed food, soda, sugar added fruit juices, and anything fried.

Perseverance in Having Good Relationships with Others

“Fruit of the Spirit”

Galatians 5:22 – 23 (KJV)

²² *But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith,*

²³ *Meekness, temperance: against such there is no law.*

Galatians 5:22 – 23 (NLT)

²² *But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness,*

²³ *gentleness, and self-control. There is no law against these things!*

The Fruit of the Spirit are the traits and characteristics of Christ that comes from His Spirit which is Holy. We receive His Spirit when we accept Christ in our lives. We are to cultivate those fruit (characteristics) as we grow in our relationship with Jesus and let our lives be the mirror that reflects the image of Christ.

This will sometimes be a challenge but with perseverance we can do all things through Christ which strengthens us.

Good communication is the key to any relationship. We must be aware of ourselves and how we communicate with others.

What should I do to maintain a good relationship with others and allow the Fruit of the Spirit be demonstrated in my life?

1. Be honest, respectful, supportive and compromise as long as it does not conflict with God's Word concerning what is right.
2. Remember you cannot always have your way in a healthy relationship. Sometimes you must give up something.
3. You must learn to be content so that you are not needy nor depend on others to enjoy your day.
4. Love is more than just feelings and emotions; it is a commitment. It consists of faithfulness, loyalty and support of other's needs.
5. We must be aware of our strengths, our weaknesses and our biases so that our actions do not have a negative impact on others.
6. We must keep a loving, forgiving and compassionate heart towards others.
7. We must be forbearing and endure others with patience.

Prayer:

Loving God, thank you that I was created to be in relationship with others even though at times I may not be as present as I would like with others I hold dear. In all my relationships I ask for your love to shine through me. In all my interactions may your wisdom guide my words and every decision I make.
In Jesus name, Amen.

Reflections:

Day 9 – Sunday, January 19th

Prayer: 6:30pm – 7:30pm

Fasting: **Refrain** from eating anything until after 1pm (can drink water).

After the fast **eat** chicken, turkey, fish, eggs, vegetables and whole food.

Limit no sugar added fruit juices to only one or two glasses per day.

Drink plenty of water. **Refrain** from eating any sweets, pork, beef, junk food, processed food, soda, sugar added fruit juices, and anything fried.

Having Good Relationships with Others Key Points from the Bible

❖ Love Your Neighbor

This is the central commandment from the Bible:

Mark 12: 30 -31

³⁰ And thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind, and with all thy strength: this is the first commandment. ³¹ And the second is like, namely this, Thou shalt love thy neighbour as thyself. There is none other commandment greater than these.

This is the foundation for healthy relationships, meaning you should treat others with respect and care, even those who might be difficult.

❖ Compassion and Empathy

Putting yourself in others' shoes and showing genuine care in their struggles:

Romans 12:15 (NLT)

Be happy with those who are happy, and weep with those who weep.

❖ **Forgiveness**

The Bible emphasizes the importance of readily forgiving others just as God forgives us:

St John 15:12 (NLT)

This is my commandment: Love each other in the same way I have loved you.

Colossians 3:13 (NIV)

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

❖ **Humility and Service**

Putting others first and prioritizing their needs over your own:

Ephesians 4: 2 – 3 (NLT)

² Always be humble and gentle. Be patient with each other, making allowance for each other's faults because of your love. ³ Make every effort to keep yourselves united in the Spirit, binding yourselves together with peace.

Philippians 2: 3 – 4 (NIV)

³ Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, ⁴ not looking to your own interests but each of you to the interests of the others.

❖ **Positive Communication**

Speak with kindness, respect and actively listen to others:

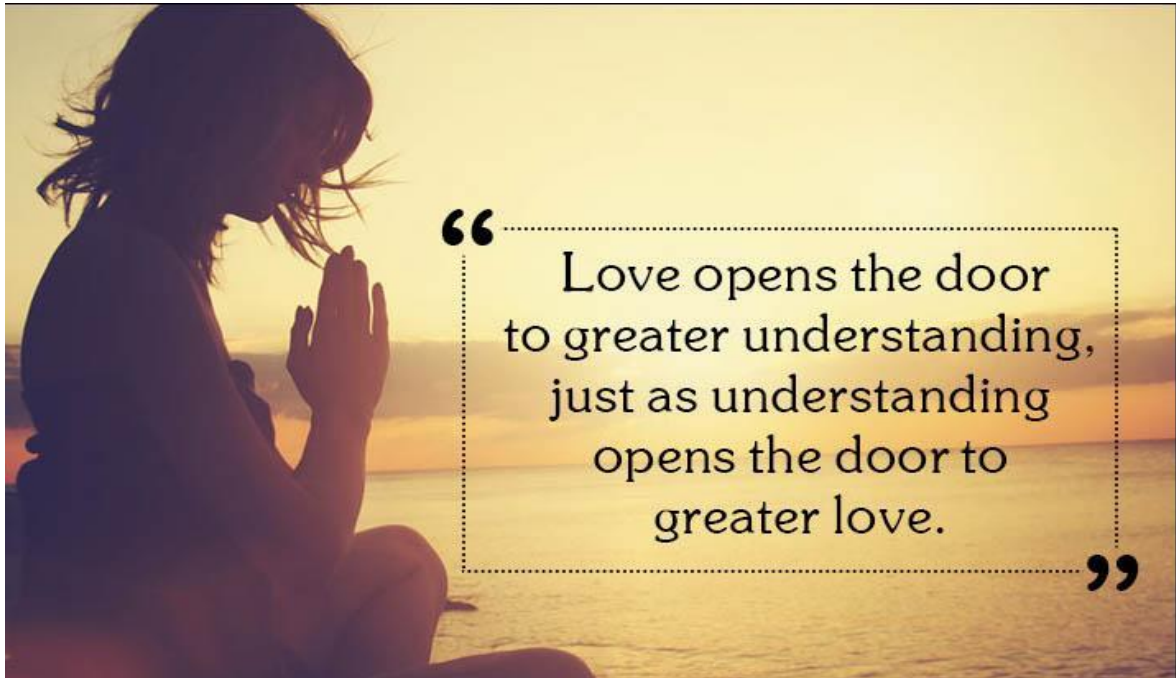
James 1:19 (NLT)

Understand this, my dear brothers and sisters: You must all be quick to listen, slow to speak, and slow to get angry.

Prayer:

Lord, I pray for your guidance and strength as I strive to walk in love each day. Help me put aside my desires and focus on loving others as you have loved me. I pray for grace to forgive those who have hurt me and to show compassion, kindness and mercy as you have shown me.

In Jesus name, Amen.



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Reflections:

Day 10 – Monday, January 20th

Prayer: 6:30pm – 7:30pm

Fasting: Refrain from eating anything until after 12pm (can drink water).

After the fast **eat** chicken, turkey, fish, eggs, vegetables and whole foods. **Limit** no sugar added fruit juices to only one or two glasses per day. **Drink** plenty of water. **Refrain** from eating any sweets, pork, beef, junk food, processed foods, soda, sugar added fruit juices, and anything fried.

Perseverance Getting Back Up After a Fall

Proverbs 24:16

*For a just man falleth seven times, and riseth up again:
but the wicked shall fall into mischief.*

Jude 24, 25

²⁴ Now unto him that is able to keep you from falling, and to present you faultless before the presence of his glory with exceeding joy, ²⁵ To the only wise God our Saviour, be glory and majesty, dominion and power, both now and ever. Amen.

Proverbs 24:16 Solomon expresses with confidence that godly people can recover from setback when they fall in disaster situations that life brings. A person who trusts in the Lord and depends on God throughout their life may trip and fall over and over again (many times) but they will not stay down. They keep getting back up, persevering through their challenges by God's grace and strength. Dusting themselves off when needed and rising again. They become victorious in God's Word.

I John 5:4 says: For whatsoever is born of God overcometh the world (sin): and this is the victory that overcometh the world, even our faith.

Those that have faith in Jesus get back up; however, the wicked outcome is different. They stay in their sin and fall in mischief behavior activity that is intended to cause trouble and serious harm or damage because they will not put their trust in God.

Jude 24 and 25 encourages us that Jesus is the only one who is able to keep us from falling and is able to present us faultless before the presence of His Glory, with exceeding joy to the wise God our Saviour be glory and majesty, dominion and power both now and forever. Amen.

Our reason for praise is because of God's grace, and Jesus' blood. Because of His blood and sacrifice we are justified by faith and made righteous in Christ.

Amen and Amen.



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Reflections:

Day 11 – Tuesday, January 21st

Prayer: 6:30pm – 7:30pm

Fasting: **Refrain** from eating anything until after 12pm (can drink water).

After the fast **eat** chicken, turkey, fish, eggs, vegetables and whole foods. **Limit** no sugar added fruit juices to only one or two glasses per day. **Drink** plenty of water. **Refrain** from eating any sweets, pork, beef, junk food, processed foods, soda, sugar added fruit juices, and anything fried.

Perseverance for a Friend

Mark 2:1 – 12 (please read)

Perseverance for a friend means steadfastly supporting them through challenging times even when things get tough. Perseverance for a friend means refusing to give up on their potential or friendship no matter what obstacles they face. Perseverance for a friend means essentially being a reliable presence who encourages them to keep going despite the difficulties.

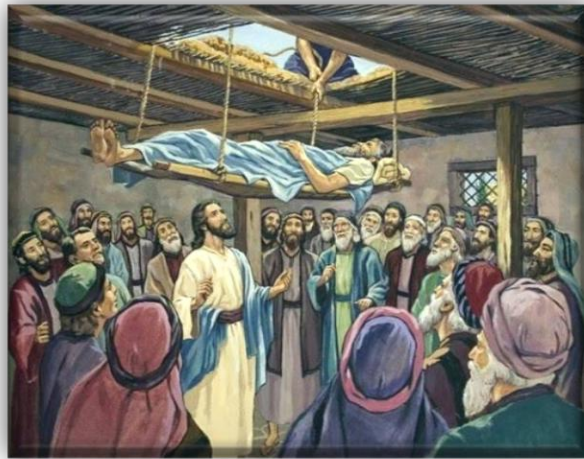
The **five qualities** of the four **friends** of the paralytic man in this scripture were **faith, determination, compassion, teamwork, and sacrifice**. These four-men demonstrated perseverance when they had the opportunity to see their friend be healed. They made the most of the opportunity. They were not going to let anything get in their way. Jesus was preaching and they could not get to Jesus because of the crowd. These friends dug a hole through the roof above Jesus' head and then they lowered their friend on his mat down in front of Jesus. Jesus seeing their faith, said to the paralyzed man, "My son your sins be forgiven." The religious leaders spoke negative and evil comments of Jesus' statement, but Jesus carried out what God gave Him to do.

We must do the same and learn to persevere (push through) over the naysayers, and keep our eyes and focus on what we want Jesus to do for us.

The scripture says: Jesus knew immediately what they were thinking. He asked them, "Why do you question this in your hearts? If it easier to say to the paralyzed man your sins are forgiven; or stand up, pick up your mat, and walk? So, I will prove

to you that the Son of man has the authority on earth to forgive sins.” Then Jesus turned to the paralyzed man and said, “Stand up, pick up your mat, and go home.” And the man jumped up, grabbed his mat, and walked out through the stunned onlookers. They were all amazed and praised God, exclaiming, “We’ve never seen anything like this before.”

This all happened because four men were willing to persevere for their friend no matter the challenge. Who will you take to Jesus that they may be saved, delivered and set free from whatever they may be challenging? Everyone needs a friend. Will you be that friend today?



Prayer:

Lord, there are so many people hurting and dealing with life issues that appear to be more than they can handle. Help me to persevere and carry them to you. You have everything they need or want. You have life and that more abundantly for those who will accept you. Help me be the one who will lead them to you. In Jesus name, Amen.

Reflections:

Day 12 – Wednesday, January 22nd

Prayer: 6:30pm – 7:30pm

Fasting: **Refrain** from eating anything until after 12pm (can drink water).

After the fast **eat** chicken, turkey, fish, eggs, vegetables and whole foods. **Limit** no sugar added fruit juices to only one or two glasses per day. **Drink** plenty of water. **Refrain** from eating any sweets, pork, beef, junk food, processed foods, soda, sugar added fruit juices, and anything fried.

The Tree Isn't Too High for Me to Climb, I Must See Jesus

Luke 19:1 – 10 (please read)

We see in our scripture reading...Zacchaeus was especially unpopular as he was a chief unlikely tax collector in Jericho. He was a very wealthy man and was very short in stature. When Jesus came by to Jericho a great crowd was following him. Zacchaeus had heard of Jesus and his ministry and he was determined to see him. He had to run, persevere, push through, press through the crowd because he was very short in stature. He ended up climbing up in a Sycamore tree to see Jesus.

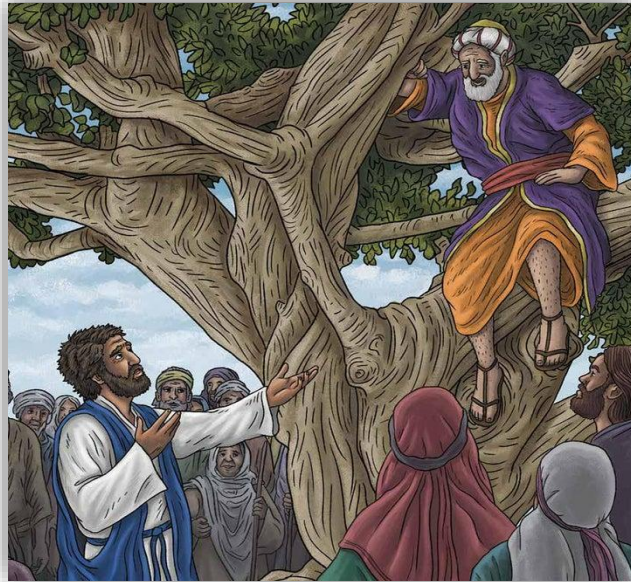
Can you imagine a man of his status (position)? Can you imagine a rich man with much wealth climbing up in a tree? That would be an embarrassment to most, but he didn't care. He wanted to see Jesus. He persevered when Jesus came by his way. Jesus looked up at Zacchaeus and called him by name: "Zacchaeus!" Jesus said. "Quick come down! I must be a guest at your home today." Zacchaeus quickly climbed down and took Jesus to his house with great excitement and joy.

The people were displeased because they perceived that Jesus was being a guest at a terrible sinner's house. The people grumbled. Zacchaeus did not let this bother him. He kept his focus on Jesus. He realized Jesus had something he needed. He stood before the Lord and said, "I will give half my wealth to the poor, Lord, and if I have cheated anyone on their taxes, I will give them four times the amount back."

This shows us that Zacchaeus had a repented and changed heart. Jesus responded, "Salvation has come to this home today, for this man has shown himself to be a

true son of Abraham (a believer). For the Son of man came to seek and save those who are lost.”

I am so glad Jesus found me, I rejoice in the joy of my salvation.



Prayer of Appreciation of My Salvation:

Lord, I am so thankful that salvation has come into my heart. I want you to continually live in my heart which houses you. Help me to continue to persevere and maintain the great, marvelous, and wonderful blessing you have given me. Truly “you”, Jesus my savior and Lord is the best thing that has ever happened to me. Amen & Amen.

Reflections:

Day 13 – Thursday, January 23rd

Revival: 6:30pm – 7:30pm

Fasting: Refrain from eating anything until after 12pm (can drink water).

After the fast **eat** chicken, turkey, fish, eggs, vegetables and whole foods. **Limit** no sugar added fruit juices to only one or two glasses per day. **Drink** plenty of water. **Refrain** from eating any sweets, pork, beef, junk food, processed foods, soda, sugar added fruit juices, and anything fried.

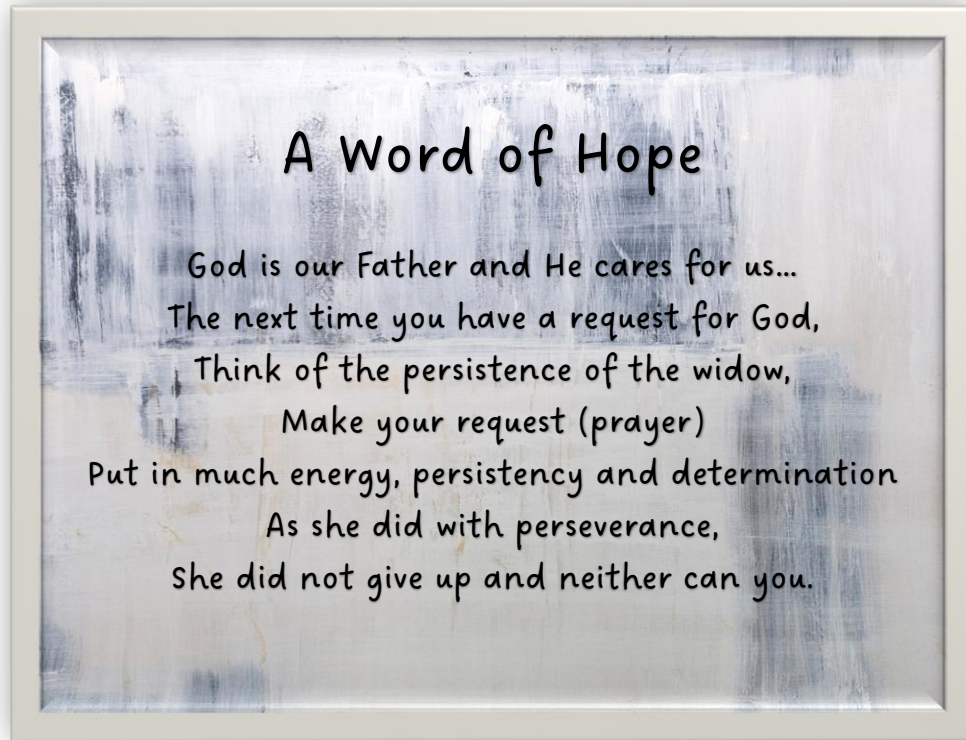
A Widow who Received What She wanted because She Persevered

Luke 18:1 – 8 (please read)

When Jesus wanted to teach his disciples about the need for constant prayer, he used a concrete example that we can all understand. In this scripture, he tells us of a widow who had been wronged, and she decided to set things right. She approached a local judge with a petition.

The woman was most likely part of her town's impoverished underclass, while the judge was a member of the town elite. In addition to this inequality of her social status, there was the issue of gender. The widow was unlikely to receive the judge's help simply because she was a woman. She had no social standing; therefore, she was not entitled to a hearing by the judge's standards. However, the widow was determined. Day after day she would return to ask the judge for justice. Finally due to her persistence he heard her plea.

We give thanks to God that He is not like the unjust judge in this story. Because of His great love for us, He wants us to have a relationship with Him. This does not mean that God will give us everything we want just because we keep asking him. It does mean that He will answer our requests according to His will, purpose and wisdom. He knows what is best for us. *Jeremiah 29:11 (NLT) says: For I know the plans I have for you," says the Lord. "They are plans for good and not for disaster, to give you a future and a hope.*



Prayer:

Lord, help me never give up on my prayers and requests to you. I know you are a prayer answering God and you hear me. You are just in your doings even when I do not understand, you are faithful.

In Jesus name, Amen.

Reflections:

Day 14 – Friday, January 24th

Revival: 6:30pm – 7:30pm

Fasting: **Refrain** from eating anything until after 12pm (can drink water).

After the fast **eat** chicken, turkey, fish, eggs, vegetables and whole foods. **Limit** no sugar added fruit juices to only one or two glasses per day. **Drink** plenty of water. **Refrain** from eating any sweets, pork, beef, junk food, processed foods, soda, sugar added fruit juices, and anything fried.

Great Examples of Perseverance and Faith

The Hall of Fame of faith is a reference to Hebrews Chapter 11 in the Bible, which provides a list of Old Testament saints who displayed extraordinary faith in God. They were outstanding and should be remembered. They were our examples of perseverance in their faith. Let's look at a few of them and let our faith be built up from the Word of God.

Hebrews 11:1 – 11, 13, 16, 24 – 26, 32, 33 (KJV)

¹Now faith is the substance of things hoped for, the evidence of things not seen.

²For by it the elders obtained a good report.

³Through faith we understand that the worlds were framed by the word of God, so that things which are seen were not made of things which do appear.

⁴By faith Abel offered unto God a more excellent sacrifice than Cain, by which he obtained witness that he was righteous, God testifying of his gifts: and by it he being dead yet speaketh.

⁵ By faith Enoch was translated that he should not see death; and was not found, because God had translated him: for before his translation he had this testimony, that he pleased God.

⁶ But without faith it is impossible to please him: for he that cometh to God must believe that he is, and that he is a rewarder of them that diligently seek him.

⁷ By faith Noah, being warned of God of things not seen as yet, moved with fear, prepared an ark to the saving of his house; by the which he condemned the world, and became heir of the righteousness which is by faith.

⁸ By faith Abraham, when he was called to go out into a place which he should after receive for an inheritance, obeyed; and he went out, not knowing whither he went.

⁹ By faith he sojourned in the land of promise, as in a strange country, dwelling in tabernacles with Isaac and Jacob, the heirs with him of the same promise:

¹⁰ For he looked for a city which hath foundations, whose builder and maker is God.

¹¹ Through faith also Sara herself received strength to conceive seed, and was delivered of a child when she was past age, because she judged him faithful who had promised.

¹³ These all died in faith, not having received the promises, but having seen them afar off, and were persuaded of them, and embraced them, and confessed that they were strangers and pilgrims on the earth.

¹⁶ But now they desire a better country, that is, an heavenly: wherefore God is not ashamed to be called their God: for he hath prepared for them a city.

²⁴ By faith Moses, when he was come to years, refused to be called the son of Pharaoh's daughter;

²⁵ Choosing rather to suffer affliction with the people of God, than to enjoy the pleasures of sin for a season;

²⁶ Esteeming the reproach of Christ greater riches than the treasures in Egypt: for he had respect unto the recompence of the reward.

³² And what shall I more say? for the time would fail me to tell of Gedeon, and of Barak, and of Samson, and of Jephthae; of David also, and Samuel, and of the prophets:

³³ Who through faith subdued kingdoms, wrought righteousness, obtained promises, stopped the mouths of lions.

Takeaway:

We have a rich Hall of Fame of faith among those who have gone before us. We must remember what is written in God's Word: *But as it is written, Eye hath not seen, nor ear heard, neither have entered into the heart of man, the things which God hath prepared for them that love him. 1 Corinthians 2:9*

Prayer:

Lord, we thank you for our examples of faith who have gone before us. Help us to remain faithful until the end; for the great reward you have for those who love you. In Jesus name, Amen.

Reflections:

Day 15 – Saturday, January 25th

Prayer: 12:00pm – 1:00pm

Fasting: **Refrain** from eating anything until after 1pm (can drink water).

After the fast **eat** chicken, turkey, fish, eggs, vegetables and whole foods. **Limit** no sugar added fruit juices to only one or two glasses per day. **Drink** plenty of water. **Refrain** from eating any sweets, pork, beef, junk food, processed foods, soda, sugar added fruit juices, and anything fried.

Scriptures of Perseverance to Build Your Faith

Written by: Billy Hallowell

Life comes along with its share of ups and downs, challenges and victories, highs and lows. No matter what happens, we must push onward and move forward. There are countless Bible verses and scriptures about perseverance that can inspire us even in the most difficult moments.

Matthew 22:37 – 39 (NIV)

³⁷ Jesus replied: “‘Love the Lord your God with all your heart and with all your soul and with all your mind.’^[a] ³⁸ This is the first and greatest commandment. ³⁹ And the second is like it: ‘Love your neighbor as yourself.’^[b]

As we seek lessons about perseverance in the Bible, we must remember Jesus’s two commandments: 1) Love God 2) Love others. It takes commitment to live these out but when we do this, we find ourselves living as God wants.

Galatians 6:9 (NIV)

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

“Hold on” your blessing is coming. Good things come to those who wait. God Bless You! Amen



Reflections:

Day 16 – Sunday, January 26th

Prayer: 6:30 pm – 7:30pm

Fasting: **Refrain** from eating anything until after 1pm (can drink water)

After the fast **eat** vegetables and whole foods. **Limit** no sugar added fruit juices to only one or two glasses per day. **Drink** plenty of water.

Refrain from eating any sweets, all meat, fish and seafood, junk food, processed foods, soda, sugar added fruit juices, anything fried, and caffeine.

The Little Boy Who Said, “Jesus Push”

Many years ago, when I was a teenager, Bishop Dr. Oliver Hanney Jr., Dean of the Charles Harrison Mason Theological Seminary, came to Wichita, Kansas for a Kansas Southwest Jurisdictional meeting of the Church of God in Christ. He preached a dynamic message and told a story of a little boy who was traveling with his father during a cold snowy day.

A little boy and his father were traveling to their destination, the father’s car happened to get stuck in the snow. He began to go backwards and forwards, from drive to reverse rocking the car. This created a deep hole in the snow, and the car was completely stuck. The father then tried to push the car out by putting one of his legs outside the car with one hand on the steering wheel while pushing on the gas pedal to accelerate the movement of the car. This did not work. The car was stuck.

The father was persevering, pushing giving it all he had. With compassion and concern, the little boy saw his father’s effort and tremendous hard work. He felt sorry for his father. The little boy prayed and said two words, “Jesus Push!”

Immediately the car moved forward from the hole where they were stuck. The father and son rejoiced, praising God for His kindness and miraculous power.



Our God can do anything and no one or anything can stop Him. The father and his son found out with perseverance and determination we can do all things through Christ which strengthens us. When we say, “Jesus Push” with faith, He gives us the inner strength that we need to do anything. Nothing is impossible for those who believe and trust in our God and Savior Jesus Christ.

Job 42:2 (NLT)

I know you can do anything, and no one can stop you.

Philippians 4:13

I can do all things through Christ which strengthens me.

Takeaway:

This childlike faith is a way of approaching God with humility, trust and confidence. With simple and pure faith, it moves God. It is based on kindness, compassion and understanding.

Prayer:

Lord, I thank you for the times I have said, “Jesus Push” and you have given me the inner strength that I needed to move forward. I know I can do all things through you, exceedingly and abundantly above all I can ask or think according to the power that works in me.

In Jesus name, Amen.

Reflections:

Day 17 – Monday, January 27th

Prayer: 6:30pm – 7:30pm

Fasting: **Refrain** from eating anything until after 12pm (can drink water)
After the fast **eat** vegetables and whole foods. **Limit** no sugar added fruit juices to only one or two glasses per day. **Drink** plenty of water.
Refrain from eating any sweets, all meat, fish and seafood, junk food, processed foods, soda, sugar added fruit juices, anything fried, and caffeine.

Scriptures to Encourage You!

Seek the Lord and his strength, seek his face continually.

1 Chronicles 16:11

*But you, take courage! Do not let your hands be weak,
for your work shall be rewarded.”*

2 Chronicles 15:7 (ESV)

Wait for the Lord; be strong and take heart and wait for the Lord.

Psalms 27:14 (NIV)

Rejoice in hope, be patient in tribulation, be constant in prayer.

Romans 12:12 (ESV)

*Teach me your way, O Lord, that I may walk in your truth;
unite my heart to fear your name.*

Psalms 86:11(ESV)

²⁵ *Let your eyes look directly forward, and your gaze be straight before you.*

²⁶ *Ponder^[a] the path of your feet; then all your ways will be sure.*

Proverbs 4:25 – 26 (ESV)

For he satisfies the longing soul, and the hungry soul he fills with good things.

Psalms 107:9 (ESV)

*Even to your old age I am he, and to gray hairs I will carry you.
I have made, and I will bear; I will carry and will save.*

Isaiah 46:4 (ESV)

²² *The steadfast love of the Lord never ceases; [a]his mercies never come to an end;
²³ they are new every morning; great is your faithfulness.*

²⁴ *“The Lord is my portion,” says my soul, “therefore I will hope in him.”*

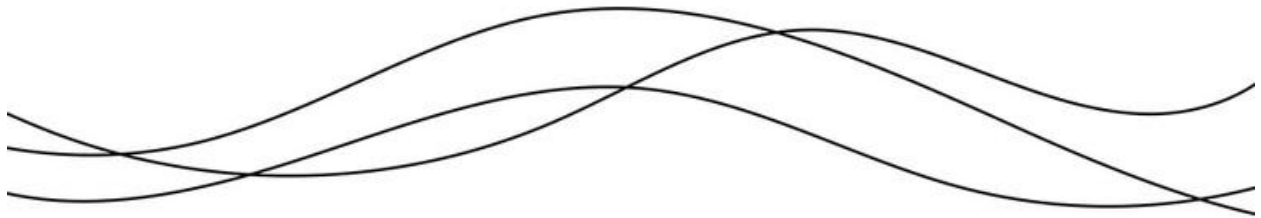
Lamentations 3:22 – 24 (ESV)

For nothing will be impossible with God.”

Luke 1:37 (ESV)

²⁰ *Now to him who is able to do far more abundantly than all that we ask or
think, according to the power at work within us, ²¹ to him be glory in the church
and in Christ Jesus throughout all generations, forever and ever. Amen.*

Ephesians 3:20 – 21 (ESV)



Reflections:

Day 18 – Tuesday, January 28th

Prayer: 6:30pm – 7:30pm

Fasting: Refrain from eating anything until after 12pm (can drink water).

After the fast **eat** vegetables and whole foods. **Limit** no sugar added fruit juices to only one or two glasses per day. **Drink** plenty of water. **Refrain** from eating any sweets, all meat, fish, seafood, junk food, processed foods, soda, sugar added fruit juices, anything fried, and caffeine.

Perseverance in Leadership

Philippians 4:13

I can do all things through Christ which strengthens me.

Perseverance is a key leadership skill that involves overcoming challenges, learning from them and inspiring others to do the same.

Problem Solving:

Perseverance is more than just not giving up. It's about identifying challenges, understanding why they exist and finding a way to overcome them.

Inspiring Others:

Leaders who persevere can inspire their teams to stay determined and work through difficulties together. They can show their teams that anything is possible, and they should never give up on their goals.

Building a Resilient Culture:

Perseverance can help others create a workplace culture that is resilient and collaborative.

Setting an Example:

Perseverance sets leaders apart from others and shows that they are committed to their vision.

Learning from Failure:

Failure is a part of leadership and leaders who persevere learn from their mistakes.

In social psychology a similar concept to perseverance is grit, which is defined as perseverance and passion for long term goals.

Leadership is a tough job. It requires a cool head and a firm commitment to your organization or those you lead in times of crisis. That's why perseverance is a critical skill for every leader. You must be a consistent presence, setting an example of calm and confidence.

Leadership requires your time and dedication to God and the people that you lead. I encourage you as leaders to stay before God in prayer, fasting, seeking God's face, and keep your focus upon God. Trust in the Lord with all thine heart; and lean not to your own understanding. In all your ways acknowledge the Lord, and He shall direct your paths. The steps of a good man (leader) are ordered by the Lord; and he delights in His ways (their ways),

My Prayer for Leaders:

Dear Heavenly Father, I pray for all leaders of your people. I pray that they will not lead selfishly, for personal ambition or vain conceit. I pray that you help leaders to realized that leading is really a task that requires us to serve even as Christ served. Please help us to follow His example of servanthood.
In Jesus name, Amen.

Reflections:

Day 19 – Wednesday, January 29th

Prayer: 6:30pm – 7:30pm

Fasting: Refrain from eating until after 3:00pm (can drink water).

After 3:00pm **eat** vegetables and whole food. **Limit** no sugar added fruit juices to only one or two glasses per day. **Drink** plenty of water. **Refrain** from eating any sweets, all meat, fish, seafood, junk food, processed foods, soda, sugar added fruit juices, anything fried, caffeine and dairy.

The Ultimate Example of Perseverance Jesus Christ our Savior and Lord

Isaiah 53:5 (Read the entire chapter)

But he was wounded for our transgressions, he was bruised for our iniquities: the chastisement of our peace was upon him; and with his stripes we are healed.

Jesus is the ultimate example of perseverance in the Bible, and he demonstrated this in many ways...

Enduring the Cross:

Jesus endured the brutality of the cross, including scouring and crucifixion, despite being alone, denied and betrayed. He persevered to the cross because of his love for people and God's love; *John 3: 16 says, For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life.*

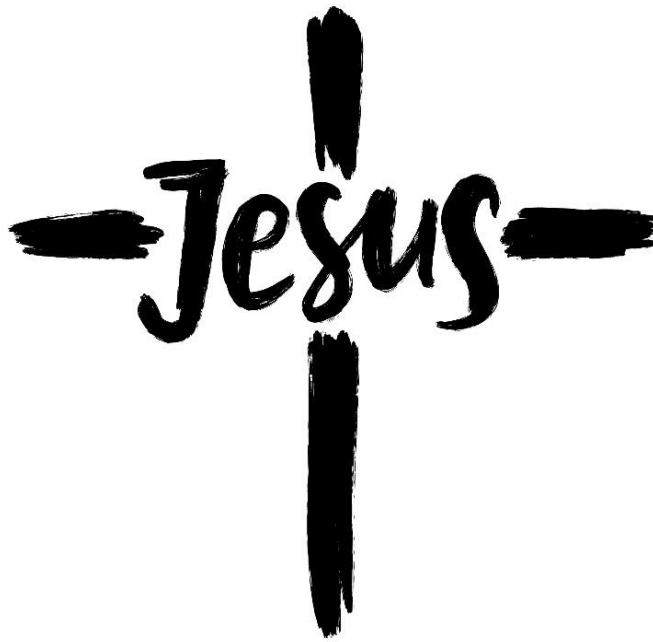
Remaining committed Jesus loved us to the end, even through distance and time. He was willing to go to the cross for our sake.

Remain Resilient:

Jesus demonstrated that it's possible to persevere even when faced with rejection and cruelty. He endured shame from being ridiculed by the people he came to save. Even in opposition from religious leaders, he persevered.

Using Suffering to Develop his Relationship with God:

Jesus used suffering to show us an opportunity to develop and refine our relationship with God. Suffering can help identify our weak points and strengthen our faith in God to be stronger Christians so we can be an example to the world.

***Prayer:***

Lord, thank you for your ultimate example that you demonstrated for us in your suffering, dying, and giving your life on the cross for our salvation and deliverance from sin. We are eternally grateful.

In Jesus name, Amen.

Reflections:

Day 20 – Thursday, January 30th

Prayer: 6:30pm – 7:30pm

Fasting: Refrain from eating until after prayer. Drink plenty of water. After prayer we will have our soup and salad fellowship.

Perseverance in Finishing the Race

II Timothy 4:7 – 8

⁷ I have fought a good fight, I have finished my course, I have kept the faith:

⁸ Henceforth there is laid up for me a crown of righteousness, which the Lord, the righteous judge, shall give me at that day: and not to me only, but unto all them also that love his appearing.

These verses use the metaphor of a race to represent a Christian life, emphasizing the importance of perseverance and faithfulness until the very end.

Key Points of these verses:

- “Fought a good fight”
 - Represents actively living a Christian life, facing challenges and overcoming obstacles.
- “Finished the race”
 - Signifies completing the journey of faith, reaching the end of one’s life.
- “Kept the faith”
 - Highlights the importance of remaining true to one’s beliefs throughout life.

Scriptures to remind ourselves as we run this race:

Hebrews 12:1 – 2

Wherefore seeing we also are compassed about with so great a cloud of witnesses, let us lay aside every weight, and the sin which doth so easily beset us, and let us run with patience the race that is set before us,

² Looking unto Jesus the author and finisher of our faith; who for the joy that was set before him endured the cross, despising the shame, and is set down at the right hand of the throne of God.

Ecclesiastes 9:11

I returned, and saw under the sun, that the race is not to the swift, nor the battle to the strong, neither yet bread to the wise, nor yet riches to men of understanding, nor yet favour to men of skill; but time and chance happeneth to them all.

As human beings, we cannot accurately predict the outcome of life challenges. Our trust is in God. Our victory in a struggle is not guaranteed to the person who initially starts off fast or strong, but rather to the one who has the perseverance and resilience to stay the course through the challenges. Perseverance emphasizing the importance of endurance over quick bursts of effort. It is never a sprint but always a marathon. *Matthew 24:13 says is well: But he that shall endure unto the end, the same shall be saved.*

Take away:

Those who remain faithful to Christ unto the end will receive eternal, everlasting life, forever in Heaven to be with the Lord. What a wonderful, marvelous, magnificent, and awesome time that will be forever, and ever and ever...Amen!

Prayer:

Lord, help me to keep fighting the good fight of faith. Stay on course, keep the faith and finish my race because I know in the end I WIN! Glory!
In Jesus name, Amen.

Reflections:



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Maintaining What God has Done for You

After allowing God to cleanse you from what you watch on television, what you watch, and listen to on the internet and the kind of music you listen to; Do not return to them after the fast. Things that are unholy need to remain dead. If you return to those things, you are defeating your purpose. You want to keep your temple clean at all times. This allows for the Spirit of God to flow freely in you so when God is ready to use you, you are ready to be used. The purpose of fasting is to give us a thorough cleaning to take us to a higher level each year. Make fasting a part of your life throughout the year. Keep up with the prayer services throughout the year.

They are as follows...

Weekday prayer	Tuesday and Friday	6:00 am – 7:00 am
Sunday prayer	Sunday	9:00 am – 9:30 am

Other Prayer services...

The pastor will schedule prayer services monthly as the Lord leads.

As you keep fasting and prayer a part of your life and being faithful to the church by attending services as frequently as possible, you will see Spiritual growth and God's anointing in your life.

Congratulations!

You made it through 20 days of Fasting and Prayer.

***Anointed Oil and prayer cloths will be handed out
during the last prayer service***



In days to come, you can ease back into eating some of the foods you enjoy. If you eat all the things you gave up during the fast immediately, it could cause you to become ill and not feel well.

I encourage you to make concentration, fasting, prayer, meditation and praise a part of your everyday life. In doing so, you will become a stronger Christian. Your relationship with Jesus Christ will be amazing and you will have a continual praise now and forever. Amen.

This image shows a full page of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page, typical of notebook or legal stationery. There are no margins, text, or other markings present.