

REHOBOTH OPEN BIBLE CHURCH

make
room
for the New

¹⁸“Do not remember the former things,
Nor consider the things of old. ¹⁹Behold, I will do
a new thing.”

- Isaiah 43:18-19a

KID'S DEVOTIONAL

21-Day Daniel Fast
January 10 – 30, 2021

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**21-Day Prayer & Fasting
January 10 – January 30, 2021**

“MAKE ROOM FOR THE NEW”

¹⁹ For I am about to do something new. See, I have already begun! Do you not see it? (Isaiah 43:19)

Welcome to the 21-day fast. During these twenty-one days, we will be asking the Lord to transform our lives, our church and our future. We want to see God move, hear God's voice and imitate Him.

This year's theme, "Make Room for the New", if ever a time when this is critical and relevant is now. In the era of a wild, unprecedented year 2020, with its footprints already in 2021, we need to be prepared for the New. Rehoboth, this is our year of change and miracles. 1Corinthians 2:9-10 still holds true.

***⁹“No eye has seen, no ear has heard, and mind has imagined what God has prepared for those who love him.” ¹⁰ But it was to us that God revealed these things by his Spirit. For his Spirit searches out everything and shows us God's deep secrets.
(1Corinthians 2:9-10)***

What God is up to will be made known by the Holy Spirit? We need to make room for God to move.

It is important to note, God is already in action doing a new thing, nothing compared to what he has done in the past. It is our responsibility to see it.

***¹⁸“But forget all that—it is nothing compared to what I am going to do. ¹⁹ For I am about to do something new. See, I have already begun! Do you not see it? I will make a pathway through the wilderness. I will create rivers in the dry wasteland.
(Isaiah 43:18-19)***

Rehoboth by your nature, the Lord has made room for us and we will flourish in the land (Genesis 26:22). Brace yourself and position for an unprecedented encounter. It's time for new beginnings, new seasons and new opportunities. Let's embrace the open space and make room for

1. God
2. Relationships
3. Miracles
4. Rest
5. Generosity
6. Missions
7. Our Calling

What we do right now, and what we do daily, affects the rest of the year and the rest of our lives. I believe these twenty-one days will galvanize the body, increase our faith and make room for an extraordinary move of the Holy Spirit. By participating with us in this fast, you become a part of this extraordinary move of God.

“We can't make God move, but we can make room for God to move” (Greg Surratt).

Let's create the space, open the door and invite him in. **JOIN US ON THIS AMAZING JOURNEY! MAKE ROOM FOR THE NEW!**

Pastor Leroy & Dalton Spencer

YOUR FASTING GUIDE

“The tendency of fire is to go out; watch the fire on the altar of your heart. Anyone who has tended a fireplace knows that it needs to be stirred up occasionally.”

--- William Booth, Founder of Salvation Army

Like prayer and Bible reading, fasting is one of the spiritual disciplines of followers of Jesus. This guide is here to help you get your mind around fasting, and help you get started in this powerful Christian habit!


WHY WOULD A KID FAST?

- + To Get To Know God Better By Drawing Closer To Him**
- + To Be Willing To Give Up Something They Enjoy Eating In Order To Focus On Something More Important, Especially On Behalf Of Others;**
- + Because Jesus Said That Fasting Is Important When Praying For Something Difficult To Obtain or Fix;**
- + To Be In Agreement With The Adults In Their Family Who Are Fasting**
- + To Practice Fasting So That It Becomes A Familiar Discipline For Strengthening Their Spiritual Lives.**

Go for it! You'll be glad you did.

Source: Faith Deliverance COGIC Awakening Youth Fasting guidelines





PARENTS AGREEMENT

I _____, agree to use the 21 Days of Prayer & Fasting for Kids with my child each day and commit to:

1. Read the daily scripture with them
2. Help them fast the various daily items listed
3. Pray the Prayer Focus with them each day

During this Fast we are believing God for (check as many as apply)

Unity in our home Healing Freedom from Addiction Peace in our home Finances

Other: _____

We are going to fast the following:

Sugar/Desserts/Candy Media (TV/Computer-except for school/homework)

Fried foods Fast Foods Pastries Artificially Sweetened Juices

Thank you for partnering with me to train up my child in the way they should go so that when they are old, they will not depart from it. Prov. 22:6



ROBC Kids - Prayer & Fasting Schedule - Jan. 2021

Corporate Prayer & Fasting Meeting Times

Week of January 10-16, 2021

<u>Day</u>	<u>Time</u>	<u>Meeting Method</u>
Monday & Tuesday	8:00 pm – 9:00 pm	Corporate Tele-Prayer Session
Wednesday	5:00 am (Men only) 11:00 am - 1:00 pm & 10:00 pm - Midnight	Corporate Tele-Prayer Session Corporate Tele-Prayer Session
Thursday	8:00 pm - 9:30 pm	Corporate Tele-Prayer Session
Friday	8:00 pm - 10:00 pm	Zoom Video Prayer
Saturday	8:00 pm - 9:00 pm	Corporate Tele-Prayer Session

Week of January 17-23, 2021

<u>Day</u>	<u>Time</u>	<u>Meeting Method</u>
Monday & Tuesday	8:00 pm – 9:00 pm	Corporate Tele-Prayer Session
Wednesday	5:00 am (Men only) 11:00 am - 1:00 pm & 10:00 pm - Midnight	Corporate Tele-Prayer Session Corporate Tele-Prayer Session
Thursday	8:00 pm - 9:30 pm	Corporate Tele-Prayer Session
Friday	8:00 pm - 10:00 pm	Zoom Video Prayer
Saturday	8:00 pm - 9:00 pm	Corporate Tele-Prayer Session

Week of January 24-30, 2021

<u>Day</u>	<u>Time</u>	<u>Meeting Method</u>
Monday & Tuesday	8:00 pm – 9:00 pm	Corporate Tele-Prayer Session
Wednesday	5:00 am (Men only) 11:00 am - 1:00 pm & 10:00 pm - Midnight	Corporate Tele-Prayer Session Corporate Tele-Prayer Session
Thursday	8:00 pm - 9:30 pm	Corporate Tele-Prayer Session
Friday	8:00 pm - 10:00 pm	Zoom Video Prayer
Saturday	8:00 pm - 9:00 pm	Corporate Tele-Prayer Session

Corporate Daily Tele-Prayer

Synchronize prayer: 6:33 AM & 6:33 PM
Suggested Fasting Times: 6:00 AM – 6:00 PM

Corporate Tele-Prayer Conference Line

Dial –1 (646) 558-6338 Access Code: 2249667

Zoom Video Conference

<https://zoom.us/j/3645436697?pwd=Q1VzL3ZOMGpxRitidEZubmR1REU2Zz09>

Meeting ID: 364 543 6697

Password: 5102

Dial: (888) 475 - 4499 US Toll-free (same meeting ID and Password)

Devotional Scripture for 21 Day Fast

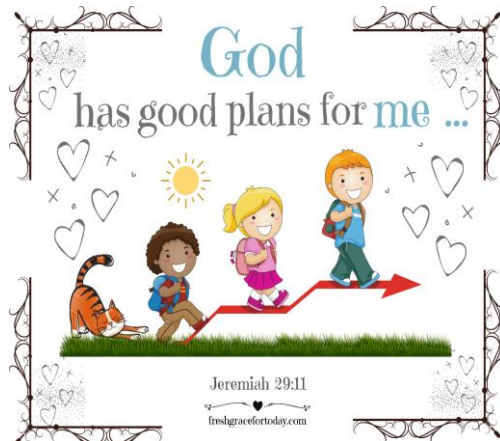
DAY 1 – SUNDAY, January 10th GOD'S PLAN

Today, I Agree To Give Up: a) Candy and Gum
b) Pastries (cake/cookies/pies/donuts)

Jeremiah 29:11

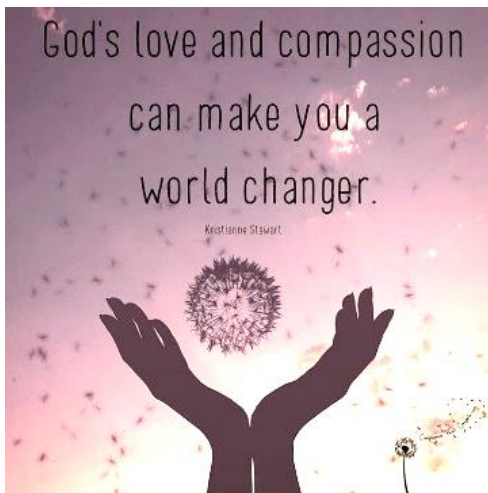
"For I know the plans I have for you, says the Lord. They are plans for good and not for evil, to give you a future and a hope."

PRAYER FOCUS: God, I know You have a good plan for my life. That's wonderful to know. I would love for Your plan to happen in my life in 2021 and I am excited to have You send me in the right direction.



DAY 2 – MONDAY, January 11th GOD, YOUR LOVE NEVER FAILS

Today, I Agree To Give Up: a) Candy and Gum
b) Pastries (cake/cookies/pies/donuts)



Lamentations 3:22-23

²² his compassion never ends. It is only the Lord's mercies that have kept us from complete destruction. ²³ Great is his faithfulness; his loving-kindness begins afresh each day.

PRAYER FOCUS: God, thank You for loving me all these years. I want to know the fullness of Your love. I want to be like Jesus. Help me to love God, love myself, and love others fully, the way You do.

Devotional Scripture for 21 Day Fast

DAY 3 – TUESDAY, JAN. 12th CONSTANTLY CHANGING FOR THE BETTER

Today, I Agree To Give Up: a) Candy and Gum b) Pastries
c) Artificially Sweetened Juices (drink only natural/unsweetened juices)



Ephesians 4:23-24

²³ Now your attitudes and thoughts must all be constantly changing for the better. ²⁴ Yes, you must be a new and different person, holy and good. Clothe yourself with this new nature.

PRAYER FOCUS: I have decided to follow Jesus. Your love won't lead me astray. There is no turning back. God, this is the greatest decision I will ever make. I am willing to live and serve the way You want me to.

DAY 4 – WEDNESDAY, JAN. 13th JESUS AT THE CENTER OF IT ALL

Today, I Agree To Give Up: a) Candy and Gum b) Pastries
c) Artificially Sweetened Juices d) Fast Food

Colossians 3:10-11

¹⁰ You are living a brand new kind of life that is continually learning more and more of what is right, and trying constantly to be more and more like Christ who created this new life within you.

PRAYER FOCUS: Jesus, having You is what matters. I am a divine expression of Your love. You love me with an everlasting love; a love that is unconditional. Forgive me for not always loving everyone but I am turning that page and I want to love like You do. I want to love every person You put in my life.

Christ
is all.
and is in
all.

COLOSSIANS 3:11

Devotional Scripture for 21 Day Fast

DAY 5 – THURSDAY, JAN. 14th **BEHOLD, A BRAND-NEW THING**

Today, I Agree To Give Up: a) Candy and Gum b) Pastries c) Artificially Sweetened Juices d) Fast Food e) Fried Foods

Isaiah 43:18-19

¹⁸ But forget all that—it is nothing compared to what I'm going to do! ¹⁹ For I'm going to do a brand-new thing. See, I have already begun!

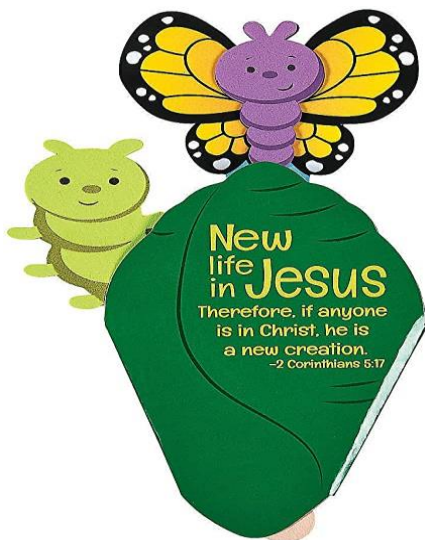
Don't you see it? I will make a road through the wilderness of the world for my people to go home, and create rivers for them in the desert!

PRAYER FOCUS: God, I want to be totally free from the events that took place in the past. In 2021, I am going to see that You have already begun to do a brand-new thing. I thank You for that and I commit to turn to Scripture and prayer this year.



DAY 6 – FRIDAY, JAN. 15th **A FRESH START**

Today, I Agree To Give Up: a) Candy and Gum b) Pastries c) Artificially Sweetened Juices d) Fast Food e) Fried Foods



2 Corinthians 5:17

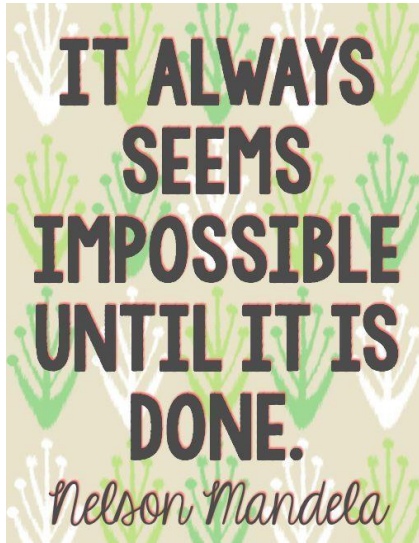
This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!

PRAYER FOCUS: God, I thank You for a fresh start. I thank You that new life is available now through Jesus and I walk into that life. I belong to You, God and I ask that You mold me into the person You want me to be.

Devotional Scripture for 21 Day Fast

DAY 7 – SATURDAY, JAN. 16th **YOUR END WILL BE GREATER**

Today, I Agree To Give Up: a) Candy and Gum b) Pastries c) Artificially Sweetened Juices d) Fast Food e) Fried Foods f) White Bread g) Sweet Breakfast Foods (Cereal, Syrup, Jelly, Jam, Pop Tarts, etc.)



Job 8:7 (NASB)

⁷Though your beginning was insignificant, yet your end will increase greatly.

PRAYER FOCUS: Jesus, You know who I am and who I should be. You know where I am and where I should be. Show me the gaps I need to close to be who and where I should be. Place family and friends that will help me, around me.

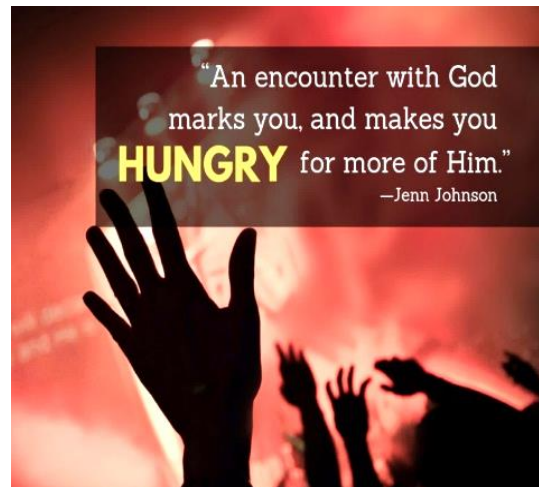
DAY 8 – SATURDAY, JAN. 17th **A NEW SONG**

Today, I Agree To Give Up: a) Candy and Gum b) Pastries c) Artificially Sweetened Juices d) Fast Food e) Fried Foods f) White Bread g) Electronics during service

Psalm 40:3

He has given me a new song to sing, a hymn of praise to our God. Many will see what he has done and be amazed. They will put their trust in the Lord.

PRAYER FOCUS: Pray that God will give you new songs to sing. Pray that you will praise and worship God from a young age and that your family and friends will put their trust in God because of the amazing things He will do in your life.



Devotional Scripture for 21 Day Fast

DAY 9 – MONDAY, JAN. 18th JESUS IS MAKING ALL THINGS NEW

Today, I Agree To Give Up: a) Candy and Gum b) Pastries c) Artificially Sweetened Juices d) Fast Food e) Fried Foods f) White Bread

Revelation 21:5

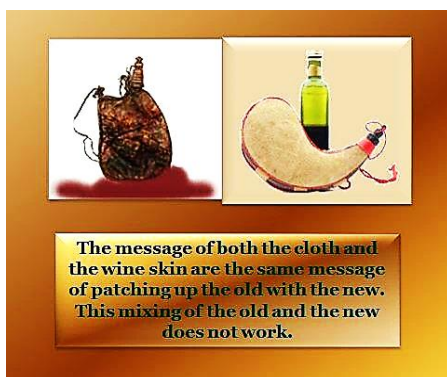
And the one sitting on the throne said, “See, I am making all things new!” And then he said to me, “Write this down, for what I tell you is trustworthy and true.”

PRAYER FOCUS: Ask The Sovereign Lord to be your God. Ask God to give you a desire to journal (write down) your blessings, favorite Scriptures, experiences, and lessons you learn about Him.



DAY 10 – TUESDAY, JAN. 19th NEW WINE

Today, I Agree To Give Up: a) Candy and Gum b) Pastries c) Artificially Sweetened Juices d) Fast Food e) Fried Foods f) White Bread



Luke 5:36-38

³⁷And no one puts new wine into old wineskins, for the new wine bursts the old skins, ruining the skins and spilling the wine. ³⁸New wine must be put into new wineskins.

PRAYER FOCUS: I yield to You, into Your careful hand. When I trust You, I don't need to understand. Make me Your vessel, make me an offering, make me whatever You want me to be. I came here with nothing but all You have given me; Jesus bring new wine out of me.

Devotional Scripture for 21 Day Fast

DAY 11 – WEDNESDAY, JAN. 20th **A HEART TRANSPLANT**

Today, I Agree To Give Up: a) Candy and Gum b) Pastries c) Artificially Sweetened Juices d) Fast Food e) Fried Foods f) fruit juices

Ezekiel 11:19

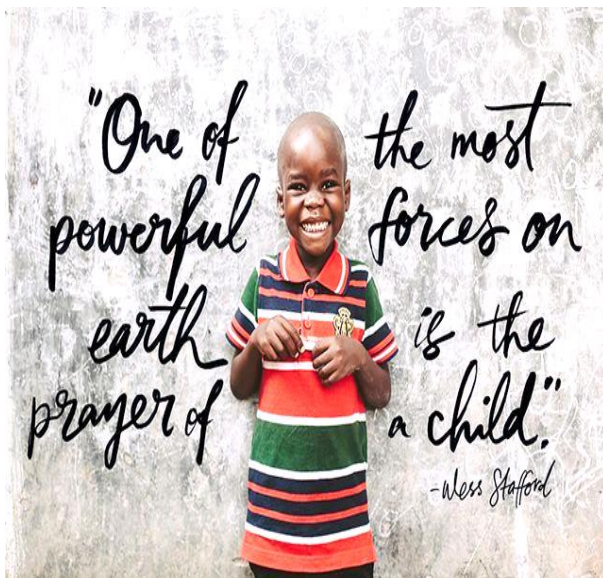
And I will give them singleness of heart and put a new spirit within them. I will take away their stony, stubborn heart and give them a tender, responsive heart.

PRAYER FOCUS: Jesus, take away my heart of stone and give me a responsive heart. “I want a heart that forgives, a heart full of love; one with compassion just like Yours from above. I want a heart that forgives, that lives and lets live; one that keeps loving over and over again.”



DAY 12 – THURSDAY, JAN. 21st **DON'T WORRY ABOUT A THING**

Today, I Agree To Give Up: a) Candy and Gum b) Pastries c) Artificially Sweetened Juices d) Fast Food e) Fried Foods f) fruit juices



Philippians 4:6

Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done.

PRAYER FOCUS: Ask God to help you remember to bring everything to Him in prayer. Pray that God will remind you that it is a privilege to carry everything to Him in prayer.



BLESSINGS OF FASTING

STRONGER RELATIONSHIP WITH GOD

PERSONAL
REVELATION

LOVE FOR GOD'S
CHILDREN

POWER TO OVERCOME TEMPTATIONS

REMISSION OF SINS

HEALING AND
MIRACLES

OTHER BLESSINGS

In addition to the blessings mentioned, ancient and modern prophets have also taught about these blessings of observing the law of the fast:

- Loose the bands of wickedness.
- Free the oppressed.
- Break every yoke.
- Increase our physical health.
- Increase prosperity.
- Energize us spiritually.
- Strengthen our self-discipline.
- Fill our homes with peace.
- Lighten our hearts with joy.
- Prepare us for times of adversity.
- Open the windows of heaven.
- Help us teach with power.
- Increase humility and spirituality.

From Isaiah 58:6, 8; Marlon G. Romney, "The Blessings of the Fast," *Ensign*, July 1982, 4; Joseph B. Wirthlin, "The Law of the Fast," *Ensign*, May 2001, 75; Alma 17:3; and L. Tom Perry, "The Law of the Fast," *Ensign*, May 1986, 31.

Courtesy of the *New Era*

FAST | 2021

Make Room for The New

MY 21 – DAY FASTING COMMITMENT

I commit to participate in our Church Corporate wide fast from Sunday, January 10, 2021 to Saturday, January 30, 2021.

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

1. 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 _____.

2. I will set aside time every **morning** from _____ am to _____ am to praise God, read my Word and spend time in prayer.
3. I will set aside time every **evening** from _____ pm to _____ pm to praise God, read my Word and spend time in prayer.
4. 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:** _____

Devotional Scripture for 21 Day Fast

DAY 13 – FRIDAY, JAN. 22nd **I REPRESENT JESUS**

Today, I Agree to Give Up: a) Candy and Gum b) Pastries c) Artificially Sweetened Juices d) Fast Food e) Fried Foods f) fruit juices



Colossians 3:17

And whatever you do or say, do it as a representative of the Lord Jesus, giving thanks through him to God the Father.

PRAYER FOCUS: Pray about the things you think, say, and do. Pray that your thoughts, words, and actions will represent Jesus well.

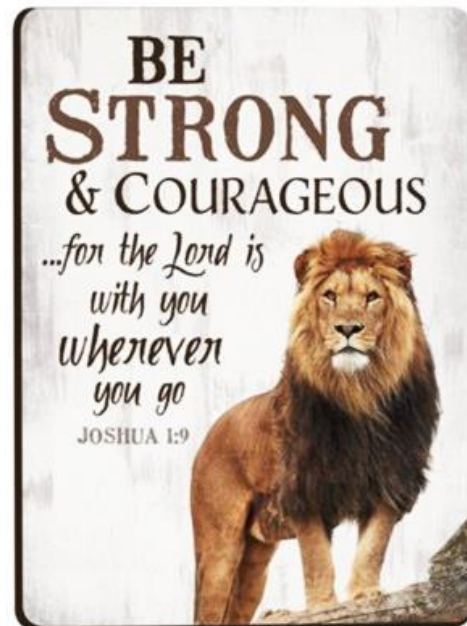
DAY 14 – SATURDAY, JAN. 23rd **TRUST IN THE LORD**

Today, I Agree To Give Up: a) Candy and Gum b) Pastries c) Artificially Sweetened Juices d) Fast Food e) Fried Foods f) fruit juices

Isaiah 40:31

But those who trust in the Lord will find new strength. They will soar high on wings like eagles. They will run and not grow weary. They will walk and not faint.

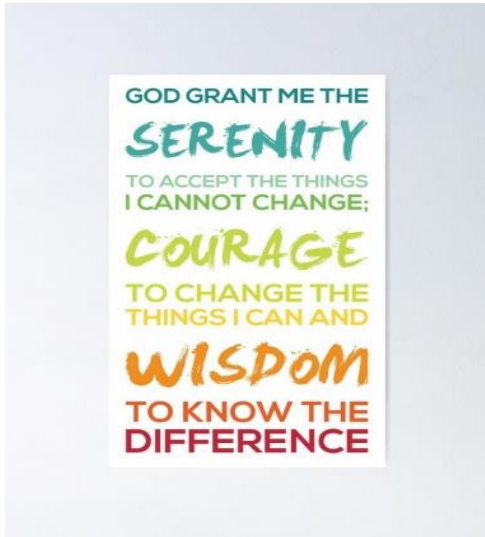
PRAYER FOCUS: “Lord, I believe. Help my unbelief.” Speak to God honestly. Ask Him to increase your trust in Him.



Devotional Scripture for 21 Day Fast

DAY 15 – SUNDAY, JAN. 24th **WHAT IS THE TRUTH**

Today, I Agree To Give Up: a) Candy and Gum b) Pastries c) Artificially Sweetened Juices d) Fast Food e) Fried Foods f) Electronics during service



Proverbs 23:23

Buy the truth and do not sell it— wisdom, instruction and insight as well.

PRAYER FOCUS: Ask God to show you the truth and that you will learn to treasure it.

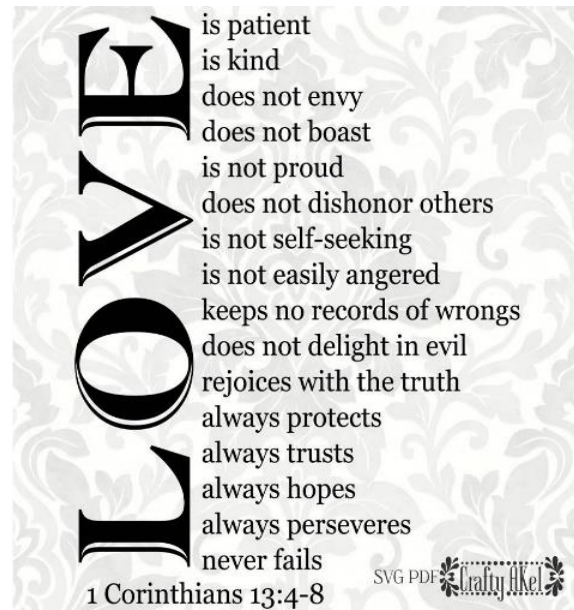
DAY 16 – MONDAY, JAN. 25th **WHAT THE WORLD NEEDS NOW**

Today, I Agree To Give Up: a) Candy and Gum b) Pastries c) Artificially Sweetened Juices d) Fast Food e) Fried Foods

John 13:34

A new commandment I give to you, that you love one another, even as I have loved you, that you also love one another

PRAYER FOCUS: Pray that God will teach you how to love Him compassionately, love yourself fully, and love others generously, in that order.



Devotional Scripture for 21 Day Fast

DAY 17 – TUESDAY, JAN. 26th WISDOM IS THE PRINCIPAL THING

Today, I Agree To Give Up: a) Candy and Gum b) Pastries
c) Artificially Sweetened Juices d) Fast Food e) Fried Foods



Colossians 4:5-6

⁵Live wisely among those who are not believers, and make the most of every opportunity. ⁶Let your conversation be gracious and attractive so that you will have the right response for everyone.

PRAYER FOCUS: Ask God to show you when you have done or said the wrong thing and to humble you enough to be able to apologize.

DAY 18 – WEDNESDAY, JAN. 27th BE CAREFUL HOW YOU LIVE

Today, I Agree To Give Up: a) Candy and Gum b) Pastries
c) Artificially Sweetened Juices d) Fast Food e) Fried Foods

People can't change the truth,
but the truth can change people.

Ephesians 5:15-17

¹⁵ So be careful how you live. Don't live like fools, but like those who are wise. ¹⁶ Make the most of every opportunity in these evil days. ¹⁷ Don't act thoughtlessly, but understand what the Lord wants you to do.

PRAYER FOCUS: Pray that God will direct your steps to living a careful life and living with wisdom that is pure, peaceable, gentle, willing to yield, and full of mercy.

Devotional Scripture for 21 Day Fast

DAY 19 – THURSDAY, JAN. 28th DO WHAT IS GOOD

Today, I Agree To Give Up: a) Candy and Gum b) Pastries c) Artificially Sweetened Juices d) Fast Food e) Fried Foods



Galatians 6:9-10

⁹ So let's not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don't give up. ¹⁰ Therefore, whenever we have the opportunity, we should do good to everyone—especially to those in the family of faith.

PRAYER FOCUS: Lord, I ask that doing good to others will be what is said of me; that I loved and served You and treated others good.

DAY 20 – FRIDAY, JAN. 29th OBEDIENCE IS KEY

Today, I Agree To Give Up: a) Candy and Gum b) Pastries c) Artificially Sweetened Juices d) Fast Food e) Fried Foods

Revelation 3:8

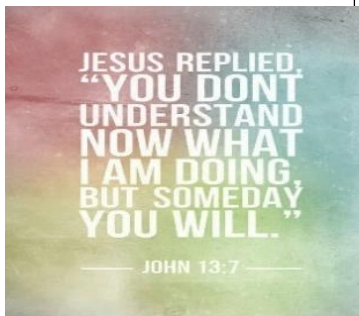
“I know all the things you do, and I have opened a door for you that no one can close. You have little strength, yet you obeyed my word and did not deny me.”

PRAYER FOCUS: Pray that God will strengthen you where you are weak and give you courage to be obedient and not deny Him.



DAY 21 – SATURDAY, JAN. 30th MAKE ROOM FOR THE NEW

Today, I Agree To Give Up: a) Candy and Gum b) Pastries c) Artificially Sweetened Juices d) Fast Food e) Fried Foods



Leviticus 26:9-10

⁹ “I will look favorably upon you, making you fertile and multiplying your people. And I will fulfill my covenant with you. ¹⁰ You will have such a surplus of crops that you will need to clear out the old grain to make room for the new harvest!”

PRAYER FOCUS: Pray that God will show you what you need to move out of our life so that He can move in what He wants to.



Prayer Hamburger



Top Bun This represents “praise!” Begin your prayer



PRAISE with praise and thanksgiving to God for who He is and what He has done.

Matthew 6:9

Lettuce This represents praying for the will of God



PURPOSE to be done in your life, your family and in your church, school - everywhere! Basically, you’re telling God to do what HE wants in you!

Matthew 6:10

Tomato This represents praying for your needs -



PROVISION things you need God to help you with. Pray specifically about things you need God’s help with.

Matthew 6:11

Cheese This represents praying for repentance and



PARDON forgiveness. Ask God to forgive you of the things you have done that don’t help you grow in God.

Matthew 6:12

Meat This represents praying for others. You can



PEOPLE pray for individuals (your friends, family), or for groups of people like missionaries or church leadership.

Matthew 6:12

Sauce This represents praying for protection. Ask



PROTECTION God to help you during the day, keep you safe and help you to follow Him.

Matthew 6:13

Bottom This represents “praise!” End your prayer with

Bun **PRAISE** same way you started!



MAKE ROOM FOR THE NEW



2 Things to Do to Help You Have a Great New Year

Reflect

Before you make future decisions it's imperative that you remember and reflect on your old ones.

Reflective questions like:

- What did I do that was effective?
- What could have I done better?
- What did I learn from it?
- What people were brought into my life because of it?
- What would I do again?
- What do I wish I had experienced that I didn't?

Stay Positive

We've got to manage our minds. In other words, we have to make our mind *mind!* We can do this by questioning our thoughts and calling their bluff. Asking ourselves questions like:

- Who told me this?
- Where did I hear this?
- Is this a story I've been telling myself for years?
- Why do I believe this?"
- What proof do I have that it's true?

Take the time to **reflect** on your past and **remain positive** about your future.
You've got this!

MAKE ROOM FOR THE NEW

6 Things to Remember When Facing New Beginnings

by Lynn Schroeder

Here are 6 things that are important to keep in mind when and if you're on the cusp of a new beginning in your life.

1. **Let go of the past.** It's so difficult when you're starting new to bring the past with you. New beginnings require moving forward and letting go of those roadblocks. Remember that beautiful things grow out of dirt, so you should let go of whatever baggage you're holding onto and learn from it.

2. **Face your fears.** Fear is an excellent indicator that you're on the right track. If you're starting to feel anxious or fearful about taking that step forward, that's a good sign that you're actually on the right track and you should continue moving forward. Don't let fear hold you back.

3. **Watch the stories that you tell yourself.** We all tell ourselves stories, whether we realize it or not. Here's one that I could tell myself as I'm looking into my future as an empty nester. I could tell myself the lie that only old people become empty nesters, and I will no longer be useful once I reach that stage of life. Because of that story, I could begin to exhibit the behavior of giving up and coasting through the rest of my life without any purpose. So, watch the stories and lies you tell yourself, because you might start to believe those stories and let them affect your behavior.

4. **Endings are necessary.** There's a saying that goes, "The day you were born, you began to die." That's pretty deep, but it's true. Everything comes to an end, but when we face that end, that's our opportunity to reframe our new beginning.

5. **Failures teach you lessons.** They are a bruise, not a permanent tattoo. I love the story Michael Jordan tells. He says that he missed over 9,000 shots in his career, and 26 different times he went up for a game winning shot and missed it, but all of those mistakes led to his success. Think about that for a second. When you're looking your new beginning in the face, just know that mistakes will come and you will learn from them. We are all perfectly imperfect.

6. **New beginnings are a chance for you to be better.** Metamorphosis will happen – it's not just for caterpillars, it's for you and me, and you can choose what to do in your new beginning to make yourself better. No one has a monopoly on their future. Each one of us has a level playing field. Some may disagree with me on that, but I truly believe that we are ALL on the same level. New beginnings are a clean sheet of paper in your book, so turn that page and begin doing what you want.

YOUR FASTING GUIDE



How should I prepare to fast?

For a 1-day fast, it doesn't take much preparation. It's best to slow down your eating before the fast, and then pick it back up slowly by eating small, simple foods. For a longer fast, DEFINITELY prepare this way. It's smart to plan ahead and make sure you'll have plenty of the fruits, vegetables, juices, etc. on hand. If not, you're likely to overeat at your next meal, and that's never a good choice!

What should I do while fasting?

Drink lots of water. Pray. Read your Bible. Listen to worship music. Think. The space provided in this devotional for you to journal is designed to help you in all that.

How to Use this Journal:

Very simply, carve out a quiet time each day. It's best to do this in the morning. Why? Because once your day begins, there will be a million distractions. Learn to put God first in your day, and He will multiply your time. You'll find that you get more done in less time.

During your quiet time, go through the daily devotional this way:

1. **Scripture:** Read the Scripture passage and short commentary
2. **Observe:** Think about what you see that clicks with you. What do you think it means? Are you going through a similar situation?
3. **Application:** How do you think this Scripture applies to you, personally? What is God trying to say to you through His Word?
4. **Prayer:** Pray and ask Jesus to make those applications real. Is there something you need to change? Someone you need to speak to? Apologize to? A different way you need to act? Is there something God is asking you to do that you've never done before?

Yep, that flow spells: **"SOAP."** Wash your brain with the Word of God. Easy to remember. You can continue this practice in your daily time with Jesus.

Very Important Notice

Fasting requires reasonable precautions. *If you have any health concerns, please consult your parent or physician prior to beginning your fast, especially if you are taking any medication, have a chronic condition.*



**Thy kingdom come.
Thy will be done
On earth as
it is in heaven.**

Matt 6:10

Make Room for the New

Philippians 4:19

"God will meet
all your needs."



Philippians 4:19

www.ChristianFastingPractices.com

Galatians 5:22

"But the fruit of the Spirit is
love, joy, peace,
patience, kindness,
goodness, faithfulness,
gentleness &
self-control."



Galatians 5:22-23

www.ChristianFastingPractices.com

1 Thessalonians 5:18

"Give thanks in all
circumstances, for
this is God's
will for you."



1 Thessalonians 5:18

www.ChristianFastingPractices.com

SCRIPTURES TO MEMORIZE

Jeremiah 29:11

For I know the plans I have for you, says the Lord. They are plans for good and not for evil, to give you a future and a hope.

2 Corinthians 5:17

This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!

Job 8: 7 (NASB)

Though your beginning was insignificant, yet your end will increase greatly.

Ezekiel 11:19

And I will give them singleness of heart and put a new spirit within them. I will take away their stony, stubborn heart and give them a tender, responsive heart.

Philippians 4:6

Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done.

Colossians 3:17

And whatever you do or say, do it as a representative of the Lord Jesus, giving thanks through him to God the Father.

John 13:34

A new commandment I give to you, that you love one another, even as I have loved you, that you also love one another.

ROBC Kids - Prayer & Fasting Schedule - Jan. 2021

