

Giving God a Glorious Praise

First Church of God in Christ
20 Days Prayer and Fasting
January 6 – 25, 2024

Make a joyful noise unto God,
all ye lands: Sing forth the
honour of his name; make his
praise glorious
(Psalm 66:1-2)

**Prayer Schedule: Saturdays 12 – 1pm
Sunday – Friday 6:30pm – 7:30pm
January 14th – January 19th _Revival 6:30pm Nightly
Pastor/Evangelist Frank Livingston
Join us in person or Facebook Live
Pastor Don Crowley**

Giving God a Glorious Praise

The Church of God in Christ's 115th Holy Convocation in Memphis, Tennessee, our Holy Jerusalem, convened November 7 – 14, 2023. It can be described as magnificent, impressively beautiful, elaborate and extravagant. It can also be described as excellent, awesome, marvelous, exciting, refreshing, renewing and all together lovely. There was a powerful move of God in all the services. The convocation provided good teaching, good preaching, and good training sessions. The prayer, the music, and the praise and worship was "off the chain". The praise dancers entered the auditorium with a Glorious Praise in many of the services. The international choir sang like angels singing songs that the angels cannot not sing that they have been redeemed. God's Glory (anointing) filled the auditorium.

Our leader of "The Grand Ole Church of God in Christ", Bishop John Drew Sheard, the bishops, the leaders in the pulpit, and the congregation stood at attention joining in giving God a Glorious Praise as One Praise going up to God. This happened constantly throughout the convocation. There were waves of the Holy Ghost that brought great manifestations. Some were slain in the Spirit, others were saved and baptized with the Holy Ghost. Many were healed, delivered and set free. Ones were refreshed, renewed, revived, restored with the joy of their salvation (including me). There was dancing throughout the congregation. Others were shouting. There was laughter of joy. Several stood in amazement, saying within themselves, "Look at God". The gates of Heaven were opened; Heaven came down and glory filled our souls.

The Women's Day and Men Perfecting Men's Day service was great as well. During the Saturday night youth service, there was a great outpour of the Holy Spirit like in the other services mentioned above. The auditorium was half full of youth praising and magnifying the Lord after receiving a powerful word from God through the speaker. Many of the youth came to the altar and the Spirit moved liken unto the Day of Pentecost. When service ended some of the youth had to be escorted out of the auditorium because they were under the influence of the Holy Ghost.

The Lord met us again at both Sunday morning and Sunday night services. At the end of the Sunday night service, Bishop Sheard asked the congregation were they ready for the convocation to end. The congregation answered with a definite "No!" God's glory was amazing.

Giving God a Glorious Praise was inspired by our 115th Holy Convocation. I give special honor, thanks and appreciation to our Leader, Chief Apostle, Bishop John Drew Sheard. Bishop Sheard shared with the church prior to his appointment as Chief Apostle, that his desire was that God's Glory would return back to our church in our Holy Convocation. He shared with us when we return after the COVID-19 pandemic, he wanted us to be able to come back praising God without any constraints. He wanted us to be able to worship and praise God in freedom and in the beauty of Holiness under the power of God's anointing. His statement let me know that Bishop understood the power of praise. Bishop realizes that when unrestrained praise goes up God's glory comes down.

Bishop John Sheard led the Church of God in Christ in a series of fasting and prayer during the pandemic. With a repented heart, he led us by precept and example. We saw our Bishop as a leader on his knees crying out to God leading our church by live stream seeking God's face. This brought the church together in prayer. Bishop has been steadfast with prayer and fasting, trusting God for guidance. We have seen great results and have been able to return to our Holy Jerusalem, Memphis, Tennessee. Thank God for these last two years.

God's Glory (power) has moved tremendously in a mighty way, with great manifestations. God's anointing has been with us. I have been blessed, renewed, restored and revived. I was impressed to title our prayer and fasting journal for 2024 as "Giving God a Glorious Praise".

My prayer is that you will be blessed as you praise God by reaching another level of thanksgiving, appreciation with gratitude, and by worshipping and praising God in the beauty of Holiness.

Giving God a Glorious Praise
In Jesus name, AMEN

Yours Truly,
Pastor Don

Giving God a Glorious Praise

Make a joyful
noise unto God,
all ye lands:
Sing forth the
honour of his
name: make his
praise glorious.

Psalm 66:1-2

Let the journey begin...



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 except 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 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, BEEF AND TURKEY

This means any kind of foods that comes from a cow, pig or turkey 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

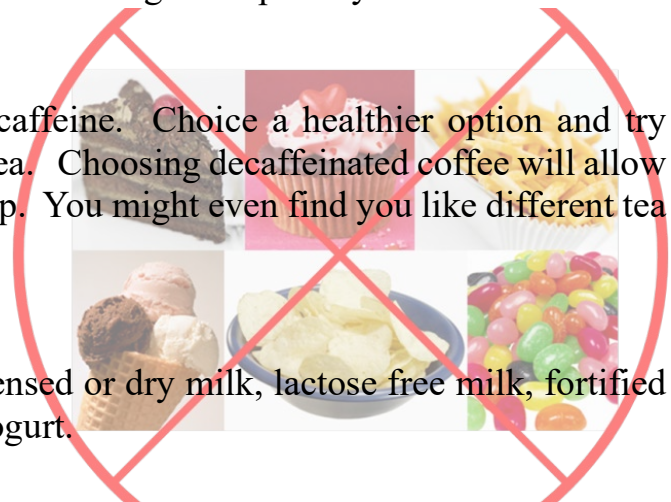
While fruit juice can help with sweet cravings, it is important to limit consumption. Fruit juices with no sugar added are okay to drink but because fruit has natural sugars they should be limited as well. Too much of anything can be harmful to the body. Drink in moderation by limiting it to one or two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

REFRAIN FROM DAIRY

This means no milk from a cow, condensed or dry milk, lactose free milk, fortified soy milk, cheese, butter, creams and yogurt.





Prayer & Fasting Schedule

First Day of Consecration: January 6th

Prayer: Saturday 10:00am

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

After fast **eat** chicken, fish, eggs, vegetables and whole foods. 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, turkey, junk food, processed foods, soda, sugar added fruit juices.

Week 1: January 7th – January 13th

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, fish, eggs, vegetables, and whole foods. 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, turkey, junk food, processed foods, soda, sugar added fruit juices.

Week 2: January 14th – January 20th

Revival: Sunday – Friday 6:30pm nightly

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, 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, turkey, junk food, processed foods, soda, sugar added fruit juices, and anything fried.

Week 3: January 21st – January 23rd

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

Saturday 12:00pm – 1:00pm

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

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

This week after fast **eat** chicken, fish, eggs, vegetables and whole foods. 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, turkey, junk food, processed foods, soda, sugar added fruit juices, and anything fried and caffeine.

January 24th

Prayer: Thursday 6:30pm – 7:30pm

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

After 3:00pm **eat** chicken, 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, turkey, junk food, processed foods, soda, sugar added fruit juices, anything fried, caffeine and dairy.

January 25th

Prayer: Friday 6:30pm – 7:30pm

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

Limit no sugar added fruit juices to only one or two glasses this day. Drink plenty of water. **Eat** something light after prayer and then ease back into eating other foods (eating a lot after the fast can make you sick)

Day 1 – Saturday, January 6th

Prayer: 10:00am

Fasting: **Refrain** from eating anything until after prayer. (can drink water)
After fast **eat** chicken, fish, eggs, vegetables and whole foods. 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, turkey, junk food, processed foods, soda, sugar added fruit juices.

What Does It Mean to Glorify God?

To Glorify God is to honor Him with Praise & Worship. God is glorious; that is, He is great and magnificent, He is exceptionally grand in His nature and deeds. “Full of splendor and majesty is His work”. (*Psalms 111:3*)

When we glorify Him, we acknowledge His greatness and His splendor and praise Him for it. When we give Him Glory as all the world is told to do in (*Revelation 14:7*), we direct our praise, adoration, thanksgiving, and worship to Him alone who is worthy.

We can of course glorify God with our words of praise and thanksgiving. We can also glorify God through our works of service for Him, Jesus said, “Let your light shine before men, that they may see your good works, and glorify your Father in Heaven.” *Matthew 5:16*. Bearing fruit for the kingdom of God also brings glory to Him (*John 15:8*) Even in our manner of death, we can glorify God. (*see John 21:18*)

To glorify God is to extol His attributes, praise His works, trust his name, and obey His word. He is Holy, faithful, merciful, gracious, loving, compassionate, forgiving, gentle, kind, longsuffering, majestic, sovereign, powerful, and omniscient, just to name a few of his attributes. His works are wonderful, wise, marvelous, and fearfully complex. His Word is perfect, trustworthy, right, radiant, pure, firm, precious (*Psalms 19:7–10*). His salvation is astonishing, timely, and near. No matter how loudly or widely we proclaim the glory of God, He is worthy of so much more. “To God Be the Glory”

I encourage and exhort all of us to do what is right by extolling the Lord for all His marvelous work toward us. “O will you to the Father through Jesus Christ His precious Son give Him the glorious praise He deserves for all the great things He has done!”

“Let His Praise Be Glorious”



Reflections:

Day 2 – Sunday, January 7th

Prayer: 6:30pm – 7:30pm

Fasting: **Refrain** from eating anything until after 1pm (can drink water)
After fast **eat** chicken, fish, eggs, vegetables, and whole foods. 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, turkey, junk food, processed foods, soda, sugar added fruit juices.

How Do I Honor God with My Body?

Do you realize that your body is the temple of the Holy Spirit, who live in you and was given to you by God? You do not belong to yourself, for you are bought with a high price. Jesus shed his precious blood and gave His life on Calvary's cross.

(St. John 3:16–17) So you must honor God with your body.

(I Corinthians 6:19–20 NLT & KJV)

Have you ever heard the word “Sanctification”?

It means to dedicate yourself for God's purpose, to set aside only for God. God wants you to dedicate your body and spirit to Him.

How do you honor God with your body?

Having therefore these promises, dearly beloved, let us cleanse ourselves from all filthiness of the flesh and spirit, perfecting holiness in the fear of God.

(II Corinthians 7:1)

You sanctify your body. This means to take care of your body by getting it in shape. The better shape you are in, the more energy you have for God to use you.

Psalm 119:73 (TLB) The Living Bible says:

“You made my body, Lord; now give me sense to heed your laws”

(commandments)

God set up the principles for good health. It is good for our body to have proper rest, exercise regularly and be mindful of the foods we consume. Some of us need to work on what we consume in our body.

In *I Corinthians 6:13*, the Bible compares overeating to sexual immorality: it is true our body is only temporary but that is no excuse to stuff our body with food beyond what it requires (Help me Lord) or indulging in sexual immorality outside of marriage. Since God honors you in giving you a body, he wants you to honor Him by you giving your body back to Christ who gave Himself for you.

Sometimes we have the wrong attitude toward our bodies by neglecting it. God wants us to respect and protect our bodies. This goes along with respecting and protecting our spirit as well.

Why is this necessary?

God created our body and spirit for His purpose. That is why He told us to cleanse ourselves from all filthiness of flesh and spirit, perfecting holiness through the obedience of His Holy Word. Jesus paid the price for us to be cleansed and whole. Once cleansed and whole, His Holy Spirit lives in us. We are no longer our own. So, what's your motivation to get in shape?

The Bible says, "All athletes are disciplined in their training. They do it to win a prize that will fade away, but we do it for an eternal prize."

I Corinthians 9:25 NLT

Our motivation is to please God.



I give my total being to you. I no longer belong to myself; I belong to you. I commit my body and spirit to you and for your purpose. I will worship and give you a "Glorious Praise" for your unfailing love towards me. Thank you!

AMEN

Total Surrender



Reflections:

Day 3 – Monday, January 8th

Prayer: 6:30pm – 7:30pm

Fasting: Eat chicken, fish, eggs, vegetables, and whole foods. 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, turkey, junk food, processed foods, soda, sugar added fruit juices.

How Do I Glorify God with My Body?

1. **Recognize Your Incredible Dignity:**

But you are a chosen generation, a royal priesthood, a holy nation, a peculiar people; that you should shew forth the praises of Him who hath called you out of darkness into this marvelous light. *1 Peter 2:9*

2. **Recognize Your Destiny:**

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. *Jeremiah 29:11(NLT)*

3. **Receive the Holy Spirit:**

But the comforter, which is the Holy Ghost, whom the Father will send in my name, he shall teach you all things, and bring all things to your remembrance, whatsoever I have said unto you. *John 14:26*

4. **Keep God’s Word:**

Wherewithal shall a young man (or woman) cleanse his (or her) way? by taking heed thereto according to thy word. *Psalms 119:9*

5. **Keep Your Purity:**

I will sing of mercy and judgement: unto thee, O Lord, will I sing. I will behave myself wisely in a perfect way. O when wilt thou come unto me? I will walk within my house with a perfect heart (pure heart). *Psalms 101:1-2*

Blessed are the pure in heart: for they shall see God. *Matthew 5:8*

6. Pray Always:

Praying always with all prayer and supplication in the Spirit, and watching thereunto with perseverance (being persisting, steadfastly without giving up, continuing in spite of difficulties or setbacks: endurance through challenging time) and supplications for all saints; *Ephesians 6:18*

7. Rejoice in the Lord Always:

Rejoice evermore. Pray without ceasing. In everything give thanks: for this is the will of God in Christ Jesus concerning you. *I Thessalonians 5:16-18*

Make a joyful noise unto God, all ye lands (nations): sing forth the honour to His name, Make His Praise Glorious. *Psalms 66:1-2*



Jesus, My Precious Savior,
My body belongs to you where your Spirit lives. My greatest desire is to love you with all my heart, soul and mind. I want to keep out anything that could defile my temple (my body). I want to be able to give you A Glorious Praise from a pure heart that will be acceptable until you.
In your precious name, Jesus the sweetest name I know.
AMEN

Reflections:

Day 4 – Tuesday, January 9th

Prayer: 6:30pm – 7:30pm

Fasting: Eat chicken, fish, eggs, vegetables, and whole foods. 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, turkey, junk food, processed foods, soda, sugar added fruit juices.

How Do I Glorify God by Praising Him in the Beauty of Holiness?

Our Holiness is centered in Christ, in His mercy and in His grace, with our faith in Jesus Christ and his atonement. He suffered the penalty for our sins, thereby removing the effects of sin from the repentant sinner and allowing him or her to be reconciled (brought back) to God. Jesus Christ was the only one capable of carrying out the atonement for all mankind.

For God so loved the world, that He gave his only begotten Son (His only one), that whosoever believes in him should not perish, but have everlasting life. For God sent not his Son into the world to condemn the world; but that the world through him might be saved. *John 3:16-17*

Through Jesus Christ precious blood, we are cleansed, washed and made whole (complete). I see the beauty of holiness in the saints who's hearts are centered on all that is good and perfect in Jesus Christ. As saints (believers) we want to become more like our Savior. We offer our whole soul, heart, mind, might and strength to the Lord in the way we live for Him every day. We desire to keep God's Word and allow it to be active in our lives. Christ's commandments (His Word) are no longer grievous. They are a pleasure and a delight because we see the beauty of holiness in a save life in Christ. We made a covenant with God, and it is our desire to keep our promise, knowing we "can do all things through Christ which strengthens us". *Philippians 4:13*

Holiness is setting aside our natural tendencies and becoming the nature of Christ. “Every moment of our lives” we must be the holiness of Christ which makes our lives beautiful.

From the beginning, the God of Heaven commanded the children of Israel to be holy, and He expects the same from us: He said, “Sanctify yourselves therefore, and be ye holy: For I am the Lord your God”. *Leviticus 20:7*

II Corinthians 7:1 Says:

Having therefore these promises, dearly beloved, let us cleanse ourselves from all filthiness of the flesh and spirit, perfecting holiness in the fear of God.

This is something we must do through the power of Christ and His Holiness. He will cleanse us as we sit at His feet. This is done by having faith, studying and hearing His Word, praying, worshipping and praising Him in the beauty of holiness. All these things must be activated in our daily life. We must sit aside our phones, our never ending To-Do-List and the cares of the world. The scripture says: “The lust of the flesh, the lust of the eye, and the pride of life comes from the world...” *1 John 2:15-17*.

We must let our lives be the mirrors that reflects the image of Christ, then we will be able to give God a Glorious Praise that will be a sweet-smelling savor to our Lord and Saviour.

Hallelujah!!! AMEN

Reflections:

Day 5 – Wednesday, January 10th

Prayer: 6:30pm – 7:30pm

Fasting: Eat chicken, fish, eggs, vegetables, and whole foods. 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, turkey, junk food, processed foods, soda, sugar added fruit juices.

How Do I Accept the Calling to Glorify God?

We all have the same calling to glorify God in everything we do. This why we are here. Scripture says: God created us for His glory (*Isaiah 43:7*) and instructs us to do everything for the glory of God (*I Corinthians 10:31*).

But how? How can I give glory to
“The King of Glory”? (*Psalm 24:8*)

Glory belongs to God
(*St. John 17:5, Acts 7:55*)

God reveals His Glory
(*Exodus 24:17, Exodus 40:34, Psalm 19:1*)

We can observe His Glory
(*St. John 1:14*)

But How Do I Give Him Glory?

1. Praise Him with your lips:

“My lips will glorify you” (*Psalm 63:3*)

The noblest use of our tongues is to give praise to God.

2. Obey His Word:

But be ye doers of the Word, and not hearers only, deceiving your
ourselves... (*James 1:22-25*)

3. Pray in Jesus name:

Whatever you ask in my name, I will do it so that the Father may be glorified
in the Son. (*St. John 14:13*)

To pray in Jesus’ name is to align our prayers and desires with God’s
purpose.

4. Produce spiritual fruit:

My Father is glorified by this that you produce much fruit and prove to be my
disciples (*St. John 15:8*)

The fruit that issues out of our union with and obedience to Christ brings Glory
to God.

The Bible names several kinds of spiritual fruit, including the fruit we bear
when we win others to Christ (*Romans 1:13*) the fruit of the spirit (*Galatian
5:22-23*) and our good deeds (*Colossians 1:10*)

5. Remain sexually pure:

Flee sexual immorality...Glorify God with your body (*I Corinthians 6:18-20*)

6. Seek the good of others:

So, whether you eat, drink, or whatever you do, do everything for the Glory
of God (*I Corinthians 10:31*)

No one is to seek his own good, but the good of others. When we make
lifestyle choices for the good of others, We Glorify God

7. Give generously:

The result of the Corinthians giving to the poor believers in Jerusalem would be that. They will glorify God for your obedient confession of the gospel of Christ, and for your generosity (*II Corinthians 9:13*)

8. Live honorably among unbelievers:

Conduct yourselves honorably among the Gentiles (the world) so that when they slander you as evildoers, they will observe your good works and will glorify God on the day He visits (*I Peter 2:12*)

Jesus said, “Let your light shine before others, so that they may see your good works and give Glory to your Father in Heaven” (*Matthew 5:6*)



My dear Father and Saviour,

I answered the call of servanthood that glorifies you. Help me to follow these steps and your Word you have given me that others will know I'm your disciple by the love you have given me. I give my life and praise to glorify you.

In Jesus name, AMEN.

Reflections:

Day 6 – Thursday, January 11th

Prayer: 6:30 – 7:30 pm

Fasting: Eat chicken, fish, eggs, vegetables, and whole foods. 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, turkey, junk food, processed foods, soda, sugar added fruit juices.

How Do I Sing a Glorious Song of Praise?

Psalm 66

Make a joyful noise unto God, all ye lands:

2 Sing forth the honour of his name: make his praise glorious.

3 Say unto God, How terrible art thou in thy works! through the greatness of thy power shall thine enemies submit themselves unto thee.

4 All the earth shall worship thee, and shall sing unto thee; they shall sing to thy name. Selah.

5 Come and see the works of God: he is terrible in his doing toward the children of men.

6 He turned the sea into dry land: they went through the flood on foot: there did we rejoice in him.

7 He ruleth by his power for ever; his eyes behold the nations: let not the rebellious exalt themselves. Selah.

8 O bless our God, ye people, and make the voice of his praise to be heard:

9 Which holdeth our soul in life, and suffereth not our feet to be moved.

10 For thou, O God, hast proved us: thou hast tried us, as silver is tried.

11 Thou broughtest us into the net; thou laidst affliction upon our loins.

12 Thou hast caused men to ride over our heads; we went through fire and through water: but thou broughtest us out into a wealthy place.

13 I will go into thy house with burnt offerings: I will pay thee my vows,

14 Which my lips have uttered, and my mouth hath spoken, when I was in trouble.

15 I will offer unto thee burnt sacrifices of fatlings, with the incense of rams; I will offer bullocks with goats. Selah.

16 Come and hear, all ye that fear God, and I will declare what he hath done for my soul.

17 I cried unto him with my mouth, and he was extolled with my tongue.

18 If I regard iniquity in my heart, the Lord will not hear me:

19 But verily God hath heard me; he hath attended to the voice of my prayer.

20 Blessed be God, which hath not turned away my prayer, nor his mercy from me.



O God in Heaven,

There is none like you. You are great, mighty and powerful, yet you are good, kind and just. None of your characteristics overshadow the others. You are worthy of my worship, not only because of what you have done for me but because of who you are. I give you a Glorious Praise.

In Jesus name, AMEN

Reflections:

Day 7 – Friday, January 12th

Prayer: 6:30pm – 7:30pm

Fasting: Eat chicken, fish, eggs, vegetables, and whole foods. 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, turkey, junk food, processed foods, soda, sugar added fruit juices.

How Do I Praise God for Who He Is?

Psalm 111 (NLT)

¹ Praise the LORD!

I will thank the LORD with all my heart
as I meet with his godly people.

² How amazing are the deeds of the LORD!

All who delight in him should ponder them (Think on the Goodness of God).

³ Everything he does reveals his glory and majesty.

His righteousness never fails.

⁴ He causes us to remember his wonderful works.

How gracious and merciful is our LORD!

⁵ He gives food to those who fear him;

he always remembers his covenant (His promises).

⁶ He has shown his great power to his people

by giving them the lands of other nations.

⁷ All he does is just and good,

and all his commandments are trustworthy.

⁸ They are forever true,

to be obeyed faithfully and with integrity.

⁹ He has paid a full ransom for his people (He gave us His precious Son, Jesus).

He has guaranteed his covenant with them forever.

What a holy, awe-inspiring name he has (His name is glorious)!

¹⁰ Fear of the LORD is the foundation of true wisdom.

All who obey his commandments will grow in wisdom.

Praise him forever!

Psalm 111 praises God for his faithfulness and enduring righteousness. As human beings, we often praise God for what He has done for us. This Psalm also praises the Lord for Who God is... His nature and character which is Holy and completed in all. There is nothing before or after Him: He is the Great "I AM. AMEN



Reflections:

Scriptures of God's Glory



Exodus 15:11 (NASB)

Who is like You among the gods, Lord? Who is like You, majestic in holiness, Awesome in praises, working wonders?

I Chronicles 29:11 (ESV)

Yours, O Lord, is the greatness and the power and the glory and the victory and the majesty, for all that is in the heavens and in the earth is yours. Yours is the kingdom, O Lord, and you are exalted as head above all.

Psalms 19:1 (NIV)

The heavens declare the glory of God; the skies proclaim the work of his hands.

Psalms 24:7-8 (ESV)

Lift up your heads, O gates! And be lifted up, O ancient doors, that the King of glory may come in. Who is this King of glory? The Lord, strong and mighty, the Lord, mighty in battle!

Day 8 – Saturday, January 13th

Prayer: 12:00pm – 1:00pm

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

After the fast **eat** chicken, 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, turkey, junk food, processed foods, soda, sugar added fruit juices, and anything fried.

How Do I Give a Psalm of Praise Like David?

Psalm 145

1 I will extol thee, my God, O king; and I will bless thy name for ever and ever.

2 Every day will I bless thee; and I will praise thy name for ever and ever.

3 Great is the Lord, and greatly to be praised; and his greatness is unsearchable.

4 One generation shall praise thy works to another, and shall declare thy mighty acts.

5 I will speak of the glorious honour of thy majesty, and of thy wondrous works.

6 And men shall speak of the might of thy terrible acts: and I will declare thy greatness.

7 They shall abundantly utter the memory of thy great goodness, and shall sing of thy righteousness.

8 The Lord is gracious, and full of compassion; slow to anger, and of great mercy.

9 The Lord is good to all: and his tender mercies are over all his works.

10 All thy works shall praise thee, O Lord; and thy saints shall bless thee.

11 They shall speak of the glory of thy kingdom, and talk of thy power;

12 To make known to the sons of men his mighty acts, and the glorious majesty of his kingdom.

13 Thy kingdom is an everlasting kingdom, and thy dominion endureth throughout all generations.

14 The Lord upholdeth all that fall, and raiseth up all those that be bowed down.

15 The eyes of all wait upon thee; and thou givest them their meat in due season.

16 Thou openest thine hand, and satisfiest the desire of every living thing.

17 The Lord is righteous in all his ways, and holy in all his works.

18 The Lord is nigh unto all them that call upon him, to all that call upon him in truth.

19 He will fulfil the desire of them that fear him: he also will hear their cry, and will save them.

20 The Lord preserveth all them that love him: but all the wicked will he destroy.

21 My mouth shall speak the praise of the Lord: and let all flesh bless his holy name for ever and ever.

The message in Psalm 145, placed on the lips of King David, is that the Lord is King over all generations of the Israelites and over all people.

In this Psalm, King David outline his reasons to praise God and none of them depend on his circumstances. He praises God because God alone is worthy of praise. He praises God because of His grace and compassion. He praises God because it is through God alone that salvation can be found.



Dear Heavenly Father, My God,
You are righteous in all your ways and works. You are near to all who call upon you in truth.

Thank you for fulfilling my desires, needs and wants according to your will. I honor, respect, and reverence you for being the awesome God you are in all you do. Thank you for hearing my prayers and saving my soul. You have preserved me from all evil; therefore, I will sing songs of praise and worship to you and give you a Glorious Praise.

In Jesus precious name, AMEN.

Reflections:

Day 9 – Sunday, January 14th

Revival: 6:30pm

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

After the fast **eat** chicken, 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, turkey, junk food, processed foods, soda, sugar added fruit juices, and anything fried.

How Do I Give God a Glorious Praise Like the Heavens and Earth?

Psalm 148 (NLT)

1 Praise the Lord! Praise the Lord from the heavens! Praise him from the skies!

2 Praise him, all his angels! Praise him, all the armies of heaven!

3 Praise him, sun and moon! Praise him, all you twinkling stars!

4 Praise him, skies above! Praise him, vapors high above the clouds!

5 Let every created thing give praise to the Lord, for he issued his command, and they came into being.

6 He set them in place forever and ever. His decree will never be revoked.

7 Praise the Lord from the earth, you creatures of the ocean depths,

8 fire and hail, snow and clouds,[a]wind and weather that obey him,

9 mountains and all hills, fruit trees and all cedars,

10 wild animals and all livestock, small scurrying animals and birds,

11 kings of the earth and all people, rulers and judges of the earth,

12 young men and young women, old men and children.

13 Let them all praise the name of the Lord. For his name is very great;

his glory towers over the earth and heaven!

14 He has made his people strong, honoring his faithful ones—the people of Israel who are close to him. Praise the Lord!

What is the Meaning of Psalm 148?

Psalm 148 calls the heavenly dimension of creation to praise God because God created them to give Him glory. The skies above, the clouds which are so beautiful in all their forms and shapes. The moon, stars and sun in its Heavens are all good and orderly as God has given them to be. He spoke in the beginning of time and they all came into existence to give God the glory.

We should join the heavens in the praise for God who created us and redeemed us back to himself through his precious Son, Jesus Christ. He gave himself for us who have received Him. We have a song that the angels cannot sing. We have been redeemed, saved, washed in the blood, delivered and set free.

We can sing the song with all creation:

“What a mighty God we serve,
What a mighty God we serve,
Angels bow before Him,
Heaven and earth adore Him,
What a mighty God we serve.”

Will you join in with us and give God a Glorious Praise that He alone deserves?

PRAISE HIM!!!
AMEN & AMEN

Reflections: _____

Day 10 – Monday, January 15th

Revival: 6:30pm

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

After the fast **eat** chicken, 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, turkey, junk food, processed foods, soda, sugar added fruit juices, and anything fried.

How Do I Bless the Name of the Lord By Giving Him a Glorious Praise?

A Psalm of David

Psalm 103

Bless the Lord, O my soul: and all that is within me, bless his holy name. ² Bless the Lord, O my soul, and forget not all his benefits: ³ Who forgiveth all thine iniquities; who healeth all thy diseases; ⁴ Who redeemeth thy life from destruction; who crowneth thee with lovingkindness and tender mercies; ⁵ Who satisfieth thy mouth with good things; so that thy youth is renewed like the eagle's. ⁶ The Lord executeth righteousness and judgment for all that are oppressed. ⁷ He made known his ways unto Moses, his acts unto the children of Israel. ⁸ The Lord is merciful and gracious, slow to anger, and plenteous in mercy. ⁹ He will not always chide: neither will he keep his anger for ever. ¹⁰ He hath not dealt with us after our sins; nor rewarded us according to our iniquities. ¹¹ For as the heaven is high above the earth, so great is his mercy toward them that fear him. ¹² As far as the east is from the west, so far hath he removed our transgressions from us. ¹³ Like as a father pitieth his children, so the Lord pitieth them that fear him. ¹⁴ For he knoweth our frame; he remembereth that we are dust. ¹⁵ As for man, his days are as grass: as a flower of the field, so he flourisheth. ¹⁶ For the wind passeth over it, and it is gone; and the place thereof shall know it no more. ¹⁷ But the mercy of the Lord is from everlasting to everlasting upon them that fear him, and his righteousness unto

children's children; ¹⁸ To such as keep his covenant, and to those that remember his commandments to do them. ¹⁹ The Lord hath prepared his throne in the heavens; and his kingdom ruleth over all. ²⁰ Bless the Lord, ye his angels, that excel in strength, that do his commandments, hearkening unto the voice of his word. ²¹ Bless ye the Lord, all ye his hosts; ye ministers of his, that do his pleasure. ²² Bless the Lord, all his works in all places of his dominion: bless the Lord, O my soul.

In Psalm 103, David calls his own soul to praise the Lord and to not forget all of God's many benefits. Throughout the Psalm, David focuses on one benefit in particular, the forgiveness of sins. As far as the east is from the west, so far does the Lord remove our transgressions from us; therefore, David is thankful, and he blesses the Lord and gives Him a Glorious Praise.



Lord,
It is good to give you praise, for you are holy, wise, majestic, and gracious. My soul sings to you like a Blue-Jay waking up before the eager sun. My soul longs to be in your presence so my cup can be overflowing with your abundance. As the deer pants after the water brooks so pants my soul after you, O God. In your presence is the fullness of joy; in your right hand there are pleasures forevermore. I find all I need and want in you. AMEN & AMEN.

Reflections:

Day 11 – Tuesday, January 16th

Revival: 6:30 pm

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

After the fast **eat** chicken, 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, turkey, junk food, processed foods, soda, sugar added fruit juices, and anything fried.

How Do I Recognize the Awesomeness of God's Glory?

Psalm 97

¹ The LORD reigns, let the earth be glad; let the distant shores rejoice.

² Clouds and thick darkness surround him; righteousness and justice are the foundation of his throne.

³ Fire goes before him and consumes his foes on every side.

⁴ His lightning lights up the world; the earth sees and trembles.

⁵ The mountains melt like wax before the LORD, before the Lord of all the earth.

⁶ The heavens proclaim his righteousness, and all people see his glory.

⁷ All who worship images are put to shame, those who boast in idols—worship him, all you gods!

⁸ Zion hears and rejoices and the villages of Judah are glad because of your judgments, LORD.

⁹ For you, LORD, are the Most High over all the earth; you are exalted far above all gods.

¹⁰ Let those who love the LORD hate evil, for he guards the lives of his faithful ones and delivers them from the hand of the wicked.

¹¹ Light shines^[a] on the righteous and joy on the upright in heart.

¹² Rejoice in the LORD, you who are righteous, and praise his holy name.

Psalm 97 foreshadows the messianic era when God will reign supreme over the earth. These verses references God’s sovereignty. His enactment of justice and the widespread that will happen or occur in His everlasting kingdom that will have no end.



Lord, My God,
Thank you for this Word to my heart today. Reminding me that regardless of the upheaval of our nation or among the nations of the earth, you alone reign and your kingdom is forever and ever. Your holiness never ends; therefore, I give you a Glorious Praise now and forever.

In Jesus name, AMEN.

Reflections:

Day 12 – Wednesday, January 17th

Revival: 6:30 pm

Fasting: **Refrain** from eating anything until after 12pm (can drink water).
After the fast **eat** chicken, 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, turkey, junk food, processed foods, soda, sugar added fruit juices, and anything fried.

How Do I Praise God?

Psalm 100

Make a joyful noise unto the Lord, all ye lands.

² Serve the Lord with gladness: come before his presence with singing.

³ Know ye that the Lord he is God: it is he that hath made us, and not we ourselves;
we are his people, and the sheep of his pasture.

⁴ Enter into his gates with thanksgiving, and into his courts with praise: be thankful
unto him, and bless his name.

⁵ For the Lord is good; his mercy is everlasting; and his truth endureth to all
generations.



What is the meaning of Psalm 100?

Exhortation to praise God – to lay everything aside that hinders us and make a joyful noise unto the Lord with gladness. God does not care if we sing or squeak as long as we are opening our mouths and giving Him praise. We are to have a cheerful and glad heart with thanksgiving and gratitude for all He has done for us.



Father in Heaven, My Gracious God,
I worship you, for you are good. I praise you for your eternal love. I glorify you for your faithfulness. I bless your name for all the wants you provide for me. Keep me from discontentment. Keep me from ungratefulness. Help me continue to give you a Glorious Praise with a thankful heart today, and always.
In Jesus name, AMEN.

Reflections:

Day 13 – Thursday, January 18th

Revival: 6:30 pm

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

After the fast **eat** chicken, 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, turkey, junk food, processed foods, soda, sugar added fruit juices, and anything fried.

How Do I Praise God?

Psalm 96

O sing unto the LORD a new song: sing unto the LORD, all the earth.

² Sing unto the LORD, bless his name; shew forth his salvation from day to day.

³ Declare his glory among the heathen, his wonders among all people.

⁴ For the LORD is great, and greatly to be praised: he is to be feared above all gods.

⁵ For all the gods of the nations are idols: but the LORD made the heavens.

⁶ Honour and majesty are before him: strength and beauty are in his sanctuary.

⁷ Give unto the LORD, O ye kindreds of the people, give unto the LORD glory and strength.

⁸ Give unto the LORD the glory due unto his name: bring an offering, and come into his courts.

⁹ O worship the LORD in the beauty of holiness: fear before him, all the earth.

¹⁰ Say among the heathen that the LORD reigneth: the world also shall be established that it shall not be moved: he shall judge the people righteously.

¹¹ Let the heavens rejoice, and let the earth be glad; let the sea roar, and the fulness thereof.

¹² Let the field be joyful, and all that is therein: then shall all the trees of the wood rejoice

¹³ Before the LORD: for he cometh, for he cometh to judge the earth: he shall judge the world with righteousness, and the people with his truth.

What is the Greatness of God in Psalm 96?

For the Lord's greatness is beyond description or comprehension. He deserves all the praise that comes to Him. He is our King, our God, and it's right to be in "Holy Awe of Him".



Let the Heavens be glad, and the earth rejoice. Let the sea praise you along with every creature on the earth. Holy, Holy, Holy is the Lord Almighty. We give you the Glorious Praise you deserve.

AMEN & AMEN

Reflections:

Day 14 – Friday, January 19th

Revival: 6:30pm

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

After the fast **eat** chicken, 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, turkey, junk food, processed foods, soda, sugar added fruit juices, and anything fried.

How Does the Glory of God reflect on the creation of man and his glory?

Psalm 8

O LORD, our Lord, how excellent is thy name in all the earth! who hast set thy glory above the heavens.

² Out of the mouth of babes and sucklings hast thou ordained strength because of thine enemies, that thou mightest still the enemy and the avenger.

³ When I consider thy heavens, the work of thy fingers, the moon and the stars, which thou hast ordained;

⁴ What is man, that thou art mindful of him? and the son of man, that thou visitest him?

⁵ For thou hast made him a little lower than the angels, and hast crowned him with glory and honour.

⁶ Thou madest him to have dominion over the works of thy hands; thou hast put all things under his feet:

⁷ All sheep and oxen, yea, and the beasts of the field;

⁸ The fowl of the air, and the fish of the sea, and whatsoever passeth through the paths of the seas.

⁹ O LORD our Lord, how excellent is thy name in all the earth!

In this Psalm David speaks of the Glory of God and how the glory of man and his destiny reflects upon God. Psalm 8 gives us the proper perspective on life. On the other hand, as bearers of the image of God, we have been exalted above the entire creation order and He made us a little lower than angels and has crowned us with glory and honour.

What an amazing, glorious blessing of God. He created us to rule over the works of our hand.



Oh Lord,

I honor you and praise you for the gift of life and the awesome responsibility you have given us to be good stewards of this earth, our home and the amazing blessing according to your Word if we are faithful servants here on earth, you will make us rulers in your heavenly home. We will serve and rule over many. This is too awesome for me to comprehend, grasp or understand of you being mindful of me. I thank you and give you all honor, glory and praise.

In Jesus name, AMEN.

Reflections:

Scripture of God's Glory

Exodus 15:2 (ESV)

The Lord is my strength and my song, and he has become my salvation; this is my God, and I will praise him, my father's God, and I will exalt him.

Ephesians 3:20-21 (KJV)

Now unto him that is able to do exceeding abundantly above all that we ask or think, according to the power that worketh in us, Unto him be glory in the church by Christ Jesus throughout all ages, world without end. Amen.

Jude 1:24-25 (KJV)

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, To the only wise God our Saviour, be glory and majesty, dominion and power, both now and ever. Amen.



Day 15 – Saturday, January 20th

Prayer: 12:00pm – 1:00pm

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

After the fast **eat** chicken, 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, turkey, junk food, processed foods, soda, sugar added fruit juices, and anything fried.

How Do I Know the Lord Reigns in Majesty and Power?

Psalm 93

The LORD reigneth, he is clothed with majesty; the LORD is clothed with strength, wherewith he hath girded himself: the world also is stablished, that it cannot be moved.

² Thy throne is established of old: thou art from everlasting.

³ The floods have lifted up, O LORD, the floods have lifted up their voice; the floods lift up their waves.

⁴ The LORD on high is mightier than the noise of many waters, yea, than the mighty waves of the sea.

⁵ Thy testimonies are very sure: holiness becometh thine house, O LORD, for ever.

What is the Meaning of Psalm 93?

Psalm 93 focuses particularly on God as creator and sustainer of the creation. It is a brief Psalm with only 5 verses moving through 3 stanzas.

First stanza declares, “The Lord is King!” and then continues to declare the majesty and strength (power) of God that has firmly established the world for eternity.



God,
We praise you based on Psalm 93 as the one who is mightier than anything in this world. Mightier than anyone. You oh Lord on high, you are all mighty. All might and all power belong to you. We praise you for how every day, right now you are showing yourself strong. There is none greater than you. We give you praise.
AMEN & AMEN

Reflections:

Day 16 – Sunday, January 21st

Prayer: 6:30 pm – 7:30pm

Fasting: **Refrain** from eating anything until after 1pm (can drink water)
After the fast **eat** chicken, 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, turkey, junk food, processed foods, soda, sugar added fruit juices, anything fried, and caffeine.

How Do I Know God is Glorious and Holy?

Psalm 99 (NLT)

¹ The LORD is king!
Let the nations tremble!
He sits on his throne between the cherubim.
Let the whole earth quake!

² The LORD sits in majesty in Jerusalem,^[a]
exalted above all the nations.

³ Let them praise your great and awesome name.
Your name is holy!

⁴ Mighty King, lover of justice,
you have established fairness.
You have acted with justice
and righteousness throughout Israel.^[b]

⁵ Exalt the LORD our God!
Bow low before his feet, for he is holy!

⁶ Moses and Aaron were among his priests;
Samuel also called on his name.
They cried to the LORD for help,
and he answered them.

⁷ He spoke to Israel from the pillar of cloud,
and they followed the laws and decrees he gave them.

⁸ O LORD our God, you answered them.
You were a forgiving God to them,
but you punished them when they went wrong.

⁹ Exalt the LORD our God,
and worship at his holy mountain in Jerusalem,
for the LORD our God is holy!

What is the Meaning of Psalm 99?

God is both loving and Holy. His love causes Him to show mercy, loving kindness, compassion towards us, but His Holiness means that we cannot please Him if we continue to sin.

We must not presume upon God's loving and forgiving nature for He also loves justice (He will judge us rightly). Continuing in sin will result in terrible consequences (the wages of sin is death) but the gift of God is eternal life.



The Lord reigneth: let the people tremble: He sitteth between the cherubim: let the earth be moved. The Lord is great in Zion; and He is high above all the people. Let them praise the great and terrible (awesome) name; for it is Holy!
AMEN & AMEN

Reflections:

Day 17 – Monday, January 22nd

Prayer: 6:30 pm – 7:30pm

Fasting: **Refrain** from eating anything until after 12pm (can drink water)
After the fast **eat** chicken, 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, turkey, junk food, processed foods, soda, sugar added fruit juices, anything fried, and caffeine.

How Do I Give a Glorious Praise to the God I Love

Psalm 66: 1-2

*Make a joyful noise unto God, all ye lands:
Sing forth the honour of His name: make His praise glorious.*

I praise God because He is my constant help. He's my faithful father, my loyal friend, my living and flowing water. He's my river that never runs dry, my well that springs up to everlasting life. He's my comforter, counselor, my leaning post, my rock. He's my closest companion; never leaves me or forsakes me. He's my lily of the valley, my bright and morning star, my moon and sun. He's my word of encouragement, my guide, my leader. He's my fire that keeps me burning but I am not consumed. He purifies me and burns up everything that is not like Jesus. He energizes me, refreshes me, restores me, revives me. He renews my inner man daily.

The Lord God is my Alph and Omega, my beginning and my end. He's the author and finisher of my faith. There is none like Him. He's all the above and so much more. I do not have the words to express all that God is to me; therefore, I will just give Him the highest and best praise I have.

God has loved me to life through His precious Son, Jesus Christ, who gives me continued living waters of mercy. His Holy Spirit flows within me over and over again. His grace is amazing, wonderful, magnificent, marvelous and indescribable grace.



Lord,
I can't help but love and praise you; for you are so incredible, all together lovely. I give you my all through praise. That is the part that can't be told through words; therefore, I have to dance it out for the rest of my life. I will continue to tell the world of your wonderous amazing love. Your love is exceedingly, abundantly above all that I can ask or think, according to the power that works in me. Unto Him be the glory in the church of Christ Jesus throughout all ages, world without end (Ephesians 3:20-21). AMEN

Reflections:

Day 18 – Tuesday, January 23rd

Prayer: 6:30 pm – 7:30pm

Fasting: **Refrain** from eating anything until after 12pm (can drink water). After the fast **eat** chicken, 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, turkey, junk food, processed foods, soda, sugar added fruit juices, anything fried, and caffeine.

How Do I Give God a Glorious Praise During Adversity

Acts 16:16-34 (NLT)

¹⁶ One day as we were going down to the place of prayer, we met a slave girl who had a spirit that enabled her to tell the future. She earned a lot of money for her masters by telling fortunes. ¹⁷ She followed Paul and the rest of us, shouting, "These men are servants of the Most High God, and they have come to tell you how to be saved."

¹⁸ This went on day after day until Paul got so exasperated that he turned and said to the demon within her, "I command you in the name of Jesus Christ to come out of her." And instantly it left her.

¹⁹ Her masters' hopes of wealth were now shattered, so they grabbed Paul and Silas and dragged them before the authorities at the marketplace. ²⁰ "The whole city is in an uproar because of these Jews!" they shouted to the city officials. ²¹ "They are teaching customs that are illegal for us Romans to practice."

²² A mob quickly formed against Paul and Silas, and the city officials ordered them stripped and beaten with wooden rods. ²³ They were severely beaten,

and then they were thrown into prison. The jailer was ordered to make sure they didn't escape.²⁴ So the jailer put them into the inner dungeon and clamped their feet in the stocks.

²⁵ Around midnight Paul and Silas were praying and singing hymns to God, and the other prisoners were listening.²⁶ Suddenly, there was a massive earthquake, and the prison was shaken to its foundations. All the doors immediately flew open, and the chains of every prisoner fell off!²⁷ The jailer woke up to see the prison doors wide open. He assumed the prisoners had escaped, so he drew his sword to kill himself.²⁸ But Paul shouted to him, "Stop! Don't kill yourself! We are all here!"

²⁹ The jailer called for lights and ran to the dungeon and fell down trembling before Paul and Silas.³⁰ Then he brought them out and asked, "Sirs, what must I do to be saved?"

³¹ They replied, "Believe in the Lord Jesus and you will be saved, along with everyone in your household."³² And they shared the word of the Lord with him and with all who lived in his household.³³ Even at that hour of the night, the jailer cared for them and washed their wounds. Then he and everyone in his household were immediately baptized.³⁴ He brought them into his house and set a meal before them, and he and his entire household rejoiced because they all believed in God.

What Does the Story of Paul and Silas Teach Us?

Paul and Silas knew that even in the most difficult time of adversity, they needed to go to God in prayer and praise. In fact, their response of song and prayer led the jailer and his whole family to believe in Jesus Christ and be saved. Paul and Silas knew they could pray and sing praises of God anywhere, even in prison.

After Paul and Silas had been dragged by the authorities, stripped of their clothing, severely beaten with wooden rods and thrown into prison, the jailer was ordered to make sure they did not escape. The jailer put them into the inner dungeon and clamped their feet in the stocks.

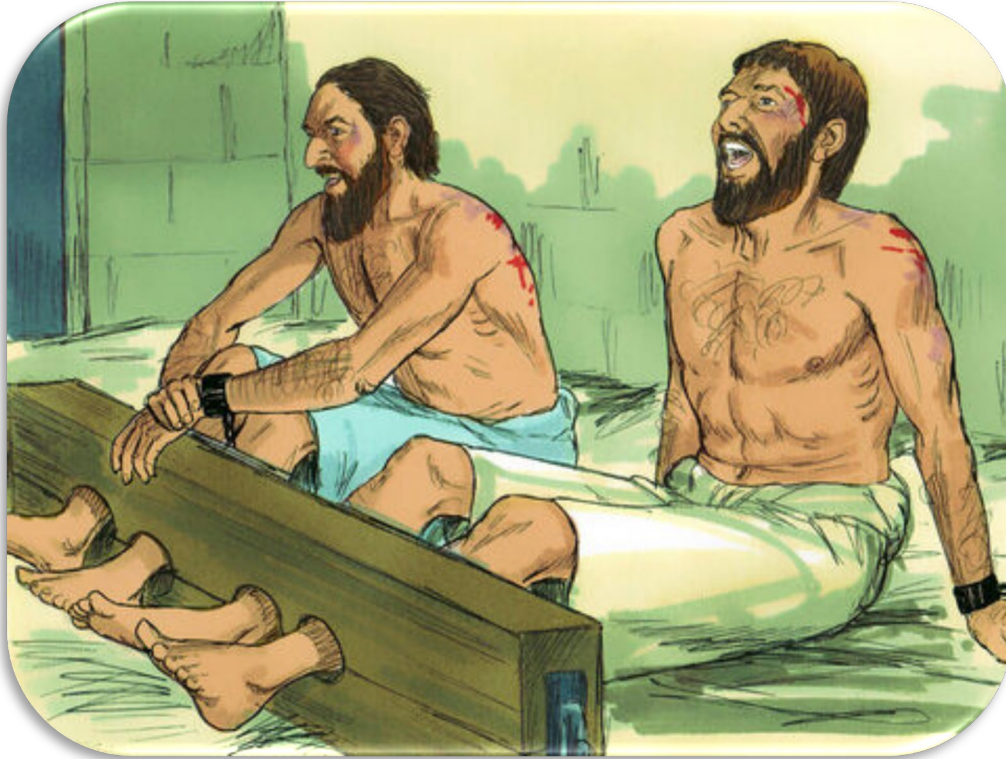
Paul and Silas did not allow any of this to stop their praise. I can imagine they may have sung *Psalm 34:1-3* which says, "I will bless the Lord at all times: his praise shall continually be in my mouth. My soul shall make her boast in the Lord: the humble shall hear thereof, and be glad. O magnify the Lord with me, and let us exalt his name together." As they were giving God a Glorious Praise by praying and singing, there was a great manifestation of God's Glory. There was a massive earthquake and the prison was shaken to its foundation. All the doors immediately flew open, and the chains of every prisoner fell off. They were loose from the bonds of their feet, and everyone went free.

This is what happens when we pray and praise God in adversity regardless of how we think or feel. We learn to praise God in our hurts, in our pain, in our sorrow, in our misfortunes, in our stressful times, in our fears, in our troubles and whatever we may be going through our life challenges.

When we praise God for an answer to our prayers before they happen, that's faith and that's when God begins to fight for us.

Remember faith moves mountains, praise moves God. Praise brings God into the scene. Praise opens the gates of Heaven and the doors of blessings. Praise dissipates worry and dilutes concern and fear. Praise brings down walls and helps us enter into the presence of God.

Will you Give God a Glorious Praise?



Lord,
Help me to see the beauty in each moment and to recognize all the blessings that fill my life. In times of hardship, remind me of your presence and strengthen me with knowledge of your love. Remind me you will show me the path of my life. In your presence is the fullness of joy; at your hand are pleasures forevermore.
AMEN & AMEN

Reflections:

Day 19 – Wednesday, January 24th

Prayer: 6:30 pm – 7:30pm

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

After 3:00pm **eat** chicken, 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, turkey, junk food, processed foods, soda, sugar added fruit juices, anything fried, caffeine and dairy.

II Chronicles 20:20-30 (NLT)

(Read verses *II Chronicles 20:1-19* for more clarity)

How Is Praise Effective for Breakthrough? Send Judah (The Praisers) First

²⁰ Early the next morning the army of Judah went out into the wilderness of Tekoa. On the way Jehoshaphat stopped and said, "Listen to me, all you people of Judah and Jerusalem! Believe in the LORD your God, and you will be able to stand firm. Believe in his prophets, and you will succeed."

²¹ After consulting the people, the king appointed singers to walk ahead of the army, singing to the LORD and praising him for his holy splendor. This is what they sang:

"Give thanks to the LORD;
his faithful love endures forever!"

²² At the very moment they began to sing and give praise, the LORD caused the armies of Ammon, Moab, and Mount Seir to start fighting among themselves. ²³ The armies of Moab and Ammon turned against their allies from Mount Seir and killed every one of them. After they had destroyed the

army of Seir, they began attacking each other. ²⁴ So when the army of Judah arrived at the lookout point in the wilderness, all they saw were dead bodies lying on the ground as far as they could see. Not a single one of the enemy had escaped.

²⁵ King Jehoshaphat and his men went out to gather the plunder. They found vast amounts of equipment, clothing,^[a] and other valuables—more than they could carry. There was so much plunder that it took them three days just to collect it all! ²⁶ On the fourth day they gathered in the Valley of Blessing,^[b] which got its name that day because the people praised and thanked the LORD there. It is still called the Valley of Blessing today.

²⁷ Then all the men returned to Jerusalem, with Jehoshaphat leading them, overjoyed that the LORD had given them victory over their enemies. ²⁸ They marched into Jerusalem to the music of harps, lyres, and trumpets, and they proceeded to the Temple of the LORD.

²⁹ When all the surrounding kingdoms heard that the LORD himself had fought against the enemies of Israel, the fear of God came over them. ³⁰ So Jehoshaphat's kingdom was at peace, for his God had given him rest on every side.

The Meaning of this Story...

God called the tribe of Judah to go first through the wilderness into the promise land often during battle. This tribe was blessed with God favor, creativity and strength. The tribe of Judah settled in the region South of Jerusalem and in time became the most powerful and most important tribe. Not only did it produce the great King David and Solomon, but it was also prophesied the Messiah would come from among its members. Jesus our Saviour and Lord, King of Kings is a descendant of the tribe of Judah through David.

Let's Give our Lor and Saviour a Glorious Praise!!!
He goes before us...
Praise God!

How fitting that when God wanted something done during battle of the Old Testament, he would send Judah to fight first. Judah means “praise”. That is why God sent them first. No matter what is going on in our lives we should always send Judah first.

Again, Why Did God Always Send Judah First?

If we translate the above scripture, it literally means “Praise Causes Breakthrough”. It is clear that God expects us to put “Judah” (praise) first. Praise always brings God into the situation(s). In our scripture King Jehoshaphat instructed the singers to go out in front of the army praising God and giving thanks.

Something to remember: Praising God with singing and giving thanks may not feel like the thing to do when you are in trouble or going through challenging times, but it is exactly what we need to do so we can receive the breakthrough to our blessing and promises God has for us.

Jeremiah 29:11 (NLT)

God 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.”

Judah (Praise): Remember this... (1) let your praise go first, (2) give God a Glorious Praise, (3) God has your future and hope and (4) Possess your promise land. In Jesus name, AMEN.

Reflections:

Day 20 – Thursday, January 25th

Prayer: 6:30 pm – 7:30pm

Fasting: Refrain from eating until after prayer. Can drink no sugar added fruit juices but **limit** it to only one or two glasses this day and drink plenty of water. **Eat** something light after prayer and then ease back into eating other foods (eating a lot after the fast can make you sick)

How Do I Give God a Glorious Praise in the Dance?

Psalm 149:3

“Let them praise his name in the dance: let them sing praises unto him with the timbrel and harp.”

As Christians, we are encouraged to dance for our creator, for His Glory. To give Him a Glorious Praise in the dance for Jesus and his sacrificed love for us. All in all, combining worship and dance is a beautiful, wonderful way to glorify God. No matter your background, your affiliation, your generation, your ethnic group or any differences among us, you can dance for God and use your movement as a way to praise God.

Dance is a universal and beautiful way to express your joy and gratitude for the one who gave us the gifts and talents we have. Why not praise our magnificent, wonderful, awesome God in a Glorious Dance of Praise.

II Samuel 6:12-16, 20-23 (NLT)

¹² Then King David was told, “The LORD has blessed Obed-edom’s household and everything he has because of the Ark of God.” So David went there and brought the Ark of God from the house of Obed-edom to the City of David with a great celebration.

¹³ After the men who were carrying the Ark of the LORD had gone six steps, David sacrificed a bull and a fattened calf.

¹⁴ And David danced before the LORD with all his might, wearing a priestly garment.

¹⁵ So David and all the people of Israel brought up the Ark of the LORD with shouts of joy and the blowing of rams' horns.

¹⁶ But as the Ark of the LORD entered the City of David, Michal, the daughter of Saul, looked down from her window. When she saw King David leaping and dancing before the LORD, she was filled with contempt for him.

²⁰ When David returned home to bless his own family, Michal, the daughter of Saul, came out to meet him. She said in disgust, "How distinguished the king of Israel looked today, shamelessly exposing himself to the servant girls like any vulgar person might do!"

²¹ David retorted to Michal, "I was dancing before the LORD, who chose me above your father and all his family! He appointed me as the leader of Israel, the people of the LORD, so I celebrate before the LORD.

²² Yes, and I am willing to look even more foolish than this, even to be humiliated in my own eyes! But those servant girls you mentioned will indeed think I am distinguished!"

²³ So Michal, the daughter of Saul, remained childless throughout her entire life.

Caution: Be careful, avoid, stay away from speaking against praise or praisers. You can bring hurt or danger upon yourself.

Praise is a powerful weapon you do not want to come up against it. It has brought walls down, opened prison doors, fought great battles. Your praise is your victory.

In the scripture David was particularly excited about the day the ark of the covenant was returned to Jerusalem. He showed his feelings. After sacrificing burnt offerings to God, he danced to express his joy. His wife Michal was not impressed. She despised David for his free and easy expression of devotion to God. She snapped at her husband saying, "shamelessly exposing himself" (improper, not in accordance or accepted to her rules or standards of what her and others have thought). David's response to his sarcastic wife was, "I'll celebrate before the Lord, yes, and I am willing to look even more foolish than this." My praise goes to the extreme no matter what I or others may think. For my God is worthy of a Glorious Praise for all He has done for me.

What Does It Mean Giving God a Glorious Praise in Dance?

Many people do not understand praising God in the dance. Holy dancing is sanctified, set apart, pure, different and unique. It is an expression of praise, thanksgiving and gratitude to the Glory of God and His precious Son, Jesus Christ. Dancing denotes victory, freedom from the cares of this world. Dancing in the Holy Spirit lifts you above the challenges you may be going through. It takes you to an atmosphere of God's Glory. Heaven's gates open and you are taking where eagles soar. It takes you to a place of healings, miracles, deliverances, yoke breaking blessings, strong hold releases. Dancing in the spirit you find restoration, renewing and your spirit refreshed. When I dance with the Lord and Saviour, I thank Him for all He has done for me in my past, in my present and in my future. I see my future with Him in Heaven and I dance even more giving Him a Glorious Praise. When I dance with Jesus its like "no other", just Him and I, "Oh How Glorious" it's like he says, "Can I have this dance with you?" My answer is always, "Yes, you can." The rest is Glorious, my Saviour and I, AMEN.

Reflections:

POWER *of* PRAYER

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 you use, 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
Weekend 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***



Eat something light after prayer and then ease back into eating other foods. 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, mediation 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.

