

21 DAY FAST

C^{ON}P

WEEK 1 HUMILITY WEEK (FEB. 1-7)"
STAY LOW

WEEK 2 CONFESSION WEEK (FEB. 8-14)
STAY EMPTY

WEEK 3 OBEDIENCE WEEK (FEB. 15-21)
STAY INSTANT

Fasting is over this week.

WEEK 4 BREAKTHROUGH WEEK
STAY DELIVERED

THREE TYPES OF FAST

ABSOLUTE FAST - No food, no water (only should be done for a short period of time and with medical consultation and supervision)

NORMAL FAST - typically go without food of any kind for a certain number of days. You drink plenty of water.

(Depending on length of time of this fast, you may also choose to take clear broth and juices in order to maintain your strength.)

PARTIAL FAST - usually involves giving up particular foods and drink for extended periods of time.



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WEEK ONE FEBRUARY 1ST-6TH

A '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 6 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.*

MONDAY, FEBRUARY 1ST

BIBLE READING

A '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 and 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 in 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^[a]: '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.

MONDAY, FEBRUARY 1ST

PRACTICAL APPLICATION

A '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-honesty examination. Weekly, even daily, review of our hearts and behaviors, coupled with confession to God, is an essential practice of humility.

Meditate on Psalm 51 (The entire chapter) Ask God to give you revelation and understanding. Grab 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 that we trust.

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

MONDAY, FEBRUARY 1ST

PRAYER DIRECTIVE

A '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. Prayer 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 giving having mercy on me

TUESDAY, FEBRUARY 2ND

BIBLE READING

A '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 and 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 in 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 3:12-14 (NKJV)**

12 Therefore, as the elect of God, holy and beloved, put on tender mercies, kindness, humility, meekness, long suffering; 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.

TUESDAY, FEBRUARY 2ND

PRACTICAL APPLICATION

A '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 affect, 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 pen and paper to write down any verse that stands out to you.

2. **ACTIVELY SUBMIT TO AUTHORITY... THE GOOD AND THE BAD (1 Peter 2:18).** 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 pen and paper to write down the understanding that God gives.

TUESDAY FEBRUARY 2ND

PRAYER DIRECTIVE

A '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, also 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, rather, 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 one another 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)

WEDNESDAY, FEBRUARY 3RD

BIBLE READING

A 'HUMILITY WEEK'
(STAY LOW)

MESSAGE FROM PASTOR: Welcome to day three of your fast. I pray that 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 in which to meditate will be underlined)*

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

"But He gives more grace. Therefore He says: "God resists the proud, But gives grace to the humble." Therefore submit to God. Resist the devil and he will flee from you. Draw near to God and He will draw near to you. Cleanse your hands, you sinners; and purify your hearts, you double-minded. Lament and mourn and weep! Let your laughter be turned to mourning and your joy to gloom. 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."

WEDNESDAY, FEBRUARY 3RD

PRACTICAL APPLICATION

A '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, 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 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)

WEDNESDAY FEBRUARY 3RD - PRAYER DIRECTIVE

A '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 and 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 disgruntle 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 the walk humbly with you Oh Lord (Micah 6:8).

THURSDAY, FEBRUARY 4TH - BIBLE READING

A '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 in 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."

THURSDAY, FEBRUARY 4TH

PRACTICAL APPLICATION

A '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 opportunity to exercise each one of these applications in your life this week. Be intentional. (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 times 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. After you have read them, ask God to give you a heart to serve others then look for opportunities to serve this month. (Philippians 1:1, 2 Corinthians 4:5, Matthew 23:11).

THURSDAY, FEBRUARY 4TH

PRAYER DIRECTIVE

A 'HUMILITY WEEK'
(STAY LOW)

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

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 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.)

FRIDAY, FEBRUARY 5TH

BIBLE READING

A '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 and 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 to "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.

FRIDAY, FEBRUARY 5TH PRACTICAL APPLICATION

A '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 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 to 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 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 everyday. You can use paper and pen or a notes page on your phone. This is going to give you plenty to smile about. :-)

FRIDAY, FEBRUARY 5TH PRAYER DIRECTIVE

A 'HUMILITY WEEK'

MESSAGE FROM PASTOR: It's time to pray. Many of you have successfully prayed for five days straight. Prayer brings the unseen, the kingdom of God, on the scene, or into our lives where we and other people need it. In 1Samuel 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 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 or hurt me or cursed me or lied to me or pray 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, 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 except the mind of Christ. I'm going to talk about good things, glorious things, God's things, I'm going to live with joy unspeakable and full of glory and it is going to begin today, in Jesus's name, amen!

SATURDAY, FEBRUARY 6TH

BIBLE READING

A '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

"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, 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,' 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

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

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

SATURDAY, FEBRUARY 6TH

PRACTICAL APPLICATION

A '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 and review all of the other practical applications for humility week. Add them to your life and remember the lessons that 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 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 time and answer these important questions. Write down what God speaks to you.

SATURDAY, FEBRUARY 6TH

PRAYER DIRECTIVE

A '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 centre 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 TWO
FEBRUARY 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.**

"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 he finally have enough, he dropped his sisters laundry on the floor and decided to go and confess to his grandmother. With tears in his eyes he goes into his grandmothers room and confesses what he had done. To his surprise his grandmother told him that

WEEK TWO
FEBRUARY 7-13

'CONFESSION WEEK'
(STAY EMPTY)

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 sisters 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 will be the sooner you are free from Satan's control.

SUNDAY, FEBRUARY 7TH

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 have 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. 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's 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.

SUNDAY, FEBRUARY 7TH 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 OR JUDICIAL Forgiveness vs RELATIONAL OR FAMILIAL Forgiveness.

• 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" forgiveness, or 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 of 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.*

• 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," or "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.*

SUNDAY, FEBRUARY 7TH PRACTICAL APPLICATION

**'CONFESSION WEEK'
(STAY EMPTY)**

- 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
 1. LOOK UP THE NAME OF EACH WORK OF THE FLESH WRITE DOWN IT'S DEFINITION.
 2. STUDY EACH DEFINITION
 3. ASK GOD TO REVEAL AREAS IN YOUR LIFE WHERE YOU HAVE BEEN GUILTY
 4. ASK GOD TO FORGIVE YOU

SUNDAY, FEBRUARY 7TH

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. When you hide your sins you will not prosper, but when you confess them and forsake them God will give you mercy. (**Proverbs 28:13**)

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

SUNDAY, FEBRUARY 7TH

PRAYER DIRECTIVE

'CONFESSION WEEK'
(STAY EMPTY)

- Revealed to me the sins of omission that I commit unknowingly
- Speak Crystal clearly 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's name

MONDAY, FEBRUARY 8TH

"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 wonder 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 weeks 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."

BIBE 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 try 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.

MONDAY, FEBRUARY 8TH

BIBLE READING

'CONFESSION WEEK'
(STAY EMPTY)

- **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.

MONDAY, FEBRUARY 8TH

"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 confess it. 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**
(1 John 1:9 "If we confess our sins...") *Humility*

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 VS. 6 AND VS. 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.

MONDAY, FEBRUARY 8TH

"PRACTICAL APPLICATION"

"CONFESSION WEEK"
(STAY EMPTY)

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

MONDAY, FEBRUARY 8TH

"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 that 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.** *(Can be done anywhere, at anytime, by any believer)*
- **Prayer is the most misunderstood Kingdom activity.** *(It's the most Powerful weapon we have)*
- **Prayer is also the most important Kingdom activity.** *(Should be Top Priority everyday)*
- **Prayer is an ambassadors number 1 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)*

MONDAY, FEBRUARY 8TH

"PRAYER DIRECTIVE

**"CONFESSION WEEK"
(STAY EMPTY)**

LETS 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 his 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

TUESDAY , FEBRUARY 9TH

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 (**1John 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 its entirety. *Grab a pen and paper to write down anything that God speaks or reveals to you.*

ACTION ITEM:

TODAY READ JOSHUA CHAPTER 7 *(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."

TUESDAY , FEBRUARY 9TH

BIBLE READING

'CONFESSION WEEK'
(STAY EMPTY)

- **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.

TUESDAY , FEBRUARY 9TH

"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 that you can keep them for future reference. Remember the practical applications comes 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 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 its purpose?***

TUESDAY , FEBRUARY 9TH

"PRACTICAL APPLICATION"

"CONFESSION WEEK"
(STAY EMPTY)

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 freed up 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:

- 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's 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:

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

TUESDAY, FEBRUARY 9TH

"PRAYER DIRECTIVE"

"CONFESSION WEEK" (STAY EMPTY)

MESSAGE FROM PASTOR:

The story of Joseph 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 our heart and ask God to show you anything that 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
- Jealousy
- Gluttony
- Gossip
- Unforgiveness
- Arrogance
- Unbelief
- Worry
- Lust
- Judgemental
- Lying
- Hypocrisy
- Bragging
- * Infidelity
- * Lack of self-control
- * Greed
- * Cursing
- * Fraud
- * Complacency
- * Rebellion
- * Disobedience
- * Laziness
- * Rude
- * Short Tempered
- * Manipulation
- * Procrastination

TUESDAY, FEBRUARY 9TH

"PRAYER DIRECTIVE"

"CONFESSION WEEK"
(STAY EMPTY)

- Theft
- Fornication
- Adultery
- Anger
- Perversion
- Drug abuse
- Alcohol abuse
- Ungodly thoughts
- Fault finding
- * Backbiting
- * Sharing secrets
- * Prayerlessness
- * Double-minded
- * Fear
- * Idolatry
- * Self- hatred
- * Character assassination
- * Prejudice

WEDNESDAY, FEBRUARY 10TH

"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 time more 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 TUESDAY:

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.

WEDNESDAY, FEBRUARY 10TH

"BIBLE READING"

"CONFESSION WEEK"
(STAY EMPTY)

- **Luke 19:1-10 (NIV)**

19 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."

- **READ 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."

WEDNESDAY, FEBRUARY 10TH

"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 will 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 to 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

WEDNESDAY, FEBRUARY 10TH

"BIBLE READING"

"CONFESSION WEEK"
(STAY EMPTY)

DEFINE THE FOLLOWING WORDS OR TERMS

(Either on this sheet or in your bible study notebook)

FELLOWSHIP: _____

WALKING IN DARKNESS: _____

PRACTICE THE TRUTH: _____

WALKING IN TRUTH: _____

SIN: _____

CONFESS: _____

CLEANSE: _____

ADVOCATE: _____

PROPITIATION: _____

RIGHTEOUS: _____

WEDNESDAY, FEBRUARY 10TH

"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 that are 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