

## A 30 Day Fast for the New Life Church Family.

**We are calling for a fresh filling of God's light as we fast from negative thoughts, words, attitudes, and actions Monday, Oct. 11<sup>th</sup> through Tuesday, Nov. 10<sup>th</sup>.**

### **Monday, October 11<sup>th</sup>**

**Read: James 1:19-25, 1 John 1:5-9 & Psalm 19:14**

**Meditation:** God is light and in Him there is no darkness! We have been filled with the Light of His glory and He wants us to walk in His light. You and I are the temple of the Holy Spirit of the Living God...He IS IN US! He wants us to choose HIM and to put off deeds of darkness.

**Prayer Focus:** Begin this fast by asking the Holy Spirit to show you areas where you have allowed darkness into your life. It may be through thoughts and attitudes, through words, or through your actions or lack of action. Honestly and with a humble heart ask the Lord to expose places of compromise and rebellion. Give Him permission to shine His light into every area of our heart and mind. Confess these areas to Him and ask His forgiveness. He will forgive you and WILL cleanse you!

### **Tuesday, October 12<sup>th</sup>**

**Read: 2 Corinthians 3:17-18 & 4:6-7**

**Meditation:** Jesus has set us free from the slavery and condemnation of sin! His blood has provided cleansing and liberation from sin's grip. The Holy Spirit is in the process of transforming us into ever-increasing Christlikeness. He desires us to be carriers of His glory in fuller and fuller measure. Let Him fill you up with MORE of HIM today.

**Prayer Focus:** Ask the Lord to make you more aware of His Holy Spirit's presence within you and that you would be filled with LIGHT, shining even more fully with HIS GLORY as you go through your day. He is in you and wants to fellowship with you today...practice His presence...think about Him...talk to Him as a friend...ask for His wisdom and strength.

### **Wednesday, October 13<sup>th</sup>**

**Read: Ephesians 4:17-32**

**Meditation:** Paul exhorts us to be "made new in the attitude of your minds" and to "put on the new self, created to be like God in true holiness and righteousness". He clearly shows that God the Father and Jesus have done their part – providing us with a new nature, but we have a part to play too! We must take action and choose to put off and discard our old nature and attitudes.

**Prayer Focus:** What bad habits in thinking and attitude do you want to discard and get rid of during this 30 day fast? Are there habits of dishonestly, critical and judgmental attitudes, anger, harsh words, gossip, impatience, negative thoughts and such that it is time to kick out of your life? Repent – turn in the other direction – choose freedom! Break agreement with these habits and command them out of your life in Jesus' name. Ask the Holy Spirit to sweep you clean and to give you a new attitude – to replace these things in your life with the fruit of the Holy Spirit.

### **Thursday, October 14<sup>th</sup>**

**Read: Galatians 5:13-25**

**Meditation:** We prayed yesterday for the Fruit of the Holy Spirit to be more fully formed in our life. Read the list in verses 22-23 over again. What "fruit" do you really need to see more of in your life? There just may be more than one that you need increased! ☺ I have good news. When you plant a seed, it reproduces after its own kind. If it's a kernel of corn, corn

WILL grow. 1 Peter 1:23 the Amplified Version says we have been born again through the immortal seed of God – that means His seed in you is producing the fruit of His character.

**Prayer Focus:** Ask Him for more of the fruit of the Spirit and to help you to crucify your sinful nature – get out the hammer and nails and NAIL it to the cross! Leave it there and come alive to who you really are...a joint heir with Jesus, a King's kid, a representative of the Kingdom of God. Wow. It's amazing. Ponder these thoughts today.

### **Friday, October 15<sup>th</sup>**

#### **Read 1 Peter 1:18-21 & Revelation 1:4-8**

**Meditation:** You and I weren't bought from our empty life with any of the treasures and valuables this world contains. No, we were purchased with something of far surpassing value! Jesus gave his own life – He poured out His own blood in exchange for our lives. Think of it. How very much God our Father values you and me...how incredibly Jesus loves us that He would lay down His life for us...enduring the cross, the pain, the shame, the separation from His Father. He did all this for you...make it personal and think about the reality of this truth. In addition, He made us part of the royal family of Heaven. Selah...pause and think of that!

**Prayer Focus:** Ask Jesus to give you greater revelation of who you are IN HIM. Ask the Father for a deeper understanding of what it means to be His child. Ask the Holy Spirit to explode these truths on the inside of you so that your mind becomes saturated with the reality of WHO GOD SAYS YOU ARE!

### **Saturday, October 16<sup>th</sup>**

#### **Read John 17:20-23, Romans 8:15-16 & 1 John 3:1-3**

**Meditation:** We are loved by the Father. Jesus said we are loved by our heavenly Father in the same way the He loves Jesus! John refers to the Father lavishing His love on us. We may not feel worthy of His love (we aren't, but He loves us anyway) or we may not be comfortable with the thought of His lavish love toward us. In spite of how we "feel" – it is true, and He wants us to become comfortable with His love. He wants us to learn to receive His love and be anchored in it – that our identity, our value, our sense of belonging flow out of the knowledge of His love. God is the best Father you could ever have.

**Prayer Focus:** Take some time to talk sincerely with your Father about where you are at with receiving His love. If you find it difficult to relate to Him on this level, tell Him so. Ask Him to help you. Ask for a download of His love into your life, that you would know Him as Abba Father or "Papa". The term Abba is an intimate term of endearment comparable to a child saying Papa or Daddy. Ask the Holy Spirit to root your identity more fully into being a beloved child of your heavenly Father.

### **Sunday, October 17<sup>th</sup>**

#### **Read: Read Ephesians 1:3-14**

**Meditation:** Here we see the word lavished used again, Paul says we have been lavished with God's grace! Verse 12 says that we are to live for the praise of His glory. And...we have been "marked" in Him with a seal; the promised Holy Spirit has sealed and marked us as His own!

**Prayer Focus:** Praise and thank Him for all He has done for us...for the wonder of His love...the incredible gift of forgiveness and new life in Him...for the abundance of His goodness and mercy! Let your heart overflow with thanks – tell Him how you feel, expressing it in your own words. Let worship and love from your heart be expressed to your loving Father. He delights in your love response to Him, just as an earthly father is moved by his child's love.

### **Monday, October 18<sup>th</sup>**

**Read: Ephesians 2:1-10 & 1:17-23**

**Meditation:** Wow, because of our Father's rich mercy & grace we have been saved from our sins and the way we used to live. We have been brought out of darkness and the dominion of satan. It is because of His great love for us that we have been given this **gift**. We certainly did nothing to earn it, so we cannot boast in our own accomplishments! We have been re-created in Christ Jesus to do good works. We are our Father's workmanship or masterpiece and long ago He planned special tasks and fruitful things for us to do, so that we can bring Him glory.

**Prayer Focus:** Read Paul's prayer in Ephesians 1:17-23...now make it personal and pray it for yourself, then pray it for your family and loved ones; now pray it for our church family. Amen!

### **Tuesday, October 19<sup>th</sup>**

**Read: Read Ephesians 4:1-6 & Ephesians 5:18-21**

**Meditation:** So...let's think about the good works/fruitful things our Father has prepared for us to do. What might they be? I think some of the "good works" are worked out everyday in the nitty-gritty of living life and relating to those around us in a godly way, so that the light and love of our Savior reflects from us. Remember what we read on last Tuesday? Paul said that as we are being transformed into His likeness, we WILL reflect HIS glory. In today's readings Paul urges us to live a life worthy of the calling we have received. Ponder this.

**Prayer Focus:** Personalize Paul's prayer in Ephesians 3:14-21. Ask the Holy Spirit to illuminate ways you can become more fruitful TODAY...to show you the opportunities God has put before you TODAY...those moments where you can reflect Him and shining with His light and love.

### **Wednesday, October 20<sup>th</sup>**

**Read Philippians 2:1-15**

**Meditation:** Paul speaks about humility and servanthood, about being having a tender and compassionate attitude toward others, about looking out for the interests and concerns of others, about not having an argumentative, complaining attitude, but instead having Christ's attitude – one of obedience to the Father.

**Prayer Focus:** Ask the Holy Spirit to show you areas in your thoughts, attitudes, words, and actions where instead of obedience to the Father, you have walked in your own ways and have disregarded Christ's example to us. Repent and ask Him to change your heart and release His grace in you to "put on Christ". Personalize Paul's prayer in Philippians 1:9-11 praying it for yourself, your loved ones and our church family. Amen and amen!

### **Thursday, October 21<sup>st</sup>**

**Read: Philippians 4:4-9**

**Meditation:** Rejoice and again I say rejoice! Paul is exhorting them to live life with an inward attitude and perspective that reflects who we are and who we belong to. The Greek definition of rejoice is to be cheerful, calmly happy, or well off. The Amplified Versions reads: Rejoice in the Lord always – delight & gladden yourself in Him. He goes on to exhort them to take every situation to the Lord in confident, thankful prayer and to receive God's peace in exchange. Wow! The Lord is the Prince of Peace, and He wants His peace to rule in our hearts and minds. His peace will GUARD or garrison our hearts and minds. That is great news. This is a provision from God that we need to appropriate and walk in.

**Prayer Focus:** Ask God's forgiveness for the ways you have **not** allowed His joy and peace to have precedence in your life. Break agreement with the issues, worries, cares, problems, possessions, situations, people, or things you have allowed to dominate and take the position of importance in your life, the things that have preoccupied your emotions and thoughts, robbing you and tying you up. Give each one to the Lord, yield it fully in complete confidence that He is

big enough to handle it...picture yourself giving it to Him...don't take it back! Relax now and receive His peace and joy. Let it soak in deeply...now walk in it today...don't let it be stolen.

### **Friday, October 22<sup>nd</sup>**

**Read: Philippians 4:8-9 again today.**

**Meditation:** In Mt. 12:34, Jesus said that out of the abundance or overflow of our heart our mouth speaks. Hmm...what kind of things have we been allowing in our heart? Have we been meditating and thinking on things tainted with fear, jealousy, pride, anger, arrogance, bitterness, self-centeredness, and the like? If so, then what comes out of our mouth will surely be tainted as well. About that list we just read, the Amplified says it this way: think on and weigh and take account of these things – fix your minds on them!

**Prayer Focus:** Take time to be honest before the Lord about the “normal” condition of your heart and mind. Repent for the “stinking thinking” that you have been entertaining and even coming into agreement with. Break agreement with the lies and the dark thinking. Darkness is not of God, and neither is dark thinking. Satan traffics in our mind – it is his “playground”. Our thoughts are the place of his most effective influence. Ask the Holy Spirit to fill you with LIGHT!

### **Saturday, October 23<sup>rd</sup>**

**Read: 2 Corinthians 10:4-5**

**Meditation:** Satan has initiated warfare against us and God does not expect us to use mere human weapons in this battle. He has fully equipped us. Here Paul gives us important truths about the spiritual weapons we have. They are mighty and powerful. We are to use them! We are to not only attack and fight against the strongholds in our life, but we are to demolish them! Paul makes it clear that one way the enemy sets up strongholds (satan sets these up in our life to defeat us), is through proud and lofty thoughts that we receive into mind against the truth of God. This is serious. He wants to get us to believe his lies, just like he did with Eve.

**Prayer Focus:** Be radical and ruthless in your warfare! Clean out the hidden corners of your mind and heart. Use the “walk in the light” principal found in 1 John 1:7. Confess each thing, break agreement with it, and command it out of your life in the name of Jesus. Receive cleansing by the blood of Jesus. Ask the light of God to fill every nook and cranny of your being. You are the house or tabernacle of the Lord, and He deserves a clean dwelling place. He is holy!

### **Sunday, October 24<sup>th</sup>**

**Read: James 3:3-11**

**Meditation:** We may not always realize that our words are like seeds. There is a spiritual principal of sowing and reaping. Our seeds (words) take root and produce fruit in our own life, in the lives of others and in the spiritual realm. What words of death have you been speaking into your own life? Yikes! What we sow out into the lives of our family, friends, co-workers, etc. we will reap. Are you sowing blessing into others lives or are you sowing cursing and negativity? In Luke 6:28 we are told to even “bless those who curse you” and in verse 31, Jesus said to “Do to others as you would have them do to you!” We would all like a harvest of righteousness and blessing.

**Prayer Focus:** Ask the Father to forgive you for the times your tongue has started a destructive fire. Ask the Holy Spirit to bridle your tongue and to convict you whenever you are about to speak negative or destructive words. Ask Him to use your tongue for His glory, to teach you the ways of blessing – that your tongue would be used to speak life and blessing to others. Take the time to pray blessing over those that the Lord brings to mind at this time. Amen and amen!

### **Monday, October 25<sup>th</sup>**

**Read: Galatians 6:7-10**

**Meditation:** Just like there are laws in the natural realm like the laws of gravity or physics, there are laws in the kingdom of God as well. One of the universal spiritual principals is that what we sow we will reap. Paul exhorts us to not become weary in doing good, for at the proper time we will reap a harvest! He encourages us to take advantage of every opportunity that comes our way to do good and to be a blessing to all people, especially those who belong to the family of believers. You will be amazed at what begins to happen in your heart and life.

**Prayer Focus:** Ask the Holy Spirit to make you more aware of those "God opportunities" in your day and to make you more willing to step out readily to bless and encourage others. Personalize Paul's prayer in 1 Thessalonians 3:12-13, praying it for yourself and our church family.

### **Tuesday, October 26<sup>th</sup>**

**Read: 2 Corinthians 9:6-12**

**Meditation:** Here Paul is explaining the sowing and reaping principal in the context of giving to others who are in need. He points out an important quality that God looks for when we give – cheerfulness. In the Amplified Version it says, "God loves, takes pleasure in, prizes above other things...a cheerful, joyous, prompt-to-do-it giver, whose heart is in his giving." This principal is very connected with creating an atmosphere of honor and blessing toward one another. We are to be quick to honor others with not only our words and attitudes, but also with our deeds, our finances, our possessions, and our acts of service. Basically, Paul is saying here that we CANNOT OUT GIVE GOD! He will enlarge and increase our store of seed and will enlarge the harvest of our righteousness. He will make us rich in every way, so we can continue our life of generosity, which ultimately results in thanksgiving to God. Amazing!

**Prayer Focus:** In our society it's easy to become self-centered and desensitize ourselves to those around us. Acts of kindness become few. "ME" – my time, my possessions, my money, how I feel, what I want, what is best for me – becomes the filter we run everything through. Ask God to untie your heart from "YOU" – the big I – and to awaken a new joy in your heart toward giving...giving of your love, your kindness, your encouragement, your possessions, and anything else God may require. After all, it really all belongs to him we are simply the stewards. I've heard it said that JOY stands for Jesus first, then others and last you!

### **Wednesday, October 27<sup>th</sup>**

**Read: James 3:13-17**

**Meditation:** James says that if we are wise and have understanding we will show it by our good life and deeds done in humility. He goes on to point out that those who live a life out of the wisdom from heaven will raise a harvest of righteousness. Again, we see the sowing and reaping principal revealed. There have been times in my life when I wish I would have a crop failure, because I had sowed some bad seed! I can look back over the years and see that as I began to walk in the light of Christ and follow his truths, my harvest has been so much nicer! It seems that blessings just overtake those who take up their cross and follow Jesus. They can come in many ways, simple things, like blessed relationships, favor, provision & more.

**Prayer Focus:** Pray for not only yourself, but also for the NLCF family, that we would sow seeds of good deeds done in humility. That our lives would shine with the righteousness of our Savior. Can you imagine what it would look like if we really got a hold of this principal? Let's try to out-bless each other! We can do sneak attacks of kindness and blessing – start today.

### **Thursday, October 28<sup>th</sup>**

**Read: Matthew 5:13-16 & 6:1-4**

**Meditation:** Here we see two approaches – one is to let our light shine so that others can see our good deeds and the other is to do acts of righteousness privately, so only God can see. I think a key is our heart motivation. If we do good deeds so that we can have the admiration of others **that will be our reward!** If we are letting our good deeds shine as a light that reflects the love of our God, then the fragrance of our deeds will have a whole different smell. It won't smell like "pride and self" but will smell like love and Jesus. The Message says, "don't make a performance out of it". I think we'd all rather have the applause of God and not men.

**Prayer Focus:** Ask the Lord to take away the need for man's applause and to make us more than content with His applause and approval. Heart surgery is needed here! Our ego is strong.

### **Friday, October 29<sup>th</sup>**

**Read: Proverbs 12:18 & 25, Proverbs 15:1-2, & 4**

**Meditation:** Our words can bring healing and cheer up others. Have you ever noticed how your words can break through and actually change the atmosphere in a home or gathering? Experiment with it this week. Look for opportunities to bring light and life to others by your words. Proverbs 15:4 in the Amplified says, "A gentle tongue with its healing power is a tree of life". On the other hand, our harsh words can stir up anger or crush the spirit. We're talking sowing here again. Scatter seeds of life in your home, to your loved ones & even to strangers.

**Prayer Focus:** Jesus, we want our words to be a tree of life! We don't want to crush the spirits of others. Help! Let your river of life flow through us. We give you permission to scrub out the "well" of our being so that we are clean containers for your river to flow through.

### **Saturday, October 30<sup>th</sup>**

**Read: Proverbs 18: 21 & Colossians 3:12 – 17**

**Meditation:** Our tongue truly has power – God's word says it has the power of life and death. With our tongue we can destroy or nourish, release blessing or cursing, build up or tear down. We choose. Paul says, "Whatever you do, whether in word or deed, do it all in the name of our Lord Jesus, giving thanks to God the Father through Him." Does your speech represent Jesus well?

**Prayer Focus:** Jesus, I choose life! I give you my tongue and ask you to rule not only my tongue, but also the attitude of my heart. Make me a builder not a destroyer. First, I want to honor and bless my dearest and closest loved ones. Often, they get the remnants and not the best from me. I ask you to forgive me for not always living my faith at home, where the "rubber meets the road". Secondly, I want to bless who ever I come into contact with, even when no one else is watching. Let me always live a life worthy of you. I can't do this on my own, but you are in me giving me your love and grace. You can do it through me. Amen.

### **Sunday, October 31<sup>st</sup>**

**Read: Philippians 1:3-6**

**Meditation:** It is so encouraging to read that Jesus is doing a good work in each of us. And He doesn't take breaks or go on vacation just when we really need him. He is committed to bringing the "project" (that's you and me) to full completion, developing and perfecting us. Did you know you are a work in progress? You are under construction and the one who is overseeing the building project really, really knows what he is doing. He doesn't take cut corners or use inferior material. He is into quality and likes to have fun in the process. In other words, "don't take yourself too seriously" in this process. The Holy Spirit is on our side!

**Prayer Focus:** Lord, help me not to take myself too seriously and rely on my own strength. I need to keep focused on you and not get into striving for "self improvement". Make the changes in my life be from the inside out, built on the foundation of Jesus, the cornerstone. Master builder, I yield to you. Paint and decorate my life according to your blueprint!

### **Monday, November 1<sup>st</sup>**

**Read: 1 Thessalonians 3:1-6, 4:13 –18, & 5:4-11**

**Meditation:** In these passages of scripture Paul continually uses words like “to strengthen and encourage you in your faith”, “encourage one another with these words”, and “encourage and build up one another”. He talks about how he sent Timothy, like a well-aimed arrow, to strengthen them, bringing them fresh courage in the face of trials and persecution. Often our words of encouragement can pierce like a sharp arrow into a friend’s heart and bring them exactly what they need to keep on course. Dale Carnegie once said, “Feeling sorry for yourself, and your present condition, is not only a waste of energy but the worst habit you could possibly have.” Most of the time all we need is a simple word of encouragement to refocus us and lift us up. Paul said to encourage one another with the truths of God’s Word and His promises.

**Prayer Focus:** Ask the Lord to cause your words to be well-placed arrows that are straight and true. Visualize your words being crafted by the Lord’s hands, placed on a bow, and strategically launched by God. Ask God to enlighten you, so you become more aware of your position of co-laboring with Him. The Holy Spirit fills our mouth; we must open it and speak the words!

### **Tuesday, November 2<sup>nd</sup>**

**Read: Ephesians 6:10-18**

**Meditation:** Paul gives us important instructions concerning our spiritual weapons. In verse 16 he refers to the flaming arrows of the “evil one”. Satan shoots arrows too. His are full of lies and destructive suggestions. The arrows from his realm bring confusion, discouragement, doubt, and all sorts of other ungodly assaults. We are exhorted to use our full armor, especially our shield of faith, which can extinguish all the arrows satan sends our way.

**Prayer Focus:** Ask the Holy Spirit to make you a strong warrior. Read over the list of spiritual armor again. Visualize yourself putting on this mighty armor. See yourself holding up a shining shield of faith. Imagine the sharp glistening sword of the Spirit, God’s word, in your hand. Ask God to make you alert to the flaming arrows of the enemy; pray in the Spirit throughout the day today whenever you have the opportunity.

### **Wednesday, November 3<sup>rd</sup>**

**Read: Isaiah 61:1-7**

**Meditation:** Jesus read from this passage of Isaiah when he began his ministry. He has anointed us with His Spirit and sent us out to carry on His ministry! Verse 6 highlights who we are in Christ. Verses 1-3 highlight what we are called to do through the anointing of the Holy Spirit. Verse 4 highlights the fruit or results we will see. When we are sensitive to the needs of others and minister to them in this way, the ruins of the body of Christ will be restored and our communities, which have been desolate for many generations, will be rebuilt.

**Prayer Focus:** This type of ministry takes a real laying down of our life, our desires and what is convenient, in order to help others and build the kingdom of God. Ask the Holy Spirit to give you new passion and purpose, fresh vision, and awareness. Repent for any apathy and lukewarmness on your part. Cry out, “Holy Spirit fill me anew! I want fresh oil!”

### **Thursday, November 4<sup>th</sup>**

**Read: John 14:10-13, 17:14-19, and 20:21**

**Meditation:** As you read in Isaiah yesterday did you have a hard time believing you have been commissioned to do the same things Jesus did? Jesus said, “As the Father has sent me, so I am sending you.” In Matthew 28:18-20 he tells his followers “Surely I am with you always, to the very end of the age”.

**Prayer Focus:** Pray and meditate on Isaiah 61:1-7. Read it out loud today as a prayer. Personalize it. "The Spirit of the Sovereign Lord is on me, because the Lord has anointed me." You have been anointed to bring good news to this world, to your friends, your co-workers, your family, and your neighbors. Open your mouth and He will fill it with good things.

### **Friday, November 5<sup>th</sup>**

**Read:** Proverbs 15:22-23, 25:11-13

**Meditation:** Proverbs is so full of wisdom. We should read it more often. I've heard it suggested since there are 31 chapters in Proverbs, we should read a chapter each day of the month. Not a bad idea. "A word spoken at the right moment; how good it is!" As you meditate on these passages note the words such as "a wise reprovener", "a faithful messenger" and "refreshes or revives the spirit".

**Prayer Focus:** Ask the Lord to make you a wise reprovener and a faithful messenger; that your words would be like apples of gold in settings of silver (in other words lovely and valuable); that your words would have substance and be timely. Many times, we think our words are inadequate when in reality they are just what the person needs to hear. Pray for courage to speak when the Holy Spirit nudges you. Often the nudge of the Holy Spirit is just a simple thought or feeling toward the person, or maybe a slight awareness that they need encouragement. Don't wait for God to force the words out of your mouth – let the river flow!

### **Saturday, November 6<sup>th</sup>**

**Read: Colossians 4:2-6**

**Meditation:** What is your conversation seasoned with? Have you noticed a change during this fast? Has the seasoning of your words gone from perhaps a peppering of gossip, critical words, sarcasm, boasting, dishonesty, and such, to conversation that is more fully seasoned with the salt of the kingdom? I believe as we look to the Lord, he seasons our words with the perfect mixture, a blend that releases the full flavor of the one we belong to. When those who hear our speech "taste" it they will want more. The seasonings the Lord sprinkles on us will make those around us thirst for what we have...the Bread of Life and the Living Water!

**Prayer Focus:** Lord, season us with your salt. Let the thirsty come, let the hungry eat, make my life a love feast that stirs up an appetite in those who hear the message you have sprinkled within me. Continue to take away the "bad taste" in my words and life. I want my conversation to be tasty, especially to you.

### **Sunday, November 7<sup>th</sup>**

**Read: 1 Peter 3:8-17**

**Meditation:** There is a lot to ponder in this meaty passage. Our doing what is right in God's sight has nothing to do with whether others treat us the same way or not. It doesn't matter if they insult or curse us, we are to respond with blessing. Peter says as we do this, we will inherit a blessing. Verse 10 even ties in long life and good days with keeping our tongue from evil. Sometimes we will suffer for doing the right thing, the good thing. Jesus said the servant is not greater than the master and if they persecuted him, they would also persecute us, his followers. (John 15:20) How others act should not dictate how we live our life. We must live out of our deep relationship and connection to God and his kingdom. In the midst of this, we are to be ready, at all times to give a reason for the hope that we have and what a glorious hope it is!

**Prayer Focus:** By faith, grab a stronger hold of the glorious hope we have in Christ - purpose to live out of that hope, not out of our culture. Ask the Holy Spirit for a fresh download of grace to rise above the elemental things of this world. We are citizens of the heavenly realm,



Kings Kids, living out of our position in heaven. We have been honored by the King and empowered to honor others no matter how they act or respond. Work this in our lives, Lord!

### **Monday, November 15<sup>th</sup>**

**Read:** Ephesians 2:11-22

**Meditation:** We have been joined to every other believer in Christ. We have been made into one new man or body with Jesus as our head. Picture yourself as a "cell" in the body of Christ, receiving your nourishment the head, who is Jesus. The Holy Spirit is like the circulatory system, bringing spiritual life to each part of the body, to you, the individual cell. We are connected to each other. We are one with each other. I need you and you need me. We are being built **together** to become a dwelling in which God lives by His Spirit.

**Prayer Focus:** Ask the Lord to make you a healthy cell so that you release good things into the parts of the body you are connected to. Determine that by the Spirit's power you will not be a cell that releases destructive elements into the body, causing your area of the body to become dysfunctional or diseased. We can think of disease in this way: "dis - ease" or taking away the ease with which your part of the body is able to function. Think of those who the Lord has connected you to in the body of Christ. Ask the Holy Spirit to show you new ways you can show honor to them, blessing them and building them up. Pray also for your spiritual leaders, asking the Lord to bless and strengthen them.

### **Tuesday, November 16<sup>th</sup>**

**Read:** 1 John 4:7-21

**Meditation:** Read verse 12 over again. John says when we love one another God's love is demonstrated and manifested in us. The Amplified says His love in us is brought to completion – to its full maturity, runs its full course, is perfected – in us! Wow...this is amazing. God first took the initiative and reached out in love to us. His language is love. Not only that, but verse 7 says let us love one another for love comes from God. In other words, He has, yes, he has, put his love in our hearts. He has taught us to speak the same language. When a child spends time with their parent, they learn to speak their parents' language...same pronunciations, same word patterns. Hey, are you hanging around with your heavenly Daddy? Guess what? You can speak the same language he does! Verse 21 is an "imperative command" - whoever loves God MUST love his brother. Not "may want to", not "it is strongly suggested", not even "when he loves you, then love him back". No, no, no. We must love our brothers with the love that God has put within us, with the love of the heavenly realm, with the love that conquers death, with the same love that overcame and destroyed evil when Jesus laid down his life on the altar of the cross.

**Prayer Focus:** As we end our fast, pray for the pure love of heaven to explode in your heart, that it would root out the selfishness, that all fears lingering in your life would be destroyed, that you would live a life worthy of the high calling you have received in Christ Jesus, your Lord! Sit in the presence of God, your Father. Ask Him to teach you His love language more fully...give Him time to impart His love more fully in you. Now, freely give away what you have received. Take His love and give it away to a broken world. Speak His love language and talk just like your Daddy!

*Dear Family,*

*Researchers say it takes 30 days to create a new habit. I hope you choose to make this a way of life. May abstaining from negative thinking, attitudes, actions, and words take strong root in each of our lives and become a lifestyle to the glory of God. Amen!*

