

21 DAY CORPORATE FAST

HUMILITY - CONFESSION - OBEDIENCE

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†CHURCH^{ON}PURPOSE

WEEK 1
DAY 1 - 6

'HUMILITY WEEK'
STAY LOW

FASTING FOCUS SCRIPTURE:
2 CHRONICLES 7:14 (NKJV)

14 If My people who are called by My name will **humble** themselves, and **pray** and **seek** My face, and **turn** from their wicked ways, then I will hear from heaven, and will forgive their sin and heal their land.

FASTING DIRECTIVE WEEK #1
HUMBLE YOURSELF

"True humility is not thinking less of yourself; it is thinking of yourself less." - Rick Warren

SUPPORTING STORY: *In football the linemen are usually really big guys. Many of them are above six feet tall and can weigh well over 300 pounds. They tell the offensive line, no matter how big you are, stay low. So that you can have the leverage, stay low. No matter how big you get in life, stay low. No matter what title you have in front of your name, stay low. Never use your knowledge, prestige, power, or resources to Lord over others. Stay Humble. Stay Low.*

DAY 1 - BIBLE READING

'HUMILITY WEEK'

STAY LOW

MESSAGE FROM PASTOR: Today begins our corporate fast as a church body. Whether you fast regularly or this is your first time, I can guarantee that if you do this from your heart, you will experience God in a fresh new way. Remember that you are not alone. You have many brothers and sisters who are **praying** and fasting with you; myself included. Stay focused. Stay excited. Stay the Course. A great experience is just ahead.

BIBLE READING FOR MONDAY: *Take out your Bible. Read and meditate on these scriptures. Read a few verses before and after the suggested passage for clarity and context. Ask God to give you revelation and understanding. **The verse on which to meditate will be underlined.***

- **Luke 18:9-14 (NLT). Parable of the Pharisee and Tax Collector**

9 Then Jesus told this story to some who had great confidence in their own righteousness and scorned everyone else: 10 "Two men went to the Temple to pray. One was a Pharisee, and the other was a despised tax collector. 11 The Pharisee stood by himself and prayed this prayer: 'I thank you, God, that I am not a sinner like everyone else. For I don't cheat, I don't sin, and I don't commit adultery. I'm certainly not like that tax collector!' 12 I fast twice a week, and I give you a tenth of my income. 13 "But the tax collector stood at a distance and dared not even lift his eyes to heaven as he prayed. Instead, he beat his chest in sorrow, saying, 'O God, be merciful to me, for I am a sinner.' 14 I tell you, this sinner, not the Pharisee, returned home justified before God. For those who exalt themselves will be humbled, and those who humble themselves will be exalted."

- **1 Peter 5:5-9 (NKJV) Submit to God, Resist the Devil**

5 Likewise you younger people, submit yourselves to your elders. Yes, all of you be submissive to one another, and be clothed with humility, for "God resists the proud, But gives grace to the humble." 6 Therefore humble yourselves under the mighty hand of God, that He may exalt you in due time, 7 casting all your care upon Him, for He cares for you. 8 Be sober, be vigilant; because your adversary the devil walks about like a roaring lion, seeking whom he may devour. 9 Resist him, steadfast in the faith, knowing that the same sufferings are experienced by your brotherhood in the world.

DAY 1 - PRACTICAL APPLICATION

'HUMILITY WEEK'

STAY LOW

MESSAGE FROM PASTOR: Several years ago the Billy Graham Association printed an article entitled "12 Ways to Humble Yourself". The teaching really helped make a change in my life. I pray that it does the same for you. Each day this week, we will practice two of the twelve ways. I am convinced that by the end of the week, you will be a changed person and have a deeper respect for God and a new relationship with humility.

1. Confess your sins to God today.

All of us sin and fall short of the glory of God. However, too few of us have a routine practice of rigorous, self-honest examination. Weekly, even daily review of our hearts and behaviors, coupled with confession to God, is an essential practice of humility.

Meditate on the entire chapter of Psalm 51. Ask God to give you revelation and understanding. Grab a pen and paper to write down anything God speaks to you.

2. Acknowledge your sins today to someone you can trust.

Humility before God is not complete unless there is also humility before man. A true test of our willingness to humble ourselves is willingness to share with others the weaknesses we confess to God. Wisdom, however, dictates that we do so with others whom we trust.

Meditate on James 3:2 and James 5:16. Ask God to give you revelation and understanding. Grab a pen and paper to write down anything God speaks to you.

DAY 1 - PRAYER DIRECTIVE

'HUMILITY WEEK'

STAY LOW

MESSAGE FROM PASTOR: Now it's time to pray. Lay your hands on the following parts of your body and pray over yourself. Pray with confidence knowing that God hears you.

- I give my heart to You, Lord.
- Please teach me how to be humble .
- I give you my feet, Lord.
- Please help me not to stumble.
- My eyes belong to You, Lord.
- Help me to see your Holy way.
- Help me to look straight ahead and seek You everyday.
- My ears belong to You, Lord.
- Help me to hear every time You call.
- Lord I give myself to You.
- I will obey Your Word.
- I give my hands to You, Lord.
- I will use them to praise You.
- I will worship You, Lord.
- All of my days will be blessed.
- I give my mouth to You, Lord.
- I will use it to build up and not tear down.
- I will use it to bless and not curse.
- Thank You Lord for having mercy on me.

DAY 2 - BIBLE READING 'HUMILITY WEEK' STAY LOW

MESSAGE FROM PASTOR: Today is the second day of your fast. You are off to a great start. Continue to meditate on the scriptures I've given you. You may even want to go back and read over the previous ones. Just let God lead you. If a scripture stands out to you, try to memorize it. That's how you hide it in your heart.

BIBLE READING FOR TUESDAY: *Take out your Bible. Read and meditate on these scriptures. Read a few verses before and after the suggested passage for clarity and context. Ask God to give you revelation and understanding. **The verse on which to meditate will be underlined.***

- **James 4:6-10 (NKJV)**

6 But He gives more grace. Therefore He says: "God resists the proud, But gives grace to the humble." 7 Therefore submit to God. Resist the devil and he will flee from you. 8 Draw near to God and He will draw near to you. Cleanse your hands, you sinners; and purify your hearts, you double-minded. 9 Lament and mourn and weep! Let your laughter be turned to mourning and your joy to gloom. 10 Humble yourselves in the sight of the Lord, and He will lift you up.

- **Colossians 3:12-17 (NKJV)**

12 Therefore, as the elect of God, holy and beloved, put on tender mercies, kindness, humility, meekness, longsuffering; 13 bearing with one another, and forgiving one another, if anyone has a complaint against another; even as Christ forgave you, so you also must do. 14 But above all these things put on love, which is the bond of perfection. 15 And let the peace of God rule in your hearts, to which also you were called in one body; and be thankful. 16 Let the word of Christ dwell in you richly in all wisdom, teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord. 17 And whatever you do in word or deed, do all in the name of the Lord Jesus, giving thanks to God the Father through Him.

DAY 2 - PRACTICAL APPLICATION 'HUMILITY WEEK' STAY LOW

MESSAGE FROM PASTOR: The practical applications can be difficult and challenging. They are designed to push you into your God purpose and to help you develop a closer relationship with Him. Make sure that you take each application seriously. Apply them to your life everyday. The two applications below will help you continue on your humbling journey. Read and meditate on the scriptures connected to each application. For this fast to have the desired effect, you must do the work.

1. Take wrong patiently.

When something is unjust we want to react and rectify it. However, patiently responding to the unjust accusations and actions of others demonstrates our strength of godly character and provides an opportunity to put on humility.

Meditate on 1 Peter 3:8-17. You were called to blessing but sometimes we have to suffer. Ask God to give you revelation and understanding. Grab a pen and paper to write down any verse that stands out to you.

2. Actively submit to authority... the good and the bad.

Our culture does not value submission. Rather it promotes individualism. How purposely and actively do you work on submission to those whom God has placed as authorities in your life? Doing so is a good way to humble yourself.

Read 1 Peter 2:18. Consider the example Peter makes about Jesus' ability to submit. You were called to blessing but sometimes we have to suffer. Ask God to give you revelation and understanding. Grab a pen and paper to write down the understanding that God gives you.

DAY 2 - PRAYER DIRECTIVE 'HUMILITY WEEK' STAY LOW

MESSAGE FROM PASTOR: Welcome to day two of your prayer time. The prayer I have below is designed to give you some direction during your prayer time. Pray this prayer over yourself. As you pray according to what I have suggested below, open your heart and allow God to reveal other areas in your life that also need prayer.

DEAR LORD,

In Micah 6:8 you say, "O people, the LORD has told you what is good, and this is what he requires of you: to do what is right, to love mercy, and to walk humbly with your God." Today I choose to walk humbly with You. I choose to live by Your Holy Spirit and to follow Your lead. Help me to hear You clearly, for I do not want to walk by pride or self-sufficiency. We want to walk with You.

I ask for Your help to walk humbly with my brothers and sisters. It is easy for me to fall prey to my flesh and to walk in arrogance but pride causes division and I desire peace. Lord, help me to humble myself in order that I do not let the lies of the enemy overtake me. Instead, help me to count myself as equal with others. It is then that I will stop attempting to be better than others and I can love their hearts for the unique person You made them to be. Help me to value others in this humble spirit so that I may live to the fullest.

Lord, forgive me for my rebellious spirit. Teach me to be submissive and respectful to those in authority over me. Help me be a light in our dark world. Let Christ shine through me. Give me eyes to see and ears to hear those around me who need Your gospel truth. Thank You for Your great love and tender mercy toward me. In Jesus' name. Amen.

(Now, take a moment and pray about what God places on your heart.)

DAY 3 - BIBLE READING 'HUMILITY WEEK' STAY LOW

MESSAGE FROM PASTOR: Welcome to day three of your fast. I pray it is going well. Below you will find a list of scriptures that I want you to meditate and focus on throughout the day. Whenever you have time, take out your Bible and read over the Scriptures. Read over them as many times during the day as you can. Reading God's word will help to strengthen you for the journey ahead.

BIBLE READING FOR WEDNESDAY: *Take out your Bible. Read and meditate on these scriptures. Read a few verses before and after the suggested passage for clarity and context. Ask God to give you revelation and understanding. **The verse on which to meditate will be underlined.***

- **James 4:6-10 (NKJV)**

6 "But He gives more grace. Therefore He says: "God resists the proud, But gives grace to the humble." 7 Submit yourselves, then, to God. Resist the devil, and he will flee from you. 8 Draw near to God, and He will draw near to you. Cleanse your hands, you sinners, and purify your hearts, you double-minded. 9 Lament and mourn and weep! Let your laughter be turned to mourning and your joy to gloom. 10 Humble yourselves in the sight of the Lord, and He will lift you up."

- **Matthew 18:21-22 (NKJV)**

21 Then Peter came to Him and said, "Lord, how often shall my brother sin against me, and I forgive him? Up to seven times?" 22 Jesus said to him, "I do not say to you, up to seven times, but up to seventy times seven."

DAY 3 - PRACTICAL APPLICATION 'HUMILITY WEEK' STAY LOW

MESSAGE FROM PASTOR: The process of humbling yourself is not always easy. The practical applications are designed to give you the opportunity to practice your ability to be humble. Below are your next two assignments. Take them seriously and add them to your life. Look for opportunities to do each of them. They will help you on this journey.

1. **Receive correction and feedback from others graciously.**

In the Phoenix area, a local East valley pastor was noted for graciously receiving any negative feedback or correction offered. He would simply say, "thank you for caring enough to share that with me. I will pray about it and get back to you." Look for the kernel of truth in what people offer you; even if it comes from a dubious source. Always pray, "Lord, what are You trying to show me through this?"

Meditate on *Proverbs 10:17 and 12:1*. Commit these two verses to memory if you can. *Proverbs* is the book of wisdom. Ask God to give you a deeper insight and write down what He says.

2. **Accept a lowly place.**

If you find yourself wanting to sit at the head table, wanting others to recognize your contribution or if you become offended when others are honored or chosen, then pride is present. Purpose to support others being recognized, rather than you. Accept and look for the lowly place. It is the place of humility.

Read and meditate on Proverbs 25:6-7. These verses will help you be okay with not having to always be first. Ask God to show you areas in your life where pride has set in. Write down what He says. Stay Low.

DAY 3 - PRAYER DIRECTIVE 'HUMILITY WEEK' STAY LOW

MESSAGE FROM PASTOR: Below you will find a model prayer. The pre-directive is designed to give you a format with which to pray. Do not simply read what is written and stop. Once you have gone through the model below, take some time to pray to God yourself. He is looking forward to hearing from you.

PRAY THIS:

DEAR LORD,

Search my heart. Forgive me for the times I rejected constructive criticism or feedback that was negative. I realize that in order for me to grow spiritually, I must be able to receive truth about myself. Lord, You desire truth in your innermost being (Psalm 51:6). Teach me to love truth. Even the truth that hurts. Help me to reject the spirit of offense that comes when I am corrected, rebuked or chastened. I know that You discipline me because You love me (Hebrews 12:6). Teach me to embrace correction, to love truth, and to walk humbly before God and man. Thank You for the people in my life who love me enough to tell me the truth.

Also, forgive me if there have been times that I became upset when I was not recognized, honored or treated with high esteem. Your word says that whoever exalts himself will be humbled, and whoever humbles himself will be exalted (Matthew 23:12). Teach me to always walk humbly and not become attention seeking or disgruntled when I don't receive the recognition I may deserve. I know that in Your time, You will do the exalting. Teach me to do justly, to love mercy, and to walk humbly with You, Oh Lord. (Micah 6:8). In Jesus' name. Amen.

DAY 4 - BIBLE READING 'HUMILITY WEEK' STAY LOW

MESSAGE FROM PASTOR: Welcome to Thursday. By now you should have a pretty good grasp on how the format works. Today I will give you a few more scriptures to read. As God leads, read as much as you can. You are drawing closer to God and He is drawing closer to you.

BIBLE READING FOR THURSDAY: *Take out your Bible. Read and meditate on these scriptures. Read the surrounding verses for clarity and context. Some of you may want to read the chapter. Ask God to give you revelation and understanding. **The verse on which to meditate will be underlined.***

- **1 Corinthians 3:18**

Let no one deceive himself. If anyone among you thinks that he is wise in this age, let him become a fool that he may become wise.

- **2 Chronicles 34:27**

Because your heart was tender and you humbled yourself before God when you heard his words against this place and its inhabitants, and you have humbled yourself before me and have torn your clothes and wept before me, I also have heard you, declares the Lord.

- **Ephesians 4:2**

With all humility and gentleness, with patience, bearing with one another in love.

- **John 3:30**

"He must increase, but I must decrease."

DAY 4 - PRACTICAL APPLICATION 'HUMILITY WEEK' STAY LOW

MESSAGE FROM PASTOR: Now it is time to practice. The below exercises will help you to continue in your walk toward humility. Find opportunities to exercise each one of these applications in your life this week. Be intentional and Stay Low.

1. **Purposely associate with people of lower state than you.**

Jesus was derided by the Pharisees for socializing with the poor and those of lowly state. Our culture is very status conscious and people naturally want to socialize upward. Resist the temptation of being partial to those with status or wealth.

Read the story found in *Luke 7:36-50*. Consider how Jesus associated with people of lower state. Has there ever been a time in your life where you have overlooked someone thought to be "lower" than you? If so, how can you better associate with them next time?

2. **Choose to serve others.**

When we serve others, we are serving God's purposes in their lives. Doing so reduces our focus on ourselves and builds the Kingdom of God. When serving another costs us nothing, we should question whether it is really servanthood.

Read the following scriptures on serving: *Philippians 1:1*, *2 Corinthians 4:5*, and *Matthew 23:11*. After you have read them, ask God to give you a heart to serve others and then look for opportunities to serve this month.

DAY 4 - PRAYER DIRECTIVE 'HUMILITY WEEK' STAY LOW

MESSAGE FROM PASTOR: Now it's time to pray. Spend time focusing on the scriptures you've read today. Now let's spend some time talking to God and asking him to strengthen us in the area of service to others.

PRAY THIS:

FATHER,

Thank You for exposing areas in my life where I have overlooked people who could have used my help. Give me the desire to be an extension of who You are in the earth. Give me a heart to serve You and to serve others. Make my eyes more attentive to the sufferings of the people around me. Keep me focused so that no matter what I am blessed with I will always have a heart to serve those less fortunate. Forgive me for any times that I have been so self focused that I forgot to be people focused. Forgive me for the spirit of pride. Whenever You bless me, teach me to bless others.

Lord God, You came to give honor to the least, those forgotten, overlooked, and misjudged. You came to give first place to the last, those left behind, misunderstood, and undervalued. You came to give a warm welcome to the lost, those who are orphaned, abandoned, and destitute. Help me to be your ears to listen to their cries. Help me to be your voice speaking out love and acceptance. Help me to be your feet walking beside those in need. Help me to be your hands to clothe, feed, and shelter them. You came for the least, the lost, and the last of this world. Lord, hear my prayer. Amen.

(Now take some time and pray by yourself. Ask God to reveal areas in your life where self-centeredness may have crept in. If God reveals anything to you, confess it and forsake it.)

DAY 5 - BIBLE READING 'HUMILITY WEEK' STAY LOW

MESSAGE FROM PASTOR: You are now five days into your fast. Keep your momentum high during the weekend. The enemy will try to trick you into cheating on your fast. Continue to honor God. It will be worth it in the end. Remember, you are doing this to get closer to God. Below are some scriptures that will help take you into the weekend. Read the chapter for context if needed. Be encouraged and remember to stay humble and Stay Low.

- **Mark 11:24-26 (NKJV)**

24 Therefore I say to you, whatever things you ask when you pray, believe that you receive them, and you will have them. 25 "And whenever you stand praying, if you have anything against anyone, forgive him, that your Father in heaven may also forgive you your trespasses. 26 But if you do not forgive, neither will your Father in heaven forgive your trespasses."

- **Matthew 6:14-15 (NKJV)**

14 "For if you forgive men their trespasses, your heavenly Father will also forgive you. 15 But if you do not forgive men their trespasses, neither will your Father forgive your trespasses.

- **Colossians 3:12-14 (NKJV)**

12 Therefore, as the elect of God, holy and beloved, put on tender mercies, kindness, humility, meekness, longsuffering; 13 bearing with one another, and forgiving one another, if anyone has a complaint against another; even as Christ forgave you, so you also must do. 14 But above all these things put on love, which is the bond of perfection.

DAY 5 - PRACTICAL APPLICATION 'HUMILITY WEEK' STAY LOW

MESSAGE FROM PASTOR: Here is your practical application for Friday. By now you know that they are to be applied to your life. Study the two applications below along with the scripture references. Open your heart and allow God to create change from the inside.

1. Be quick to forgive.

Forgiveness is possibly one of the greatest acts of humility we can do. To forgive is to acknowledge a wrong that has been done us and also to further release our right of repayment for the wrong. Forgiveness is denial of self. Forgiveness is not insisting on our way and our justice.

Read *Matthew 18: 21-35*. This is a parable of the unforgiving servant. Take note of Jesus' words to His disciples about forgiveness. Use a pen and paper to write down people in your life that you need to forgive. Then pray over those names asking God to release you from the offense. Ask God to give you the grace to forgive and let go. Once you've prayed and forgiven, shred the paper and thank God for deliverance.

2. Cultivate a grateful heart.

The more we develop an attitude of gratitude for the gift of salvation and life He has given us, the more true our perspective of self. A grateful heart is a humble heart.

Meditate on *1 Thessalonians 5:18*. After you've taken some time to meditate, I want you to start a "Grateful Journal". Start writing down the things in your life that you are grateful for. Add to it every day. You can use paper and pen or a notes app on your phone. This is going to give you plenty to smile about. :-)

DAY 5 - PRAYER DIRECTIVE 'HUMILITY WEEK' STAY LOW

MESSAGE FROM PASTOR: It's time to pray. Many of you have successfully prayed for five days straight. Prayer brings the unseen kingdom of God onto the scene or into our lives where we and other people need it. In 1 Samuel 1:23, David clearly states that it would be a sin not to pray for Israel. Continuing in prayer will help to improve your prayer life. At the end of 21 days you will be praying like a real prayer warrior. Feel free to look back over some of the previous prayers and add them into your personal prayer time. Read the prayer below out loud. Let it get into your heart. You may want to read it several times out loud. Feel free to continue in prayer even after you have finished reading. Stay humble and Stay Low.

PRAY THIS OUT LOUD:

HEAVENLY FATHER,

I forgive anyone who has ever wronged me, hurt me, cursed me, lied to me or prayed witchcraft prayers over me, and I'll bless them in the name of Jesus Christ. Heavenly Father, I ask You to forgive me for any unforgiveness, any bitterness, any anger, any strife, any animosity, and any resentment that I have in my heart toward anyone at this time, in Jesus' name. Lord, I ask You to forgive me for the sin of grumbling and complaining and for not walking in faith and living to the destiny that I have. Lord, forgive me for gossiping about those who hurt me and spreading the reality of the heart to others. My whining attitude is a thing of the past. I am going to rejoice in the Lord. I'm going to accept the mind of Christ. I'm going to talk about good things, glorious things, and God's things. I'm going to live with joy unspeakable and full of glory and it is going to begin today. In Jesus' name. Amen.

DAY 6 - BIBLE READING
'HUMILITY WEEK'
STAY LOW

MESSAGE FROM PASTOR: You made it all the way to the end of the week. I am so proud of you! Today could potentially be a day of struggle for you. Your body will want to have it's normal comforts. Stay focused and remember why you are fasting. God's word is sharper than any two edged sword. His word is alive and it never fails. Enjoy the scriptures I have below. They will help to encourage and strengthen you.

1 Kings 8:46-48 (ESV)

46 "If they sin against you—for there is no one who does not sin—and you are angry with them and give them to an enemy, so that they are carried away captive to the land of the enemy, far off or near, 47 yet if they turn their heart in the land to which they have been carried captive, and repent and plead with you in the land of their captors, saying, 'We have sinned and have acted perversely and wickedly,' 48 if they repent with all their mind and with all their heart in the land of their enemies, who carried them captive, and pray to you toward their land, which you gave to their fathers, the city that you have chosen, and the house that I have built for your name,

Joel 2:13 (ESV)

13 And rend your hearts and not your garments." Return to the Lord your God, for he is gracious and merciful, slow to anger, and abounding in steadfast love; and he relents over disaster.

1 Peter 4:8 (ESV)

8 Above all, keep loving one another earnestly, since love covers a multitude of sins.

DAY 6 - PRACTICAL APPLICATION 'HUMILITY WEEK' STAY LOW

MESSAGE FROM PASTOR: This will be your last practical application for this week. After completing the two below, take some time to review all of the other practical applications for humility week. Add them to your life and remember the lessons God has taught you. Be sure to take plenty of notes as you work through these applications daily. Stay focused and Stay Low.

1. Purpose to speak well of others.

Saying negative things about others puts them "one down" and us "one up." Speaking well of others edifies them and builds them up. Make sure, however, that what you say is not intended as flattery.

Read (Ephesians 4:31-32). This may be a familiar passage so you may want to start at verse number 25. Be sure to read it in context. Use a pen or notepad to capture your thoughts and what God speaks to you.

2. Treat pride as a condition that always necessitates embracing the cross.

It is our nature to be proud and it is God's nature in us that brings humility. Committing to a lifestyle of daily dying to ourselves and living through Him is the foundation for true humility.

Read Luke 9:23-26. Consider the words of Jesus as He speaks to His disciples about taking up their cross. What does it mean to deny yourself? What does it mean to take up your cross daily? What does it mean to follow Jesus? Take some time to answer these important questions. Write down what God speaks to you.

DAY 6 - PRAYER DIRECTIVE 'HUMILITY WEEK' STAY LOW

MESSAGE FROM PASTOR: Let's pray together. Remember prayer gives earthly license for heavenly intervention. Prayer is inviting God to operate on your behalf. Use this time to go before God and have quiet time with Him.

PRAY THIS:

DEAR LORD,

I am coming to realize how dangerous pride is in the life of a believer and how important true, godly humility is to the heart of God. I read in Your Word that pride goes before destruction and a haughty spirit before a fall. And I am beginning to see the devastating and destructive nature of pride and the true blessing that comes from a heart that is humble and contrite in spirit. Keep me from falling prey to the many temptations that pride seems to scatter in my path where I want to be the center of attention and desire to receive all the acclaim and glory that rightly belongs to You.

Teach me Your ways and show me how I may clothe myself in godly humility, for Peter teaches that, "God opposes the proud but shows grace to the humble." Thank You for opening up Your Word to me and helping me to see the beautiful truth about humility. I ask that You would work a good work in my life, day by day, until I am more like Christ and less like me. In Jesus' name I pray. Amen.

Source: <https://prayer.knowing-jesus.com/Prayers-for-Humility>

WEEK 2
DAY 7 - 13

"CONFESSION WEEK"
STAY EMPTY

FASTING FOCUS SCRIPTURE:
PSALM 32:5 (NIV)

5 Then I acknowledged my sin to you and did not cover up my iniquity. I said, "I will confess my transgressions to the Lord." And you forgave the guilt of my sin.

FASTING DIRECTIVE WEEK #2
CONFESS

"God removes the sin of the one who makes humble confession, and thereby the devil loses the sovereignty he had gained over the human heart." - Unknown

SUPPORTING STORY: A young boy was playing outside with his little sister. She dared him to pick up a rock and throw it at one of their grandmother's prize ducks. The proud little boy never backed down from a dare so he picked up a rock and threw it. To his surprise the rock flew with arrow-like precision hitting one of the ducks in the head and killed it. The little boy was terrified! He ran over grabbed the duck and hid it behind the tool shed. His little sister saw this as her opportunity to win special favor from her now guilt ridden big brother. She told him that from now on he had to be her servant or she would tell grandmother about the duck. For the next few weeks the boy washed her dishes, did all of her chores, cleaned up her room, and brought her dessert whenever she asked. The little boy was miserable.

One day when he'd finally had enough, he dropped his sister's laundry on the floor and decided to go and confess to his grandmother. With tears in his eyes he goes into his grandmother's room and confesses what he had done. To his surprise his grandmother told him that she knew about the duck on the same day it happened. She said, "I was looking out of the kitchen window and saw the whole thing." She said, "I also saw how your sister made you work like a servant waiting on her hand and foot." He said, "Why did you not say anything?" She said, "Oh, I just wanted to see how long it was going to take you to finally confess so that you could be free from your sister's control."

Many people are a lot like that little boy. They commit a sin, don't confess it, and end up under the control of Satan. Unconfessed sin gives Satan an open door into your life and he will make you become his servant. Just remember that God is always looking out of the window and He sees everything that you do. The sooner you confess, the sooner you will be free from Satan's control.

DAY 7 - BIBLE READING 'CONFESSION WEEK' STAY EMPTY

MESSAGE FROM PASTOR: Happy Sunday Everybody! Last week we focused on humility and I pray that each of you continue to look for opportunities to exercise and operate in the spirit of humility.

This week we will focus on confession. If there's one thing I've learned in my life, it's the cleansing power of confession. Confession is an act of humility but it also frees you from the guilt and often the penalty of sin. The confession of sin must become a part of your everyday life. This week may prove to be a little tougher than the previous. It will require you to look deep into your soul and dig up some things that you've possibly had buried for years. Just remember, the greater the struggle, the greater the victory. Stay focused on your fasting and praying. God is turning things around for you. This week is going to set you free! Stay Empty.

BIBLE READING FOR SUNDAY: This week we will get a little more in depth. Be sure to grab your Bible, notepad, and a pen, and take copious notes as God speaks to you. Ask Him for revelation, clarity, and understanding. The Scriptures selected below will help to prepare your spirit for what is ahead. Meditate and get them into your heart. This may prove to be the journey of a lifetime.

- **1 John 2:1 (ESV)**

My little children, I am writing these things to you so that you may not sin. But if anyone does sin, we have an advocate with the Father, Jesus Christ the righteous.

- **Proverbs 28:13 (ESV)**

Whoever conceals his transgressions will not prosper, but he who confesses and forsakes them will obtain mercy.

- **1 John 1:9 (ESV)**

If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.

- **John 20:23 (ESV)**

If you forgive the sins of any, they are forgiven them; if you withhold forgiveness from any, it is withheld."

DAY 7 - PRACTICAL APPLICATION 'CONFESSION WEEK' STAY EMPTY

MESSAGE FROM PASTOR: Before I talk to you about CONFESSION, I need to talk to you about FORGIVENESS. For until you understand FORGIVENESS, it becomes difficult to understand CONFESSION. I want to teach the difference between **POSITIONAL (JUDICIAL)** forgiveness versus **RELATIONAL (FAMILIAL)** forgiveness.

1. READ EPHESIANS 1:6-8

6 to the praise of the glory of His grace, by which He made us accepted in the Beloved. 7 In Him we have redemption through His blood, the forgiveness of sins, according to the riches of His grace 8 which He made to abound toward us in all wisdom and prudence,

"Positional" (Judicial) forgiveness is that which is obtained by every believer in Christ. Our sins are forgiven at salvation (positional forgiveness). In our position as *members of the body of Christ*, we have been forgiven for every sin we have ever committed or ever will commit. The price paid by Christ on the cross has satisfied God's wrath against sin and no further sacrifice or payment is necessary. When Jesus said, "It is finished," He meant it. Our positional forgiveness was obtained then and there.

2. NOW READ 1 JOHN 1:9

9 If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.

The difference between **Ephesians 1:6-8** and **1 John 1:9** is that John is dealing with what we call **"Relational" (Familial)** forgiveness - like that of a father and a son. For example, if a son does something wrong to his father - falling short of his expectations or rules - the son has hindered his fellowship with his father. He remains the son of his father, but the relationship suffers. Their fellowship will be hindered until the son admits to his father that he has done wrong. It works the same way with God. Our fellowship with Him is hindered until we confess our sin.

- *When we confess our sin to God, the fellowship is restored. This is **relational forgiveness**.*
- *Confession of sin will help to keep us from the discipline of the Lord. If we fail to confess sin, the discipline of the Lord is sure to come until we do confess it.*

ACTION ITEMS: *(These are things you must do.)*

- Start thanking God for sending His Son to die for your sins.
- Thank God for your "Positional Forgiveness"; that Jesus paid the price for your sins on the cross.

NOW READ GALATIANS 5:19-21

- Look up the name of each work of the flesh and write down its definition.
- Study each definition.
- Ask God to reveal areas in your life where you have been guilty.
- Ask God to forgive you.

DAY 7 - PRAYER DIRECTIVE "CONFESSION WEEK" STAY EMPTY

MESSAGE FROM PASTOR: The tagline for "Confession Week" is **Stay Empty**. The act of confessing sin to God is emptying yourself of things that will potentially devastate your future. **Romans 6:12 (NLV)** says, "So do not let sin have power over your body here on earth. You must not obey the body and let it do what it wants to do." "He who covers his sins will not prosper, But whoever confesses and forsakes them will have mercy." (**Proverbs 28:13 NKJV**)

LET'S PRAY:

LORD,

- I come humbly before You.
- I praise You for being God.
- I worship You because You are my heavenly Father.
- I thank You for loving and saving me.
- You know everything I've ever done and You still love me.
- You know my every thought, both good and bad, and You still love me.
- You knew that I would sometimes stray away and You still loved me.
- Even in my mess You still loved me.
- Even though there has been times when I've turn my back on You, You've never turn Your back on me.
- You've never let me down.
- Lord, I give You permission to search my heart.
- Search even the dark areas in my heart and in my life.
- Reveal to me any hidden sins or any unforgiveness that still lives in my heart.
- Show me the areas of my life where I have done wrong.
- And help me to forgive anyone who has sinned against me.
- Shine light on the areas in my life where I have become blinded by the enemy.
- Show me the places in my soul where I have become friends with the world.
- Reveal to me the sins of omission that I commit unknowingly.
- Speak crystal clear to me.
- Help me to know Your ways.
- I seek Your face with all my heart.
- Teach me to endure hardship like a good soldier.
- Although Your chastening can be painful I know You do it because you love me.
- Create in me a clean heart and renew the right spirit within me.
- I ask this all in Jesus' name. Amen.

DAY 8 - BIBLE READING "CONFESSION WEEK" STAY EMPTY

MESSAGE FROM PASTOR: Congratulations! You've made it through seven full days of fasting and prayer. At this point, you should be more focused and should notice that some strongholds have been broken off of your life. This is **"Confession Week"**. The tagline is **"Stay Empty"**. This week is more important than any of the others because this is the week that you have to take off the fig leaves. Adam and Eve tried to cover their sins with fig leaves and as a result they were expelled from the garden. Have you ever wondered what would've happened if they had just come clean?

Your confessions will lead to your deliverance. The scriptures below will help you in the process. This week's lesson will be more in depth than previous. Get ready to study and learn more about God and yourself. Remember to stay low and to Stay Empty.

BIBLE READING FOR MONDAY: Grab your Bible and let's read together. Remember to pray for clarity and understanding. God said if we lack wisdom we can ask Him and He will not hold it back. Let the Word of God saturate your heart. Meditate on the Word throughout the day. Find a scripture that you would like to remember and repeat it over and over until it gets in your heart. Scripture memorization is a spiritual discipline.

- **2 Samuel 12:13 (NLV)**

13 Then David said to Nathan, "I have sinned against the Lord." And Nathan said to him, "The Lord has taken away your sin. You will not die.

- **Acts 3:19 (NLV)**

19 But you must be sorry for your sins and turn from them. You must turn to God and have your sins taken away. Then many times your soul will receive new strength from the Lord.

- **Psalm 38:18 (ESV)**

I confess my iniquity; I am sorry for my sin.

- **Psalm 51:1-4 (NLV)**

1 O God, favor me because of Your loving-kindness. Take away my wrong-doing because of the greatness of Your loving-pity. 2 Wash me inside and out from my wrong-doing and make me clean from my sin. 3 For I know my wrong-doing, and my sin is always in front of me. 4 I have sinned against You, and You only. I have done what is sinful in Your eyes. You are always right when You speak, and fair when You judge.

DAY 8 - PRACTICAL APPLICATION 'CONFESSION WEEK' STAY EMPTY

MESSAGE FROM PASTOR: Confession of sin will help to keep you from the discipline of the Lord. If you fail to confess sin, the discipline of the Lord is sure to come until you do. As stated previously, your sins are forgiven at salvation (positional forgiveness), but your daily fellowship with God needs to stay in good standing (relational forgiveness). Proper fellowship with God cannot happen with unconfessed sin in your life. Therefore, you need to confess your sins to God as soon as you are aware that you have sinned in order to maintain close fellowship with God.

- For the next two days you will learn the **Purpose of Confession: Humility.** (1 John 1:9 "If we confess our sins...")

Observe: In order to understand the purpose of confession we must first understand what John means by the term confession, if we look at the text we will see many clues to help us understand what John is teaching.

- **If:** Suggests that confession is an act of free will and not forced upon us by God or man.
- **We/Our:** Confession is for everyone. All have sinned and are responsible for their own sin.
- **Sins:** At the root of confession are our transgressions against God.

Notice verse 6 and verse 8. Both prior to and after today's verse we are reminded that we are sinners in order that the key center of the passage will stand out as the solution to our problem.

1 John 1:6 (NKJV)

6 If we say that we have fellowship with Him, and walk in darkness, we lie and do not practice the truth.

1 John 1:8 (NKJV)

8 If we say that we have no sin, we deceive ourselves, and the truth is not in us.

- **Confess:** Admit wrong doing; take personal responsibility for wrong doing. Therefore confession is **admitting and taking responsibility for our sin by an act of our own free will.**

ACTION ITEMS: *(These are things you must do.)*

1. Pray and ask God to reveal any areas of unconfessed sin that may be in your life. - **MEDITATE ON PSALM 139:23-24**
2. Humble yourself and admit and take responsibility for anything God reveals. - **MEDITATE ON PSALM 51:3-4**

DAY 8 - PRAYER DIRECTIVE 'CONFESSION WEEK' STAY EMPTY

MESSAGE FROM PASTOR: As you can probably tell, "Confession Week" is going to be challenging for some and freeing for others. If you want to be filled by God then you must be willing to empty yourself. Confession is how you empty yourself so God can use you for His Glory.

A WORD ABOUT PRAYER:

Luke 11 (NKJV)

1 Now it came to pass, as He was praying in a certain place, when He ceased, that one of His disciples said to Him, "Lord, teach us to pray,

- **Prayer is not a Religious Activity.** *(It can be done anywhere, at anytime, by any believer.)*
- **Prayer is the most misunderstood Kingdom activity.** *(It is the most powerful weapon we have.)*
- **Prayer is also the most important Kingdom activity.** *(It should be the top priority everyday.)*
- **Prayer is an ambassador's number one activity.** *(No decisions should be made without it.)*
- **Prayer is not an option. It's a responsibility.** *(You should need to pray like you need to breath.)*

LET'S PRAY:

FATHER GOD,

I come to You in the name of my Lord and Savior Jesus Christ. I enter Your gates with thanksgiving and into Your courts with praise. I ask You to blot out all of my transgressions and wash me totally from my iniquities and from my sins. I do acknowledge my transgressions and that my sin is always before You. Against You and You only have I sinned.

Lord, You desire truth in the inward parts. In the hidden parts You'll make me to know wisdom. Purge me with hyssop and I shall be clean. Wash me and I shall be whiter than snow.

Please do not take Your Holy Spirit away from me but restore to me the joy of Your salvation and uphold me with Your generous spirit. I humble myself in complete repentance before You. I ask You to forgive me for any sins that I may have hidden in my heart and not confessed. Teach me to number my days. Teach me to know Your righteousness and to walk in Your ways. Teach me to acknowledge sin instantly and never to let the sun go down on my wrath. Teach me to forgive instantly and to love my neighbor as myself.

Father forgive me for any transgressions, iniquities, trespasses, unforgiveness, or approving of the sins of others. Lord, help me to walk up-right before You. I never want anything to hinder Your presence in my life. Father, I truly repent and I ask You to remove sin far from me and to cover me in the blood of Jesus Christ. Amen.

DAY 9 - BIBLE READING "CONFESSION WEEK" STAY EMPTY

MESSAGE FROM PASTOR: Be encouraged. By now you should be settling into your fast. I encourage you to persevere. This is Confession Week so the focus is on confessing any sin that we commit or have committed. The bible says that if we say we have no sin then we lie and deceive ourselves, and the truth isn't in us (**1 John 1:8**). The truth is that we all sin and fall short of God's glory (**Romans 3:23**). The confession of sin is so detrimental because unconfessed sin hinders our personal relationship with God. It can separate us from His presence and we need His presence now more than ever. Remember to stay low and Stay Empty.

BIBLE READING FOR TUESDAY:

For today's Bible reading I want us to look at a story of how one sinful act caused an entire army to lose a battle. Joshua was leading the army of Israel and they had been very successful in conquering every enemy army they encountered. The battle against the army of Ai should have been an easy victory for Joshua but instead it ended in his defeat. Below I have highlighted a few scriptures that I want you to meditate and focus on. But I want you to read Joshua Chapter 7 in it's entirety. *Grab a pen and paper to write down anything that God speaks or reveals to you.*

ACTION ITEMS: *(These are things you must do.)*

TODAY READ JOSHUA CHAPTER 7. *Read the entire chapter. As you read the chapter, pay special attention to these verses.*

- **Joshua 7:3 (NIV)**

3 When they returned to Joshua, they said, "Not all the army will have to go up against Ai. Send two or three thousand men to take it and do not weary the whole army, for only a few people live there."

- **Joshua 7:4-5 (NLV)**

4 So about 3,000 men of Israel went, but they ran away from the men of Ai. 5 The men of Ai killed about thirty-six of their men and ran after them from the gate as far as Shebarim. And they killed more on the way down. So the hearts of the people became weak. They became like water.

- **Joshua 7:13 (NKJV)**

13 Get up, sanctify the people, and say, 'Sanctify yourselves for tomorrow, because thus says the Lord God of Israel: "There is an accursed thing in your midst, O Israel; you cannot stand before your enemies until you take away the accursed thing from among you."

- **Joshua 7:20 (NKJV)**

20 And Achan answered Joshua and said, "Indeed I have sinned against the Lord God of Israel, and this is what I have done:

- **Joshua 7:25-26 (NKJV)**

25 And Joshua said, "Why have you troubled us? The Lord will trouble you this day." So all Israel stoned him with stones; and they burned them with fire after they had stoned them with stones. 26 Then they raised over him a great heap of stones, still there to this day. So the Lord turned from the fierceness of His anger. Therefore the name of that place has been called the Valley of Achor to this day.

DAY 9 - PRACTICAL APPLICATION 'CONFESSION WEEK' STAY EMPTY

MESSAGE FROM PASTOR: In today's practical application we will dive deeper into the purpose of confession. Ask God to prepare your heart to receive this teaching. You may want to keep paper and pen handy to jot down some notes. Feel free to print these pages so you can keep them for future reference. Remember the practical applications come with action items. These are things that you must do in order to experience the full impact of what God is doing with us in this season. Stay focused, stay encouraged, and do the work.

PURPOSE OF CONFESSION Continued...

The extent of the apology for a sin should match the extent of the impact of the sin. In other words, we should seek forgiveness from whoever was directly involved in order to ensure healing.

For example, if a man looks with lust at a woman, he should immediately confess the sin to the Lord. It would not be needed or appropriate to confess that sin to the woman. That sin is between the man and the Lord. However, if a man breaks a promise, or does something that directly impacts the woman, he must confess it to her and seek her forgiveness. If a sin involves a large number of people, such as a church, a man or woman must then extend the confession to the members of the church. ***So the confession and apology should match the impact. Those impacted by the sin should hear the confession.***

So we have seen the definition of "confession", but **what is it's purpose?**

Interpret **1 John 1:9**. John is trying to show us that we are sinners. He does this because once we realize we are sinners then we are able to confess our sins to God and get free from the guilt and weight of our transgressions.

THE PURPOSE OF CONFESSION IS HUMILITY.

Illustration:

After hearing a sermon on confession a man approached his pastor with a heavy conscience. He asked the pastor what he should do. You see, He worked for a boat builder and stole expensive brass nails.

He could not tell the boat builder because:

- 1. He would lose his job*
- 2. He will think I am a hypocrite and all of the times I shared my faith with him will go to waste.*

Finally, guilt got so bad he had to confess. He offered restitution and this was the boss' response:

"Sir, I always did think you were just a hypocrite, but now I begin to feel there's something in this Christianity after all. Any religion that would make a dishonest workman come back and confess that he had been stealing copper nails and offer to settle for them must be worth having."

God always blesses humility.

ACTION ITEMS: *(These are things you must do.)*

- **Pray and ask God to give you the courage to confess when you've done wrong or made a mistake.**
- **Pray and ask God to give you the grace to forgive when a wrong is done against you.**

DAY 9 - PRAYER DIRECTIVE 'CONFESSION WEEK' STAY EMPTY

MESSAGE FROM PASTOR: The story of Joshua Chapter 7 helps to illustrate what happens when we try and hide things from God. Prayer empties your heart of it's cares. When you pray, you take the hidden things in your heart and expose them to God. You turn darkness into light. Today as you pray, you will do just that. You will look into your heart and ask God to show you anything you may have hidden that needs to be exposed.

LET'S PRAY:

The list below represents a few possible things that could be hidden in your life. Pray concerning each item. Ask God if any of these things exist in you. Confess and repent for whatever He reveals.

- Pride
- Infidelity
- Jealousy
- Lack of self-control
- Gluttony
- Greed
- Gossip
- Cursing
- Unforgiveness
- Fraud
- Arrogance
- Complacency
- Unbelief
- Rebellion
- Worry
- Disobedience
- Lust
- Laziness
- Judgemental
- Rude
- Lying
- Short Tempered
- Hypocrisy
- Manipulation
- Bragging
- Procrastination
- Theft
- Backbiting
- Fornication
- Sharing secrets
- Adultery
- Prayerlessness
- Anger
- Double-minded
- Perversion
- Fear
- Drug abuse
- Idolatry
- Alcohol abuse
- Self-hatred
- Ungodly thoughts
- Character assassination
- Fault finding
- Prejudice

DAY 10 - BIBLE READING 'CONFESSION WEEK' STAY EMPTY

MESSAGE FROM PASTOR: Hello All. You should be motivated and encouraged during your fast. If you find yourself wavering and wanting to give up, it could mean that you are not spending adequate time with God. Mary was more concerned about spending time with God than she was about eating (Luke 10:38-42).

When you fast from food you have to replace it with the word of God. You deny your flesh but you must feed your spirit. Time spent reading the bible and in prayer is imperative to your success. God led me to write this curriculum to help you spend more time in the word. Also remember that water is a faster's best friend. Make sure you are drinking plenty of water.

Yesterday you learned the **Purpose of Confession**. Today you will learn the **Power of Confession**. I pray that this teaching will help you get closer to God than you've ever been.

BIBLE READING FOR WEDNESDAY:

Today I have two stories that I would like you to read and consider. The first one is the interaction between Jesus and a tax collector. He was a very wealthy man who had cheated many people for many years. One encounter with Jesus changed his life. Read the story, look for the repentance, and see how his life was changed.

Secondly, I want you to read a story found in the book of Jeremiah. Consider what God told Jeremiah to say to the nation of Israel. As you read, pay special attention to the verbiage and the metaphors that God uses to describe the nation of Israel and Judah. The "Matthew Henry Commentary" is a great resource to help explain the parts that are difficult to understand.

Grab your bible, pen, and notepad and let's get started. Remember to jot down, highlight, or commit to memory any verse that stands out to you.

• **Luke 19:1-10 (NIV)**

1 Jesus entered Jericho and was passing through. 2 A man was there by the name of Zacchaeus; he was a chief tax collector and was wealthy. 3 He wanted to see who Jesus was, but because he was short he could not see over the crowd. 4 So he ran ahead and climbed a sycamore-fig tree to see him, since Jesus was coming that way. 5 When Jesus reached the spot, he looked up and said to him, "Zacchaeus, come down immediately. I must stay at your house today." 6 So he came down at once and welcomed him gladly. 7 All the people saw this and began to mutter, "He has gone to be the guest of a sinner." 8 But Zacchaeus stood up and said to the Lord, "Look, Lord! Here and now I give half of my possessions to the poor, and if I have cheated anybody out of anything, I will pay back four times the amount." 9 Jesus said to him, "Today salvation has come to this house, because this man, too, is a son of Abraham. 10 For the Son of Man came to seek and to save the lost."

- **Jeremiah 3:6-25** (*Theme Verse*)

14 "Return, O backsliding children," says the Lord; "for I am married to you. I will take you, one from a city and two from a family, and I will bring you to Zion."

DAY 10 - PRACTICAL APPLICATION
'CONFESSION WEEK'
STAY EMPTY

MESSAGE FROM PASTOR: Today's practical application has to do with further understanding the **Power of Confession**. Below I give you some practical instructions on how to fully embrace this biblical principle. God's desire is for all of you to repent the moment you realize you're in sin. He wants to make you so sensitive that even the temptation to sin drives you into His presence. God desires for you to run to His presence like a startled child running to the arms of his father. God loves you so much that He wants you live in His presence everyday.

One of the ways to ensure that you will always walk in His presence daily is to empty yourself of unconfessed sin. During this week ask God to look deep into your heart and to reveal any sin that may be hidden. God's desire is that you be free from sin and live holy and up upright before Him. He has so many blessings waiting on you. Get ready to receive!

ACTION ITEMS *(These are things you must do).*

- **Read 1 John 1:5-10**
- **Then read 1 John 2:1-2**

DEFINE THE FOLLOWING WORDS OR TERMS: *(Use this sheet or your bible study notebook.)*

- **FELLOWSHIP**

- **WALKING IN DARKNESS**

- **PRACTICE THE TRUTH**

- WALKING IN TRUTH

- SIN

- CONFESS

- CLEANSE

- ADVOCATE

- PROPITIATION

- RIGHTEOUS

DAY 10 - PRAYER DIRECTIVE 'CONFESSION WEEK' STAY EMPTY

MESSAGE FROM PASTOR: Now it's time to pray. Today's prayer needs to come from your heart. Maybe God has revealed some things in your life that need attention. God is sovereign and He loves you very much. He sacrificed His Son so that you may become the righteousness through Him. Below will be a list of starter phrases. As you pray, complete the started phrase with whatever is in your heart. Love you all.

- Lord, I thank you for...
- Lord, I praise you because...
- Lord, I honor you because...
- Lord, thank you for showing me...
- Lord, thank you for helping me...
- Lord, I confess...
- Lord, please forgive me for...
- Lord, please deliver me from...
- Lord, please set me free from...
- Lord, I receive...
- Lord, I decree and declare...
- Lord, I stand on your word that says...
- Lord, give me the strength to...
- Lord, from this day forward I will...
- Lord, I thank you because...
- In Jesus' name. Amen.

DAY 11 - BIBLE READING 'CONFESSION WEEK' STAY EMPTY

MESSAGE FROM PASTOR: One of the most important relationships you will ever have in your life is your relationship with God. You should work every day of your life to ensure that your relationship with Him remains healthy. Confession is one way that God set up to keep the relationship seamless. All of us have had breakdowns in our relationship with God. Times when sin moved us away from Him and we could not feel His presence or hear His voice as we once could. This week you move closer to Him; closer than you have ever been.

Even though some of you may feel like nothing is changing, just know that God is honoring your sacrifice and He is a rewarder of those who diligently seek Him (Hebrews 11:6). I'm not sure when or where God will manifest His approval of your sacrifice. I just know that He will. Some of you are receiving immediate blessings and some of your blessings are in route. Just remember the greatest reward we could ever receive is not things. The greatest reward of serving God... is **HIM**.

BIBLE READING FOR THURSDAY:

I pray that bible reading is becoming a habit for you. I pray that you are falling in love with the scriptures and developing a new hunger and thirst for God's Word. The Word of God is living and powerful, sharper than any two edge sword, penetrating as far as the separation of soul and spirit, joints and marrow. It is able to judge the thoughts and intentions of the heart (**Hebrews 4:12 CSB**). Today, I believe that God wants you to focus on scriptures that will help strengthen your belief in His Word. Below you will find a series of scriptures that will lay a great foundation for your trust in what God has said. In our practical application we will continue our discussion on the Power of Confession. Remember to stay low and Stay Empty. Let's read the bible together.

- **2 Timothy 3:16-17 (ESV)**

All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness, that the man of God may be competent, equipped for every good work.

- **Isaiah 40:8 (ESV)**

The grass withers, the flower fades, but the word of our God will stand forever.

- **Isaiah 55:11 (ESV)**

So shall my word be that goes out from my mouth; it shall not return to me empty, but it shall accomplish that which I purpose, and shall succeed in the thing for which I sent it.

- **Proverbs 30:5-6 (ESV)**

Every word of God proves true; he is a shield to those who take refuge in him. Do not add to his words, lest he rebuke you and you be found a liar.

- **Psalm 119:105 (ESV)**

Your word is a lamp to my feet and a light to my path.

- **Matthew 4:4 (ESV)**

But he answered, "It is written, "'Man shall not live by bread alone, but by every word that comes from the mouth of God.'"

- **John 17:17 (ESV)**

Sanctify them in the truth; your word is truth.

DAY 11 - PRACTICAL APPLICATION 'CONFESSION WEEK' STAY EMPTY

MESSAGE FROM PASTOR: Now that you've done your Bible reading we will turn our attention back to the **Power of Confession**. We learned previously that the Purpose of Confession is Humility. There are many scriptures that remind us that God exalts the humble. God loves it when we humble ourselves as followers of Christ. Jesus humbled Himself and became obedient to the point of death, even the death of the cross.

Therefore, God also has highly exalted Him and given Him the name which is above every name, that at the name of Jesus every knee should bow, of those in heaven, and of those on earth, and of those under the earth, and that every tongue should confess that Jesus Christ is Lord, to the glory of God the Father (Philippians 2:8-11).

Confession keeps us humble. Consider the points below as we continue to strengthen our understanding of the Power of Confession.

- **Confession humbles us:** *Shows us who we are and who God is.*
- **Confession allows God to change us:** *God's tool for changing us, not our tool for changing us.*
- **Confession allows God's grace to be activated in our lives:** *We are never closer to God than when we are on our knees confessing our weakness and His strength.*
- **Confession allows us to be free:** *The purpose of guilt is to drive us to Christ. Once we do that we are free from it's power over us.*

Now open your Bible and READ 1 John 1:9

The key to understanding this power is found in verse 9.

- **"He"** The Power of Confession is not in us but in Him.
- **"Faithful and Just"** God gave the Power to one who is Faithful and Just.
- **"Will"** The Power is assured in the lives of all who confess their sin. There is no maybe here.
- **"Forgive us our sins"** The Power is the forgiveness of "OUR" sin.

Interpret: John is trying to give assurance to us by letting us know that the **Power of Confession is the forgiveness of our sins**. At the same time John shows us that the **Power of Confession is found in the one who is Faithful and Just**.

Illustration:

Even the unbelievers understand that there is power in the forgiveness of sin. They confess to **psychiatrists, doctors, mentors, family members, and friends** all in hope that they can get free from the guilt of sin. Yet without the power of Christ's forgiveness, it is a futile exercise.

The Psalmist says, "Against you and you alone have I sinned". We must receive forgiveness from the one whom we sinned against.

ACTION ITEMS:

Today, do you desire forgiveness of your sins? Today, are you heavy laden and burdened? Here is a way to begin to heal.

- 1. Find a quiet place.**
- 2. Speak your sin out loud** either to someone you trust or in a quiet place with just you and God.
- 3. Receive the promise of Christ when He says He will forgive you.**

THE POWER OF CONFESSION IS CHRIST'S FORGIVENESS.**Proverbs 28:13**

*He who covers his sins will not prosper,
But whoever confesses and forsakes them will have mercy.*

DAY 11 - PRAYER DIRECTIVE 'CONFESSION WEEK' STAY EMPTY

MESSAGE FROM PASTOR: Now that you've confessed your sins to God, or to someone you really trust, it's time to start walking in your authority. Today's prayer will be about taking back what the enemy has tried to steal from you. Now that your sins have been forgiven, you can pray with authority. Today's prayer is about re-establishing your place in God.

PRAY THIS PRAYER:

LORD,

- I am only moved by **Your Spirit** and **Your Word**. I know **Your voice** and I refuse to follow the voice of strangers according to John 10:27.
- I ask You to expand my territories; to fill me and increase me in the Holy Spirit and anointing with power.
- I ask You to lead me in the paths of righteousness for Your name's sake.
- I commit all that I am to You that Your perfect will be done through me.
- I ask that You help me cease from my labors. I do so by faith.
- I ask that You cause me to enter Your Rest now in Jesus' name and I receive that.
- I ask You to release my warring and ministering angels to minister and war on my behalf.
- I ask You to fill this, Your temple, with as much Shekinah glory as possible.
- Help me to bear the cross You have prepared for me and help those in my family.
- I asked that the Holy Spirit speak to my heart through Your Word.
- I ask that You prepare me with reverence, worship, and humility through Your Holy Spirit.
- I ask that You take out of me, add to me or do to me anything You want.
- I ask that the Word I read would be engrafted into my heart and become a part of me; spirit, mind, will, and emotions.
- I declare Your power. You are helping and causing me to be bold, dauntless, fearless, confident, intrepid, valiant, steadfast, faithful, true, and loyal for Your Name's sake.
- I ask You to deliver me from where I am blind, wretched, naked, and poor.
- I ask for your help.
- I ask You to help me not be the accuser of the brethren but to teach others in gentleness, to be a help in season, and to edify, exhort, and comfort others.
- I release all things into Your hands and commit myself to trusting you.
- I ask for help; that You give me the word that You want me to give others.
- Lord, forgive me and help me to follow Your instructions and directions.
- In Jesus' name. Amen.

DAY 12 - BIBLE READING 'CONFESSION WEEK' STAY EMPTY

MESSAGE FROM PASTOR: Congratulations Everyone! You have made it over halfway through your 21 day fast. This is a significant accomplishment. I'm sure that Satan and your flesh have been wanting you to stop, but by God's grace you continue to persevere and I am proud of you.

Now that you understand the **Purpose of Confession (Humility)** and the **Power of Confession (Christ's Forgiveness)** today we transition to learn about the **Promise of Confession**. There are specific promises from God connected to our confessions. Confessing becomes a lot easier when you understand the promises. So prepare your hearts and get ready to this week... Stay Empty.

BIBLE READING FOR FRIDAY:

Today's bible reading has much to do with God's cleansing power. Over and over in scripture the word "**wash**" is used to describe the method in which we are cleansed. Today we will look at a few scriptures that illustrate how the word "**wash**" is used. Remember that you may need to read a few more verses than what's listed below to receive the proper context. So grab your bible, pen, and notepad, and let's study God's Word.

- **Exodus 30:20**

When they go into the tabernacle of meeting, or when they come near the altar to minister, to burn an offering made by fire to the Lord, they shall **wash** with water, lest they die.

- **2 Kings 5:10**

And Elisha sent a messenger to him, saying, "Go and **wash** in the Jordan seven times, and your flesh shall be restored to you, and you shall be clean."

- **John 9:11**

He answered and said, "A Man called Jesus made clay and anointed my eyes and said to me, 'Go to the pool of Siloam and **wash**.' So I went and **washed**, and I received sight."

- **1 Corinthians 6:11**

And such were some of you. But you were **washed**, but you were sanctified, but you were justified in the name of the Lord Jesus and by the Spirit of our God.

- **John 13:8**

Peter said to Him, "You shall never wash my feet!" Jesus answered him, "If I do not wash you, you have no part with Me."

DAY 12 - PRACTICAL APPLICATION 'CONFESSION WEEK' STAY EMPTY

MESSAGE FROM PASTOR: One of my "go to" scriptures for forgiveness is 1John 1:9. I have used this scripture to lead many people to the saving grace of Jesus Christ. For today's practical application I want you to look deeper into this verse. Pray and ask God for revelation and understanding. This will help you to fully discern the ***Promise of Confession***.

- **1 John 1:9 (NIV)**

9 If we confess our sins, he is faithful and just and will forgive us our sins and **purify us from all unrighteousness**.

- Observe: John does not give us a command only but also a promise. **The promise begins by forgiving us but it ends with purification**. Let me show you what I mean:

-**"And"** - Shows us that forgiveness itself is not the end of God's promise to those who humble themselves.

-**"Purify"** - To free from sin, guilt, or other defilement.

-**"Us"** - Again this applies to all who have obeyed this teaching thus far.

-**"All"** - There are no limits to the purification process presented here

-**"Unrighteousness"** - Sins against God

Interpret: Understand what John means. He is telling us that forgiveness in and of itself is powerless without the purification that comes from Christ. **He shows us that it does not matter what we have done but what we will do about it. The promise of confession is that we will be cleansed.**

ACTION ITEMS: *(This is what you must do.)*

Now that you understand that the promise of confession is that we will be cleansed, here is what I want you to do.

- Get whatever sin or stronghold you've been wrestling with and pretend it's in your hands by faith.
- Now go to the nearest sink and wash your hands. Wash them well. This small act of faith symbolizes the washing away of that sin or stronghold.
- After you have washed, lift your hands and Praise God for washing you clean!

DAY 12 - PRAYER DIRECTIVE 'CONFESSION WEEK' STAY EMPTY

MESSAGE FROM PASTOR: In James 4:8 (NIV) the Bible says, "Come near to God and he will come near to you. Wash your hands, you sinners, and purify your hearts, you double-minded." I pray that after you washed your hands you felt amazing. I pray that you received a breakthrough. In scripture, there were many instances where the washing of hands represented the releasing of certain burdens. Like when Pontius Pilate washed his hands before the multitude and said that he was innocent of the blood of Jesus. Now that you've released your burdens, it is time to purify your heart. God wants to speak to your heart. Take some time now and ask God to purify your heart.

PRAY ACCORDING TO PSALM 51:

LORD,

- Create in me a pure heart, O God.
- Renew a steadfast and right spirit within me.
- Keep me always in Your presence.
- Let Your Holy Spirit always be with me.
- Help me to always remember the joy of Your salvation.
- Grant me a willing spirit to do Your Will.
- Sustain me in times when I am weak.
- I will teach transgressors Your ways.
- I will work to help sinners turn back to You.
- Thank You for delivering me from guilt and shame.
- You are my Savior and my King.
- I will use my voice to sing of Your righteousness.
- When You open my mouth, I will declare Your praise.

Now pray as the Spirit leads and then give God praise!

DAY 13 - BIBLE READING
'CONFESSION WEEK'
STAY EMPTY

MESSAGE FROM PASTOR: Happy Saturday everyone! Today is our final day of "Confession Week" and I have one more lesson for you. The scriptures below will help you further solidify the need for repentance and confession. I pray that by now bible reading is becoming a natural part of your every day life. The reading of God's Word is not optional for believers. It is a command from God. I am so thankful that you are becoming more diligent in your personal bible study.

BIBLE READING FOR SATURDAY:

Today's bible reading will focus more on the **Strength of God's Word**. The Bible is a sacred book. It was written by men who were inspired by God. The Bible is infallible. It is Powerful. It is a Lamp and a Light. It is True. It is Strong. And it is changing your life. So grab your bible, pen, and notepad, and let's dive in.

IN YOUR OWN WORDS, EXPLAIN WHAT THESE SCRIPTURES MEAN TO YOU:

1. Proverbs 30:5

2. 2 Timothy 3:16-17

3. Psalm 119:105

4. John 1:1

5. Isaiah 40:8

6. Psalm 119:11

7. Isaiah 55:11

DAY 13 - PRACTICAL APPLICATION 'CONFESSION WEEK' STAY EMPTY

MESSAGE FROM PASTOR: Today's practical application will deal with letting go of the past and embracing the new person that you have become. Today you will unlock the greatness that has been lying dormant and you will embrace your full potential in Christ. This lesson may prove to be a little emotional for some but I encourage you to embrace whatever range of emotions that arise. God is transforming you. Your today is filled with so much promise and your tomorrow looks even better.

Illustration: A little boy was playing outside and found a caterpillar on the fence. Every day he would go outside and play with that little caterpillar. One day after school, he went looking for the caterpillar but couldn't find it. Instead, he found a cocoon that formed on the fence. For several more days he would go outside looking for his caterpillar but only finding that cocoon in the same place. One day he noticed that the cocoon was moving. Figuring that his little caterpillar was trapped and trying to get out he decided to get his scissors. Once the little boy had cut the cocoon, to his surprise, a slimy butterfly fell out. The butterfly looked sick so the boy ran inside and called his father. His dad came out to the fence to see what was going on. He looked and saw the butterfly on the ground barely lifting its wings. The boy told his father that he had taken the scissors and cut the butterfly out of the cocoon. The father immediately knew the problem. He looked at his son and said, "You shouldn't have cut the butterfly out." The little boy said, "But I saw him struggling." The dad knelt down and said, "Son, it's the struggle that gives him the strength to fly."

Once a caterpillar goes through the struggle of becoming a butterfly there is no way it can change back. It doesn't want to change back. The same should be true for you. The struggles you've gone through have made you a better Christian. A stronger believer. You have been made new and you can't go back. Today I only have one action item for you.

ACTION ITEM: *(This is what you must do.)*

• **Today I want you to write a "Goodbye Letter" to the "Old You". The old sinful you.**

Write a letter saying how you have changed for Christ and how God has delivered you for His Glory and you can no longer go back to those old ways, old habits, or even those old toxic thoughts. You can no longer hold on to things that weigh you down nor can you engage in things that cause you to sin. You are a new creature. Old things are passed away and all things have been made new. The letter can be as long or as short as you desire. I encourage you to write until you have emptied yourself. After the letter is written, seal it in a self addressed envelope and bury it. Yes! Bury it in the ground!

Where you bury the letter will represent the final resting place of the old self. When done in faith, this very simple act can be the thing God uses to set you free from your past forever. Love you all!

DAY 13 - PRAYER DIRECTIVE 'CONFESSION WEEK' STAY EMPTY

MESSAGE FROM PASTOR: Today's prayer is all about taking up your cross and dying to self. The cross, in scripture, has always been a symbol of painful death. Crucifying the flesh can often be painful because you are saying no to things that your flesh desires. But just as Jesus died on the cross and rose with power, so will you die to self and rise.

FATHER,

I thank You for everything I have experienced in these past two weeks. Thank You for all of the amazing experiences and all the eye-opening revelations. Thank You for exposing to me the areas of in my life where I had not fully submitted to You. Today I take up my cross and I officially follow You. Thank You for allowing me to bury the old self and thank You for the new power I feel today.

Father, I desire to live a righteous and holy life before You. Please help me to maintain a good rapport and a good testimony in You. May the good that I do from this day forward outweigh the bad that I've done in my past. I pray for forgiveness for all those I've ever hurt or have ever wronged. From this day forward, I work to be at peace with everyone. Your Word says that peacemakers are blessed. So Lord help me to make peace. Lord, I sincerely thank You for this new life You've given me. Help me to use it for Your Glory.

If I waiver along the way, Lord send Your spirit. Send Your quickening power to alert me and help me to get back on track. It is my heart's desire to always be pleasing to You. Help me to always honor You with all that I have and with all that I am. In Jesus' name. Amen.

WEEK 3
DAY 14 - 20

"OBEDIENCE WEEK"
STAY INSTANT

FASTING FOCUS SCRIPTURE:
2 CHRONICLES 7:14 (NKJV)

14 if My people who are called by My name will humble themselves, and pray and seek My face, and turn from their wicked ways, then I will hear from heaven, and will forgive their sin and heal their land.

FASTING DIRECTIVE WEEK #3
INSTANT OBEDIENCE

"Obedience brings success; exact obedience brings miracles."
- Russell M. Nelson

SUPPORTING STORY: *One day a large crowd pressed around Jesus while he preached (Luke 5:1–11). Jesus wanted to use Peter's boat as a floating pulpit from which to address the multitude. So he asked the future apostle to push the vessel out a little way from shore which was not in itself a particularly remarkable request. But Peter's compliance to his request paved the way for a life-changing blessing. From his example, we also learn how essential it is to obey God in even the smallest matters.*

The noisy crowd received the first blessing of Peter's obedience; as the people could now clearly hear Jesus' words. At the conclusion of the lesson, the Lord said to Peter, "Push your boat out into deep water, and let down the nets for a catch" - a second opportunity to say yes or no. But this time, Peter may have felt tempted to decline. After all, he was a seasoned fisherman. He had worked the entire night for a catch but had returned empty-handed. Now this young teacher - not a fisherman but a carpenter, by the way - was asking him to go fishing again?

Peter's reply demonstrates the beginning of a lifetime of faith in God. He said, "Master, we've worked hard all night and haven't caught anything. *But because you say so*, I will let down the nets." (5:5, emphasis added). The soon-to-be disciple chose to obey the Lord and to leave the consequences of his decision to Him.

But notice what happened as a result of Peter's obedience - Jesus demonstrated His power and sovereignty. Peter and his partners may have started the day off thinking their efforts had yielded nothing. But they ended it in complete amazement because they pulled in not one but two overflowing boatloads of fish (5:7). Saying yes to the Lord's request resulted in a miracle that transformed not only one fisherman's life, but the lives of the entire group.

(Source: www.thenivbible.com)

DAY 14 - BIBLE READING 'OBEDIENCE WEEK' STAY INSTANT

MESSAGE FROM PASTOR: You have made it to the final week of the 21 Day Fast. For many of you this is a significant accomplishment. I am looking forward to hearing all of your testimonies and the stories about your spiritual growth over the past few weeks. Today's scriptures will focus on people in the Bible who obeyed God and received amazing miracles and blessings. Happy Reading!

- **1 Kings 17:2-6 (NKJV)**

2 Then the word of the Lord came to him, saying, 3 "Get away from here and turn eastward, and hide by the Brook Cherith, which flows into the Jordan. 4 And it will be that you shall drink from the brook, and I have commanded the ravens to feed you there." 5 **So he went and did according to the word of the Lord**, for he went and stayed by the Brook Cherith, which flows into the Jordan. 6 The ravens brought him bread and meat in the morning, and bread and meat in the evening; and he drank from the brook.

- **Genesis 7:1-5 (NKJV)**

1 Then the Lord said to Noah, "Come into the ark, you and all your household, because I have seen that you are righteous before Me in this generation. 2 You shall take with you seven each of every clean animal, a male and his female; two each of animals that are unclean, a male and his female; 3 also seven each of birds of the air, male and female, to keep the species alive on the face of all the earth. 4 For after seven more days I will cause it to rain on the earth forty days and forty nights, and I will destroy from the face of the earth all living things that I have made." 5 **And Noah did according to all that the Lord commanded him.**

- **Exodus 40:12-16 (NIV)**

12 "Bring Aaron and his sons to the entrance to the tent of meeting and wash them with water. 13 Then dress Aaron in the sacred garments, anoint him and consecrate him so he may serve me as priest. 14 Bring his sons and dress them in tunics. 15 Anoint them just as you anointed their father, so they may serve me as priests. Their anointing will be to a priesthood that will continue throughout their generations." 16 **Moses did everything just as the Lord commanded him.**

DAY 14 - PRACTICAL APPLICATION
'OBEDIENCE WEEK'
STAY INSTANT

MESSAGE FROM PASTOR: If I were to ask you if you wanted to live a life of obedience to God you would probably answer with an immediate Yes! I believe every Christian wants to live a life of obedience but there are times when obeying God is not as easy as it sounds. There are many things in our lives that hinder our ability to follow God completely and that's what today's Practical Application is all about. Today we will look at things in your life that possibly hinder your complete obedience to God.

There are four primary areas in a Christian's life that hinder their obedience to God. I have listed those four primary areas below.

ACTION ITEMS: *(This is what you must do.)*

Look at each item and either on this sheet or on a separate sheet of paper, write down the times in your life when you allowed that particular item to hinder your Obedience to God.

1. **Rebellion (The natural response of undisciplined flesh)**

2. **You set your agenda before acknowledging God**

3. **1st Law of Nature (Self-Preservation, Fear)**

4. Just Being Lazy

DAY 14 - PRAYER DIRECTIVE 'OBEDIENCE WEEK' STAY INSTANT

MESSAGE FROM PASTOR: Now that you've considered the list above, it is time to ask God's forgiveness in each of those areas.

PRAY THIS:

1. Lord, please forgive me for the times when I heard You clearly or knew Your Will and I simply rebelled. Forgive me for the times when I knew exactly what You were asking of me but, like Jonah, I went in an entirely different direction. Please forgive me for the sin of rebellion and help me to obey You instantly.
2. Lord, please forgive me for the times when I created my agenda without acknowledging You. Your word teaches that if I acknowledge You in all of my ways, You will direct my path. Forgive me for the times when I took a path that was not led by You. Forgive me for operating out of order. Help me to always put You first and to always obey You instantly.
3. Lord, forgive me for the times when I felt like the cost of obedience would be too much for me to pay so I simply disobeyed. Forgive me for the times when the fear of being hurt, rejected, or misunderstood caused me to disobey. Help me to deny my flesh, face my fears, and to obey You instantly.
4. Lord, forgive me for the times when I was just lazy and chose not to obey. Forgive me for the times when my own desire for pleasure was greater than my responsibility to serve You. Forgive me for the times that I allowed sleep and the need for rest to cause me to forsake Your instructions. Help me to become more diligent and prudent in my life and to always obey You instantly. In Jesus' name. Amen.

DAY 15 - BIBLE READING 'OBEDIENCE WEEK' STAY INSTANT

MESSAGE FROM PASTOR: Welcome to Monday! The final week of the 21 Day Fast. Today's scriptures will focus on obedience. God is not some "guy in the sky" with an ego or superiority complex. He is our loving Father and has a strategic plan in place to win souls to Himself so that they, too, can have a place in heaven. God loved the world so much that He sent His only Son to die for the sins of the world. He wants the world to be saved and you are a part of that plan. Your obedience to Him is paramount for your future blessings and possibly for the salvation of many who are around you.

Let's Read Together. *(Remember to read enough of the passage - at least five up and five down - to get context and a clear understanding.)*

- **Isaiah 1:19 (ESV)**

If you are willing and obedient, you shall eat the good of the land;

- **Romans 5:19 (ESV)**

For as by the one man's disobedience the many were made sinners, so by the one man's obedience the many will be made righteous.

- **Hebrews 5:8 (ESV)**

Although he was a son, he learned obedience through what he suffered.

- **Exodus 24:7 (NKJV)**

Then he took the Book of the Covenant and read in the hearing of the people. And they said, "All that the Lord has said we will do, and be obedient."

- **Acts 6:7**

Then the word of God spread, and the number of the disciples multiplied greatly in Jerusalem, and a great many of the priests were obedient to the faith.

DAY 15 - PRACTICAL APPLICATION
'OBEDIENCE WEEK'
STAY INSTANT

MESSAGE FROM PASTOR: Obedience is not optional. It is commanded by God. If you are a born again Child of God, then obedience is an every day part of your life. True obedience is instant obedience. That means the moment you know God is leading you in a particular direction or to do a particular thing, you begin to obey at that same moment. Delayed obedience is disobedience and all disobedience is sin.

Those who do not learn from history are doomed to repeat it. Today's practical application will deal with your history.

Looking Back:

1. Can you remember a time(s) in your life when you disobeyed God and things didn't turn out right? If so, when and what happened?

2. Name a time in your life when you heard God clearly, obeyed His instructions, and everything turned out right.

3. If God gave you one opportunity to go back in time and obey an instruction that you before disobeyed, which instruction would you go back to and what would you do different?

DAY 15 - PRAYER DIRECTIVE 'OBEDIENCE WEEK' STAY INSTANT

MESSAGE FROM PASTOR: By now you know that prayer is a vital part of your growth in Christ. Prayer is how you communicate with God and how He communicates with you. Prayer is also an act of obedience. The apostle Paul describes prayerlessness as sin. Today in prayer you will commit your will in life to the Lord. Remember to stay low, stay empty, and Stay Instant!

LET'S PRAY:

HEAVENLY FATHER,

I come to You in the name of Jesus Christ. I renew and give my total allegiance to You. Make me fresh and new today and for the rest of my life. My desire is to do Your work and to do Your will. Lord, I want to hear You speak to me. Help me to be sensitive to the still small voice in my heart. Help me to discern Your voice from my voice and from the voice of the enemy. I am Your sheep and I desire to know Your voice so that I will not follow the voice of strangers. Help me to discern right from wrong. Make me sensitive to the gentle unction of the Holy Spirit. Help me to be sensitive to Your leading and to obey You at all times. I give You my life and all that is in it as a living sacrifice unto You, which is my reasonable service.

- Bless my mind that I may always have the mind of Christ.
- Bless my eyes that I may see into the Spirit realm.
- Bless my nose that I may pick up the scent of evil around me.
- Bless my mouth that I may use it as a weapon against the enemy and as a tool to heal the hearts of those around me. Help me use it to build up and not to tear down.
- Bless my heart that it may always be filled with Your love and Your grace.
- Bless my shoulders that they will always be there for trustworthy friends to lean on.
- Bless my arms and hands that they will always be available to embrace and to help those in need.
- Bless my legs and my feet that they will always be found walking in Your will for Your purpose.

In Jesus' name. Amen.

DAY 16 - BIBLE READING 'OBEDIENCE WEEK' STAY INSTANT

MESSAGE FROM PASTOR: You are growing closer and closer to God. You are beginning to hear and see Him working all around you. You are becoming more aware of His presence and you are actually inviting His presence wherever you go. Today's bible reading will help you further understand how God speaks. Below you will find two amazing stories of how God spoke audibly to people in the Old Testament. I pray that you enjoy both of them.

Grab your bible, pen, and notepad. Jot down anything you feel like God is speaking to you. Be sure to read enough of the passage to get a clear context. Ask God for revelation and understanding.

- **1 Samuel 3:8-10** (*This is a great story.*)

8 And the Lord called Samuel again the third time. So he arose and went to Eli, and said, "Here I am, for you did call me." Then Eli perceived that the Lord had called the boy. 9 Therefore Eli said to Samuel, "Go, lie down; and it shall be, if He calls you, that you must say, 'Speak, Lord, for Your servant hears.'" So Samuel went and lay down in his place. 10 Now the Lord came and stood and called as at other times, "Samuel! Samuel!" And Samuel answered, "Speak, for Your servant hears."

- **1 Kings 19:11-13 (NKJV)**

11 Then He said, "Go out, and stand on the mountain before the Lord." And behold, the Lord passed by, and a great and strong wind tore into the mountains and broke the rocks in pieces before the Lord, but the Lord was not in the wind; and after the wind an earthquake, but the Lord was not in the earthquake; 12 and after the earthquake a fire, but the Lord was not in the fire; and after the fire a still small voice. 13 So it was, when Elijah heard it, that he wrapped his face in his mantle and went out and stood in the entrance of the cave. Suddenly a voice came to him, and said, "What are you doing here, Elijah?"

DAY 16 - PRACTICAL APPLICATION

'OBEDIENCE WEEK'

STAY INSTANT

MESSAGE FROM PASTOR: I pray that you enjoyed those two stories out of 1st Samuel and 1st Kings. Although God doesn't typically speak audibly these days, He still communicates to us in the most amazing ways. Today's lesson will reveal five different ways that God speaks to us. Let's dive in! Remember to stay low, stay empty, and Stay Instant.

Today, I want you to reflect back on your life and determine if God has ever spoken to you in one of these ways.

How God Speaks:

Jesus said, "My sheep know my voice." (John 10:27)

1. God Speaks Through The Bible (Word, Logos, Rhema)

- This is God's primary method of communication to you.
- Every time you read the bible you give God the opportunity to speak to you.

2. Still small voice in your heart. 1 Kings 19:11-12 (Jesus Lives in your heart.)

- He doesn't speak loud because He never wants to intimidate us. His voice is loving.
- Jesus lives in your heart.

3. God speaks through peace. Colossians 3:15 (Calm in the midst of chaos.)

- Sometimes God will just allow you to have peace in your spirit even when everything around you seems turbulent.
- The lack of peace is God speaking to you. When you don't have peace about something, you should probably hold-off and pray again.
- **John 14:27** "Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid."

4. God Speaks Through Circumstances (Numbers 21:4-8)

- God will sometimes create or allow challenging circumstances in our lives as a way of getting our attention. When He does, it is often because we've been too stubborn and headstrong to incline our ears to His written Word or the Voice of His Spirit spoken into our hearts.
- God can also use dreams and visions. God can bypass your conscience mind.
- Also, be sensitive to open and closed doors. They could be a sign that God is speaking.

5. God Speaks Through People (Proverbs 11:14)

- Find a believer who is successful in their walk with Christ. God often speaks through them.
- God speaks through pastors and other spiritual leaders.
- God can use anyone who has given their heart to Him.

Question: Which of these five ways have you experienced God speaking in your life?

DAY 16 - PRAYER DIRECTIVE 'OBEDIENCE WEEK' STAY INSTANT

MESSAGE FROM PASTOR: Now it's time to pray. Today's prayer will be about increased sensitivity to God's Spirit and His voice. The Bible reminds us that the people of God know and understand His voice. The problem is there are so many other voices competing with the Lord's voice. Voices from the television, internet, social media, videos, friends, coworkers, and also family members. Today we pray that we can silence the other voices and focus on the voice of God.

LET'S PRAY:

DEAR LORD,

There have been many times when I focused and listened to voices that were not Yours. Times when I took advice that was contrary to Your will. Times when I was led astray by the voice of strangers. Father, today I ask You for forgiveness. Lord, help me to become more sensitive to Your leading. Help me to hear those still small whispers that You place in my heart. Help me to read Your word more regularly that I may hear You speak more frequently.

I know The Bible is Your primary method of communication to me so help me develop a hunger and thirst for Your Word. Speak to me through Your written Word. Help me to silence all of the voices that often compete for Your place in my life and in my heart.

Thank You for the spiritual friends and loved ones who have helped to lead and guide me along the way and for my spiritual family who have kept me from making some terrible mistakes in my life. Lord, anoint my ears that I may hear You clearly. Help me to remove any distractions or any hindrances that come to divert my attention from You. Help me to recognize when You have given me peace concerning an issue. Also help me to be mindful when I am not at peace and to wait and pray until I do.

Help me to be sensitive to the circumstances that I encounter in my life and how You may be using those circumstances to get a message to me. Help me to see You in everything that I go through. Please continue to speak to me and give me the grace to listen and obey. In Jesus' name. Amen.

DAY 17 - BIBLE READING 'OBEDIENCE WEEK' STAY INSTANT

MESSAGE FROM PASTOR: There are times in all of our lives when we simply operate from impulse instead of God's leading. If you are a giver, you would probably give to a situation or a need without much thought. If you enjoy helping, you would probably jump in to help someone out of a circumstance without much consideration. Although there is certainly nothing wrong with giving or helping, there is something wrong with doing so without God's leading.

I have certainly been guilty of this. God's desire is for you to acknowledge Him in ALL of your ways. Even the ways you feel like you already have figured out. In exchange, He promises to direct your path. Today, I only have one passage for you. ***The verse on which to meditate will be underlined.***

Proverbs 3 (NKJV)

- 1 My son, do not forget my law, But let your heart keep my commands;
- 2 For length of days and long life And peace they will add to you.
- 3 Let not mercy and truth forsake you; Bind them around your neck, Write them on the tablet of your heart,
- 4 And so find favor and high esteem In the sight of God and man.
- 5 Trust in the Lord with all your heart, And lean not on your own understanding;
- 6 In all your ways acknowledge Him, And He shall direct your paths.
- 7 Do not be wise in your own eyes; Fear the Lord and depart from evil.
- 8 It will be health to your flesh, And strength to your bones.
- 9 Honor the Lord with your possessions, And with the first fruits of all your increase;
- 10 So your barns will be filled with plenty, And your vats will overflow with new wine.

DAY 17 - PRACTICAL APPLICATION
'OBEDIENCE WEEK'
STAY INSTANT

MESSAGE FROM PASTOR: Have you ever been guilty of setting your agenda or doing something before seeking God's direction? Today for your Practical Application you will look at Proverbs 3:5-6. It is imperative as you work to obey God instantly that you first work to acknowledge God in **ALL of your ways**. Acknowledging God before you do anything must become a regular part of your everyday life. God desires to lead and guide you. He knows what's best for you. God sees all, knows all, and is in all. He knows the end from the beginning. He knows the way that you take. You can trust His leading.

DEFINE THESE WORDS:

1. TRUST

2. LEAN

3. UNDERSTANDING

4. ACKNOWLEDGE

5. DIRECT

6. PATH(S)

USING THESE DEFINITIONS, IN YOUR OWN WORDS, WHAT DOES PROVERBS 3:5-6 MEAN?

DAY 17 - PRAYER DIRECTIVE 'OBEDIENCE WEEK' STAY INSTANT

MESSAGE FROM PASTOR: Now it's praying time. Hopefully you have successfully defined each word in the Practical Application. In today's prayer we will focus on praying according to Proverbs 3:5-6. Open your heart to the leadership of Holy Spirit. Allow Him to lead and guide you every day of your life. Make the declaration from your heart that you will acknowledge God in all of your ways. This is a heart thing. Acknowledging God in all things must be done through a spirit of Humility (Stay Low) while hearing the things that God says must be done through a soul that has emptied itself of sin (Stay Empty). Now let's work to Stay Instant.

Say a personal prayer in the following areas.

- Ask God to teach you how to TRUST Him.
- Ask God to stop you in those moments when you unknowingly LEAN to your own understanding.
- Ask God to help you trade your UNDERSTANDING for His.
- Ask God for a heart that ACKNOWLEDGES Him in all that you do.
- Ask God to always DIRECT every decision you make.
- Ask God to let the PATH in which He leads you, always guide you to His perfect will.

In Jesus' name. Amen.

DAY 18 - BIBLE READING 'OBEDIENCE WEEK' STAY INSTANT

MESSAGE FROM PASTOR: Spending time reading the Holy Scriptures is spending time with God. Every time you sit down with your bible, you are sitting down with God right in front of you. He is in the palm of your hands. The Bible is God in Word form. Don't think of The Bible as just a book. Think of it as God Himself. In the beginning was the **WORD** and the **WORD** was with God and the **WORD WAS GOD** (John 1:1). Studying the scriptures helps you to develop spiritual ears to hear God's voice. The more time you spend in the **WORD**, the clearer the voice of God becomes. Just remember that when you hear God speaking... Be Instant.

For today's reading I want you to read the story of the Ethiopian Eunuch who was sitting in his chariot reading the Holy Scriptures. He was trying to learn more about Jesus but found the scriptures difficult to comprehend. God saw his dilemma and sent him the revelation he needed. Whenever God sees you trying to get closer to Him, He will always send you the help you need. Have fun reading this amazing story!

Let's Read Together.

- **Christ Is Preached to an Ethiopian**
Acts 8:26-40 (NKJV)

26 Now an angel of the Lord spoke to Philip, saying, "Arise and go toward the south along the road which goes down from Jerusalem to Gaza." This is desert. 27 So he arose and went. And behold, a man of Ethiopia, a eunuch of great authority under Candace the queen of the Ethiopians, who had charge of all her treasury, and had come to Jerusalem to worship, 28 was returning. And sitting in his chariot, he was reading Isaiah the prophet. 29 Then the Spirit said to Philip, "Go near and overtake this chariot." 30 So Philip ran to him, and heard him reading the prophet Isaiah, and said, "Do you understand what you are reading?" 31 And he said, "How can I, unless someone guides me?" And he asked Philip to come up and sit with him. 32 The place in the Scripture which he read was this: "He was led as a sheep to the slaughter; And as a lamb before its shearer is silent, So He opened not His mouth. 33 In His humiliation His justice was taken away, And who will declare His generation? For His life is taken from the earth." 34 So the eunuch answered Philip and said, "I ask you, of whom does the prophet say this, of himself or of some other man?" 35 Then Philip opened his mouth, and beginning at this Scripture, preached Jesus to him. 36 Now as they went down the road, they came to some water. And the eunuch said, "See, here is water. What hinders me from being baptized?" 37 Then Philip said, "If you believe with all your heart, you may." And he answered and said, "I believe that Jesus Christ is the Son of God." 38 So he commanded the chariot to stand still. And both Philip and the eunuch went down into the water, and he baptized him. 39 Now when they came up out of the water, the

Spirit of the Lord caught Philip away, so that the eunuch saw him no more; and he went on his way rejoicing. 40 But Philip was found at Azotus. And passing through, he preached in all the cities till he came to Caesarea.

DAY 18 - PRACTICAL APPLICATION
'OBEDIENCE WEEK'
STAY INSTANT

MESSAGE FROM PASTOR: What an amazing story. As the Ethiopian Eunuch read The Bible, The Angel of the Lord spoke to Phillip and told him to go where the Eunuch was and help him understand. In a previous lesson you learned the different ways that God speaks to us. In this story God is speaking through Phillip. The Eunuch not only received understanding, he also received salvation. Peter preached Jesus so well that the Eunuch was fully convinced of his need for salvation. He said, "What hinders me from being baptized?" In today's Practical Application you will answer questions about Jesus.

If an unsaved person were to ask you these questions, how would you answer?

1. Who is Jesus?

2. What does it mean that Jesus saves?

3. How can Jesus be both God and man at the same time?

4. What do people mean when they say there is power in the name Jesus?

5. How do you know that Jesus is real?

6. What does it mean when people say you can't go to heaven without knowing Jesus?

7. Why did Jesus have to die?

8. Why did Jesus rise from the dead?

9. How can Jesus love me if He doesn't know me?

10. I want to be saved. What must I do?

DAY 18 - PRAYER DIRECTIVE
'OBEDIENCE WEEK'
STAY INSTANT

MESSAGE FROM PASTOR: The Bible says that he who wins souls is wise (Proverbs 11:30). The purpose of you drawing closer to God is not just for you. God intends for you to use your relationship with Him to draw others into the Kingdom. God wants you to share your faith and to be His representative here on earth. In Luke 22:32 Jesus tells Peter that when he (Peter) returns, he is to strengthen his brothers. Jesus wanted Peter to use his experience to help his fellow brothers strengthen their relationship in Christ. Jesus wants to use the relationship He has with you to help save sinners from their eternal fate.

Today God wants you to pray for the souls of people close to you who have yet to receive Jesus as their Savior. Speak their names and ask Jesus to save them.

LET'S PRAY:

LORD,

Thank You for saving me and helping me develop a closer relationship with You. I love my new relationship with You and I realize that Your desire is for me to use our relationship to draw people into the Kingdom. Lord, continue to speak to my heart and give me direction as You did Phillip. Allow me to speak Your word to people who are lost and in need of a Savior. Help me to win their souls to You. Show me the individuals around me that You are drawing and use me as an instrument to help fulfill the plan of salvation for their lives. Use my voice, my mind, my will, and everything within me for Your glory. I want to see people saved and on their way to heaven.

Lord, I pray for the salvation of the following people:

- Lord please save _____
- Lord please save _____
- Lord please save _____
- Lord please save _____
- Lord please save _____
- Lord please save _____

(Continue the list if needed.)

In Jesus' name. Amen.

DAY 19 - BIBLE READING 'OBEDIENCE WEEK' STAY INSTANT

MESSAGE FROM PASTOR: Reading the bible is fun, enlightening, and empowering. It engages your spirit and feeds your soul. Jesus said, "Man shall not live by bread alone, but by every WORD that precedes out of the mouth of God" (Matthew 4:4). "My food," said Jesus at another time, "is to do the will of him who sent me and to finish his work" (John 4:34). He relied on every Word of God and refused to act independently. Jesus was obedient to the point of death on the cross (Philippians 2:8). There may come a time when every Christian will have to face death for their belief in Christ. Are you willing to die for what you believe?

Today we will read about people in scripture who lost their lives for Christ's sake. They were believers who paid the ultimate price for their belief in Jesus.

The dictionary defines a martyr as "a person who is killed because of his religious or other beliefs." Interestingly enough, the English word martyr is really a word transliterated from the original Greek martur, which simply means "witness." The reason why this word became synonymous with dying for one's religious beliefs is that the early Christian witnesses were often persecuted and/or killed for their witness.

Here are a few:

- **Abel - Read GENESIS 4:1-8**

The first martyr we find in the Bible is one of the sons of Adam and Eve. In Genesis 4 Cain killed his brother Abel because Abel's sacrifice was accepted by God.

- **John the Baptist - Read MATTHEW 14:1-12**

The first New Testament martyr that we know of is John the Baptist. He was killed by Herod the Tetrarch.

- **Stephen - Read ACTS 7:54-60**

In Acts chapters 6 and 7, Stephen boldly preached the Gospel. He clearly called out those who put Jesus on the cross. This did not make the religious leaders happy. They bit and stoned Stephen.

- **James - Read ACTS 12:1,2**

James was killed by King Herod Agrippa. He was killed by the sword during the time when the king was starting to persecute the church.

There were many others.

DAY 19 - PRACTICAL APPLICATION
'OBEDIENCE WEEK'
STAY INSTANT

MESSAGE FROM PASTOR: We are very fortunate to live in a country where religious freedom is protected but there are many places where this is not the case. Thousands of Christians around the world are being threatened and others killed for their belief in Christ. It is my prayer that your conviction for God becomes so steadfast that even if you were threatened with martyrdom you would still choose Jesus.

Your Practical Application for today is to:

- 1. CALL THREE PEOPLE WHO YOU KNOW TO BE CHRISTIAN.**
They could be family, friends or someone you attend church with. Pray about who to call.

- 2. ASK THEM THIS QUESTION.**
If you had to choose between **"A: Renouncing (reject or abandon) Jesus and live"** and **"B: Confessing your belief in Jesus and be killed"**, which would you choose and why?

- 3. WRITE DOWN THEIR RESPONSE.**

PERSON ONE:

PERSON TWO:

PERSON THREE:

After you have completed your three phone calls, ask yourself the same question and write your answer. Be Honest.

DAY 19 - PRAYER DIRECTIVE 'OBEDIENCE WEEK' STAY INSTANT

MESSAGE FROM PASTOR: Consider your personal relationship with God. What if your obedience to Him caused you to be persecuted? What if being obedient meant that you had to be imprisoned? Martin Luther King Jr said, "The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy." There will be times in your life when your faith will be challenged and the very essence of who you are will be offensive to people around you. There will be times when your spirituality will become controversial in the workplace and in certain public forums. Make the pledge today to stand up for righteousness and for God's will. Right is still right even if nobody is doing it. Wrong is still wrong even if everybody is doing it. Selah.

Today's prayer will focus on being firmly planted in what we believe and in Whom we believe.

PRAY IN THESE AREAS:

- Pray and thank God for saving you and giving you the courage to stand for Him.
- Pray for our brothers and sisters in other countries who suffer persecution for the name of Jesus.
- Pray for our brothers and sisters who live in the United States but still suffer persecution.
- Pray for our Christian children who get teased at school for being a "church boy" or "church girl". Pray that they will stand firm for Christ in the face of ridicule.
- Pray for Christians all over the world who will soon have to stand up to "anti-Christlike" behavior in the workplace.
- Pray for Christians who will soon have to take a stand for righteousness in their own homes.
- Pray for pastors and spiritual leaders, that they will continue to lift up holy standards in the midst of a world that is on the verge of spiritual collapse.
- Now take some time to pray for yourself. Ask God to give you the Holy boldness to stand for righteousness even if it means that you will have to suffer.

In Jesus' name. Amen.

DAY 20 - BIBLE READING 'OBEDIENCE WEEK' STAY INSTANT

MESSAGE FROM PASTOR: Hello Everybody! You've made it through 20 days of consecration and only have one day left. I am so proud of you. You've been steadfast and God is honoring your act of worship. This is obedience week and today we continue our focus on obeying God instantly. Delayed obedience is still disobedience. For the next two days we focus on **FAITH**. It not only takes humility and confession but it also takes **FAITH** to walk in total obedience to God. **FAITH** is the power behind your obedience. Hebrews 11:1 (AMP) says, "Now **FAITH** is the assurance (title deed, confirmation) of things hoped for (divinely guaranteed), and the evidence of things not seen [the conviction of their reality - **FAITH** comprehends as fact what cannot be experienced by the physical senses]." Everything you've done up to this point and everything you will do after will require the **Power of FAITH**.

Read the following passages:

- **Romans 10:17**

17 So then faith comes by hearing, and hearing by the word of God.

- **Matthew 21:18-22**

18 Now in the morning, as He returned to the city, He was hungry. 19 And seeing a fig tree by the road, He came to it and found nothing on it but leaves, and said to it, "Let no fruit grow on you ever again." Immediately the fig tree withered away. 20 And when the disciples saw it, they marveled, saying, "How did the fig tree wither away so soon?" 21 So Jesus answered and said to them, "Assuredly, I say to you, if you have faith and do not doubt, you will not only do what was done to the fig tree, but also if you say to this mountain, 'Be removed and be cast into the sea,' it will be done. 22 And whatever things you ask in prayer, believing, you will receive."

- **Hebrews 11:6**

6 But without faith it is impossible to please Him, for he who comes to God must believe that He is, and that He is a rewarder of those who diligently seek Him.

- **2 Corinthians 5:7**

7 For we walk by faith, not by sight.

- **James 2:14-20**

14 What does it profit, my brethren, if someone says he has faith but does not have works? Can faith save him? 15 If a brother or sister is naked and destitute of daily food, 16 and one of you says to them, "Depart in peace, be warmed and filled," but you do not give them the things which are needed for the body, what does it profit? 17 Thus also faith by itself, if it does

not have works, is dead. 18 But someone will say, "You have faith, and I have works." Show me your faith without your works, and I will show you my faith by my works. 19 You believe that there is one God. You do well. Even the demons believe - and tremble! 20 But do you want to know, O foolish man, that faith without works is dead?

The dictionary defines **FAITH** as "*belief in, devotion to, or trust in somebody or something, especially without logical proof*". It also defines **FAITH** as "*belief in and devotion to God*". Perhaps no other component of the Christian life is more important than **FAITH**. We cannot purchase it, sell it or give it to our friends. As a matter of fact, **FAITH** is so important that without it we have no place with God, neither can we please Him without it. **(Hebrews 11:6)**

DAY 20 - PRACTICAL APPLICATION

'OBEDIENCE WEEK'

STAY INSTANT

MESSAGE FROM PASTOR: **FAITH** is not belief without proof, or belief despite the evidence, rather **FAITH** is a complete trust or confidence in someone or something. That trust or confidence we have in someone is built up over time as they prove themselves faithful time and time again. Christianity is a **FAITH**-based religion. It is based on **FAITH** in God and in His Son, Jesus Christ. God has provided us with the Bible as a testimony of His faithfulness to His people. Christianity is **FAITH** in the person and work of Jesus Christ.

Jesus was perfect and righteous. He was the Son of God. His death was the payment for the sins of His people. By placing our **FAITH** and trust in Christ alone for our salvation, God takes our sin and places it on the cross of Christ and awards us, by grace, with the perfect righteousness of Christ.

That, in a nutshell, is the Christian message. As Christians, we are called to believe this message and live in light of it. Now that you have successfully defined **FAITH**, today's Practical Application will take a deeper look into where **FAITH** comes from and why we have it.

WHERE DOES FAITH COME FROM?

- Read Ephesians 2:8-9

FAITH is not something we produce on our own. We are not born with it, nor is it a result of diligent study or pursuit of some spiritual calling. The Bible makes it clear that **FAITH** is a gift from God. In other words you were not saved on your own and you did not receive **FAITH** on your own. Therefore, all the glory goes to God. God called you to TAKE PART in what He is doing in the Earth. (The Redemption of Man)

WHY DO WE HAVE FAITH?

- Read John 20:29 (AMP)

- Read 1 Peter 1:8-9

God designed a way to distinguish between those who belong to Him and those who don't. It's called **FAITH**. Very simply, we need faith to please God. God tells us that it pleases Him that we believe in Him even though we cannot see Him.

DAY 20 - PRAYER DIRECTIVE 'OBEDIENCE WEEK' STAY INSTANT

MESSAGE FROM PASTOR: Now that you have learned more about **FAITH**, it is time to pray in **FAITH**. There is a working that connects the invisible realm with the visible realm that's called prayer. Prayer is giving earthly permission for heavenly intervention. Prayer releases God to do what God has intended to do on the earth. God has given you legal right to exercise His authority in the earth. God created man **LIKE HIM** so that we could communicate **WITH HIM** and execute His commands **FOR HIM**.

Now exercise your authority in prayer.

- I declare that I am forgiven of all of my sins and I stand as an ambassador of the Kingdom of Heaven.
- I am established and anointed by God. I activate my faith and say to mountains of sickness and disease be removed from me and from anyone for whom I pray.
- I am the righteousness of God through Christ Jesus and I operate in His power.
- I am seated in heavenly places and wage war from the realm of the supernatural.
- I am above only and not beneath, the head and not the tail, the lender and not the borrower.
- I am more than a conqueror through Christ Jesus who loves me.
- I am healed physically, emotionally, and spiritually.
- I stand in authority against every principality and every spiritual wickedness in high places.
- I command every demon and devil trying to sabotage God's plan for my life to be bound and cast into outer darkness.
- I bind, rebuke, and cast out every stubborn demon attempting to ambush my future in the name of Jesus.
- I cast down the spirit of pride and stubbornness from my own life.
- I break every generational curse and I break the power of iniquity in my family.
- I come against and pull up every root of bitterness in my life and in the life of my family.
- Today, I stand in faith and operate in my God-given authority. I have the authority to tread upon serpents and scorpions and over all the power of the enemy and nothing shall by any means harm me in Jesus' name. Amen.

DAY 21

'THE FINAL DAY OF THE 21 DAY FAST'

MESSAGE FROM PASTOR: I am so proud of you. We've made it through 21 days of fasting and praying as a church body. This is a great accomplishment and you should be proud of yourself. I believe that we are about to walk in a level of power that we've never experienced before. I am convinced that you've been made new. After Jesus ended His 40 day fast the Bible says that afterwards, He was hungry and was tempted by the devil (Matthew 4). If Jesus was tempted after His fast, you can rest assured that you will be also. I believe that in the past 21 days God has delivered you from some strongholds. Now it's Satan's job to cause you to forfeit everything that you have gained thus far. In today's teaching I want to help you overcome the temptation and stay delivered.

I found this great article on the website "www.gotquestions.org" and I want to share this insight with you. I pray that it blesses you as much as it did me.

HOW TO STAY DELIVERED

Question: "I overcame _____ sin. How can I avoid a relapse?"

Answer: Temptations batter us from every side. No human being gets through this life unscarred by sin. Even with our best efforts, we often relapse into the very sins from which we were rescued. We learn quickly that we can't save ourselves, make ourselves right with God, or even overcome besetting sins on our own. That's why we need Jesus (1 Corinthians 15:57; Romans 8:37).

Before we answer the question "how can I avoid a relapse?", we must reconsider the statement that precedes it: "I overcame _____ sin." If **you** overcame a sin **by your own strength**, then that same strength will keep you from a relapse. However, if the power of Jesus delivered you from that sin, then it will be His strength that holds you in victory.

Jude 1:24 says, "Now to him who is able to keep you from stumbling and to present you blameless before the presence of his glory with great joy..." (ESV)

Notice it is the power of God that keeps us from stumbling. It is the blood of Jesus that presents us blameless before God. So this would be a more accurate statement: "**Jesus gave me victory over _____.** How can I avoid a relapse?"

The root of the word **relapse** is **lapse**. A lapse is a temporary failure of concentration, memory, or judgment.

Using this definition, we "lapse" into sin when we stop being vigilant. We become lazy, distracted, or forgetful of just how bad the consequences of that sin were.

When we relapse into an old sin, it is because we have stopped feeding our spirit with the things that will keep us close to Jesus. We have begun to take for granted the gifts of freedom and forgiveness, which is the first move away from them.

Psalm 119:9–11 (NIV) addresses the issue of relapsing into sin. It says, “How can a young person stay on the path of purity? By living according to your word. I seek you with all my heart; do not let me stray from your commands. I have hidden your word in my heart that I might not sin against you.”

There are several golden keys in this passage that, if heeded, will keep sin strongholds far from us. In order to avoid a relapse into sin previously overcome, **we must:**

1. **FIRST, we must have a desire for purity.** If we still consider certain sins exciting or classy, our heads may be telling us not to go there, but the pull of our hearts will win. We must be honest with ourselves about our own desires and bring them in line with God’s desires for us (Psalm 37:4). When we begin with a desire for purity, we’ve made the decision to recognize and turn away from fleshly invitations.

2. **SECOND, we must dive into the Word of God and stay there.**

Psalm 119:10 says, “I seek you with all my heart.” God is not interested in riding to the rescue of a compromised, half-committed Christian who needs to repent (Revelation 2:15–16). Our spiritual connection to the Lord is as vital to our lives as insulin is to a diabetic. Someone with a lung disorder does not fear forgetting his oxygen tank. It has become crucial to his existence. Likewise, when we consider fellowship with God as crucial to our existence, we don’t make excuses for neglecting it. When we seek Him with all our hearts, He is eager to be found (Deuteronomy 4:29; Jeremiah 29:13; 1 Chronicles 22:19). We seek Him by studying His Word. Learning what pleases and displeases God helps us to know God Himself.

3. **THIRD, we must continually ask God to keep us from stumbling** (Luke 18:1). His power is available to everyone who calls upon His name through His Son (Psalm 145:18; Romans 10:12). By continuing in a state of surrender and supplication, we keep ourselves in a posture of obedience. Very few sincere saints leave their knees to march toward sin. When we have been in the presence of a Holy God, we are able to see sin for what it is: a vile trap that caused Jesus’ suffering (Isaiah 6:5).

4. **FOURTH, it is not enough to merely read God’s Word. We must memorize and meditate on it day and night** (Joshua 1:8; Psalm 1:1–2). It is when God’s thoughts and words become part of the fabric of our souls that they give us power. Then, when temptation knocks, truth answers the door. The amount of truth that has been read, memorized, meditated on, and personalized will often determine the amount of wisdom that responds when the flesh calls. God’s Word is living and active (Hebrews 4:12). It will illuminate life’s questions and give us confidence about God’s answers (Psalm 119:105). For example, if someone has wronged you and lied about you, your flesh wants to tell him off and cut him out of your life. But as you

pray and seek God, His words that are hidden in your heart come floating into your spirit: “Love your enemies, do good to those who hate you, bless those who curse you, pray for those who mistreat you” (Luke 6:27–28).

5. FIFTH, we must never give our flesh more credit than it deserves. This is often the biggest mistake we make in staying on the right path. We assume that we are stronger in our flesh than we really are. So we allow ourselves to be caught in compromising situations and then act surprised when our flesh could not resist. Romans 13:14 (**ESV**) says, “Put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires.” We “make provision” when we set ourselves up for failure with only our weak, sinful flesh between us and the sin. A young couple romantically involved, lying alone in the dark, “watching a movie”, is making provision for the flesh. A recovering alcoholic going out to the casino with old party friends is making provision for his flesh. A struggling porn addict who keeps that one device away from his accountability partners, assuring himself that he can handle it, is also making provision for his flesh. God has called us out of this world to be citizens of another realm (Philippians 1:27). When we say “no” to what everyone else is saying “yes” to, we are living as trustworthy ambassadors of our Father’s kingdom (2 Corinthians 5:20).

6. LASTLY, it helps to make a list of all that sin has cost you. Such a list may include names of loved ones, educational goals never reached, money wasted, and lasting scars caused by chasing sin. Remember why you desired to overcome that sin. Where had it led that you did not intend to go? Keep the list handy and add to it as God reveals more of what sin cost you and His Son. When feeling weak, re-read the list. Let yourself remember the pain, the despair, and the trap into which you had fallen. Then thank God for each item on the list and the ways He has healed you from the wounds.

God has made us “more than conquerors” through Him who loved us (Romans 8:37). But relapses will occur when we grow cold to God’s Word or choose to walk in the flesh instead of the Spirit. God expects His children to “be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour” (1 Peter 5:8). When we cling tightly to our Good Shepherd, no lion - and no sin - can ever defeat us (John 10:10–11).

WE MADE IT

CONP

Well Purpose Family, it's been a pleasure helping you through the past 21 days. I pray that this time of prayer and fasting has been life-changing for you.



WALK in your
DELIVERANCE.

and remember everything you've learned and exercise your God-given power over the enemy.

I love you all and I look forward to seeing you in worship real soon.

-Pastor Eric Love

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