

Rehoboth Open Bible Church

21-Day Prayer & Fasting Schedule

January 12, 2020 – February 2, 2020

THEME: “THE EXTRAORDINARY LIFE”

¹⁰ *He that is faithful in that which is least is faithful also in much: and he that is unjust in the least is unjust also in much. (Luke 16:10)*

Welcome to the 21-day fast. Whether this is your first time or not, no two fasts are the same. During these twenty-one days, we will be asking the Lord to transform our lives, our church and our future. We want our eyes open to see things we have never seen, faith like we have never had, revealed purpose beyond anything we have ever experienced and develop faithfulness.

The theme for our fast this year is “The Extraordinary Life”. It will be an incredible journey as we fast, pray, and grow together. I believe that God is about to do an amazing work in your life. Fasting has a way of bringing every part of your life into focus in ways nothing else can do. It allows you to stop and pray and find closeness with our Heavenly Father like you have never known.

“The difference between ordinary and extraordinary is that little *extra*. To live an extraordinary life, you must resist an ordinary approach. Extraordinary people visualize not what is possible or probable, but rather what is impossible. And by visualizing the impossible, they begin to see it as possible.” - Unknown

What you do right now, what you do daily, affects the rest of the year and the rest of your life. I believe these twenty-one days are the most important days of our year – and of your life. When we fast together as a family, there is always an extraordinary move of the Holy Spirit that is felt by everyone. By participating with us in this fast, you become a part of this extraordinary move of God.

“We do not choose to be born. We do not choose our parents. We do not choose our historical epoch, the country of our birth, or the immediate circumstances of our upbringing. We do not, most of us, choose to die; nor do we choose the time and conditions of our death. But within this realm of choicelessness, we do choose how we live”. – unknown

Life is for living. We choose to be faithful. A faithful person

- Knows what’s important in life and what isn’t
- Knows how to invest his or her life and how not to.
- Makes their life count
- Knows the significant from the trivial

Let’s live in a manner worthy of the calling you have received. (Eph. 4:1). We will learn how to on this 21 day journey. JOIN US!

Pastor Leroy & Dalton Spencer

Atomic Habit

By James Clear

The Recipe for Sustained Success

Changing your beliefs isn’t nearly as hard as you might think.

There are two steps.

1. **Decide the type of person you want to be.**
2. **Prove it to yourself with small wins.**

Three R’s of Habit Formation – Atomic Habits: James Clear

- **Step 1:** Use a Current Habit as the Reminder for Your New One
- **Step 2:** Make Your Habits Incredibly Easy to Start
- **Step 3:** Always Reward Yourself



All habits form by the same 3-step process. (Graphic based on Charles Duhigg’s “Habit Loop” in *The Power of Habit*. Created by James Clear.)

Step by Step Guide to Finding Your Purpose

developgoodhabits.com

7. Enumerate the things for which you would be willing to go the extra mile

These are the things that, regardless of failure or setbacks, you'll still make an effort to do—and get up and learn from your previous mistakes. A lot of people don't understand that passion is a *result* of action rather than the *cause* of it. You won't find your passion by being complacent. It is a trial-and-error process. If you aren't willing to go out of your way to do something, then you aren't truly passionate about it.

8. If you were given the chance to teach others (e.g., young people), what would you teach them?

Think about what you would change about the world and what knowledge you want to pass on future generations.

How would you want to improve other people's lives, or where do you believe there is a gap in knowledge that you could fill?

9. What task at work would you do for free if you didn't need the paycheck?

Do you work to live or do you live to work? What part of your work comes easy to you because you are happy while you're doing it? Aligning your professional life with your purpose is a critical part of living out your why.

10. What's usually the reason why people thank you?

Similar to observing why people come to your for help, how do people find value in you or your contributions? Do you give great advice? Are you willing to take extra time out of your day to help your friends with something in particular? Think about the things that you do for people that are unique.

11. If you were given the chance to do something that you love and not worry about the paycheck, what would it be?

Considering this question is a great way to discover your passion. What would you do with all of your free time if money was not an issue? If you're not motivated by money, the only other thing you can be motivated by is time, and how you spend your time would certainly be on something that you love.

12. What was your happiest memory of your childhood?

Think back to what you had a passion for before adult life got in the way, and find a way to tie your current life back to those original interests.

Conclusion

Finding your "why" is important not only for success in your professional and personal life, but also for your well-being and longevity.

FAITHFULNESS: KEY TO THE EXTRAORDINARY LIFE

"Everyone talks about how loyal and faithful they are but just try to find someone who really is." (Proverbs 20:6, GN)

It is rare to find faithful people. People who can be counted on, people who are consistent, people who are dependable. There is very little commitment today in our society. We're in a generation right now that doesn't want to commit to anything. They don't want to be committed to a business. They don't want to be committed to a church. They don't want to be committed to their marriage. We live with disposable relationships.

Faithfulness is a term you don't even hear very much today. It's not a commonly used term. I thought about when you use the term "faithful". About the only time it's used is when you refer to your dog – my old dog or my old car or my old wife. It's reserved for retirement parties. That's really about the only time you use this word. "Twenty-five years of faithful service" and you give the guy a gold watch. It's not a quality that's highly valued in our society.

When I talk about faithfulness, I'm talking about being dependable, reliable, consistent, and trustworthy.

The Bible says, **"Everybody talks about how loyal and faithful they are but just try to find someone who really is."** It's difficult; it's rare to find a genuinely faithful person. People value faithfulness whether they talk about it or not.

"Lord, help. Godly men are fast disappearing. Where in all the world can dependable men be found?" (Psalm 21:1, LB)

Write down the names of five people who know they can count on you.

1. _____
2. _____
3. _____
4. _____

The greatest ability is dependability. A person can have all kinds of talents, incredible intellectual ability. They can be very skilled at a job. **But if they're not dependable, it's worthless.**

- Can they be counted on?
- Can they be valued?

During this fast we're going to look at two things:

- Why develop faithfulness?
- The characteristics of a faithful person

WHY DEVELOP FAITHFULNESS?

I. TO BE LIKE GOD

If that were the only reason, that's enough. God is a faithful God. If ever I'm going to develop Christ likeness, be like Christ, this is a characteristic I've got to build in my life. I've got to learn to be faithful.

Three different ways that God is faithful.

1. God is faithful at saving us.

"God is faithful by whom you were called into fellowship of His son." (1 Cor 1:9 KJV)

2. God is faithful at keeping us

"...God is faithful; He will not allow you to be tempted above that which you are able." (1 Cor. 10:13)

He will never allow more on you than He puts in you to bear it up. Sometimes you put more on yourself than you're able to bear up. But God will never put more on you; He will never allow you to be tempted greater than you can bear up. When people say, "I just couldn't help myself" they're lying. Because the Bible says, **God is faithful**; He will not allow you to be tempted above that which you are able.

When you do give in to that temptation that He has been faithful not to allow greater than we can handle, but you give in to it anyway, He's faithful to forgive you if you ask for forgiveness.

"If we confess our sins, He is faithful and just to forgive us." (1 John 1:9)

3. God is faithful in all His ways." (Psalm 33:4)

He not only saves us, He keeps us. If I'm going to be like God, I've got to learn to be faithful in all my ways. In every area of life, I've got to demonstrate faithfulness.

II. IT'S A QUALIFICATION FOR MINISTRY

The Bible teaches very clearly that faithfulness is a qualification for ministry. If I'm unfaithful, I have no business being in the ministry. **If I'm disloyal, uncommitted, if I do not keep my word, if I'm not trustworthy, if I can't be counted on, then I'm not qualified for ministry.**

"I thank Christ Jesus our Lord that He considered me faithful, putting me in the ministry." (1 Timothy 1:12, KJV)

Paul says, the reason God put me in the ministry is He considered me to be trustworthy, faithful. Then he says to the Corinthians,

"For this reason I'm sending you Timothy ...who is faithful in the Lord. He will remind you of my way of life in Christ..." (1 Corinthians 4:17)

Paul says, I'm in the ministry because God considered me faithful and I'm sending Timothy to you because I consider him faithful. Paul then says to Timothy,

"The things you have heard of me through many witnesses, the same commit to faithful men who shall be able to teach others also." (2 Timothy 2:2)

Paul says God considered me faithful; He put me in the ministry. I consider Timothy faithful; I put him in the ministry. Now Timothy, you're to find other faithful people and you're to move them into the ministry.

Faithfulness is a characteristic and qualification for ministry.

Source: www.newlifec.ca/developing-faithfulness

THE 21-DAY CHALLENGE

THE GOAL: Get body, soul and spirit in top-notch condition

1. Read God's Word daily

Do my regular reading thru the Bible in a year **and** also read through the Gospels in 21 days to get to know Jesus better: Matthew to John: four chapters per day

2. Pray daily

Spend a minimum of three to 10 minute prayer times on my knees (AM, Lunch, PM)

3. Worship daily (Is. 42:10)

Play **and** sing to God

4. Memorize one Bible verse per day

5. Read a classic Christian book (e.g. *Basic Christianity* by John Stott)

6. Minimize Social Media Challenge

Only use Facebook/Twitter for 30 min/per day max

7. Don't eat or snack after 8 PM

8. Fast TV one day per week and minimize TV exposure

One hour per day for six days

9. Fast food one day per Week

Full fast one day per week and follow the Daniel plan the other six days per week for a challenge

10. Exercise daily

A minimum of 30 minutes per day/six days per week. (walk, run, gym, bike, sports)

11. Be positive in all my speech

"Let the words of my mouth and the meditation of my heart be acceptable in Your sight, O Lord, my strength and my Redeemer." Psalm 19:14

12. Value people

People who lead their life intentionally add value to others.

DAILY ACTIONS TO ADD VALUE TO OTHERS

1. **Value people.** You can spend your life either connecting with people or correcting people. If you value them, you will be connecting.
2. **Think of ways to add value to people.** Ask yourself, "How will I intentionally add value to someone else's life?"
3. **Look for ways to add value when you are with people.** Not only plan, but act in the moment; intentionally looking for ways to add value to people, all the time.
4. **Ask yourself at the close of every day, did I add value to people today.** Begin and end your day thinking about how you added value to others.
5. **Encourage others to add value to people.** Be a group of people where everyone intentionally focused on adding value to others

Live intentionally for excellence, by adding value to others today, tomorrow and every day and you will add significance and value to your life. (Source: John Maxwell – 5 Things to Add Value)

FINDING PURPOSE**Step by Step Guide to Finding Your Purpose**
developgoodhabits.com**3. Recall what you liked to do when you were a kid**

You can see glimpses of your purpose by remembering the things that you did just for the sheer fun of it as a child. As you reflect upon the story of your life, it's easy to pick up on certain patterns that tend to repeat themselves, or some trends in the activities that you did. These patterns may hold clues to your purpose. What have you found enjoyment in for your entire life?

4. Think about the things that you are willing to do even if you look like a fool

Before you can do something well, at some point you have to do it without any competence or knowledge about what you're doing. And, in order to continue working at something even after you have made some mistakes and embarrassed yourself in doing so, you have to be passionate about it. These activities are meaningful enough for you that you do them regardless of other people's opinions.

5. Observe what people ask of you when they come to you for help.

Is it a specific talent that you have? Are you a sounding board for your friends' concerns? What do people thank you for? Appreciation from other people can help fuel your work.

6. Imagine what you would be doing if you learned that you only had a year left to live

Most people don't like thinking about death, but death forces us to focus on the truly important things. Knowing this often leads you to realize what your "why" is, and allows you to let go of things that are trivial or distracting. Death may be the only thing that can give you a clear perspective on the value of your life. How do you want people to remember you?

When people do not feel like they have a sense of direction or purpose, it is because they haven't figured out what's important to them or what their values are. And if you aren't living in line with your own values, whose values or priorities are you living for? Discovering your "why" in life means that you have found a way to spend your limited amount of time here on earth well.

DEVELOPING FAITHFULNESS: KEY TO THE EXTRAORDINARY LIFE (cont'd)**WHY DEVELOP FAITHFULNESS?****III. IT GUARANTEES GOD'S BLESSING ON MY LIFE**

This is the secret of blessing. If you want to know the secret of getting God's blessing on your life, just be faithful. Be faithful in the little things.

What counts is not what you are up in front, when you're on stage, in public.

What counts is your private life. It guarantees God's blessing on my life.

"A faithful man will be richly blessed." (Proverbs 28:20)

That's a promise of God. Many times you think, "Nobody sees what I'm doing for the Lord. Nobody cares. I'm not getting strokes. Nobody appreciates me. Nobody knows what I'm doing." **God does!** It doesn't matter; you shouldn't live for the strokes of other people. You shouldn't live for the applause and approval of other people because the Bible says,

"The ways of man are before the eyes of the Lord and He ponders all his goings." (Prov. 5:21)

God sees everything that's going on in your life and my life and He says faithfulness produces blessing. In contrast,

"Like a bad tooth or a lame foot is reliance on the unfaithful in times of trouble." (Proverbs 25:19)

He's saying that unfaithful people are a pain. Inconsistency produces irritation. You expect the repairman to show up at a certain time and he doesn't show.

You expect the members of team to deliver and it's not and you're upset. **He's saying that unfaithfulness causes problems.** In fact, I'd say if you look at many of the problems we have in life a lot of them have to do with this lack of dependability. When people are undependable, it causes problems.

Therefore, if I'm not faithful it produces problems in my life.

IV. FAITHFULNESS PREPARES ME FOR LEADERSHIP ROLES

"I gave... Hannani [who was Nehemiah's brother]... charge over Jerusalem for he was a faithful man and he feared God above many." (Nehemiah 7:2)

He gave him a position of leadership because he had proved himself faithful.

The Bible says, when it gives the qualifications of a deacon or a servant of the church "**He must first be proven**". He must have track record.

Before you can be a leader, you need to demonstrate your faithfulness.

"Who then is the faithful and wise servant? He is the one whom his master has placed in charge of the other servants..." (Matthew 25:45, GN)

Both of these verses mention "placed in charge" or "charge over". This is indication of a leadership role. The Bible says to look for faithfulness.

I have no right to assume any leadership role unless I have a track record.

He's saying that faithfulness prepares me for leadership.

WHY DEVELOP FAITHFULNESS?

V. FAITHFULNESS WILL BE REWARDED IN HEAVEN

There are about 5-6 different parables at least in the New Testament where faithfulness is the essential theme. Jesus said, I want you to get the message so I'm going to repeat this different ways.

Jesus says it over and over again that God looks at faithfulness. God can overlook my ignorance and God can overlook my lack of talents. **But what He does not overlook is what I do with what I've got.** How faithful am I with the circumstances, given my background, given my spiritual gifts, my talent, my temperament etc. The issue that God judges more than anything else in the life of a believer is faithfulness. The Bible says that we will be rewarded in heaven according to our faithfulness.

"His master replied, well done good and faithful servant. You've been faithful with a few things. I will put you in charge of many things. Come and share your master's happiness." (Matthew 25:21)

If you want a goal for life, a legitimate life purpose, make it Matthew 25:21. I want to get to the end of my life, die and the next second go into the presence of God and have Matthew 25:21 applied to me. There is no more worthy goal in life than to stand before Jesus Christ and have Him say some day, **"Well done, thou good and faithful servant."** You did your best; you gave it your best shot. You tried. You had setbacks. You made mistakes. You embarrassed yourself. You weren't perfect, but you were faithful. And that's what counts.

In Matthew 25:14-27, Jesus tells this parable. Notice what He says about it. One guy went out and doubled his talent; another guy went out and doubled his talent. The guy with one talent went and buried it in a hole. **The point there is, usually that the person with minimum or average talent is often the least faithful.** They say, "I can't do everything therefore I'll do nothing. If I can't do it spectacularly, I just won't do it." **I have a philosophy: If it's worth doing, it's worth doing poorly. Or do it the best way you can for the glory of God!** **The phrase, "If it's worth doing, it's worth doing perfectly," has caused more people to sit on the sidelines than practically any other phrase.**

They think, if I can't do it perfectly, I just won't do it. So very few of us can do anything perfectly. There are some things I have to do that I'm not good at. I'm not good at car repair, but sometimes I have to change a tire. I could say, If I can't do it perfectly, like a professional, therefore I'll never change a tire. Some things you just have to do and you do it out of faithfulness, not out of expertise.

"Take the talent from him [who hadn't been faithful] and give it to the one who has ten talents. Everyone who has will be given more and he will have abundance. Whoever does not have, even what he has will be taken from him. And throw that worthless servant outside into the darkness. There will be weeping and gnashing of teeth." (v. 28)

That's strong stuff. That's how serious God considers the element of faithfulness. **He says my ministry; my life is worthless if it has not been faithful to what God has asked me to do.**

Source: www.newlifec.ca/developing-faithfulness

FINDING PURPOSE

Step by Step Guide to Finding Your Purpose developgoodhabits.com

It helps you develop resilience

People who have a deeper sense of purpose in life are better at [finding meaning in setbacks](#) they experience compared with those who wander through life aimlessly. When you know your purpose, you have a feeling of mastery that helps you let go of anything that goes wrong in your life that is irrelevant to your core values. This means that you can learn from life's hardships and bounce back quickly from adversity.

It allows you to live a life with integrity.

Those who know their purpose in life understand who they are and what they are here for. They are more satisfied in general because they're living true to their core values. When this is the case, a person doesn't have to put on a façade or act like they are passionate about a job that they truly dislike. Instead, their passion is genuine for everything they do, and they always show up as their true selves.

Now that you know the importance of finding your why, let's look at some strategies you can use to find your purpose in life.

How to Find Your Why

These activities require you to be introspective and answer some questions about your personal experiences to uncover your life's purpose. It is a good idea to write down your thoughts in a journal as you do these exercises.

1. Identify the things you can do to make other people's lives better

Having [self-awareness](#) is great. However, doing something that will benefit others more than yourself is amazing.

2. Think back to the activities you did that made you forget about the passage of time

You are fulfilling your purpose when you are doing something that energizes you rather than something that drains your energy and leaves you feeling exhausted. "Time flies when you are having fun!" Moments like this are what psychologists call the "flow," and what spirituals call connecting with the divine. Whatever is the case for you, these activities are where your passions are.

Week of January 12-18, 2020

<u>Day</u>	<u>Time</u>	<u>Meeting Method</u>
Monday – Wednesday	8:15 pm - 9:00 pm	Corporate Tele-Prayer Session
Thursday & Friday	7:30 pm – 9:00 pm	Meet @ Church
Saturday	8:15 pm -- 9:15 pm	Corporate Tele-Prayer Session

Sunday- January 19, 2020

Special Breakthrough Prayer Service	9:30 am – 9:50 am 1:15pm – 2:00 pm
-------------------------------------	---------------------------------------

Week of January 20 - 25, 2020

<u>Day</u>	<u>Time</u>	<u>Meeting Method</u>
Monday – Wednesday	8:15 pm – 9:00pm	Corporate Tele-Prayer Session
Thursday & Friday	7:30 pm – 9:00 pm	Meet @ Church
Saturday	8:15pm -- 9:15 pm	Corporate Tele-Prayer Session

Sunday – January 26, 2020

Special Breakthrough Prayer Service	9:30 am – 9:50 am 1:15pm – 2:00 pm
-------------------------------------	---------------------------------------

Week of January 27 – February 1, 2020

<u>Day</u>	<u>Time</u>	<u>Meeting Method</u>
Monday – Tuesday	8:15 pm – 9:00 pm	Tele- Prayer Session
Wednesday – Thursday	7:30 pm – 9:00 pm	Meet @ Church
Friday – ½ Night Prayer	7:30 pm – 12:00 pm	Meet @ Church
Saturday	8:15 pm – 9:00 pm	Tele- Prayer Session

Sunday – January 27, 2019 & February 2, 2020

Special Breakthrough Prayer Service	9:30 am – 9:50 am 1:15pm – 2:15 pm
-------------------------------------	---------------------------------------

Corporate Daily Tele-Prayer

<u>Day</u>	<u>Time</u>	<u>Meeting Method</u>
Monday – Saturday (AM, LUNCH, PM)	1:00 pm	Synchronize prayer 1 person/1 min/1pm
	6:33 am & pm	Synchronize prayer

Corporate Tele-Prayer Conference Line

Dial –1 (646) 558-6338

Access Code: 2249667

THE POWER OF A “YES”!

By saying yes, it's about having the courage and conviction to do the things we really want to do even though it may scare us. **Nine reasons to say yes to your life:**

- You block the miracle if you don't**
Opportunity sometimes knocks gently and does not wait for perfect timing. The truth is -- there is no perfect timing! Marie Forleo says, "start before you are ready." We need to trust that God has a bigger plan for us -- one that we can only understand with hindsight. When we say no, we reject more than the opportunity, we reject the fun it brings, what it teaches us and the further gifts that can unfold if we don't allow the initial yes.
- There are an infinite number of reasons to say no -- something is stirring the yes within you**
For something to be a question mark -- a very considered decision -- something, often deep inside of us, is saying yes. A no should be clear and obvious. Pay attention that little cheerleader for the yes for a while. Listen to what is has to tell you. It is often correct.
- Someone believes you can**
To have the option of saying yes, someone or something believes you can do and achieve something. North Face is not going to sponsor you to climb Everest in their clothing if it is wildly out of the question that you are capable. Take the opportunity as a compliment and harness the confidence other people have in you.
- Yes leads to more doors (no is often closing the door)**
When my husband was asked to transfer to New York City at age 23, many people thought it was too soon and that it was not a good idea. We are in our fifth year here and we agree almost every day it is the best thing we have done in our lives. The subsequent opportunities it has provided us have been truly abundant and humbling.
- Opportunities do not always arise again -- or at least the same ones**
Life and luck happens to all. Life and luck favor the bold. Sometimes when making a decision and considering both outcomes, the "no" outcome is connected to regret somehow. Regret is sometimes the biggest risk of all.
- Life is richer, fuller, more vibrant**
When we say yes, we do more, create more, live more.
- It attracts positivity**
The word itself is inviting and empowering. It like saying, "World, I got this!"
- Stretch yourself**
Why are we all here if not to live the highest, fullest version of our lives? By saying yes, we invite possibility into our lives and the ability to learn what we are capable of and just how far we can go.
- Life is short. Ask not why, but why not?**
One of my favorite quotes for Steve Jobs is, "Remembering that I'll be dead soon is the most important tool I've ever encountered to help me make the big choices in life." A little perspective helps us abandon our fears.sk yourself for a change: What is the best that could happen? Think upon it. How does it feel? Marinate on that for a while. A YES might be your only option

DAY 21: SATURDAY, February 1st Revelation 16:7...**THE POWER OF A "YES"**

⁷And I heard the altar saying, "Yes, Lord God the Almighty,"!

All through scripture when God had a purpose to accomplish in the earth, He sought out an individual. Although His purposes would impact many, He always started with one.

He's a God of generations but, He begins to build a generation from the "Yes" of one man, one woman, and one child.

He built a nation from the "Yes" of one man called Abraham who chose against all things logical, to believe God. (Genesis 12:1-4)

He changed the world and the eternal destiny of humanity through the "Yes" of one teenage girl who even in her confusion told the angel "Be it unto me according to your word." (Luke 1:38)

He used the "Yes" of the boy Samuel and raised up a mighty prophet of Israel, whose words the bible said God never allowed to fall to the ground. (1 Samuel 3:19).

He used the "Yes" of a little boy to feed over 5,000 people.

They all agreed to co-labor with God even though they didn't know all that the plan entailed.

Even though they didn't know fully what it would cost them. Even though God hadn't sat them down and walked them through the details of all He was going to do.

Their response to God's will and God's way ruined them for the ordinary and opened the door to the Extraordinary Life.....

- What is the "Yes" that God is waiting on from you?
- What has He called you to that you've been shrinking back from?

Just like Abraham, Mary, Samuel and countless others in scripture and throughout history, God wants to use your "Yes" to fulfill His purposes in the earth and preserve life.

PRAYER

Dear Jesus, help me to see in every challenging situation opportunities for personal and spiritual growth and for the spreading of the glory of the gospel of Jesus Christ.

Devotional Text

- ◆ Genesis 12: 1-4
- ◆ 1Samuel 3:1-21
- ◆ Luke 1: 26-55
- ◆ Esther 4:16

Thought for the Day

"One thing about "yes" and "no" is that you can't say one and leave the other. When you say "no", it means "yes" to something else."

— NESTA JOJOE ERSKINE

Life's Question

**What is the best that could happen?
Think upon it!**

**THE GREATNESS OF
A MAN'S POWER IS
THE MEASURE OF HIS
SURRENDER.**

- WILLIAM BOOTH

(Source: The Power of a "Yes", Rev. Carla Samuels)

Corporate Prayer & Fasting Schedule

Schedule for Week of 1/12/2020 – YIELD

Date	Day	Theme	Leader
01/12/2020	Sunday 8:00 am 11:00 am	Choose to be Faithful	Ian Lutchman Norman Clayton
01/12/2020	9:30 am 1:15 pm	Breakthrough Prayer	Ian Lutchman Pastor & Board of Elders
01/13/2020	Monday	Make a Difference	Pastor Spencer
01/14/2020	Tuesday	Share Wisdom	Eu/alee Wright
01/15/2020	Wednesday	Life Seasons	Louise Scott
01/16/2020	Thursday	Life is Meaningless	Rev. Eva Diah
01/17/2020	Friday	I Can	Kerry Crawford
01/18/2020	Saturday	Happiness	Nicole Allen

Schedule for Week of 1/19/2020 – YET

Date	Day	Theme	Leader
01/19/2020	Sunday 8:00 am 11:00 am	Success	Dalton Patterson Norbert Allen
01/19/2020	9:30 am 1:15 pm	Breakthrough Prayer	Dalton Patterson Mitzie Wilks & Governing Board
01/20/2020	Monday	Integrity	Maureen Reid
01/21/2020	Tuesday	Money	Allan Selman
01/22/2020	Wednesday	Pining	Rochel Guyah
01/23/2020	Thursday	Life is Not Fair	Iona Watson
01/24/2020	Friday	Reason to Live	Maxine Campbell & Women's Ministry
01/25/2020	Saturday	Decisions	Marlon Samuels

Schedule for Week of 1/26/2020 – YES

Date	Day	Theme	Leader
01/26/2020	Sunday 8:00 am 11:00 am	When God Doesn't Make Sense	YOUTHS YOUTHS
01/26/2020	9:30 am 1:15 pm	Breakthrough Prayer	Youths Rev Carla Samuels
01/27/2020	Monday	Stay on Track	Musicians
01/28/2020	Tuesday	Progress	Norbert Allen
01/29/2020	Wednesday	Two Better Than One	Andrea Clayton & Choirs
01/30/2020	Thursday	Search for Meaning	I. Lutchman & Men's Ministry
01/31/2020	Friday	The Power of a Yes	Youth Ministry & Dept. Heads
02/01/2020	Saturday	Daring Greatly	Patricia Jacobs-Reyes

FASTING CULMINATION

Breakthrough Sunday – February 2, 2020

1:15 pm – 2:15 pm

Pauline Patterson

Luke 16: 10, Ephesians 1:18

Connection Questions:

1. What is the "one thing" you desire more than anything else?
2. Has God given you the strategy to war against your biggest distraction to prayer?
3. Are you able to pray each day in the same place?
4. How do you want to grow in prayer? Have you received fresh oil?

Devotional Scripture for 21 Day Fast

DAY 20: FRIDAY, January 31st 2Timothy 1:7.....

DARING GREATLY

"7 For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline."

A few days after I was given the stomach cancer diagnosis, I was getting out of the shower and I found myself utter a one-sentence prayer. "So God, now that I have the information, what am I to do with it? Ten months later, I cannot say that I know the full answer, but there are certain things I do know. I know God does not want me to wallow in self-pity. He does not want me to lose my faith and trust in Him. Instead, He wants me to dare greatly – to turn my predicament into triumph.

Caleb, one of 12 spies conceded like the others that the land had much milk and honey, and fruit; the cities were fortified and very large; the people were strong; giants lived there; but in his eyes "we should go up at once and take possession, for we are well able to overcome it" (Num. 13:27-33, NKJV). God in speaking about Caleb said he had a different spirit in him and that he had followed Him fully (Num.14:24).

The same kind of trust in God Caleb exhibited was shown by Queen Esther and Ruth. Esther was willing to risk her life to save her people even under precarious circumstances. Esther teaches us we must break intimidation and fear and trust God to work His purposes out, even if the outcome is not what we would want (Esther 4:16). Most of the time our lives may be pretty routine, but all of us encounter some watershed moments when we may be called on to put godly principles above personal benefit.

Ruth, a childless Moabite widow living with her widowed mother-in-law and probably hurting immensely, didn't allow her past to hold her back. She was willing to go with Naomi to her country and declared that nothing but death would separate them.

Where you die, I will die, and there will I be buried. The Lord do so to me, and more also, if anything but death parts you and me"
(Ruth 1:17, NKJV).

Ruth showed unflappable courage and unwavering faith. She overcame her past by turning from her idolatrous way of life and serving the one and true God. She believed God would provide for Naomi and her. Her faith was rewarded and she was used mightily of the Lord and became the great grandmother of King David, from whose lineage Jesus was born.

A seemingly hopeless situation may actually be an opportunity for the birth of something new. It may herald a new season in our lives. **What will make the difference is our mindset.**

When we are confronted with a fate that cannot be changed, the challenge is for us to change ourselves. What matters is that we see in that situation a uniquely human potential to transform the personal tragedy into triumph. We may not be able to control what happens, but we can control how we respond.

(Source: Daring Greatly, Patricia Jacobs-Reyes, Ph.D.)

Thought for the Day

It is in the quiet crucible of your personal, private sufferings that your noblest dreams are born and God's greatest gifts are given."

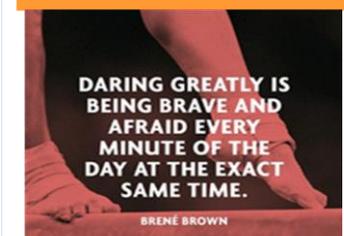
- Wintley Phipps

Devotional Text

- ♦2Timothy 1:7
- ♦Numbers 13: 27-22
- ♦Numbers 14:24
- ♦Esther 4:16 ♦Ruth 1:17

PRAYER

Dear Jesus,
Help me to see in every challenging situation opportunities for personal and spiritual growth and for the spreading of the glory of the gospel of Jesus Christ.



DAY 19: THURSDAY, January 30th – Eccl. 12:13 THE SEARCH FOR MEANING

“¹³ After all this, there is only one thing to say: Have reverence for God, and obey his commands, because this is all that we were created for.”

Viktor Frankl was one of the few, who survived in a place, where your chances of dying are higher than those of living on any given day. After three years in various concentration camps, his camp Türkheim was liberated, upon which he returned to Vienna, where he was born.

Frankl spent the rest of his life teaching what he'd learned during the worst of times: that people can, and must, find meaning in their lives, even if all they know is tremendous suffering. It is called Logotherapy and has made him one of the key figures of modern psychology. Human nature is motivated by the search for a life purpose. Here are 3 lessons from his world-famous 1946 book, [Man's Search For Meaning](#):

Lesson 1:

Being indifferent to death allowed people to survive. In order to survive, you had to be okay with dying any moment. This sort of indifference to death, allowed prisoners to shield their minds from the terrors around them and do what was necessary to survive. Sometimes, the only way to survive is to surrender to dying.

Lesson 2:

Try to force your fears to come true to make them go away. You should do exactly what you're afraid of.

Lesson 3:

Your life has its own meaning and it's up to you to find it in any given moment. If you ask any great chess player what the best move in chess is, there is no such thing. Of course there's a best move in any game situation, but no general move beats all others. The meaning of your life is the same way. Your life's meaning is not only unique to you; it also depends on your decisions and situations. How you act, and how much responsibility you bring to the decisions you make determines how big your sense of meaning in life is.

INSIGHT QUESTIONS:

- What made deciding, whenever you had a small chance to, crucial to survival?
- Why meaning is the biggest motivator of our lives?
- How to avoid the gut-wrenching feeling that makes life meaningless?

What you believe about God will determine the way you view your life

Source: Man's Search For Meaning Summary, Niklas Goeke

Everything can be taken from a man but one thing: the last of the human freedoms—to choose one's attitude in any given set of circumstances, to choose one's own way.

Devotional Text

Ecclesiastes, 9:1-18

Ecclesiastes, 12:1-14

Deuteronomy 4:39-40

The meaning of life is to find your gift. The purpose of life is to give it away.

Pablo Picasso

CHARACTERISTICS OF A FAITHFUL PERSON

The Eight things God is going to evaluate to judge your faithfulness.

1. A FAITHFUL PERSON HAS RIGHT VALUES

- A faithful person knows what's important in life and what isn't important in life.
- A faithful person knows how to invest his or her life and how not to.
- A faithful person makes their life count.
- A faithful person knows the significant from the trivial.

“A faithful man will be richly blessed but one eager to get rich will not go unpunished.”
(Proverbs 28:20)

This contrasts faithfulness with a desire to get rich quick. He's not talking about making money. **The Bible teaches you to earn all you can, save all you can, give all you can.** In fact, the Bible says,

“He who does not provide for his family is worse than an infidel.” (1Tim. 5:8)

But this is talking about get rich quick schemes, if you take the context around it. It compares the consuming desire to make a buck as being the primary goal in life with faithfulness. He's saying that what we have to realize is there is more to life than just the accumulation of things. Yet we live in a materialistic world where the soul goal of life for most people is the accumulation of things. That's their whole purpose. The one with the most toys at the end wins, philosophy. So wrong!

Faithfulness is proven by our refusal to buy into the system that says the almighty buck is the number one thing in life. Faithfulness is proven by a choosing of a simplified lifestyle in order to have more time for ministry.

How do you judge that? There's no standard. What's simple for one person may not be simple for another. But if all your time and energy is going in to making a buck, you're not being faithful. You know there are many people in the church who have the background and qualifications to be lay pastors and they're not here this morning because “I'm too busy.” What am I too busy for? I'm too busy making a buck. I've got myself in over my head and my expenses are so high that we have to hustle just to make ends meet and we don't have time for ministry. **The Bible says that's unfaithfulness.**

In Luke 16:13 Jesus put it in black and white terms. He simply said you can't serve God and money at the same time. But that's not the important value in life. What counts is lives of people.

Source: www.newlifecc.ca/developing-faithfulness

CHARACTERISTICS OF A FAITHFUL PERSON

The Eight things God is going to evaluate to judge your faithfulness.

2. A FAITHFUL PERSON CARES FOR OTHERS' INTEREST, NOT JUST HIS OR HER OWN

The Bible says that the second way God is going to judge our faithfulness is our relationship to other people. Did we care about the relationships of others and not just our own relationships? A great example is Timothy. Paul says,

"I have no one like Timothy who takes a genuine interest in your welfare. For everyone looks out for his own interest and not those of Jesus Christ. But Timothy has proved himself. He has served with me in the work of the Gospel." (Philippians 2:20)

He says there's nobody else like Timothy. Everyone else looks out for his own interest. God says faithfulness swims against the stream of contemporary culture. Contemporary culture says "What's in it for me? What are my needs, my ambitions, my desires, my goals, my hurts, my values, my profit, my benefit?" It's very selfish, self-centered. What's in it for me?

God says faithfulness is proven by our other-directedness and by giving our life away, by looking at others rather than concentrating on our own self.

The Bible teaches that faithfulness is a choice. I can choose to change my attitude so that the focus gets off me and what's best for me and instead say, "What's best for others? What's best for my kids? What's best for my wife?" When you accepted a wedding ring you made a vow of faithfulness.

But the truth is you don't have to commit adultery to be unfaithful to your mate. There are lots of ways to be unfaithful. I know a lot of guys and a lot of ladies who are in love with their career. Their job is their mistress. They're being unfaithful because they're thinking of themselves rather than others. When I'm being unreliable, I'm being unloving.

3. A FAITHFUL PERSON DEVELOPS AND USES HIS/HER SPIRITUAL GIFTS

There's a tremendous emphasis on this in the Bible, using the gifts and the talents God has given you – natural talents He's given you, spiritual gifts, abilities. God has made an investment in our life and He expects a return on it.

"Each should use whatever spiritual gift he has received to serve others faithfully, administering God's grace in its various forms." (1 Peter 4:10)

If I am not using the spiritual gifts God has given me, people are getting cheated. Just because we can't do the spectacular doesn't excuse us from doing nothing.

Faithfulness is based on what we do with what we have.

God wants us to develop and use our gifts. God says we're to faithfully administer – use, develop.

Devotional Scripture for 21 Day Fast

DAY 18: WEDNESDAY, January 29th—Ecclesiastics 4:12 2B1

"Two are better than one, because....."

There are some people, who for whatever reason, believe that they don't "need" other people. They don't need friends. They don't need companions. They don't need anyone to help them. What causes someone feel this way?

Perhaps the reason some people come to the point of not needing others is due to the fact that somewhere along the way, they did indeed need a friend and in that time of need – their friend failed them. In many ways, their insistence about not needing is an indication of just how much they need.

In today's passage of scripture, Solomon shares with us some great wisdom concerning our need for good friends. We need good friends to pick us up when we are down. We need good friends to warm us up when we are cold. We need good friends to help defend us when we are being attacked. We need good friends to give us strength when we are weak. In short – we need good friends.

Developing a good friendship with another person is important to our well-being; but best of all is when that friendship has the Lord Jesus as its third partner. **"Three are even better, for a triple-braided cord is not easily broken."**

This past weekend I was privileged to spend some time with someone who has been a good friend of mine for many years. During the course of our catching up, he shared with me some events that have recently happened in his life. The more we

talked, the more I felt the need for us to get down on our knees and pray for each other. We prayed over our relationships with the Lord. We prayed over the needs of our churches. We prayed over our families. We prayed over our individual needs. We prayed for ourselves, but more importantly, we prayed for each other. Woven into our relationship was the greatest friend a person will ever have – the Lord Jesus.

I have had many friendships during the course of my life, but the best friendships I have are the friendships built around Christ. How about your life? Is it interwoven with others? Is the Lord Jesus intertwined in your relationships? Two friends whose relationship is interwoven with Christ is a cord that is not easily broken.

(Source: Two are better than one, Pastor Terry)

*"There is nothing on this earth more to be prized than true friendship."
—Thomas Aquinas*

Devotional Text

- **Eccl. 4: 7-13**
- **Amos 3:3**
- **Proverbs 17:17**
- **John 15:14**
- **Luke 16:9**

PRAYER

Lord, thank You for friends and family, those whom you have placed in my life to bring greater increase, help in times of trouble, and warmth in times of cold loneliness. Help me to be a friend as well as receive friendship

Ecclesiastes 4:9&10

Two are better than one, because they have a good reward for their labour. For if they fall, the one will lift up his fellow: but woe to him that is alone when he falleth; for he hath not another to help him up.

DAY 17: TUESDAY, January 28th –Ecclesiastes 12:8-14... **PAIN - PROGRESS**

“¹¹ The sayings of the wise are like the sharp sticks that”

Not all pain is the same. There is pain that pulls us down, and there is pain that leads to progress. There is pain we should prevent, and there is pain we should pursue. The key to progress is knowing which pain is which. [Ecclesiastes 12:11](#) says, "The words of the wise are like goads, their collected sayings like firmly embedded nails—given by one shepherd."

A goad is a cattle prod — a sharp metal object on a handle used to keep cattle moving. In our lives, Jesus is the shepherd, and the Bible is the cattle prod. Jesus said if we want to truly follow Him we have to be committed to obeying God's Word ([John 14:23](#)). When God's word tells us what we want to do (or are doing) is not God's plan for us, it is a painful thing to hear. But that pain, like a prod, will always keep us on the right path and moving forward. To choose to ignore God's Word and do things our own way feels good at the time, but pain will come later and will last longer.

Not only does following God's Word keep us moving forward, but the collective wisdom in the Bible provides security and stability in times of trouble. Jesus said if we hear and obey His commands, the worst storms would not destroy us ([Matthew 7:24-27](#)).

While God's words are not always easy to hear, His direction is priceless. The best thing we can do is live in awe of God and obey His commands.

Reflect:

- Is there an area of your life in which you are not obeying God's Word?
- What pain of change do you need to commit to enduring to avoid the pain of regret in that area?
- Are you living in the regret and consequences of a time you ignored God's wisdom?

God doesn't want you to live that way. Get back on the road to progress

(Source: Eccl. 20-Day Devotional, New Spring Church)

Grow through what you go through



Just because your progress isn't obvious, doesn't mean your faith is not working."

--Steve Furtick

Growth is painful,
Change is painful. But
nothing is as painful as
staying stuck somewhere
you don't belong

--Unknown



Devotional Text

- **Eccl. 12:8-14**
- **John 14:23**
- **Matthew 7:24-27**

“ little by little, a little becomes A LOT ”

TANZANIAN PROVERB

ART BY CHARLIEHILTON

URBANTIMES

CHARACTERISTICS OF A FAITHFUL PERSON

The Eight things God is going to evaluate to judge your faithfulness:

4. A FAITHFUL PERSON LIVES A LIFE OF INTEGRITY BEFORE THE UNBELIEVING WORLD

In other words, a mark of faithfulness is what kind of testimony do I have with unbelievers? Not what do believers think about me, but what do unbelievers think about me? It's interesting that the Bible teaches that a pastor is to be above reproach in the community, he is to have a good reputation. Not with believers, but with unbelievers. You know why. We've seen when somebody in the ministry has a bad reputation with unbelievers and it spreads out all over the newspaper, and what that does to the cause of Christ. The best example I can think of here is Daniel. This is talking about unbelievers who were peers of Daniel. He had been appointed a governor, a satrap (what they call them in Persia), and the other governors were very jealous.

“They were jealous and began searching for some fault in the way Daniel was handling his affairs so that they could complain to the king about him. But they couldn't find anything to criticize. He was faithful and honest and made no mistakes.” (Daniel 6:4, LB)

How would you like to have that kind of reputation at work? They couldn't find anything to criticize about him. The guy was blemish-less, spotless. He maintained a blameless testimony. This is a practical example of faithfulness. When you hire somebody one of the main things you look for is faithfulness. Are they going to be loyal? Are they trustworthy? Can you trust them with this responsibility? We need to ask ourselves, “Am I faithful in the little things at work?” **When we're faithful in the little things, God gives us greater responsibilities and we grow.** I think what this verse is saying is that Christians should have the reputation of being the most dependable people in the market.

5. A FAITHFUL PERSON PASSES ON TO OTHERS WHAT HE OR SHE LEARNS

“...Commit these things to faithful men who will be able to teach others also.” (2 Tim. 2:2)

It's a transferring process of multiplication. Paul says, I gave it to you, Timothy. You're to give it to faithful men and the faithful men are to give it to others and on and on. None of us would be here today if there hadn't been faithful men and women in the last 2000 years of the church.

We're here today because some faithful men and women took time to write down the Scriptures. And others preserved the Scriptures, and others translated the Scriptures. **We're here because of the testimony of faithful people.** If God teaches you a spiritual truth and you're learning a spiritual truth, it's your duty to pass it on to others. What has God given me? Everything!

“Now it is required that those who have been given a trust must prove faithful. I am to be faithful with whatever God has given me.” (1 Corinthians 4:2)

If he's given me a family, I'm to be faithful to that. If He's given me a job, I'm to be faithful to that. If He's given me finances, I'm to be faithful with that. If He's given me a ministry, I'm to be faithful with that.

Source: www.newlifecc.ca/developing-faithfulness

DAY 1: SUNDAY, January 12th—Luke 16:10-12 “BE FAITHFUL”

“If you are faithful in the little things, you will be faithful in large ones...”

God uses little things to test your integrity. We think it's the big things in life that create a leader — but no. The big crises in life reveal leadership, but leadership is not built in the big things of life. It's built in the small things. That's where integrity shows up — in the stuff that nobody sees, in the stuff behind the scenes, and in the small, unseen, unspectacular choices of life where you do the right thing even though nobody's ever going to see it.

Faithfulness requires integrity, and God tests your integrity in the little things. Jesus says,

“Whoever is faithful in small matters will be faithful in large ones; whoever is dishonest in small matters will be dishonest in large ones” (GNT).

He's saying your public blessing is determined by your private integrity. Jesus taught that God looks for people who are honest and responsible, not only with the projects that get attention but also ones that seem insignificant. He said we need to be *“faithful in small matters.”* If we are faithful in things which seem small, we demonstrate our true character. We display habits we also will apply to projects with greater visibility and importance.

If we seek excellence and do our best in small matters, we demonstrate that we are committed to excellence in *everything* we do, not just the things that people notice.

Do you want greater spiritual riches? Do you want to be fruitful in God's Kingdom? Seek to foster a spirit of responsibility and excellence, starting with projects that seem small and interaction with people who seem to have little influence. Cultivate these attitudes in every project, big or small. Pursue excellence with every person and in every situation.

Remember: God is interested in your *heart*. Before He will give you the true riches and abundance of His Kingdom, He wants to see if you are trustworthy.

Make it your prayer to be faithful and honest in everything you do today, even in small, practical situations. Strive for excellence even when no one seems to be looking. God sees and will reward your faithfulness.

(Source: Faithful in little things, Inspiration Ministries & Rick Warren)

Faithfulness
is the Key to
Spirituality,
Relationships
And Life.

Liquid Equip.OM

PRAYER

Father, I want to receive the blessings of Your Kingdom. Help me to be faithful and trustworthy with all the things You have given me. In Jesus' name.

♣♣♣♣

Be FAITHFUL
in small things
because it is in them
that our strength lies.

-Mother Teresa

photoswithquotes.com

Reflection

What has God entrusted to you that he uses to test your integrity?

Where in your life is it most difficult to be faithful in the small things?

Does it change anything for you in your private life to remember that God sees everything? Why or why not?

Devotional Text

Luke 16: 9-12
Matthew 25: 14-31
Galatians 6:9

Devotional Scripture for 21 Day Fast

DAY 16: MONDAY, January 27th – Eccl. 12: 1..... STAY ON TRACK

“So remember your Creator while you are still young, before”

“Recalculating...Make a legal U-turn,” directs the electronic voice as you struggle through unfamiliar streets. You feel overwhelmed as your spouse adds, “We're lost! You said you knew exactly how to get there. I told you to turn on the GPS sooner!”

Just as a map or GPS is more beneficial when you use it from the beginning of a trip, a daily relationship with God can keep us grounded and on track for His plan for our lives.

Too often, we wait to seek God until we feel desperate and overwhelmed. Prayer is frequently our last resort rather than a daily routine.

In [Ecclesiastes 12:1](#), Solomon gives us simple and wise counsel: “Remember your Creator in the days of your youth, before the days of trouble come.” The metaphors that follow describe the physical and emotional challenges of life and growing old. Solomon advises us to seek God now, not to wait until we feel hopeless and out of options.

God has a specific plan for your life, beginning with a personal relationship with Jesus. He wants you to experience a full life through a daily relationship with Him. There will always be trials and tribulations, but walking through them with God allows us to face those trials with the wisdom, encouragement, and comfort only He can give.

Seeking God only when you are in desperate circumstances is like turning on your GPS after being lost and driving aimlessly. You can avoid the last-minute U-turn by seeking God's direction every morning.

Reflection

- Think of a recent difficult situation you tried to handle on your own rather than with God. How did you feel?
- How might the situation have gone differently if you sought God from the beginning?
- What is one step you can take today to begin relying on God by spending time with Him in prayer and trusting Him to direct your path?

(Source: Eccl. 20 Day Devotional, New Life Church)

**DONT COUNT
THE DAYS.
MAKE THE
DAYS COUNT**

Devotional Text

Ecclesiastics 12
Philippians 3:16-21
Isaiah 48:17
Psalms 16:11

*God does not forget
His plans for us, but
sometimes we do, and
that will lead us off-
track*

♣♣♣♣

**Avoid last-minute U-
turns by seeking God's
direction every morning**

**IF YOU ARE
PERSISTENT,
YOU WILL GET IT.
IF YOU ARE
CONSISTENT,
YOU WILL KEEP IT.**

DAY 15: SUNDAY, January 26th – Ecclesiastics. 11:8 **PITY**

PARTY CRUSHERS

"However many years anyone may live, let them enjoy them all. But let them remember the days of darkness. for there will be manv..."

We've all had days where everything goes wrong and the last thing we want to do is praise God. Our relationships are strained, work is overwhelming and we are exhausted. When God is bringing us through this kind of season, our instinct is a pity party.

Scripture has the power to make a broken heart a joyful one

Scripture gives us another way to react when our circumstances are nowhere near ideal. [Psalm 68:3](#) says, *"But may the righteous be glad and rejoice before God; may they be happy and joyful."*

This may seem impossible, and alone, it is. However, clinging to Scripture has the power to make a broken heart a joyful one. Whenever you sense the pity party rising in your heart, be the party pooper. Pick a verse and cling to it. Preach it to yourself.

For example, when everything seems to be going wrong you can cling to [Psalm 34:19](#), *"The righteous person may have many troubles, but the Lord delivers him from them all..."* We will experience trouble. The Lord will deliver us.

Practicing a constant awareness of God's presence and His goodness will train your heart to be unshakable with joy. Sadness will come. Trouble is inevitable. But, God promises to fight for and to bring joy to those who love Him.

Reflection

- In what area of your life do you struggle to find joy?
- Is there a sin in your life that is preventing you from having joy in that area? If so, who do you need to tell to help you kill that sin?
- How can you practice taking your eyes off your circumstances and placing them on Jesus so you can experience the fullness of joy He has for you?

(Source: Eccl. 20 Day Devotional, New Spring Church)

"Self-pity is spiritual suicide. It is an indefensible self-mutilation of the soul."

— Anthon St. Maarten

Devotional Text

Ecclesiastes 11:7-10

Psalm 68:3

Psalm 34:19 10-11

4 Reasons Self-Pity is one of the Most Dangerous Emotions

1. It builds a wall between you and failure
2. You justify your anger by comparing yourself to successful people
3. It makes you feel special
4. It can become an unbreakable routine



"THE BEST EXIT OUT OF A PITY PARTY IS TO REMEMBER THE TRUTHS OF GOD'S WORD."

CRYSTAL MCDOWEL PSALM 69:20

DAUGHTERS

Devotional Scripture for 21 Day Fast

DAY 2: MONDAY, January 13th – 1Peter 1:13 **MAKE A DIFFERENCE**

"Better to be poor and fear the Lord than to be rich and in trouble...."

Your life will be wasted. That can be a good thing or a bad thing, depending on the decisions you are making right now.

After a long but productive day at work, we feel tired, done, wasted. But, what a sweet feeling to know you put in the work and will see the benefits, whether it's a raise or just the feeling of a job well done. Then there are the times when we face a looming work deadline but spend all morning on Facebook. Time wasted.

How you spend your time today determines your tomorrow.

Solomon, the writer of Ecclesiastes and Proverbs, fell into a routine of wasting his days. To outsiders, Solomon seemed to have it all together. He spent his time acquiring women and money. Building projects were erected in his honor. He was a king, after all, so how bad could life be? Then you read Ecclesiastes and realize how hopelessly depressed Solomon became.

A life well wasted is not spent feeding our own desires. A life well wasted is spent loving God and loving others. What would happen if we spent our time and energy making a difference instead of just making money?

Our life will be wasted in pursuit of God, or it will be wasted in pursuit of lesser things. There is no other option. At the end of your life, when everything is said and done, will you be able to look back at a trail of lives that have impacted for eternity or will you see old cars, old homes and bank accounts filled with money that will be given to someone else to spend?

I AM STATEMENTS

- I am worthy of success, happiness and peace of mind
- I am loved, accepted and valuable
- I am brilliant and beautiful
- I am smart enough to do anything I want but shrewd enough to choose God's way
- I am clever enough to figure out a solution to my problem but wise enough to seek God's guidance
- I am good enough
- I am unique
- I am a person of destiny

It's the small things DONE OFTEN that make the difference
DR. JOHN GOTTMAN

estymarr.ed

Devotional Text

Ecclesiastes 1:1-11

Proverbs 15:16-17



Always Remember You Are Chosen

Reflection

- If your life was over today, how would you feel about the way you spent your time?
- What does a life in pursuit of God look like?
- What decision do you need to make today to live a life that makes a difference?

(Source: Eccl. 20 Day Devotional, New Spring Church)

DAY 3: TUESDAY, January 14th—Luke 12:48b....**WISDOM IS MEANT TO BE ..**

⁴⁸"Much is required from the person to whom much is given; much more is required from the person to whom much more is given....."

What would you do if you had more money than you could possibly imagine? Consider that you had worked hard for every penny earned, and you had a team of supporters behind you every step of the way. Would you spend it all on beautiful houses, furnishings, cars and clothes for yourself? Would you use it to travel and explore different foods and culture? Would you bury all of your riches so no one else could ever find them? Maybe you would invest it, let it grow into something even more. Or, would you support a charity or someone in need?

It's fun to dream about what you'd do with a lot of wealth, but now imagine instead of money, you were rich with wisdom.

God blessed Solomon with wisdom to lead his nation. However, Solomon confessed, "For with much wisdom comes much sorrow; the more knowledge, the more grief" ([Ecclesiastes 1:18](#)). The more we know, the more imperfection we see around us. Solomon became aware of the evil in the world and was overwhelmed by it.

Wisdom, like money, is meant to be used, not just accumulated. If we merely seek wisdom, we are doomed. We will be "chasing after the wind" ([Eccl.1:17](#)). But God created us for more than that.

From the one who has been entrusted with much, much more will be asked. -[Luke 12:48](#)

"But the one who does not know and does things deserving punishment will be beaten with few blows. From everyone who has been given much, much will be demanded; and from the one who has been entrusted with much, much more will be asked"

Seeking wisdom doesn't have to be fruitless. It also doesn't have to be scary. When we accept the responsibility to do something with knowledge and wisdom, we start to see change. And, God will entrust us with even more.

Similar to money, wisdom is a resource God asked us to steward. If we waste wisdom, it is worthless; but if we use it for good and God's glory, it can change the world.

Reflection

- What area of your life have you asked God for wisdom in recently?
- What is one way you could use the knowledge you've been given to impact the world around you?
- What wisdom could you share with your loved ones?

(Source: Eccl. 20 Day Devotional, New Spring Church)

Devotional Scripture for 21 Day Fast

DAY 14: SATURDAY, January 25th | -- Eccl. 10:2 **DECISIONS**

²"It is natural for the wise to do the right thing and for fools to do the wrong thing"

Fools are not always clowns or jesters. Fools in Ecclesiastes, like a lot of us, lack self-control, talk a little too much and give themselves a little too much credit.

We can all recall a time when we acted foolishly. Maybe we had too much to drink at a party, spent too much money on clothes, or gossiped about a friend who found out later.

Looking back, we wish we could have enjoyed just one glass of wine with dinner, been a better steward of our money, or took some time to build up friends rather than tear them down. Hindsight is 20/20, but God offers something even better than hindsight. He offers wisdom.

In this life, foolishness might gain popularity, a lavish lifestyle, or temporary comfort, but in God's eyes wisdom is highly valued—even more than silver and gold ([Proverbs 16:16](#)).

God has good things in store for those who are faithful.

God promises that those who search for wisdom will "understand the fear of the LORD and find the knowledge of God" ([Proverbs 2:5](#)).

Why is that important? Because we don't need to make poor decisions now to learn how to make wise decisions later. We can have the knowledge of God now in order to make wise decisions that will honor Him in the future. Ultimately, this will bring about rejoicing, not regret.

Decision-making Process

- | | |
|--|--|
| Step 1: Identify the decision. You realize that you need to make a decision | Step 3: Identify the alternatives |
| Step 2: Gather relevant information | Step 5: Choose among alternatives |
| Step 4: Weigh the evidence | Step 7: Review your decision & its consequences |
| Step 6: Take action | |

Reflection

- How do you make decisions now? Do these decisions often end in regret?
- What is one way you can seek God's wisdom today?

(Source: Eccl. 20 Day Devotional, New Spring Church)

"When a man becomes a Christian, he becomes industrious, trustworthy and prosperous. Now, if that man when he gets all he can and saves all he can, does not give all he can, I have more hope for Judas Iscariot than for that man"

—John Wesley



Devotional Text:
Ecclesiastes 1: 18
Luke 12:41-48
James 1: 5-8; 3:13-18

Always Remember
You Are God's
Special Possession

"To be careless in making decisions is to naïvely believe that a single decision impacts nothing more than that single decision, for a single decision can spawn a thousand others that were entirely unnecessary or it can bring peace to a thousand places we never knew existed."

— Craig D. Lounsbrough

Devotional Text

Ecclesiastes 10
Proverbs 16:16
1John 4:7-8
Proverbs 2:5

It's not hard to make **decisions** when you know what your values are.

Roy Disney // Quotesian.com

DAY 13: FRIDAY, January 24th – Ephesians 5:15... A REASON TO LIVE*15"So be careful how you live"*

How many times have you heard someone say: "The only sure things in life are death and taxes"? The person who originally came up with that concept was King Solomon. In the book of Ecclesiastes, he wrote: "It seems so tragic that everyone under the sun suffers the same fate. That is why people are not more careful to be good. Instead, they choose their own mad course, for they have no hope. There is nothing ahead but death anyway"

Ok, he didn't say anything about taxes, but if he was paying them, he would have. But, let's look more closely at what he says before that. People assume they have no hope, so they do whatever they want without concerning themselves with the consequences, because they are going to die anyway. Sound familiar? Amazing how little has changed in 3,000 years.

Now fast forward 1,000 years after Solomon to the birth of Jesus Christ, the hope of the world. As followers of Jesus, we are expected to view our lives differently than in Solomon's time. Paul gives us the right perspective in Ephesians: "So be careful how you live. Don't live like fools, but like those who are wise. Make the most of every opportunity in these evil days. Don't act thoughtlessly, but understand what the Lord wants you to do"

Love the people God has put in your midst

These verses stand in stark contrast to those in Ecclesiastes. Live fully aware of the consequences of our actions. Don't waste a single opportunity to do good by loving those God has put in our midst.

"Doing what you believe in is passion. Doing it the best you know how is contribution."
— Doug Fish

Devotional Text

Ephesians 5:15-20
Ecclesiastes 9:1-12

Life Application

1. Are you living for yourself or for God?
2. Who is one person in your life God is asking you to "do good" to?
3. What is one way you can do that?

When GOD is your reason to live, You will have no reason to quit.

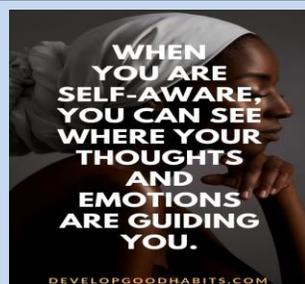
relationshipquote.com

(Source: Eccl. 20-Day Devotional, New Spring Church)

5 Steps To Finding Your Life Purpose

- Step 1:** Find out what drives you
Step 2: Find out what energizes you.
Step 3: Find out what you are willing to sacrifice for
Step 4: Find out *who* you want to help.
Step 5: Find out *how* you want to help

(Source: Psychology Today, Tchiki Davis, Ph.d)



Devotional Scripture for 21 Day Fast

DAY 4: WEDNESDAY, January 15th—Ecclesiast 3:1... LIFE SEASONS*1"For everything there is a season, and a time for every matter"*

Ever noticed how the seasons of the year are similar to the seasons in our lives? Summer flies by while winter lasts forever. In our lives, the good times pass quickly while difficult periods seem to linger. While no one likes to experience hard times, they are opportunities to grow.

Life is full of contrasts. We go through mountains, and we go through valleys. We go through successes, and we go through failures. We have wins, and we have losses. In weather, there are four seasons. But in your life, there are dozens of different seasons. And every season of life includes both good and bad times.

Ecclesiastes 3:1-8 gives us a representation of different life experiences: *"For everything there is a season, a time for every activity under heaven.*

Life is a combination of contrasting seasons. All sunshine and no rain make a desert. If you're following God's will, if you're trying to live your life according to the way God wants you to live, then you'll eventually see that these experiences can have purpose and value in your life.

Ray Stevens' song, Everything is beautiful in its own way is not exactly true. Everything is not beautiful. Cancer is not beautiful. Child abuse is not beautiful. War is not beautiful. The Bible says it differently in Eccl.3:11: *"God has made everything beautiful for its own time"* (NIV). That's very different from "Everything is beautiful in its own way."

Because the Bible is saying that God can take even the bad things and, in the proper season, turn them around and use them for good in the way he intends.

You may be going through a season right now that is not beautiful. Your finances look ugly. Your health looks ugly. Your marriage or a friendship looks ugly. Your future looks ugly. But God can make something good out of it as you trust him with the pieces.

Tough seasons allow our faith to grow

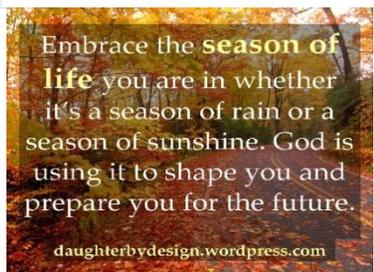
(Source: Every Season of Life has a purpose, Rick Warren)

If you could kick the person in the pants responsible for most of your trouble, you wouldn't sit for a month.

Theodore Roosevelt

Life Application

1. What difficult situation do you need to entrust to God today and trust his plan?
2. What are some ways you can know if you're in God's will?
3. When you encounter a tough season how do you normally respond?
4. What is one thing you need to remember to trust that God will work your situation for His good in His time?

**Devotional Text**

Ecclesiastes 3:1-15
Romans 8:26-30



DAY 5: THURSDAY, January 16th – Phil. 3:12...GOOD NEWS, LIFE IS
MEANINGLESS“¹² I press on to make it my own, because Christ Jesus has made me his own and self-control”

Have you ever come to the end of a long season of work and thought it was all pointless? You'd done your best, but it wasn't enough. There wasn't enough money, enough hours in the day, or enough willpower to make the dream come true. If making seemingly wise decisions won't save you when you need it, why not just cave into temptation or give up? All your options seem to lead to the same place of hopelessness anyway.

Outside of belief in Jesus, this life is meaningless. Attaining wealth, wisdom, and pleasure has no lasting significance outside of Him. But, when we give our lives to Jesus, He makes this promise: "Very truly I tell you, whoever hears my word and believes him who sent me has eternal life and will not be judged but has crossed over from death to life" (John 5:24).

The truth is Jesus owns the world, and we can rest and know that no toil, no hardship, and no failure is outside of His plan. He placed us in this time and place for a reason. God has entrusted us with this life.

As Paul shows us in Philippians 3:12, we find meaning and purpose in our lives when we give our lives to Jesus and pursue His plan for us. God doesn't do anything without a purpose.

God gave us life. He gave us what we need to live this life. The only thing we can do with it is to live. We don't define the rules, we don't establish the boundaries, we don't determine the length of our days and we have no say in the hand we are dealt. We do have a say in how we live it and whether we would be wise in living it with him to make it **EXTRAORDINARY! BECAUSE WE HAVE TO GIVE AN ACCOUNT, WHETHER GOOD OR BAD!**

LIFE IS MEANINGLESS
WITHOUT GOD

Life Application

1. What situation in your life seems pointless right now?
2. What is the easy way out?
3. In what way is God asking you to trust Him?

“Ever more today people have the means to live but not the meaning to live for.”

-- Albert Einstein

Devotional Text:

Ecclesiastes 2:12-17
John 5:24
Philippians 3:12-18

LIVING vs JUST BEING ALIVE

German philosopher Frederick Nietzsche once said, “He who has a why can endure any” how”.

Knowing your **why** is an important first step in figuring out **how** to achieve the goals that excite you and create a life you enjoy **LIVING** versus merely just **SURVIVING!**



Devotional Scripture for 21 Day Fast

DAY 12: THURSDAY, January 23th— Ecclesiastes 8:14..LIFE IS NOT FAIR“¹⁴ ... the righteous who get what the wicked deserve, and the wicked who get what the righteous deserve”

The world is full of crimes that never get solved and corrupt politicians and businessmen who have climbed to power. Christian persecution is rising, and godly men and women often go unnoticed. The unrighteous appear to prosper, while people who follow God are persecuted.

Solomon also saw this happen during his lifetime. When we see the “wicked” succeed, it can be tempting to believe that life would be better apart from God. This is a lie. In [Ecclesiastes 8:12](#), Solomon warns us saying, “Although a wicked person who commits a hundred crimes may live a long time, I know that it will go better with those who fear God, who are reverent before him.”

As Christians, we know we have so much more to live for than the here and now. Our lives on Earth are a blip on the timeline of eternity. When we look at our lives through that long-term perspective, we realize that doing whatever it takes to get ahead in this life is just as Solomon described—meaningless.

Frustration is a good indication of misplaced
motivation

Fulfillment and peace come from aligning our efforts with God's plan and purposes. We have the most fun and feel the most purposeful when we listen to Jesus and do what He says. As Solomon goes on to write, “To the person who pleases Him, God gives wisdom, knowledge and happiness...” ([Ecclesiastes 2:26](#))

The way to build a legacy that lasts is to build it around Jesus. God transforms frustration into fulfillment when our legacy is focused on serving Him. God has uniquely gifted each of us, and everything we do for Him will have eternal significance.

A relationship with Jesus is worth far more than any
temporary prosperity

Christians will not always have immediate reward for following Jesus, nor will people receive immediate judgment for walking away from Him. But despite what hardship we may endure, a relationship with Jesus is worth far more than any temporary prosperity.

(Source: Eccl. 20-Day Devotional, New Spring Church)

Nothing attracts the favor of God like the unfairness of man

--Toni Magby.

It's better to have God approve, than the world applaud.

“LIFE IS UNFAIR. BUT THAT'S NO REASON TO GIVE UP ON IT”

Anonymous
13 Oct 2013 6:42 am

But as for you, be strong and do not give up, for your work will be rewarded.

2 Chronicles 15:7

Devotional Text

Ecclesiastes 8
Ecclesiastes 2:18-26
Luke 12:16-21

DAY 11: WED, January 23th – Proverbs 23:4 **STOP YOUR PINING**

“Do not wear yourself out to get rich; be wise enough to restrain yourself.”

Being content is not always easy. Our homes are clean and decorated, but Pinterest has so many new ideas! We have closets full of clothes, but they are all last season. There's a guy with a bigger and louder truck or a gym member who can lift more weights. When we start pining for what others have instead of appreciating and celebrating what we have, we begin chasing an unattainable satisfaction, an “I've arrived” moment that Solomon calls meaningless and compares to chasing after the wind.

Discontentment and jealousy are sins, and if we let them, they will consume us. Ecclesiastes 6:7 says, “Everyone's toil is for their mouth, yet their appetite is never satisfied.” When we're consumed with jealousy, we waste the blessings we do have wanting the things we don't have. After all, if we don't enjoy what we have, how can we expect to see the blessing in what God intends to give us in His perfect timing?

God has good things planned for the rest of our lives

God already has good things planned for the rest of our lives. We don't have to waste a lifetime striving for more. Proverbs 23:4 (NET) says, “Do not wear yourself out to get rich; be wise enough to restrain yourself.” There is rest when we enjoy the prosperity God has given us. So let's take time today to thank God for every good thing we've been given.

Life Application

- **What good things has God given to you?**
 - ✓ Make a list and thank Him for them.
 - ✓ Put the list where you can go back to it and add to it often.
- **What are you jealous of?**
- **What have you been pining for?**
 - ✓ Ask God to change your perspective about those things and replace your desire with contentment in what He has already given you



Devotional Text

Proverbs 23:4
Ecclesiastes 6:1-12
James 1:15-18



“Watch out and guard yourselves from every kind of greed; because your true life is not made up of the things you own, no matter how rich you may be.”
Luke 12:15

Heaven's blessing must attend all, and freedom must soon be given to the pining millions under a ruthless bondage.

Frederick Douglass
PICTURE QUOTES .COM

As a child my family's menu consisted of two choices: take it or leave it.
--Buddy Hackett

Devotional Scripture for 21 Day Fast

DAY 6: FRIDAY, January 17th – Philippians 4:13 **I CAN**

“I can do all this through him who gives me strength.”

How often do we spiral down into the dialogue of doubt? Instead of holding fast to our confession of hope in a faithful God, we begin to question His promises and doubt His Word.

In the coming year, practice the priority of behaving as if it were so—as if the promise of God was an in-living-color reality in your here and now. Romans 4:17 assures us that God breathes life into the dead; He calls those things which do not exist as though they already do. Even when those dreams seem down for the count, be confident that He is at work.

Eliminate the “if God moves” or “if God answers” from your vocabulary. Instead, begin to thank Him for the fulfillment of the promise – that He heard your prayer, that He is making a way, that He is healing your body that He is providing for your needs.

Behave as though the breakthrough has come! Confess your hope, your alert expectancy for all that God is doing. Declare that you will rejoice right now, that you are one day closer to the answer.

Agree with Him that, even though it is not visible to you yet, the answer already exists in heavenly places. He is working everything out for good. Say it is so. Act like the answer has arrived!

God values persistence. He honors those who are faithful, who hang on to hope and continue to believe for breakthrough.

When we continue to profess God's faithfulness, when we persevere with patience, and when we wait with hope, the mountain of impossibility begins to move.

I can do
all things
through
Christ who
strengthens
me.

Philippians 4:13

Devotional Text
Philippians 4:10-13
Isaiah 41:10
Romans 4:17
Hebrews 10:19-25

Make perseverance a priority! Continue on course in spite of difficulty or delay. Do not forfeit the blessings of God by bowing out before the breakthrough. Do not pack it in right before the promises become your reality.

Follow my Example

I CAN

Two words whispered at the start of

Every Race
Every New Job
An Attempt to Parallel Park
Each new draft of Every Novel
The Finishing Touch on Every Masterpiece
It's Humanity Official Two Word War Cry.
Words that move us all Forward

The same two words that Capital Group believes have the power to improve lives and for over 85 years have inspired us to help people achieve their financial goals

(Source: I Can Campaign, Capital Group)

DAY 7: SATURDAY, January 18th –Eccl. 4:4

“all toil and all achievement spring from one person’s envy of another

What do you think about when you hear the phrase “*the American Dream?*” For many of us, the American Dream is about acquiring— getting the best looking spouse, the highest ranking job, all the money, and all the “stuff.”

Having those things isn’t wrong, but they aren’t what matters to God. What matters to God and what matters for eternity isn’t what we have but how we lived. In *Ecclesiastes 4:4*, Solomon writes, “And I saw that all toil and all achievement spring from one person’s envy of another. This too is meaningless, a chasing after the wind.”

Maybe you’ve never tried to chase the wind, but have you chased bubbles? Almost as soon as you grab one, it bursts, forcing you to go chase another. The lie Satan tries to sell us is that if we can get what other people have—an attractive spouse, more money, a higher promotion, or a more athletic body—then we will finally be happy. Just like those bubbles, though, as soon as you catch whatever bubble you’re chasing, suddenly you realize it’s a different bubble you “need.”

We serve a good Father, who will take care of all our needs.

The truth of the Gospel is that, through Jesus, we have all we need. We don’t have to hustle for our worth and identity. We are not defined by how we compare to our neighbor. Our joy

comes from our relationship with Jesus, not from the things we acquire. We can rest in the promise that we serve a good Father, who will take care of all our needs.

Life Application

- What is an area in your life where you are envious of what somebody else has?
- How have you seen God provide for you in a different area recently?
- Is there anything stopping you from trusting God with the area where you have been envious?
- What step can you take today to begin trusting Him with it?

SECRET TO HAPPINESS

- ◆ **Secret #1:** Discover Your Unique Purpose
- ◆ **Secret #2:** Determine to Influence Your Culture
- ◆ **Secret #3:** Wait On God’s Timing
- ◆ **Secret #4:** Go All In
- ◆ **Secret #5:** Unleash the Power of Prayer
- ◆ **Secret #6:** Learn How to Handle Bad Days
- ◆ **Secret #7:** Live with the End in View

HAPPINESS

5 SIMPLE RULES FOR HAPPINESS

- 1 **FREE** your heart from hatred
- 2 **FREE** your mind for worries
- 3 **Live SIMPLY**
- 4 **GIVE** More
- 5 **Expect LESS**

It you want happiness for a lifetime, help someone else

Chinese Proverb

Devotional Text

Ecclesiastes 4:1-6
James 5: 17-18
Ephesians 1: 17-23

DAY 10: TUESDAY, January 21st – Eccl. 10:19....

MONEY

“and money is the answer for everything,....

You can’t live with and can’t live without it
The tension between the things in life that really matter and the hollow promises of money and wealth can really divide your heart

King Solomon was the wisest, richest man in the world, his fame reached the ends of the earth, making him a celebrity of his time. His jewels, lavish lifestyle, and womanizing would have fit right in with the covers of today’s gossip magazines. Having money seems like the answer to most problems, Solomon discovered that money can be more of a burden than a blessing.

Those who live for money can never get enough. The pursuit of it can become so consuming there is no time to rest. Fixing our eyes on money and possessions can lead to extreme hoarding or extreme spending. Hoarding leads to alienation from the people we love. Extreme spending—from trying to have the latest and greatest of everything—can end in maxed out credit cards and empty bank accounts.

But, we need money and jobs and things. How do we keep the things we own from owning us? The apostle Paul shares the secret in 1Timothy 6:6-11. The problem really isn’t with money itself. The problem is with our focus. When we focus on money, money becomes an idol. Idols are anything that we try to use to fill the space in our hearts that only the one true God is big enough to fill. It’s like pouring water into a bottomless bucket. But, if we make God our focus, and work to honor Him, we learn to be content with whatever we have.

When God is our focus we learn to be content with whatever we have

Work the 10-10-80 plan

First pay the 2 entities that have the most to do with whatever money you have:
God and yourself.
Then learn to live on the 80%.

Earn all you can, save all you can, give all you can.
-John Wesley

Devotional Text

Ecclesiastes 5:8-18. 10:19
1Timothy 6:6-11
Proverbs 3:9-10, 10:4, 22:7

**THE REAL MEASURE
OF YOUR WEALTH
IS HOW MUCH
YOU’D BE WORTH
IF YOU LOST
ALL YOUR MONEY**

Financial Tips from Proverbs

1. **Embrace hard work.** Proverbs 10:4: **Lazy people are soon poor; hard workers get rich.**
2. **Seek balance, show restraint.** Proverbs 23:4-5: **Don’t wear yourself out trying to get rich. Be wise enough to know when to quit. In the blink of an eye wealth disappears, for it will sprout wings and fly away like an eagle.**
3. **Avoid foolish debt.** Proverbs 22:7: **Just as the rich rule the poor, so the borrower is servant to the lender.**
4. **Share generously.** Proverbs 3:9: **Honor the Lord with your wealth and with the best part of everything you produce.**

DAY 9: MONDAY, January 20th – Proverbs 21:3 **INTEGRITY**

³To do what is right and just is more acceptable to the Lord than sacrifice

As followers of Jesus, we're committed to living by God's standards, such as integrity—saying what we mean and doing what we say. Proverbs 21:3 says, "To do what is right and just is more acceptable to the LORD than sacrifice."

Integrity means being "honest" and "whole and undivided."

First, we have to be honest with ourselves by asking:

- Do I say I will do things that don't get done?
- Do I make excuses for not following through?
- Do I substitute words when actions are needed?

Ecclesiastes 5:2 says, "Do not be quick with your mouth..." The Bible doesn't teach us not to use words, but to use them wisely and back them up with consistent actions.

Jesus says, in Matthew 25:21, the "master replied, 'Well done, good and faithful servant! You have been faithful with a few things; I will put you in charge of many things. Come and share your master's happiness!'" The master says "well done," not, "well said."

If we struggle with integrity, there is hope. [Romans 8:1](#) says, "... there is now no condemnation for those who are in Christ Jesus." Start with the first tiny step of an honest self-assessment. Then choose to follow Jesus to the next step in integrity, and keep following Him day by day.

We're all on an integrity journey called life.

Living with integrity, positively acting to make others' lives better, being thought of as a person of honest character—who wouldn't feel good about that?

We are all on an integrity journey called life. There is one path of honesty, wholeness, and action and another path of lip service and lying. Our integrity is priceless. The choice we make matters

Source: Eccl. 20-Day Devotional, New Spring Church)

PRAYER

Take a moment to ask God if there is any area of your life in which you lack integrity.

Then confess it to Him, and ask Him to help you change

INTEGRITY IS
choosing

COURAGE OVER COMFORT;
CHOOSING WHAT IS RIGHT
over what is

FUN, FAST, OR EASY;
AND CHOOSING TO

PRACTICE OUR VALUES
rather than simply

PROFESSING THEM.

Devotional Text

Ecclesiastes 5:1-7
Proverbs 21:3
Romans 8:1
Matthew 25:21

Life Application

- ◆ Is there something that gets in the way of your integrity in that area?
- ◆ What next step can you take to live with integrity?

"No matter how educated, talented, rich or cool you believe you are, how you treat people tells all. Integrity is everything."
Anonymous

DAY 8: SUNDAY, January 19th – Eccl. 4:7-16 **SUCCESS**

⁵"Trust in the Lord with all your heart; do not depend on your own understanding." ⁶ Seek his will in all you do, and he will show you which path to take

Success is often measured by results. We look at the final score of the big game or the balance of our stock portfolio to measure how successful we have been.

In our walks with Jesus, success is measured differently. Success isn't measured on a monetary gain or the "score." Spiritual success is measured in the relationships we build with others and how our relationships draw ourselves and others closer to God.

Most of us have heard Ecclesiastes 4:7-12 read at weddings. A married couple moving in the same direction can go further and accomplish more than one person working alone. And the cord of three strands is a perfect image to explain how our relationships are stronger with Jesus at the center.

Successful relationships with Jesus are rooted in solid community

But the idea that a relationship centered on Jesus will continue to grow doesn't just apply to romantic relationships. It applies to every relationship we have. We believe you can't do life alone. The most successful relationships with Jesus are rooted in solid community with other believers.

Community is where we find accountability and encouragement. As we believe the best is yet to come for others, they help us believe that for ourselves! When we put Jesus at the center of our relationships, we will see success in our walks with Jesus

If you want to go fast,
go alone, if you want
to far, go together
--African proverb
♣♣♣♣♣

Success is a team sport

**Commit to
the LORD whatever you
do, and he will establish
your plans**
Proverbs 3:16

**Success is doing
ordinary things
extraordinarily
well.**

Jim Rohn

Devotional Text

Eccl. 4:7-16
Proverbs 3:16
Jeremiah 6: 16

Life Application

- ◆ Who knows you well enough to know when you're struggling and to encourage you in your walk with Jesus?
Groups are a great place to build friendships with other believers. Others need our support as much as we need theirs.
- ◆ Who do you need to encourage today?
- ◆ Who do you need to have a tough conversation with today?

(Source: Eccl. 20-Day Devotional, New Spring Church)

TEN KEYS TO HAPPIER LIVING

Mark Williamson and Vanessa King

Scientists have found that although our genes and circumstances matter, a huge proportion of the variations in happiness between us come from our [choices and activities](#). We have the power to change how happy we are – by the way we approach our lives.

1. Do things for others

Caring about others is fundamental to our happiness. Helping other people is not only good for them; it's good for us too. It makes us happier and can help to improve our health. Giving also creates stronger connections between people and helps to build a happier society for everyone.

Action ideas

- Do three extra acts of kindness today. Offer to help, give away your change, pay a compliment, or make someone smile.
- Reach out to help someone who's struggling. Give them a call or offer your support. Let them know you care.

2. Connect with people

Our relationships with other people are the most important thing for our happiness. People with strong relationships are happier, healthier and live longer. Our close relationships with family and friends provide love, meaning, support and increase our feelings of self-worth. Our broader social networks bring a sense of belonging. So it's vital that we take action to strengthen our relationships and make new connections.

Action ideas

- Make more time for the people who matter. Chat with a loved one or friend, call your parents or play with the kids.
- Make three extra connections today. Wave at a neighbor, learn the name of someone new.

3. Take care of your body

Our body and mind are connected. Being active makes us happier as well as healthier. It instantly improves our mood and can even lift us out of depression.

Action ideas

- Be more active today. Get off the bus a stop early, take the stairs, turn off the TV, go for a walk – anything that gets you moving.
- Eat nutritious food, drink more water, catch up on sleep. Notice which healthy actions lift your mood and do more of them.

4. Notice the world around you

Learning to be more mindful and aware does wonders for our wellbeing, whether it's on our walk to work, in the way we eat or in our relationships. It helps us get in tune with our feelings and stops us dwelling on the past or worrying about the future.

Action ideas

- Give yourself a bit of head space. At least once a day, stop and take five minutes to just breathe and be in the moment.
- Notice and appreciate good things around you every day, big or small. Trees, birdsong, the smell of coffee, laughter perhaps?

DAILY AFFIRMATIONS

By Jack Canfield

My List of Positive Feeling Words for Affirmations

Below I have included a list of positive feeling words that you may want to use when creating your daily affirmations.

Remember, when creating affirmations you want to create positive, self-affirming, self-empowering statements that uplift and inspire you – that raise your emotional set point and your self-esteem.

Adored	Dynamic	Graceful	Noble	Spectacular
Alive	Eager	Gracious	Open	Strong
Amazing	Easy	Grateful	Optimistic	Tender
Appreciated	Empowered	Happy	Opulent	Terrific
Appreciative	Energized	Harmonious	Passionate	Thrilled
Awesome	Enlightened	Hopeful	Peaceful	Tranquil
Blissful	Enthusiastic	Inspired	Playful	Trusting
Bold	Excited	Invigorated	Positive	Unlimited
Brig	Exhilarated	Irresistible	Powerful	Uplifted
Brilliant	Expanded	Jazzed	Precious	Valuable
Calm	Exquisite	Joyful	Proud	Vibrant
Cheerful	Extraordinary	Joyous	Quiet	Vivacious
Cherished	Exuberant	Jubilant	Radiant	Warm
Clear	Fabulous	Juicy	Ready	Welcomed
Comfortable	Flowing	Kind	Receptive	Whole
Confident	Focused	Light	Refreshed	Wise
Content	Free	Lovable	Relaxed	Wonderful
Courageous	Focused	Loving	Relieved	Worthy
Creative	Free	Luxurious	Renewed	Yummy
Decisive	Frisky	Magical	Resilient	Zestful
Delicious	Fun	Magnificent	Satisfied	
Delightful	Glorious	Marvelous	Sensational	
Divine	Glowing	Miraculous	Serene	

Here Are Some More Examples of Positive Affirmations:

"I am celebrating feeling light and alive at my perfect body weight of one thirty-five."

"I am confidently expressing myself openly and honestly."

"I am feeling exhilarated, agile and alive."

"I am effectively communicating my needs and desires to my loving partner."

"I am looking around me at the faces of the people I am helping and I am thrilled to know that I have made a difference in their life."

"I am feeling relaxed and grateful to be sitting here in Hawaii with my toes buried in the warm sand, feeling the warmth of the sun on my face."

Get My Affirmations for Success: A Step-By-Step Guide (www.jackcanfield.com)

Discover how you can use affirmations to re-create your self-image, replace your limiting beliefs, and achieve success

DAILY AFFIRMATIONS

Five Daily Affirmations Guidelines to Follow

By using the guidelines found below, you can transform limp affirmations like that into mantras for manifesting a huge change in your life

1. Enter the “now”

Start your affirmation by entering the present tense. Take the condition you desire and declare it to be already true.

2. Be positive

Shine a light on what you *do* want— e.g. to lose weight.

A related reminder: Our subconscious mind skips the word *not*. So, delete this word from your affirmations. “*I am not afraid of public speaking*” gives us the message that you are afraid. Use, “*I feel at ease as I speak in public.*”

3. Be concise

Shorter is better. Affirmations with fewer words are often easier to recall, especially in situations when you feel some stress. Rhyming makes your affirmations even more memorable.

For example, “*I am feeling alive at 185.*”

4. Include action

Whenever possible, affirm yourself as a person who takes action. Action engages the Law of Attraction, creating new results in our lives and opening us to further inspiration.

5. Include a feeling word

Powerful affirmations include content and emotion. Content describes the specific *outcome* that you desire. Emotion gets to the heart of how you *feel* about that outcome. For a more potent affirmation, add both elements.

Consider this affirmation:

“I am supporting my children to fully come forward into the world.”

The content of this statement is clear. Yet it lacks an emotional charge. Breathe life into this affirmation by adding an active expression of feeling:

DISCLAIMER

The recipes shared herein were submitted by members and friends of the ministry, or adapted from other sources. Not all have been experimented with at the printing of this publication. Rehoboth Open Bible Church makes no claims whatsoever as to the health benefits of any of the recipes printed herein. This guide is not intended to be a diet. If you are pregnant, nursing, taking medication, or have a medical condition, consult your physician before fasting

TEN KEYS TO HAPPIER LIVING

Mark Williamson and Vanessa King

5. Keep learning

Learning affects our wellbeing in lots of positive ways. It exposes us to new ideas and helps us stay curious and engaged. It also gives us a sense of accomplishment and helps boost our self-confidence and resilience.

Action ideas

- Do something for the first time today. Try a new route/food, read a different newspaper or visit a local place of interest.
- Learn a new skill, however small. Cook a new meal or use a new word.

6. Have goals to look forward to

We all need goals to motivate us and these have to be challenging enough to excite us, but also achievable. Choosing meaningful but realistic goals gives our lives direction and brings a sense of accomplishment and satisfaction

Action ideas

- Take the first step. Think of a goal you’re aiming for and do one thing to get started. Make a call, fill in that form, tell others.
- Share your dreams. Tell three people about an aspiration that is really important to you this year and listen to theirs too.

7. Find ways to bounce back

One of the most exciting findings from recent research is that resilience, like many other life skills, can be learned.

Action ideas

Ask for help today. Confide in a friend, talk to an expert, reach out to a colleague, ask a neighbor to lend a hand. Do something you really enjoy. Shift your mood and bring a new perspective on the problem.

8. Take a positive approach

Action ideas

Listen to music, watch something funny, get outside or call an old friend. Try to smile and say something positive or constructive every time you walk into a room. Notice the reaction you get.

9. Be comfortable with who you are

Action ideas

- Ask a trusted friend or colleague to tell you what they think your real strengths are. Try to make more use of these.. See your mistakes as opportunities to learn. Notice things you do well, however small

10. Be part of something bigger

Action ideas

- Be more charitable. Give others your time, offer to help neighbors or friends, consider giving blood or volunteering in a ministry

HOW TO PREPARE FOR THE DANIEL FAST

By [Kristen Feola](#)

The Daniel Fast is a unique opportunity for you to hunger for the Lord and feast on the truth of his Word. When you fast, you restrict your food intake as a form of self-denial and worship, setting aside your basic physical desires for spiritual ones. You pull away from life's distractions and focus on your Savior so that you can be strengthened, refreshed, and renewed. God is ready to bless anyone who has an insatiable appetite for him and his Word.

“Those who long for the Lord and his righteousness will not be disappointed, because “he satisfies the thirsty and fills the hungry with good things” (Ps. 107: 9).

If you're thinking about participating in a Daniel Fast for the first time, you may be feeling overwhelmed, wondering if you can stick with it. Perhaps even at this moment you're debating on whether to commit to the fast or just forget the whole idea.

Let me assure you of one thing: **YOU CAN DO IT!** Even if you're doing the Daniel Fast by yourself, **you're not alone.** First, **God is with you** to provide the strength and self-control you need. Second, **we do it together here as to encourage and help each other succeed.**

The Daniel Fast is a unique type of fast because you can **actually eat**, unlike a liquid fast where only water or juices are consumed. But just because you can have food doesn't mean the Daniel Fast is easy.

DAILY AFFIRMATIONS

By Jack Canfield

Examples of Daily Affirmations

You can use the following simple formula: *“I am so happy and grateful that I am now ...”* and then fill in the blank.

Some examples would be:

“I am so happy and grateful that I am now celebrating having achieved my ideal weight of 140 pounds.”

Make sure to take 5 to 10 minutes every day to repeat your affirmations – preferably out loud with high energy and enthusiasm. The best times are early morning and right before you go to bed.

Action Item: Create New Positive Statements for Yourself

Write down 3 affirmations for yourself that affirm you having already achieved 3 of your goals and dreams.

Then, write down the time of day that you will commit to practicing your affirmations. Is it when you wake up in the morning? Before you go to sleep? Mid-day when you need a pick-me-up?

How to Turn Limp Affirmations Into Mantras for Success!

To *affirm* something is simply to declare that it is true. So, creating and using affirmations should be a breeze, right?

Actually, the true art of the affirmation is both subtle and profound. Despite the popularity of this technique, some people use affirmations that are bland and perhaps even self-defeating.

When creating your affirmation, remember that even minor variations in wording can make a huge difference in the results you get. Since your words literally have the power to create your circumstances, invest a few minutes now to take your affirmation skills to a higher level.

Consider the following statement:

“I will stop drinking soda with ease and joy, remembering the effects on my physical and mental health and preparing to live a longer life.”

DAILY AFFIRMATIONS

What are Daily Affirmations?

Daily affirmations are to the mind what exercise is to the body. Repeating affirmations helps to reprogram the unconscious mind for success.

It helps eliminate negative and limiting beliefs and transforms your comfort zone from a limited one keeping you trapped in mediocrity to a more expanded one where anything is possible. It helps to replace your “I can’t’s” with “I cans,” and your fears and doubts with confidence and certainty.

How Affirming Phrases Can Keep You Focused

Affirmations are reminders to your unconscious mind to stay focused on your goals and to come up with solutions to challenges and obstacles that might get in the way.

They can also create higher vibrations for happiness, joy, appreciation, and gratitude that then, through the law of attraction, magnetize people, resources, and opportunities to come to you to help you achieve your goals.

Whether you know it or not, you are always using affirmations... but usually not ones that will bring you what you want.

These are things like:

- “Everything I eat goes straight to my hips.”
- “I am never going to meet somebody I can love.”
- “I never catch a break.”
- “No matter what I do, I never seem to get ahead.”

How to Create Positive Affirmations

The daily use of positive affirmations interrupts and eventually totally replaces this barrage of negative thoughts and beliefs. To achieve this, you must continually flood your subconscious with thoughts and images of the new reality you wish to create.

Here are the eight guidelines for creating effective affirming statements. You may want to write these down. They are also in my book *The Success Principles*.

1. Start with the words “I am.” These are the two most powerful words in the English language.
2. Use the present tense.
3. State it in the positive. Affirm what you want, not what you don’t want.
4. Keep it brief.
5. Make it specific.
6. Include an action word ending with –ing.
7. Include at least one dynamic emotion or feeling word.
8. Make affirmations for yourself, not others.

Source: Daily Affirmations (Jack Canfield)

Fasting, in any form, is difficult because you’re doing battle physically and spiritually.

However, there are steps you can take to strengthen you for the fight.

Following are ways you can prepare your heart, mind, and body for your 21-day Daniel Fast journey.

SPIRITUAL PREPARATION

1. Pray

Begin praying for your fast even before it begins. Ask the Lord to reveal any unconfessed sin, unforgiveness, or rebellion. When He reveals it to you (and He will), confess your sin quickly and repent. Allow God to get your heart ready for what He wants to do in your life.

2. Read verses on fasting.

Take time to study passages in the Bible that have to do with fasting. It will help you gain insight on people fasted, the ways God responded to their prayers, and what God requires of His people on a fast. Suggested passages are Isaiah 58, 2 Chron. 20:1-4, Ezra 8:21-23, Neh. 1:1-4, Esther. 4:15-17, and Matt. 4:1-11).

3. Buy a journal or use a notebook.

Use a journal or notebook for prayer requests, praises, and answers to prayer. Record what the Lord shows you through His Word.

4. Write down prayer requests.

What do you want to see God do during your fast? Take time to identify your primary motivations for fasting. Record your prayer requests in your journal or on a separate piece of paper. Keep the list visible, and pray over those needs throughout your fast. Make sure you include requests for others and not just your own requests.

5. Find a prayer partner.

It’s important to have a trusted friend or family member who can be your prayer partner during your fast. Ideally, you should choose someone who is doing the fast with you, but it’s certainly not a requirement. The key is to ask someone who will lift you up and keep you accountable.

THE ULTIMATE GUIDE TO DANIEL FAST

BY KRISTEN FEOLA

PHYSICAL PREPARATION

1. Ease into the fast

Start cutting back on restricted foods about a week before the fast begins. Reduce your intake of caffeine, meat, dairy, sugar, and processed foods. Doing so will help your body adjust to the Daniel Fast and also reduce the severity of any unpleasant side effects. Trust me, the temptation to eat everything you can't have on the fast will be strong, but splurging will only make the transition much more difficult. Also, it's a good idea to increase your water consumption before your fast begins.

2. Plan your meals for the first week

The key to success with the food portion of the Daniel Fast is proper planning. It will save you time in the long run and help prevent the frustration of trying to decide at the last minute what to eat. Having a plan will also keep you from indulging in foods that don't fall within the Daniel Fast guidelines. If you want help with this process, you can find three weeks of meal plans in my book, [The Ultimate Guide to the Daniel Fast](#). Take advantage of the fact that some of the meal planning for your fast has already been done for you!

3. Make a grocery list for the first week

Putting a list together before you go to the grocery store will make your shopping much more efficient. Again, I provide a grocery shopping list for each meal plan in my book, [The Ultimate Guide to the Daniel Fast](#).

4. Get your kitchen ready

Make sure you have the proper appliances (ex. blender, cutting board, food processor, etc.) and utensils (ex. knives, spatula, garlic press, etc.) before embarking on this three-week adventure. When preparing recipes, having the tools you need will make everything much easier.

How to Develop and Increase SELF-AWARENESS

1 LOOK AT YOURSELF OBJECTIVELY.

Try to identify your current understanding by writing out your perceptions.



2 KEEP A JOURNAL.

This will help you get a better idea of who you are and what you want out of life right now.



3 WRITE DOWN YOUR GOALS, PLANS, AND PRIORITIES.

Plan out your goals in a worksheet so they turn from ideas into a step-by-step process.



4 PERFORM DAILY SELF-REFLECTION.

Start by setting aside just 15 minutes each day. Find a quiet place to think.



5 PRACTICE MEDITATION AND OTHER MINDFULNESS HABITS.

Meditation is the practice of improving your mindful awareness.



6 TAKE PERSONALITY AND PSYCHOMETRIC TESTS.

These tests compel respondents to think about a set of traits or characteristics that closely describe them relative to other people.



7 ASK TRUSTED FRIENDS TO DESCRIBE YOU.

Make sure your friends know that they are doing this to help you, not to hurt you.



8 ASK FOR FEEDBACK AT WORK.

Provided it is constructive and well done, having an option for formalized feedback allows us to self-reflect on our own strengths and weaknesses.



5. Believe in Yourself

If you are going to be successful in creating the life of your dreams, you have to [believe that you are capable](#) of making it happen.

Whether you call it self-esteem, self-confidence or self-assurance, it is a deep-seated belief that you have what it takes; the abilities, inner resources, talents, and skills to create your desired results.

Have unwavering faith in yourself, for good and bad. Make the decision to believe that you create all your experiences. You will experience successes thanks to you, and you will experience pain, struggle, and strife thanks to you.

Sounds a little strange, but accepting this level of responsibility is uniquely empowering. It means you can do, change, and be anything. Stumbling blocks become just that—little hills to hop over.

6. Become an Inverse Paranoid

This one is straightforward: Imagine how much easier it would be to succeed in life if you were constantly expecting the world to support you and bring you opportunity. Successful people do just that

7. Unleash the Power of Goal Setting

Experts on the science of success know the brain is a goal-seeking organism. Whatever goal you give to your subconscious mind, it will work day and night to achieve. To engage your subconscious mind, a goal has to be measurable.

When there aren't any criteria for measurement, it is simply something you want, a wish, a preference, or a good idea.

Sometimes we need to make just one initial goal to get started, and that's okay. At least it comes with a few actions to achieve. A first step simply can be making an immediate change in a single area in your life.

Are you unhappy about something that is happening right now? Make requests that will make it more desirable to you, or take the steps to change it yourself.

Remember that [self-motivated people win at life](#) so always push yourself to accomplish your goals and learn new skills.

If you want a different outcome, change your behavior

Making a change might be uncomfortable and overwhelming for you. It might mean you have to put in more time, money, and effort. It might mean that someone gets upset about it, or makes you feel bad about your decision. It might be difficult to change or leave a situation, but staying put is your choice so why continue to complain? You can either do something about it or not. It is your choice and you have responsibility for your choices. Decide to make changes, one step at a time

Pro tip: Use [daily affirmations](#) to focus on your goals and reprogram your subconscious mind.

(Source: 7 Steps to Creating the Life You Want., Paul Canfield)

THE ULTIMATE GUIDE TO DANIEL FAST

BY KRISTEN FEOLA

PHYSICAL PREPARATION

5. Prepare food ahead of time.

Look at the first week's recipes on your meal plan to find ways you can speed up food preparation and make it more efficient. For example, if you're making [Taco Soup](#) for dinner on Sunday, go ahead and prepare the [Taco Seasoning](#) on Saturday, so it's ready to go.

6. Cook and freeze meals.

Every time I do the Daniel Fast, I carve out a few hours the weekend before the fast begins and make a few meals, such as [Baked Oatmeal](#), [Black Bean Chili Bake](#), and [Tuscan Soup](#). Then I freeze half of each recipe. That way I have food when I don't have time to cook or need a quick go-to meal. You'll really appreciate this step when you reach the third week of your fast!

Proper preparation is the key to making your fast successful. My book, [The Ultimate Guide to the Daniel Fast](#), provides the resources you need. It includes 21 daily devotions, 100+ Daniel Fast recipes, grocery shopping lists, meal plans, and more!.

When you do your part in getting ready, God will do the rest!

THE DANIEL FAST IS A UNIQUE, LIFE-CHANGING EXPERIENCE

- **Hear God's voice more clearly**
- **Participate in the suffering of Christ**
- **Know God in a deeper way**
- **Become more spiritually sensitive**
- **Enjoy God's favor**

If you've never participated in the three-week journey, you can see why it's such a powerful spiritual discipline.

Focus on all the benefits of drawing closer to the Lord, and trust Him to help you with any unexpected trials along the way.

YES, DOING THE DANIEL FAST IS A SACRIFICE, BUT IT'S ONE THAT YOU'LL NEVER REGRET!

7 Steps to Creating the Life You Want

BUTTERNUT SQUASH FRIES

2 pounds butternut squash, peeled, seeds removed, and sliced into fries about 3" L x ½"W (or to desired size)

1 tablespoon coconut oil

½ teaspoon garlic powder

½ teaspoon salt

½ teaspoon freshly ground black pepper



Instructions

Preheat oven to 450 degrees. Prepare an 11 x 17 baking sheet by coating it with a little coconut oil. You can also use a non-stick sheet. Place fries in a large bowl. Stir in one tablespoon of coconut oil, and toss until well coated. Add garlic powder, salt, and pepper. Stir again. Pour fries onto baking sheet, making sure none of the pieces overlap. You may need to use two baking sheets to cook at one time (or cook in two batches).

Bake 20 minutes on a middle oven rack. Use a metal spatula to flip fries, and then bake another 15-20 minutes.

Turn over to broiler setting, and flip fries one more time. Move baking sheet to the top rack. Broil 5 minutes, or until desired crispness is reached.

PLANTAIN CHIPS

2 green plantains

2 teaspoons extra-virgin coconut oil, melted

½ teaspoon salt

¼ teaspoon cinnamon



Yield: 4-5 servings (serving size: about 1/2 cup)

Preheat oven to 400 degrees. Line an 11 x 17-inch baking sheet with parchment paper.

DISCLAIMER

The recipes shared herein were submitted by members and friends of the ministry, or adapted from other sources. Not all have been experimented with at the printing of this publication. Rehoboth Open Bible Church makes no claims whatsoever as to the health benefits of any of the recipes printed herein. This guide is not intended to be a diet. If you are pregnant, nursing, taking medication, or have a medical condition, consult your physician before fasting

3. Decide What You Want

It sounds so simple, but here's the problem: I see plenty of people who are overly busy yet who feel unsatisfied and unfulfilled. They are physically tired, spiritually drained, and far from where they'd like to be—as if they've been running on a treadmill going nowhere fast.

Why? Because they haven't clearly mapped out what they want and then taken the steps to get there. Rather than identifying specific goals, milestones, and dreams (and I'm talking BIG dreams and goals here), they go through the motions day in and day out tackling unimportant tasks.

They end up...you guessed it...going in circles and wasting lots of energy. In the meanwhile, they grow increasingly uninspired and out of touch with their authentic selves. This, of course, sets anyone up to living a life out of balance.

One of the main reasons why most people don't get what they want is they haven't decided what they want. They haven't defined their desires in clear and compelling detail. What does success look like to you? Not everybody's definition of success is the same, nor should it be.

Don't let your inner devil's advocate (or that incessant but unimportant To Do list) inhibit you from dreaming big. As soon as you commit to a big dream and really go after it, your subconscious creative mind will come up with big ideas to make it happen.

You'll start attracting the people, resources, and opportunities you need into your life to make your dream come true. Big dreams not only inspire you, but they also compel others to want to play big, too.

4. Believe It Is Possible

Scientists used to believe that humans responded to information flowing into the brain from the outside world. But today, they're learning that instead, we respond to what the brain, based on previous experience, expects to happen next. In fact, the mind is such a powerful instrument, it can deliver literally everything you want.

But you have to believe that what you want is possible. As you commit to believing in yourself, also make a commitment to toning down the complaint department. Look at what you are complaining about:

*I'm fat. * I'm tired. * I can't get out of debt * I won't ever get a better job. *I can't stand the relationship I have with my father. *I'll never find a soul mate in life.*

Really examine your complaints. More than likely you can do something about them. They are not about other people, other things, or other events. They are about YOU.

(Source: 7 Steps to Creating the Life You Want., Paul Canfield)

7 Steps to Creating the Life You Want

We all aspire to do, be, and have great things. Yet most of us simply haven't created the successful life we want, yet.

We complain that we don't have enough money, romance, success or joy in our lives. We point fingers and blame outside problems that "happen" to us and make life more difficult.

But what we need to understand and keep at the forefront of our minds is that greatness exists in all of us. It is simply up to us to pull it out of ourselves.

Is there an exact "formula"?

No, but there are certain common features that successful people exhibit and that anyone can practice. They are what can jumpstart your success and attract what you want in life. You'd be hard pressed to find any high achiever who doesn't live by the following 7 tips:

1. Take No Less than 100% Responsibility for Your Life

One of the greatest myths that is pervasive in our culture today is the idea that you are entitled to a great life – and that somehow, somewhere, someone is responsible for filling our lives with continual happiness, exciting career options, nurturing family time, and blissful personal relationships simply because we exist. But the real truth is that there is only one person responsible for the quality of the life you live. That person is you.

Everything about you is a result of your doing or not doing. That person who reflects back at you in the mirror is the chief conductor in your life. Say hello!

But the truth of the matter is that external factors don't determine how you live. You are in complete control of the quality of your life.

Successful people take full responsibility for the thoughts they think, the images they visualize, and the actions they take. They don't waste their time and energy blaming and complaining. They evaluate their experiences and decide if they need to change them or not. They face the uncomfortable and take risks in order to create the life they want to live.

2. Be Clear Why You're Here

I believe each of us is born with a life purpose. Identifying, acknowledging and honoring this purpose is perhaps the most important action successful people take.

They take the time to understand what they're here to do, and then they pursue that purpose with [passion](#) and enthusiasm.

If you don't know what you're supposed to be doing, tune in to the signals around you. Looking toward others for help and guidance is helpful, but don't forget to stay tuned in to yourself—your behavior, attitude, likes and dislikes, and life experiences. Identify what's working and what isn't. If you need to, write it all down. You might be surprised by what you discover.

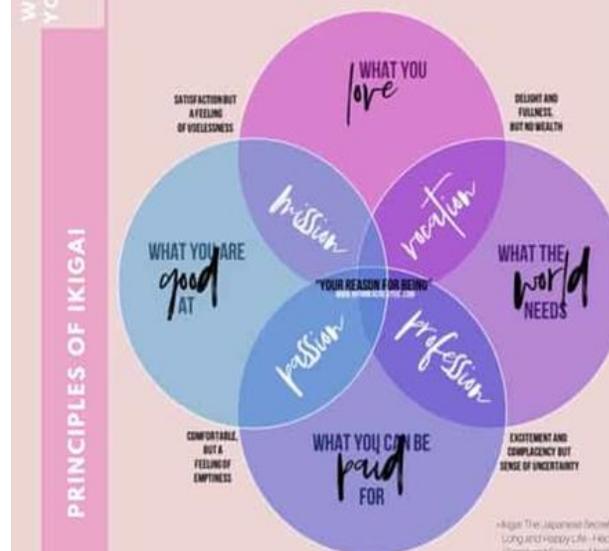
(Source: 7 Steps to Creating the Life You Want., Paul Canfield)

5 QUESTIONS TO UNCOVER YOUR PURPOSE

DOWNLOAD THE FULL TEMPLATE AT WWW.MYINNERCREATIVE.COM

5 QUESTIONS TO UNCOVER YOUR IKIGAI

- VALUES**
- DETERMINE YOUR CORE VALUES**
What are the core values that make you tick?
Pick at least 3 core values such as Travel, Career, Family etc
- WHAT DO YOU LOVE?**
- WHAT ARE YOU PASSIONATE ABOUT?**
This helps you establish what you are passionate about and how you can tie it into other aspects of your life. As yourself things like - if money was no object what would you do? If you had to speak publicly on a topic what would be easy for you?
- WHAT DOES THE WORLD NEED?**
- WHAT IS YOUR MISSION?**
What alignment do you have with your greater society or culture? Is there something you are naturally aligned to? Is it something that your community needs from you? Are there any volunteer or charity organisations that align to your values?
- WHAT CAN YOU BE PAID FOR?**
- WHAT IS YOUR PROFESSION?**
How have you fostered and developed your career?
What can you do in your career to align with the other aspects of your Ikigai? Is there professional development you still need to work on
- WHAT ARE YOU GOOD AT?**
- WHAT IS YOUR VOCATION?**
What are your natural talents? Can you turn these into a side hustle? How can you further develop those natural talents?



USING *ikigai* TO FIND YOUR PURPOSE



ABOUT

Ikigai is a Japanese concept that means "a reason for being." The word "ikigai" is usually used to indicate the source of value in one's life or the things that make one's life worthwhile

THE 10 RULES OF IKIGAI*

1. STAY ACTIVE AND DON'T RETIRE
2. LEAVE URGENCY BEHIND AND ADOPT A SLOWER PACE OF LIFE
3. ONLY EAT UNTIL YOU ARE 80 PER CENT FULL
4. SURROUND YOURSELF WITH GOOD FRIENDS
5. GET IN SHAPE THROUGH DAILY, GENTLE EXERCISE
6. SMILE AND ACKNOWLEDGE PEOPLE AROUND YOU
7. RECONNECT WITH NATURE
8. GIVE THANKS TO ANYTHING THAT BRIGHTENS OUR DAY AND MAKES US FEEL ALIVE.
9. LIVE IN THE MOMENT
10. FOLLOW YOUR IKIGAI

FAST 2020

The EXTRAORDINARY Life

MY 21 – DAY FASTING COMMITMENT

I commit to participate in our Church corporate wide fast from [Sunday, January 12, 2020](#) to [Saturday, February 1, 2020](#) (Fasting culminates with Breakthrough Service on Sunday, February 2, 2020 @ 1:15 pm).

My purpose for fasting is: _____

Specific things I am praying and believing God for during this fast

The type of fast I will do: _____

Also, remember to **journal** each day the scriptures you read and any revelation the Lord spoke to your heart during your study and meditation time.

MY SUCCESS PLAN

I will find an accountability partner, someone who will encourage me when the temptation to quit arises.

Note: This person should be in agreement with your desire to complete the fast and a spiritually mature person who can encourage you with the Word. *Ecclesiastes 4:12, "A threefold cord is not quickly broken".*

My accountability partner for this fast is _____

I will set aside time every **morning** from _____ am to _____ am to praise God, read my Word and spend time in prayer.

I will set aside time every **evening** from _____ pm to _____ pm to praise God, read my Word and spend time in prayer.

I will **NOT** allow the enemy to accuse me or shame me should I fall short. I am determined to use this time to draw closer to the Lord.

Remember, choose a fast that stretches you but also is one you can complete. No comparison, no competition, do what you can do for the Glory of God.

So we fasted and petitioned our God about this, and he answered our prayers. (Ezra 8:23)

I believe that God is the only one to answer my prayer and that fasting will draw me closer to Him. Therefore, God being my strength and grace being freely given to me daily, I commit myself to the above fast.

Signed: _____ **Date:** _____

THE DANIEL FAST A SUGGESTED GUIDE

FRUITS	APPLES APRICOTS AVOCADOS BANANAS BLACKBERRIES BLUEBERRIES CANTALOUPE CHERRIES COCONUTS CRANBERRIES DATES FIGS GRAPEFRUIT GRAPES GUAVA HONEYDEW KIWI	VEGETABLES	ARTICHOKES ASPARAGUS BEETS BROCCOLI BRUSSEL SPROUTS CABBAGE CARROTS CAULIFLOWER CELERY COLLARD GREENS CORN CUCUMBERS EGGPLANT GREEN BEANS KALE LEEKs LETTUCE	LIQUIDS	WATER VEGETABLE JUICE FRESH FRUIT JUICE COCONUT MILK ALMOND MILK
	LEMONS LIMES MANGOES MELONS NECTARINES ORANGES PAPAYAS PEACHES PEARS PINEAPPLES PLUMS PRUNES RAISINS RASPBERRIES STRAWBERRIES TANGERINES WATERMELON		MUSHROOMS OKRA ONIONS PARSLEY PEPPERS POTATOES RADISHES RUTABAGAS SCALLIONS SPINACH SPROUTS SQUASH SWEET POTATOES TOMATOES TURNIPS YAMS ZUCCHINI		
					LEGUMES
					BLACK BEANS BLACK-EYED PEAS KIDNEY BEANS LENTILS MUNG BEANS PINTO BEANS SPLIT PEAS

FOODS TO ENJOY

MEAT
BREAD
PASTA
CRACKERS
COOKIES
CHIPS
CHEESE
CANDY
ENERGY DRINKS
MILK & CREAM
EGGS
SWEETENERS
ALCOHOL
SOFT DRINKS
HONEY

FOODS TO AVOID

COFFEE
TEA
OILS
NUTS
BROWN RICE
QUINOA
OATS
SEASONINGS
GUM & MINTS

FOODS TO DECIDE ABOUT

DON'T GET CAUGHT UP IN THE DETAILS
The importance of a Daniel Fast is in the heart of the sacrifice--disconnecting from regular luxuries for the sake of connecting more closely with God. Only you and God know what that looks like in your daily life.