

# Stretch for the Journey

ISAIAH 54:2

2024

21-Day Daniel Fast Devotional

January 14 - February 3

Join us on this Life-Changing 21-Day  
Fasting Journey

REHOBOTH OPEN BIBLE CHURCH

5102 Ave. D; Brooklyn, NY 11203 (718) 629-1491; [www.robcny.org](http://www.robcny.org)

Rev. Leroy Spencer - Senior Pastor    Rev. Dalton Spencer - Admin Pastor



# Stretch for the Journey

## A CALL TO FAST

Pastoral Charge & Challenge

Awakening 2024- Open Bible Prayer Focus

Fasting Basics

Fasting Schedule

**WEEK 01** January 14-20 BUILD

Sample Meal Plan-1

**WEEK 02** January 21-27 INCREASE

Sample Meal Plan-2

**WEEK 03** January 28-February 3 ESTABLISH

Sample Meal Plan-3

ADDITIONAL INFO

RECIPES



Join us for a divine encounter...



## A Pastoral Letter of Encouragement for the 21-Day Fast

Dear Beloved Church Family,

Grace and peace be multiplied to you in the knowledge of God and Jesus, our Lord. As we embark on this sacred journey of the 21-day fast, let our hearts be filled with anticipation, and our spirits be attuned to the guidance of the Holy Spirit.

The theme for our fast, "**Stretch for the Journey**," serves as a poignant reminder that our faith is not stagnant but dynamic, ever-growing, and evolving. **Just as a muscle must stretch to become stronger, so must our faith stretch to deepen and mature. In the next three weeks, let us open our hearts wide to the transformative work of God in our lives.**

Fasting is more than abstaining from food; it is a spiritual discipline that invites us into a deeper communion with our Creator. As we deny ourselves physical nourishment, it is necessary for our souls to feast on the richness of God's Word and the sweetness of His presence. Let this time be a stretching of our reliance on the Word and drawing near to Him. Lord, teach us to pray!

Our 21-day fast is an opportunity to renew our strength to soar to new heights in our relationship with God, humbling ourselves, consecrating ourselves, seeking him, and waiting on Him. **Are you ready to wrestle with God? Like Jacob, let us fervently decide I am not going to let go until you bless me.**

*"Enlarge the place of your tent and let them stretch out the curtains of your dwellings. Do not spare; lengthen your cords and strengthen your stakes.<sup>3</sup> For you shall expand to the right and to the left, and your descendants will inherit the nations and make the desolate cities inhabited."  
(Isaiah 54:2-3, NIV)*

As we stretch in prayer, may we intercede for ourselves, our community, our nation, and the world. Let our petitions rise like incense before the throne of grace, trusting that God hears and answers the cries of His people. This fast is not only personal but communal, and together, we can make a powerful impact through our unity in prayer.

This time of fasting is a spiritual pilgrimage, a journey of self-discovery, surrender, and renewal. **Stretch for the Journey!** Let us press on together with the confidence that God is leading us into a season of abundant blessings and spiritual breakthroughs.

*God will do nothing but in answer to prayer. (John Wesley)*

Let's **Stretch for the Journey**. May the grace of our Lord Jesus Christ, the love of God, and the fellowship of the Holy Spirit be with us all.

In Christ's love,

Rev. Leroy & Dalton Spencer  
Pastors



# FASTING BASICS

**SIMPLY STATED, BIBLICAL FASTING IS REFRAINING FROM FOOD FOR A SPIRITUAL PURPOSE.**

According to the Bible, there are three duties of every Christian: give, pray and fast. Biblical fasting takes a lot of discipline and strength—strength which you can only receive from God. Your private discipline will bring you rewards in Heaven, says Matthew 6. When you give God your first through fasting, prayer and giving at the beginning of the year, you set the course for the entire year.

## WHY SHOULD I FAST?

- Are you in need of healing or a miracle?
- Do you need the tender touch of God in your life?
- Is there a dream inside you that only He can make possible?
- Are you in need of a fresh encounter?
- Do you desire a deeper, more intimate and powerful relationship with the Lord?
- Are you ready to have heightened sensitivity to the desires of God?
- Do you need to break away from bondages that have been holding you hostage?
- Is there a friend or loved one that needs Salvation?
- Do you desire to know God's will for your life?



## BIBLICAL FASTING FOCUS

1 TIMOTHY 2:1-2

*"I exhort therefore, that, first of all, supplications, prayers, intercessions, and giving of thanks, be made for all men; For kings, and for all that are in authority; that we may lead a quiet and peaceable life in all godliness and honesty."*

ISAIAH 58:6

*"[Is] not this the fast that I have chosen to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke?"*

ROMANS 12:1

*"I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, [which is] your reasonable service."*

MATTHEW 6:33

*"But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you."*

We want to encourage you to target your prayers during the fast. Two specific areas we will be focusing on together are leadership and finances. The Bible instructs us to continually pray for our leaders (1 Timothy 2:1-2). When we lift up our leaders, here in the United States and around the world, we can expect God's peace in our lives and in our nation.

Another great promise, from the book of Isaiah, proclaims that the chosen fast will "undo the heavy burdens and let the oppressed go free." We are living in tough economic times and we know that so many people are under a financial burden. As we come together to fast and pray, we believe that your burdens will be lifted and that financial blessings will be released into your life!

We encourage you to seek the Lord in prayer and let your decisions about your biblical fasting come from Him. Ask the Lord to show you areas to target during your time of fasting and prayer. We believe that, as we pray and seek God and give Him our best at the first of the year, He will bless our ENTIRE year (Matthew 6:33)!





# HOW TO FAST

## HOW TO BEGIN

Start with a clear goal. Be specific. Why are you fasting? Do you need direction, healing, restoration of marriage or family issues? Are you facing financial difficulties? Ask the Holy Spirit for guidance. Pray daily and read the Bible.

## PREPARING SPIRITUALLY

Confess your sins to God. Ask the Holy Spirit to reveal areas of weakness. Forgive all who have offended you and ask forgiveness from those you may have offended (Mark 11:25; Luke 11:4; 17:3-4). Surrender your life fully to Jesus Christ and reject the worldly desires that try to hinder you (Romans 12:1-2).

## DECIDING WHAT TO FAST

The type of fasting you choose is up to you. You could go on a full fast in which you only drink liquids, or you may desire to fast like Daniel, who abstained from sweets and meats, and the only liquid he drank was water. Remember to replace that time with prayer and Bible study.

## DECIDING HOW LONG

You may fast as long as you like. Most can easily fast from one to three days, but you may feel the grace to go longer, even as much as 21 to 40 days. Use wisdom and pray for guidance. Beginners are advised to start slow.

## WHAT TO EXPECT

When you fast your body detoxifies, eliminating toxins from your system. This can cause mild discomfort such as headaches and irritability during withdrawal from caffeine and sugars. And naturally, you will have hunger pains. Limit your activity and exercise moderately. Take time to rest. Fasting brings about miraculous results. You are following Jesus' example when you fast. Spend time listening to praise and worship. Pray as often as you can throughout the day. Get away from the normal distractions as much as possible and keep your heart and mindset on seeking God's face.

## HOW TO END

Don't overeat when the time comes to end your fast. Begin eating solid food gradually; eat small portions or snacks.





## **Corporate Prayer & Fasting Meeting Times**

### **Week of January 14 -20, 2024**

<u>Day</u>	<u>Time</u>	<u>Meeting Method</u>
Sunday - Tuesday	7:00 pm – 8:15 pm	Zoom Video Prayer
Wednesday	5:00 am (Men only) 11:00 am - 1:00 pm 7:00 pm – 8:15 pm	Tele-Conference Prayer Session Tele-Conference Prayer Session Zoom Video Prayer
Thursday – Saturday	7:00 pm - 8:15 pm	Zoom Video Prayer

### **Week of January 21 -27, 2024**

<u>Day</u>	<u>Time</u>	<u>Meeting Method</u>
Sunday - Tuesday	7:00 pm – 8:15 pm	Zoom Video Prayer
Wednesday	5:00 am (Men only) 11:00 am -- 1:00 pm 7:00 pm – 8:15 pm	Tele-conference Prayer Session Tele-conference Prayer Session Zoom Video Prayer
Thursday - Saturday	7:00 pm - 8:15 pm	Zoom Video Prayer

### **Week of January 28, 2024 – February 03, 2024**

<u>Day</u>	<u>Time</u>	<u>Meeting Method</u>
Sunday - Tuesday	7:00 pm – 8:15 pm	Zoom Video Prayer
Wednesday	5:00 am (Men only) 11:00 am - 1:00 pm 7:00 pm – 8:15 pm	Tele-Conference Prayer Session Tele-Conference Prayer Session Zoom Video Prayer
Thursday	7:00 pm - 8:15 pm	In-person & You-Tube
Friday	7:00 pm - 12:00 am	In-person & You-Tube
Saturday	7:00 pm - 8:15 pm	Zoom Video Prayer

### **Corporate Daily Fasting Time**

5:00 am – 5:00 pm

### **Corporate Zoom Prayer Conference Line**

Dial –1 (646) 518 - 9805    Meeting ID: 364 543 6697    Access Code: 5102

### **Zoom Video Conference Link**

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

Meeting ID: **364 543 6697**

Password: 5102

### **Corporate Tele-Conference Line**

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

(use only when access to Zoom is not possible)



## Corporate Prayer & Fasting Schedule

### Schedule for Week of 1/14/2024 – **BUILD**

Date	Day	1	Theme	Leader
01/14/2024	Sunday	1	Do Not Hold Back	Dietric Wing-Paul Norbert Allen Pastor Spencer
01/15/2024	Monday	2	You are God's Field, God's Building	Maxine Campbell
01/16/2024	Tuesday	3	Extend Your Boundary	Vangee Dyer
01/17/2024	Wednesday	4	Get Everything Ready	Neville Campbell Winsome Wallace Iona Watson
01/18/2024	Thursday	5	Burst Out	Rev. Carla Samuels
01/19/2024	Friday	6	Go In and Occupy	Kerry Crawford
01/20/2024	Saturday	7	God, Resettle Us	Ian Lutchman

### Schedule for Week of 1/21/2024 – **INCREASE**

Date	Day	8	Theme	Leader
01/21/2024	Sunday	8	Bless Me	Judith Spencer Rev. Dalton Spencer Michelle Haye
01/22/2024	Monday	9	Build Your Church	Patricia Jacob-Reyes
01/23/2024	Tuesday	10	Spread God's Word	Dalton Patterson
01/24/2024	Wednesday	11	More Than Enough	David Porter Eulalee Wright Michelle Haye
01/25/2024	Thursday	12	The Blessing	Rev. Eva Diah
01/26/2024	Friday	13	You Can Dwell Here	Allan Selman
01/27/2024	Saturday	14	At Just The Right Time	Dr. Norman Clayton

### Schedule for Week of 1/28/2024 – **ESTABLISH**

Date	Day	15	Theme	Leader
01/28/2024	Sunday	15	The Best Is Yet To Come	YOUTHS YOUTHS Michelle Haye
01/29/2024	Monday	16	Wisdom Built	Barbara Newman
01/30/2024	Tuesday	17	You Are Sent	Laurel Providence
01/31/2024	Wednesday	18	A Moved Heart	Gregory Lamb Hugh B Wright Geneva Samuels
02/01/2024	Thursday	19	God Will Do It	Andrea Clayton
02/02/2024	Friday	20	Remember's God's House	Mytsie Wilks
02/03/2024	Saturday	21	"We Will Serve The Lord"	Pauline Patterson



# NEWSTART

Presented by: Dr. Debra Williams, LHF Ministries  
Medical Missionary & Lifestyle Educator

## THE 6 PRINCIPLES OF NATUROPATHIC MEDICINE

### FIRST DO NO HARM

Safe and effective natural therapies are used to promote health and minimize the risk of harmful side-effects.



### HEALING POWER OF NATURE

Recognize and harness the body's inherent wisdom to heal itself in order to guide patients to wellness and total health.



### DISCOVER AND TREAT THE CAUSE

Seek to discover and address the underlying cause of a disease, as opposed to treating symptoms as isolated and unrelated problems.



### TREAT THE WHOLE PERSON

Consider the physical, mental, emotional, genetic, environmental, social, spiritual, and other factors that all impact health.



### DOCTOR AS TEACHER

The naturopathic doctor's role is one of education and empowerment, encouraging self-responsibility for health.



### PREVENTION

Prevention truly is the best "cure." Focus on building health, not just fighting disease.



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# NEWSTART

The NEWSTART Lifestyle Program is based on 8 simple points.

As you will experience, each bears its part to giving complete health.



## NEWSTART PRESENTATION SCHEDULE @ 7:00 pm

Day 1 - Sun 01/14/2024 - Nutrition

Day 2 - Mon 01/15/2024 - Exercise

Day 3 - Tue 01/16/2024 - Water

Day 4 - Wed 01/17/2024 - Sunshine

Day 5 - Thu 01/18/2024 - Temperance

Day 8 - Sun 01/21/2024 - Air

Day 9 - Mon 01/22/2024 - Rest

Day 10 - Tue 01/23/2024 - Trusting God



# SAMPLE MEAL PLAN FOR WEEK 1: JANUARY 14<sup>TH</sup> - JANUARY 20<sup>TH</sup>, 2024

Prepared by Dr. Debra Williams, ND – [www.debrawilliamsja.com](http://www.debrawilliamsja.com)

WHEN	WHAT	DETAILS
5:00 am	<b>1-2 Glasses (8-16 Ounces) of Water</b>  <b>Optional:</b> 1 Glass of warm water mixed with 1 teaspoon lemon juice - May result in weight loss	Room temperature water (distilled, spring or filtered (non chlorinated))
6:00 am	<b>1 Cup (8 Ounces) Herbal Tea</b>  Drink non-caffeinated herbal teas (e.g., mint, ginger, lemon grass, chamomile, red clover, hibiscus, and dandelion)  <ul style="list-style-type: none"> <li>• 1 teaspoon <b>dried</b> herb to 8 ounces of water</li> <li><b>OR</b></li> <li>• 1 tablespoon <b>fresh</b> herb to 8 ounces of water</li> </ul>	<ul style="list-style-type: none"> <li>• If you are using leaves (e.g., mint), pour the hot water on the leaves and <b>steep</b> (cover for infusion) for 3-5 minutes. Do not use aluminum pots. Use stainless steel, glass or ceramic pots.</li> <li>• If you are using <b>root, stem, or bark</b> <ul style="list-style-type: none"> <li>○ Boil for about 5 minutes</li> <li>○ Steep for 5 minutes</li> <li>○ Strain</li> <li>○ Sweeten with honey (optional)</li> </ul> </li> </ul>

## BREAKFAST

Drink 100% Freshly-Made Vegetable Juice **OR** Fruit Juice **OR** Fruit Smoothie (If possible organic)

7:00 am	<b>1 Glass (8-16 Ounces) Vegetable Juice</b>  <b>Choose Any 3 Vegetables Per Meal:</b> Kale, Spinach, Broccoli, Parsley, Celery, Collard Green, Lettuce, Beet Greens, Carrot Greens, Carrot, Beet Root, Cabbage etc.	<b>Equipment:</b> <ul style="list-style-type: none"> <li>• Blender (Add water, strain and drink)</li> <li>• Juice extractor (No need to strain)</li> </ul> Allow <b>3-4 hours</b> to elapse between each meal
	<b>Carrot, Kale, and Ginger Blend</b> 6 medium carrots (scrubbed) 1 cup chopped kales leaves 1 stalk of celery 1 ½ inch ginger or use 1 teaspoon of ground ginger  <b>Carrot and Beetroot Juice</b> 1 medium beet (scrubbed black or red beets) 6 medium carrots (scrubbed) 1 inch turmeric root 2 inches ginger root  <b>Green Drink</b> 2 stalks of celery ½ cup of fresh sprouts (alfalfa, red clover etc) 1 cup of chopped greens (kale, spinach, etc) ½ inch ginger root	<b>Equipment:</b> <ul style="list-style-type: none"> <li>• Blender (Add water, strain and drink)</li> <li>• Juice extractor (No need to strain)</li> </ul>
	<b>Dried Alternatives: 1 Tablespoon of any two:</b> Spirulina seaweed powder, wheatgrass powder, moringa leaf powder, barley greens powder	<b>Blend</b> in 8 ounces of coconut water or cane juice  <b>Alternative:</b> <a href="#">Purchase Organic Green Mix</a>

**OR (Not for diabetic)**

7:00 am	<b>1-2 Glasses of Fruit Juice (8 ounces each)</b>  <b>Choose 1- 3 Low-Sugar Fruits Per Meal:</b> Water Melon, Honey Dew Melon, Apple, Cantaloupe, Berries, Cucumber, Pear, etc.	<b>Equipment:</b> <ul style="list-style-type: none"> <li>• Blender (Strain and drink)</li> <li>• Juice extractor (No need to strain)</li> </ul> Allow <b>3-4 hours</b> to elapse between each meal
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**OR (Not for diabetic)**

7:00 am	<b>1-2 Glasses of Fruit Smoothie (Keep it simple)</b>  <b>Choose 1- 3 Low-Sugar Fruits Per Meal:</b> Water Melon, Honey Dew Melon, Apple, Cantaloupe, Berries, Cucumber, Pear, etc.  <b>Spicy Tropical Squeeze</b> ¼ cup fresh pineapple (cut in chunks) ½ cup water 1 cup of chopped apple or berries 1-inch chunk ginger, juiced or grated	<b>Equipment:</b> Blender (Do not strain)  Allow <b>4-5 hours</b> to elapse between each meal - fiber takes a longer time to digest
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# SAMPLE MEAL PLAN FOR WEEK 1: JANUARY 14<sup>TH</sup> - JANUARY 20<sup>TH</sup>, 2024

Prepared by Dr. Debra Williams, ND – [www.debrawilliamsja.com](http://www.debrawilliamsja.com)

WHEN	WHAT	DETAILS
8:00 am and/or 9:00 am and/or 10:00 am and/or 11:00 am	<p><b>1-2 Glasses (8-16 Ounces) of Water</b></p> <p><b>Optional:</b> 1 Glass of warm water mixed with 1 teaspoon lemon juice - May result in weight loss</p>	Room temperature water (distilled, spring or filtered (non chlorinated))
	<p><b>1 Cup (8 Ounces) Herbal Tea</b></p> <p>Drink non-caffeinated herbal teas (e.g., mint, ginger, lemon grass, chamomile, red clover, hibiscus, and dandelion)</p> <ul style="list-style-type: none"> <li>• 1 teaspoon <b>dried</b> herb to 8 ounces of water <b>OR</b></li> <li>• 1 tablespoon <b>fresh</b> herb to 8 ounces of water</li> </ul>	<ul style="list-style-type: none"> <li>• If you are using leaves (e.g., mint), pour the hot water on the leaves and <b>steep</b> (cover for infusion) for 3-5 minutes. Do not use aluminum pots. Use stainless steel, glass or ceramic pots.</li> <li>• If you are using <b>root, stem, or bark</b> <ul style="list-style-type: none"> <li>○ Boil for about 5 minutes</li> <li>○ Steep for 5 minutes</li> <li>○ Strain</li> <li>○ Sweeten with honey (optional)</li> </ul> </li> </ul>
<b>LUNCH</b>		
<b>Drink 100% Freshly-Made Vegetable Juice OR Fruit Juice OR Fruit Smoothie (If possible organic)</b>		
12:00 pm	<p><b>1 Glass (8-16 Ounces) Vegetable Juice</b></p> <p><b>Choose Any 3 Vegetables Per Meal:</b> Kale, Spinach, Broccoli, Parsley, Celery, Collard Green, Lettuce, Beet Greens, Carrot Greens, Carrot, Beet Root, Cabbage etc.</p>	<p><b>Equipment:</b></p> <ul style="list-style-type: none"> <li>• Blender (Add water, strain and drink)</li> <li>• Juice extractor (No need to strain)</li> </ul> <p>Allow <b>3-4 hours</b> to elapse between each meal</p>
	<p><b>Carrot, Kale, and Ginger Blend</b> 6 medium carrots (scrubbed) 1 cup chopped kales leaves. 1 stalk of celery 1 ½ inch ginger or use 1 teaspoon of ground ginger</p> <p><b>Carrot and Beetroot Juice</b> 1 medium beet (scrubbed black or red beets) 6 medium carrots (scrubbed) 1 inch turmeric root 2 inches ginger root</p> <p><b>Green Drink</b> 2 stalks of celery ½ cup of fresh sprouts (alfalfa, red clover etc.) 1 cup of chopped greens (kale, spinach, etc.) ½ inch ginger root</p>	<p><b>Equipment:</b></p> <ul style="list-style-type: none"> <li>• Blender (Add water, strain and drink)</li> <li>• Juice extractor (No need to strain)</li> </ul>
	<p><b>Dried Alternatives: 1 Tablespoon of any two:</b> Spirulina seaweed powder, wheatgrass powder, moringa leaf powder, barley greens powder</p>	<p><b>Blend</b> in 8 ounces of coconut water or cane juice</p> <p><b>Alternative:</b> <a href="#">Purchase Organic Green Mix</a></p>
<b>OR (Not for diabetic)</b>		
12:00 pm	<p><b>1-2 Glasses of Fruit Juice (8 ounces each)</b></p> <p><b>Choose 1- 3 Low-Sugar Fruits Per Meal:</b> Water Melon, Honey Dew Melon, Apple, Cantaloupe, Berries, Cucumber, Pear, etc.</p>	<p><b>Equipment:</b></p> <ul style="list-style-type: none"> <li>• Blender (Strain and drink)</li> <li>• Juice extractor (No need to strain)</li> </ul> <p>Allow <b>3-4 hours</b> to elapse between each meal</p>
<b>OR (Not for diabetic)</b>		



12:00 pm	<p><b>1-2 Glasses of Fruit Smoothie</b> (Keep it simple)</p> <p><b>Choose 1- 3 Low-Sugar Fruits Per Meal:</b> Water Melon, Honey Dew Melon, Apple, Cantaloupe, Berries, Cucumber, Pear, etc.</p> <p><b>Spicy Tropical Squeeze</b> ¼ cup fresh pineapple (cut in chunks) ½ cup water 1 cup of chopped apple or berries 1-inch chunk ginger, juiced or grated</p>	<p><b>Equipment:</b> Blender (Do not strain)</p> <p>Allow <b>4-5 hours</b> to elapse between each meal - fiber takes a longer time to digest</p>
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## SAMPLE MEAL PLAN FOR WEEK 1: JANUARY 14<sup>TH</sup> - JANUARY 20<sup>TH</sup>, 2024

Prepared by Dr. Debra Williams, ND – [www.debrawilliamsja.com](http://www.debrawilliamsja.com)

WHEN	WHAT	DETAILS
1:00 pm and/or 2:00 pm and/or 3:00 pm and/or 4:00 pm	<p><b>1-2 Glasses (8-16 Ounces) of Water</b></p> <p><b>Optional:</b> 1 Glass of warm water mixed with 1 teaspoon lemon juice - May result in weight loss</p> <p><b>1 Cup (8 Ounces) Herbal Tea</b></p> <p>Drink non-caffeinated herbal teas (e.g., mint, ginger, lemon grass, chamomile, red clover, hibiscus, and dandelion)</p> <ul style="list-style-type: none"> <li>• 1 teaspoon <b>dried</b> herb to 8 ounces of water <b>OR</b></li> <li>• 1 tablespoon <b>fresh</b> herb to 8 ounces of water</li> </ul>	<p>Room temperature water (distilled, spring or filtered (non chlorinated))</p> <ul style="list-style-type: none"> <li>• If you are using leaves (e.g., mint), pour the hot water on the leaves and <b>steep</b> (cover for infusion) for 3-5 minutes. Do not use aluminum pots. Use stainless steel, glass or ceramic pots.</li> <li>• If you are using <b>root, stem, or bark</b> <ul style="list-style-type: none"> <li>○ Boil for about 5 minutes</li> <li>○ Steep for 5 minutes</li> <li>○ Strain</li> <li>○ Sweeten with honey (optional)</li> </ul> </li> </ul>

### DINNER

Drink 100% Freshly-Made Vegetable Juice **OR** Fruit Juice **OR** Fruit Smoothie (if possible organic)

5:00 pm	<p><b>1 Glass (8-16 Ounces) Vegetable Juice</b></p> <p><b>Choose Any 3 Vegetables Per Meal:</b> Kale, Spinach, Broccoli, Parsley, Celery, Collard Green, Lettuce, Beet Greens, Carrot Greens, Carrot, Beet Root, Cabbage etc.</p> <p><b>Carrot, Kale, and Ginger Blend</b> 6 medium carrots (scrubbed) 1 cup chopped kales leaves 1 stalk of celery 1 ½ inch ginger or use 1 teaspoon of ground ginger</p> <p><b>Carrot and Beetroot Juice</b> 1 medium beet (scrubbed black or red beets) 6 medium carrots (scrubbed) 1 inch turmeric root 2 inches ginger root</p> <p><b>Green Drink</b> 2 stalks of celery ½ cup of fresh sprouts (alfalfa, red clover etc) 1 cup of chopped greens (kale, spinach, etc) ½ inch ginger root</p> <p><b>Dried Alternatives: 1 Tablespoon of any two:</b> Spirulina seaweed powder, wheatgrass powder, moringa leaf powder, barley greens powder</p>	<p><b>Equipment:</b></p> <ul style="list-style-type: none"> <li>• Blender (Add water, strain and drink)</li> <li>• Juice extractor (No need to strain)</li> </ul> <p>Allow <b>3-4 hours</b> to elapse between each meal</p> <p><b>Equipment:</b></p> <ul style="list-style-type: none"> <li>• Blender (Add water, strain and drink)</li> <li>• Juice extractor (No need to strain)</li> </ul> <p><b>Blend</b> in 8 ounces of coconut water or cane juice</p> <p><b>Alternative:</b> <a href="#">Purchase Organic Green Mix</a></p>
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**OR (Not for diabetic)**



5:00 pm	<b>1-2 Glasses of Fruit Juice (8 ounces each)</b>  <b>Choose 1- 3 Low-Sugar Fruits Per Meal:</b> Water Melon, Honey Dew Melon, Apple, Cantaloupe, Berries, Cucumber, Pear, etc.	<b>Equipment:</b> <ul style="list-style-type: none"> <li>• Blender (Strain and drink)</li> <li>• Juice extractor (No need to strain)</li> </ul> Allow <b>3-4 hours</b> to elapse between each meal
<b>OR (Not for diabetic)</b>		
5:00 pm	<b>1-2 Glasses of Fruit Smoothie (Keep it simple)</b>  <b>Choose 1- 3 Low-Sugar Fruits Per Meal:</b> Water Melon, Honey Dew Melon, Apple, Cantaloupe, Berries, Cucumber, Pear, etc.  <b>Spicy Tropical Squeeze</b> ¼ cup fresh pineapple (cut in chunks) ½ cup water 1 cup of chopped apple or berries 1-inch chunk ginger, juiced or grated	<b>Equipment:</b> Blender (Do not strain)  Allow <b>4-5 hours</b> to elapse between each meal - fiber takes a longer time to digest

## RECOMMENDATIONS

- **Neutral (Sub-acid) fruits** include apples, apricots, blackberries, cherries, mangoes (when slightly unripe), and strawberries.
  - Neutral fruits can be **combined** with **acid fruits/low sugar** (e.g, pineapple, oranges, grapefruit, blueberry, )
  - Neutral fruit can be combined with **high-sugar fruits** (e.g., mango, banana, cherry, grape, jackfruit, naseberry)
  - Neutral fruits should **not** be combined with acid fruits and high-sugar fruits **at the same time**. This is because of the different enzymes produced by the body during digestion.

Prepared by:

Dr. Debra Williams, ND

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# Prayer Calendar

21 DAYS TO BECOMING A DISCIPLE MAKER BY JIM BRITTS

**Step 1.** Write out 30 names of people you know (Ex. cell phones, FB etc.) and then put their names in the top of each box.

**Step 2.** Reach out to the person 1-2 days in advance and tell them they are on your prayer calendar that day. Ask how you can specifically be praying for them.

**Step 3.** Either by phone call or text, pray for them on that day. Have their requests on your mind throughout the day.

**Step 4.** Do this every day. If you find after 2 months someone doesn't respond, then replace them. Keep track of answers prayers

**Step 5.** After living this out consistently for at least a few weeks invite and train 2-5 other people to make their own prayer calendar. Ask them how it's going and challenge them to invite/train 2-5 others.

1.	2.	3.	4.	5.	6.	7.
8.	9.	10.	11.	12.	13.	14.
15.	16.	17.	18.	19.	20.	21.
22.	23.	24.	25.	26.	27.	28.
29.	30.	31.				

Use the acronym F.R.A.N.C. E. to identify the persons you will be praying for:

- (F) Friends
- (R) Relatives
- (A) Acquaintances
- (N) Neighbors
- (C) Co-workers/Classmates
- (E) Earlier in Life

# DAILY CHALLENGE

Most of us are educated far beyond our levels of obedience. It's time to change that.

Begin by doing it for a Day!

(Mark Batterson)

## DAY 1: PRACTICE

Cultivate the habit of carving out dedicated time to grow by committing to a specific time and place where you read a chapter in the Word.

I will read every day until I \_\_\_\_\_

When: \_\_\_\_\_ Where: \_\_\_\_\_

*When you fall in love with the process rather than the product, you don't have to wait to give yourself permission to be happy.*

(James Clear - Atomic Habits: Tiny Changes, Remarkable Results)

## DAY 2: REFLECTION

Spend a few minutes answering these questions and then praying over the answers:

- Who helped make you a disciple? Pre-conversion?  
Post-conversion?
- Who have you discipled?
- Have any of the people you discipled gone on to disciple others? Who?

## DAY 3: PRAY FOR YOU

Pray: *Jesus, use me to disciple someone into a relationship with You, to baptize them, and then get out of the way and watch them baptize others.*

- Open my eyes to truly see the people around me.
- Open my eyes to see the needs of others.
- Open my eyes to see where you're already working.
- Open my eyes to see the harvest – those whose hearts are open to God.
- Cross my path with someone who needs you and is ready to listen to you.
- Give me the boldness to initiate spiritual conversations.
- Guide in the words to say.
- Pray that you live out the great commission.

Your passion often follows your prayers. You begin to feel more passionate about the things you pray fervently about, and you begin to see more and more of God's answers.

Pray the following prayer daily for yourself today and then continue to pray it for the rest of your life.

## DAY 4: PRAY FOR OTHERS

*"Before you approach people about God, we need to approach God about these people."*

Take five minutes and ask God to guide your mind as you fill in the blanks below with names (Christian or non-Christian).

Pick one or more people to pray for today.

Friends \_\_\_\_\_

Relatives \_\_\_\_\_

Acquaintances \_\_\_\_\_

Neighbors \_\_\_\_\_

Co-workers/Classmates \_\_\_\_\_

Earlier in Life \_\_\_\_\_

Examples of prayers:

- |                             |                       |
|-----------------------------|-----------------------|
| a. Ephesians 1: 17-18       | b. Ephesians 3: 16-19 |
| c. Philippians 1: 9-12      | d. Colossians 3:15    |
| e. 1 Thessalonians 3: 12-13 | f. 1Peter 3:8         |
| g. 1 Thessalonians 1: 1-12  | h. Hebrews 6: 11-12   |
| i. 2 Thessalonians 3:5      | j. Hebrews 12: 1-2    |
| k. Psalm 119:18             | l. Psalm 86:11        |

## DAY 5: PRAY WITH OTHERS

**Step 1: Fill out the Prayer Calendar**

Simply transfer the names from the FRANCE sheet on Day 4 onto your calendar

**Step 2: Contact the person who is on today's date.**

Use the method most comfortable for you: Walk next door, Call them, Talk to them in person, Text them or Message them through social media

**Send a simple note:**

Hi \_\_\_\_\_, you are on my prayer calendar today.  
How specifically can I pray for you today?

**Or you could tell them:**

"I'm trying to start a new habit of intentionally reaching out to and praying for people in my life. How are you doing, and what can I pray for you?"

**Step 3: Actually, pray with them**

After they respond with a request, pray with them. Send back a text or voice note or call them or pray with in person. No response, PRAY still.

**DON'T SKIP THIS STEP!!!**

**Make these simply habits a part of your daily rhythm.**



## DAILY CHALLENGE

*"Before you approach people about God, we need to approach God about these people."*

### DAY 6: FACING YOUR DOUBTS

As we take a step of faith, God reveals a new step and then another one and another. **Baby steps can lead to life change.**

List of doubts we consciously or unconsciously carry around. Circle the ones you most identify with.

- I don't know enough
- My Church hasn't taught me
- I don't know any non-Christians
- I'm too shy
- I'm too new in my faith
- I'm too young
- I can't take rejection
- I'm too old
- If you knew my past
- I'm too busy
- I'm just not comfortable with this
- No one disciplined me
- Fill in the blank with your own: \_\_\_\_\_

**Now, spend time praying this prayer over every doubt:**

*Dear Jesus, although I carry the doubt of*

*I realize that you STILL call me to be a disciple-maker. I claim your authority and lean on your presence. Be strong in me to overcome this doubt and replace it with great faith.*

### DAY 7: LOOK BACK

Spend a few minutes writing down:

- Insights you've learned,
- Steps of faith you've taken, and
- Stories of how God is transforming you and transforming others through you.

**Celebrate everything!**

What can you celebrate this week?

**Can't wait to see what's next!**

### NOTES:

SOURCE: 21 DAYS TO BECOMING A DISCIPLE MAKER - JIM BRITTS

OPEN BIBLE CHURCHES

# Awakening

A Call to United Prayer, Fasting & Devotion

*I also tell you this: If two of you AGREE here on earth concerning anything you ask, my Father in heaven will do it for you. For where two or three gather TOGETHER as my followers, I am there among them. (Matthew 18:19-20, NLT)*

## WHAT:

Awakening 2024 is a call to Open Bible ministers, leaders, and churches to unite their hearts, spirits, and prayers together on a 7-day journey of prayer, fasting and devotion.

As Open Bible Churches enters a new season, we believe God is doing something new, and now is the time like no other to humble ourselves and pray in unity! Though we won't be in the same place or even time zone, we will be in unity in the Spirit as we pray and fast together. (Isaiah 43:18-19)

## WHEN:

January 14-20, 2024

## WHY:

We are praying and believing God for a new day and a fresh outpouring in Open Bible Churches across the country and around the world. For more souls to be saved, disciples to be made, churches to be planted, and leaders released into the harvest.

Though we believe you already practice and have a conviction for daily prayer and time with God and His Word, this is a season of a more intense, focused, and intentional time including fasting. Going beyond and increasing what we normally would do. We are in a greater way being more connected to God and less connected to the world and our flesh. Daily dying to ourselves and being transformed into His image. (2 Corinthians 3:18)

We understand that for things to change in our world and our churches, it will "Not be by might nor by power but by His Spirit". (Zechariah 4:6) We know that there is something powerful that happens when people humble themselves and pray. (2 Chronicles 7:14) When God's ministers, leaders, and people unite in prayer and fasting, nothing is impossible.



OPEN BIBLE CHURCHES

# Awakening

A Call to United Prayer, Fasting & Devotion

## Prayer Points

Thank you for joining us in this United Call to prayer, fasting, and devotion on behalf of Open Bible Churches. *Our desire is to draw nearer to God and pursue His heart.*

We enter **Awakening 2024** understanding the *power* and *priority* that prayer and fasting will have in helping us step into the promise God has for you, your church, and Open Bible Churches in this season (Zechariah 4:6). Knowing the impact of united prayer and fasting compels us to an even greater commitment in these areas of our spiritual walk (Matthew 18:19-20).

These prayer points are not intended to be a lengthy laundry list of things to do, but instead a more singular focus of what we can unite our prayers and faith around. *We would encourage you to be led by His Spirit as you pray and intercede with us.*

Each day we will have a short prayer point led by one of our leaders. You can find these prayer points on social media, on our website, and through email. Log on and pray with us!

### **Day 1 – Sunday, January 14 – Humility and Dependence on God**

2 Chronicles 7:14

We begin with a prayer of humility and a recommitment of our dependence on God. It will be important to humble ourselves before the Lord, repenting of our self-reliance, pride, and for trying to do things in our own way and in our own strength.

Pray also for those in Open Bible leadership – Our National Board, President, Regional Executive Directors, Hispanic National Leaders, Chaplain Director, etc. We declare our dependence on God and our need for His Spirit to fill us, guide us, and to help us hear His voice.

### **Day 2 – Monday, January 15 – Revival and Awakening**

Acts 2:17; Matthew 16:18

A prayer for our local churches. Pray for revival and awakening this year – that our churches might reach lost people – seeing hearts, lives, and families restored and healing for the broken-hearted and hurting.

Pray also for revival in our Nation – that the hearts of people would turn toward God with a greater hunger for Him, His Kingdom, and for His will to be done.

### **Day 3 – Tuesday, January 16 - Global Impact and Unity**

Psalm 2:8

A prayer for the God-given vision of Open Bible Churches to *globally make disciples, develop leaders, and plant churches*. Our desire is to reach all people groups, both nationally and globally. We also desire to see even greater unity and diversity within our local churches.

Pray for Global Missions that it might expand to more nations – allowing us to minister to and impact even more people groups. Lift up our missionaries and field directors who are serving abroad. We are praying for an outpouring of His Spirit in all nations and people groups around the world.

### **Day 4 – Wednesday, January 17 - Developing Leaders**

Luke 10:2; 2 Timothy 2:2

A prayer for our leaders and laborers. “Look, I tell you, lift up your eyes, and see that the fields are white for harvest” (John 4:35, ESV). Pray for more laborers. We are focusing on leaders of all ages, ethnicities, and genders. Our vision is to *make disciples who then make more disciples – equipping people for the work of ministry*. We are believing God to raise up an army of leaders who will take, extend, and expand His Kingdom in Open Bible Churches.

### **Day 5 – Thursday, January 18 - Planting Churches**

Luke 14:23; Romans 10:14-15

A prayer for Open Bible as we fulfill our God-inspired vision to *plant life-giving churches that reach their communities with the gospel of Jesus Christ*. We know one of the most effective ways to reach new people for Christ is by planting churches. These churches will come in a variety of expressions and styles – even beyond a traditional church model. These could be home churches, micro-churches, or even multi-site churches. We are also praying for divine relationships in adopting churches who share our Kingdom-heart and vision. New churches will allow us to reach more people, minister in more cities, and advance the Kingdom of God even further.

### **Day 6 – Friday, January 19 - Next Generation**

Psalm 71:18; 78:6-7

A prayer for Open Bible to raise up a new generation of young adults, youth, and children who love God, love people, and are willing to boldly take a stand to change the world. Pray also for *Movement* and its mission to empower young adults to lead in every area they influence (the local church, marketplace, their communities, and within their relationships). May they be committed to the Cause of Christ and to fulfilling their Calling as they embrace the power of Community. We pray our churches will have powerful Young Adult, Youth, and Childrens' Ministries that will reach, train, and equip a new generation to lead in the Church and beyond.



## **Day 7 – Saturday, January 20 - Mission to Multiply**

Genesis 1:28; Deuteronomy 8:1; Habakkuk 2:2

A prayer of consecration to pursue the call to Open Bible in this hour – fulfilling the mandate in our DNA to be fruitful and multiply! We desire to see God take us from where we are, and over the next 12 years, build an unstoppable movement of churches that will propel us into the next century of fruitful ministry. May this be a season of Kingdom-impact, multiplication, and a demonstration of the power and love of God – locally, nationally, and globally. This is a new season, and we embrace ALL God wants to do in us and through us!

DO NOT HOLD BACK

*ENLARGE THE PLACE OF YOUR TENT, AND LET THE CURTAINS OF YOUR HABITATIONS BE STRETCHED OUT; DO NOT HOLD BACK; LENGTHEN YOUR CORDS AND STRENGTHEN YOUR STAKES.*

ISAIAH 54:2 ESV

Push! Push!, Push harder, Do not hold back! I kept screaming to my best friend, both exhausted from the rigorous motions of attempting to get this new couch inside that is stuck in my doorway. Why did I undertake this task myself, surely a professional would have gotten this inside the doors already. I could not resist and since my best friend decided to say yes to my request for help, here we are, both with our limited abilities, being stretched.

I had my heart set on sitting on this couch even before I had secured a place to put it. Each attempt to purchase it would be met with disappointment, it would either be out of stock or the price was increased. On this day, it was mine. It was available and the price was right. This was going to be a part of my new territory and I was determined to not let any limitations that I faced stop me.

This is the course of life, we are often faced with limitations whether they are known or unknown to us and how we perceive these limitations speaks to how determined we really are to get to our goal.

God, in his grace and mercy gives a message to his people of Israel. who were faced with limitations. They had been in captivity for a very long time, they had endured loss, they were in exile and heartbroken . Don't we all know the distress and emotional drag of how a loss or being in a strange place feels? Like me, just trying to move this couch, completely exhausted and in distress.

We focus today on the text of Isaiah 54:2. It is a promise made by God to his people but it would only be activated through their obedience to his command. He instructs them to "Enlarge the place of your tent and let the curtains of your habitations be stretched out; do not hold back; lengthen your cords and strengthen your stakes " In other words make sure your tent is strong enough and large enough.. The Message Bible translated it this way, " Clear lots of ground for your tents! Make your tents large, Spread out! Think Big!

Think Big! sounds easy right? Is it? It's back to the couch again. My thoughts of having this new couch were big, but I didn't prepare for it. I didn't make room for it. The Voice Translation puts it this verse this way, " Don't underestimate the amount of room that you'll need." The Israelites received this prophecy in Isaiah 54 in this context of being on the verge of returning to Jerusalem following their time of exile in Babylon. Now, having to be obedient and believe at a time when they were faced with limitations. However, if they obey this command the promise within this prophecy was that they will be blessed. (Deut 5:33 NIV Walk in obedience to all that the Lord your God has commanded you, so that you may live and prosper and prolong your days in the land that you will possess.)

Shouldn't we too look for the promises of God within not only our individual lives but on a larger scale the Church. Is he not calling us his people even now to lengthen our cords and strengthen them. We are to drive the stakes deep so as to support and maintain the tent. What tent? The tent of our lives and the Church. We are to be rooted deeply, in preparation for an increase. We are to have a vision for our personal life, to be rooted in our faith and to be willing and obedient participants in the growth of the church.



## DO NOT HOLD BACK CONT'D

ISAIAH 54:2

Do not hold back! Think Big! (Psalm 92:12 NIV The righteous will flourish like a palm tree they will grow like a cedar of Lebanon)

Driven by my vision of sitting on this beautiful couch, I set my expectations, I remained focused, pushed past any hindrance and got a friend to help me push. We ought to expect marvelously great things from our God Do not believe you are limited, because enlarging your tent is not about us but it is about God. Despite our shortcomings whether by age, education, finances or culture God can enlarge. Abraham and Sarah are known to us because in their older years they continued to believe in a promise from God and were blessed and enlarged by birthing a nation. The same nation that God is now speaking to Make Your Tents Large. Amazingly it is his continued promise, the one made to Abraham to look out at the expanse and see the vast number of stars that you may not even be able to count, so shall your offspring be. (Gen 15:5 ESV And he brought him outside and said, "Look toward heaven, and number the stars, if you are able to number them." Then he said to him, "So shall your offspring be.) So then, why shouldn't we have expectations? We share that promise through our faith in Jesus Christ. (Gal 3:9 ESV So then, those who are of faith are blessed along with Abraham, the man of faith.)

We are able to bring others along so we can have added strength to press on, push harder and when we see the vision, focus and obey, then God comes in and keeps his promise to bless. (Luke 1:37 ESV For nothing is impossible with God) Nothing is impossible with God, when we believe and hold firm to our faith it gets us past our current limits, we stretch, we do not hold back but we overcome fear, we lengthen, we go deeper. What is your Vision for today? How focused are you in seeing the kingdom of God advanced? A final question, has God ever lied?

If you're wondering if we ever got that couch in, we sure did. We had a vision and after pushing futilely we stopped to get refocused, followed the guidelines for how to slide it in, took the door off to make room and as smooth as butter it was in.

I admonish us to all Think Big and Do not hold back, let us begin to make ready room for our God is the God of the Increase. Let us put our faith in action and enlarge our tents.

## Prayer

Lord, help us today to be strong in our faith and to believe that you are God who is sovereign and more than able to fulfill all of your promises. In the areas where we feel limited, begin to expand our thinking so that we see ourselves as you see us. Your children, Your church,, loved and fully accepted . Give us strength for the journey as we say yes Lord we will enlarge our tents and we will stretch because you are with us . We ask these things in the name of our soon coming king Jesus Christ. Amen.

Submitted by Vangee Dyer

Do Not Hold Back Playlist





## YOU ARE GOD'S FIELD, GOD'S BUILDING

1 CORINTHIANS 3:9-17

You have to be careful how you build. I don't know the first thing about architecture, building design, or construction management, but I know Someone who does. In Matthew 16:18, Jesus said, "I will build My church, and all of the powers of hell will not conquer it." Jesus promised to build His church and He promised that nothing will ever be able to topple it. Now that's a good word and a great promise!

Even though Paul was not one of the original twelve disciples of Jesus, he must have been aware of Jesus' words. I believe this with all of my heart because of what he wrote in our next section of 1 Corinthians. Find 1 Corinthians 3:9-17 and let's read together.

*9 For we are God's coworkers. You are God's field, God's building. 10 According to God's grace that was given to me, I have laid a foundation as a skilled master builder, and another builds on it. But each one must be careful how he builds on it. 11 For no one can lay any other foundation than what has been laid down. That foundation is Jesus Christ. 12 If anyone builds on that foundation with gold, silver, costly stones, wood, hay, or straw, 13 each one's work will become obvious, for the day will disclose it, because it will be revealed by fire; the fire will test the quality of each one's work. 14 If anyone's work that he has built survives, he will receive a reward. 15 If anyone's work is burned up, it will be lost, but he will be saved; yet it will be like an escape through fire. 16 Don't you yourselves know that you are God's sanctuary and that the Spirit of God lives in you? 17 If anyone destroys God's sanctuary, God will destroy him; for God's sanctuary is holy, and that is what you are. (1 Corinthians 3:9-17 CSB)*

In I Cor. 3:6-8, Paul described the church as a field. He said he planted, Apollos watered, but God gave the growth. Today, Paul switches his metaphors and describes the church as a building. In verse 10, Paul writes, "I have laid the foundation as a skilled master builder, and another builds on it." We need to understand the phrase, "skilled master builder," because if we don't we might easily come to the conclusion that Paul was being boastful or arrogant in describing himself as a "skilled master builder." This phrase comes from the Greek word, "?????????" (architekton) which can mean, "a master builder, an architect, or the superintendent in the construction of buildings." Paul saw himself as carrying out the master plan of Jesus, the One who said, *"I will build my church..."* In Romans 15:20, Paul wrote, *20 It has always been my ambition to preach the gospel where Christ was not known, so that I would not be building on someone else's foundation. (Romans 15:20 NIV)*

Paul was a church planter. Everywhere he traveled he started churches. He would share the Good News about Jesus and then start a church with those who became followers of Jesus. In building buildings there is nothing more important than laying a solid foundation, and in building the church, the same holds true. Paul laid the foundation for the church in every city he visited and regardless of the size of the city, the demographics of the people, or the culture of the city—Paul knew there could only be one foundation.





## YOU ARE GOD'S FIELD, GOD'S BUILDING CONT'D

1 CORINTHIANS 3:9-17

*11 For no one can lay any other foundation than what has been laid down. That foundation is Jesus Christ. 12 If anyone builds on that foundation with gold, silver, costly stones, wood, hay, or straw, 13 each one's work will become obvious, for the day will disclose it, because it will be revealed by fire; the fire will test the quality of each one's work. (1 Corinthians 3:11-13 CSB)*

In these verses Paul's aim is not to describe two types of buildings, but two types of builders: Those who build with materials that will endure and those who build with materials that are temporary and combustible. "Gold, silver, and costly stones" represent the best, the most faithful, and that which will endure. "Wood, hay, or straw" represent that which is cheap, inferior, and temporal. Every one of us here this morning is investing our lives in something. I can promise you that we are investing with "gold, silver, and costly stones" in those projects or people that we value the most. I can also assure you that we are investing with "wood, hay, and straw" in those commitments or people that we may enjoy from time to time, but truth be told, we just aren't that passionate about them.

I want to share a great illustration with you from God's Word about the mindset of a builder who built with gold, silver, and costly stones. Take a moment to locate and read 1 Chronicles 29:1-5 before continuing.

*Now, what I want us to notice is not the materials that David gave to build the temple, but instead, let's focus on David's mindset. David held nothing back. He gave his all for the building of the temple. He was not willing to hold anything back in his service to God. Paul never built a church in any city he visited with literal gold, silver, or costly stones, but the way in which he built those churches was with an effort and commitment that were golden. Like David, Paul would hold nothing back, he would give his all in his service to the Lord. The question is, "Do you and I have the same mindset as David and Paul? Are we holding nothing back in our service to the Lord or are we giving a half-hearted effort and building with wood, hay, and straw?"*

*14 If anyone's work that he has built survives, he will receive a reward. 15 If anyone's work is burned up, it will be lost, but he will be saved; yet it will be like an escape through fire . (1 Corinthians 3:14-15 CSB)*

# DAY 2

1/15/24



## YOU ARE GOD'S FIELD, GOD'S BUILDING CONT'D

1 CORINTHIANS 3:9-17

Paul says those whose work survives the fire of testing, those who built with “gold, silver, and precious stones, those who gave their all, who refused to give God anything less than their best, they will receive a reward. Those followers of Jesus who built with “wood, hay, and straw,” those who walked through the gates of salvation and took a seat, never giving God’s call upon their lives a thought, those who served Him half-heartedly, only doing the least they needed to do to get by, always choosing the easy path, their work will be burned up, “but he will be saved.” Our work does not save us, but Paul says those who work with all of their heart, whose one ambition is to live for God’s glory and to serve faithfully, they will receive a reward.

What kind of reward does Paul have in mind? A Starbucks gift card? A heavenly lottery ticket? A \$600 check like the one we got from the government? Paul wasn’t thinking of any of those or anything else we could even imagine. A little later in his letter to the people of Corinth wrote, *“25 Everyone who competes in the games goes into strict training. They do it to get a crown that will not last, but we do it to get a crown that will last forever.”*

*(1 Corinthians 9:25 NIV)*

Be Careful How You Build by Mike Hays  
Britton Christian Church

You Are God’s Field,  
God’s Building Playlist



### WHAT IS GOD SAYING TO YOU TODAY?

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**DAY**  
**3**  
**1/16/24**

**SPREAD OUT**

**EXTEND YOUR BOUNDARY**

*“In the day that thy walls are to be built, in that day shall the decree be far removed.”*

Micah 7:11 (KJV)

Micah was a pre-exilic prophet. He was a prophet of Hope. The prophet Micah points to the hope of the return of the exiles from the Babylonian captivity and God’s forgiveness. After seventy years captivity, according to the language of the prophets, the rebuilding of the wall may signify the decree of man which he says shall be far away. The enemies of Israel had imposed some restrictions on them in rebuilding the wall.

In Jerusalem, the days will certainly come when your walls, although overthrown by the Babylonians and had lain in ruin during your captivity, will be rebuilt. And they will be then able to extend their boundary. This prophecy was fulfilled in the times of Zerubbabel and Nehemiah. The prophet predicts a glorious time when Jerusalem will be delivered from bondage, and the temple shall be enlarged.

My Prayer

Oh, Heavenly Father, as we approach your throne in glory, look down on us this day and as Jabez, called on you, saying oh that you will bless him and enlarge his territory, we are asking you likewise to extend our boundaries, that we will build on your words, and stay strong in you; so, when the enemies come upon us we will be able to stay rooted and grounded in you, and they will have to flee. Amen.

Submitted by Dr. Celeta Clarke-Wright

Extend Your Boundary Playlist



**WHAT IS GOD SAYING TO YOU TODAY?**

Three horizontal white lines for writing a response to the question above.





## GET EVERYTHING READY

“Do your planning and prepare your fields before building your house.”

Proverbs 24:27 (NLT)

I have had the distinct pleasure of building a house and have recognized that it requires hard work and perseverance. The process can become overwhelming and cause one to throw in the towel out of frustration. One thing is certain, it requires proper detailed planning. Some requirements prior to building or breaking ground: the soil must be tested, a draft/design, or what others refer to as a Blueprint has to be drawn and submitted for approval. Within this plan, the plumbing and electrical outline must be shown. This Blueprint becomes the builder’s manual, that must be abided by. Deviation of any large magnitude can result in work stoppage and possible breakdown of whatever structure is already erected.

Within the Christian realm we too have a manual, the Holy Bible which is our guide. Within it lies all that we need to survive. 2 Peter 1:3, declares, *“His divine power has granted to us all things that pertain to life and godliness, through the knowledge of him who called us to his glory and excellence.”* Peter is here reassuring us that as called/ chosen children of God we have all that we need to survive in this world. No matter what challenges comes our way, God has already made provisions for us to overcome. We, however, stumble and fall even with this assurance. Like the builder we deviate from that which is printed in the manual, and sometimes the structure gets broken down and we must build all over again.

One cannot expect to build or own a home without first getting a job and saving towards purchasing. There must be both emotional and financial preparations for this act to be effective. It is in the same breath and with the same passion, we need to prepare the field for harvest. This preparation entails constant reading of the word, prayer, meditation, and self-evaluation. We must be set apart, ready for the battle. God is calling us to pull out all the stops; no one creates a draft and expects it not to be passed. Because He has already prepared the path for us, let us with confidence step out and collect what is laid down for us. *Fear of the unknown is real, but Christ has told us through His words, “don’t be afraid, for I am with you. Don’t be discouraged, for I am your God. I will strengthen you and help you. I will hold you up with my victorious right hand.” (Isaiah 41:10 NLT).*

A field of souls awaits us, laborers are required. The contractor has been assigned, and you have been selected. It is now time to put what you have learnt to the test. You were chosen because of your capabilities, spare not, do not hold back, give it all you have got. Like an athlete who has seen the finish line before him, the crowd is roaring and the gold medal is obtainable, surge forward, cross over the line and claim the prize.

### Reflection

God honors sacrifice and will create ways for His people to succeed.

Submitted by David A. Porter

Additional Reading: Ruth 3:1-6

Matthew 9:35-38

Genesis 41:47-49;53-57

Get Everything Ready Playlist





DAY  
05  
1/18/24

# BURST

## BURST OUT

*“For you will soon be bursting at the seams. Your descendants will occupy other nations and resettle the ruined cities.”*

*Isaiah 54:3 (NLT)*

**Burst:** Oxford dictionary definition (of a container) Break suddenly and violently, apart splitting the contents. Typically as result of an impact or internal pressure.

Let us look at Burst from a spiritual vantage point. Can you recall this old time chorus “I Feel Like a Fire Shut Up Within My Bones?” Am I right to say, often times fire can cause an explosion?

I believe when Christ enters the heart of every believer, the fire of the Holy Spirit ignites a spark in him or her that creates an explosion. According to [Matt. 28:19 \(NLT\)](#) *“But burst forth and go make disciples.”*

The assignment is to all who believe to act in faith. Isaiah 54:3 reminds us that “We will be bursting at the seams.”

I’m reminded of an amazing story of World War II para dogs. On June 6, 1944, the Allied Troops needed the sharp senses of dogs to sniff their way through minefields and to warn troops of approaching danger. And the only way to get these dogs to troops behind enemy lines was by parachute. God is calling us to trust Him. As we are being deployed behind enemy lines. If the dogs can do it, we certainly can.

Let us be willing to do challenging things we would never instinctively do or things that might make us fearful

Is God asking you to do something that you are afraid to do? Will you trust Him to lead you and walk with you as you BURST Forth into the nations and rescue our broken cities?

Let’s Pray!!

Submitted by Hugh B. Wright

Burst Out Playlist





# DAY 06

1/19/24

# OCCUPY

## GO IN AND OCCUPY

6 “The LORD our God said to us at Horeb, “You have stayed long enough at this mountain. 7 Break camp and advance into the hill country of the Amorites; go to all the neighboring peoples in the Arabah, in the mountains, in the western foothills, in the Negev and along the coast, to the land of the Canaanites and to Lebanon, as far as the great river, the Euphrates. 8 See, I have given you this land. Go in and take possession of the land the LORD swore he would give to your fathers—to Abraham, Isaac and Jacob—and to their descendants after them.” **Deuteronomy 1:6-8** (NIV)

In today’s reading, we see Moses explaining what the Lord said to the people of Israel. Not only did The Lord say they had stayed long enough at Mount Horeb, but He also gave instructions for what they were to do, and where they were to go. These commands from God required action. The Israelites were being told to move from their passive state of staying. They had been in that place too long, and God was saying it was time to move forward, and to do so purposefully. He had already given them the land, and was now telling them to take possession of what was already theirs. They were to go in and occupy! What exactly does this mean though? Taking possession of the land means to take up residence and use it as one's own, making it productive and fruitful. Taking possession requires action.

We can sometimes find ourselves in similar situations to that of the Israelites. We may get to a point where we feel comfortable, and decide to stay there. We camp out in places of complacency, low-to-no effort, under-achievement, unfulfillment, and spiritual dryness. Before you know it, we have stayed in those places far too long. The weeks, months, years may go by without us experiencing what God has already given us - because we stayed. This could apply to a state of mind, a bad habit, a break from school, a job situation, a friendship or relationship. In some instances, staying can even have detrimental consequences. But God! Just like God said to the Israelites “See, I have given you this land”, He is also calling us to what He has already given us:

**Unfailing love (Psalm 100:5)**

**Salvation (Ephesians 2:8)**

**Freedom (John 8:36)**

**Peace (John 14:27)**

**Strength (Isaiah 40: 29-31)**

**Protection ( Psalm 23, Isaiah 43:2)**

**Presence (Deuteronomy 31:8, Joshua 1:9)**

**Provision (Matthew 6:31-33, 2 Corinthians 9:8)**

**Rest (Matthew 11:28-30)**

**Abundant life (Matthew 10:10)**

**Eternal life (John 3:16, John 11:25)**



# DAY 06

1/19/24

# OCCUPY

GO IN AND OCCUPY CONT'D

DEUTERONOMY 1:6-8(NIV)

Our part in receiving God's promises is to get up, go in, take possession, occupy. First we have to leave the place we are in, the place where we have stayed too long. Perhaps it's the bad habit of procrastination: "I'll wait until Saturday to do my homework", "I'll start that project soon", "I'll start working out when it gets warmer" , "I'll go back to school after I save \$\$\$" INSERT YOUR OWN:

Maybe it's a feeling of low self-esteem or self-worth. Maybe you have been feeling overwhelmed, tired, ashamed, lost, uncertain, doubtful. The amazing thing about our God is that He has an answer to any situation you are facing. As a matter of fact, He is the answer! And if you heed His commands, you will experience His promises. Picture an abandoned house or piece of land. In its state of abandonment, it may look rundown, dilapidated, dry, full of weeds. But once an owner "takes possession", you notice the difference. They start cleaning up the property, they may start planting flowers or fruit trees, and the property goes from beaten down to built up, and from looking like a deserted graveyard to being a glowing garden. In the same way, when we take ownership of our lives and situations, and present ourselves to the Lord, He cleanses us, molds us, and makes us into new creations. He gives us the wisdom and strength we need to overcome the lies of the enemy and take possession of God's promises for us. Taking possession is transformative.

As you read the entire chapter of Deuteronomy 1, you will see that Israel rebelled against God's commands, and did not go in and occupy the land immediately. Their disobedience led them to a place of defeat and darkness. In order for us to receive the promises of God, we have to obey His Word. Throughout the Bible, we see that God's blessings are in response to obedience to His Word. When God sends us, He gives us directions, just as He gave the people of Israel. To go in and occupy, we must obey His instructions. Taking possession requires obedience. The command to go in and occupy requires us to activate our faith in God, to move from where we are into the place He has already given us, to allow His transformative power to work in and through us, to trust and obey Him. It is a call to action that will bear much fruit if we follow God's will for our lives.

### Reflection:

1. Are there any "Mount Horebs" in your life? Places/situations you have stayed in or accepted for too long? 2. What are some ways you can go in and occupy:

- In your home
- With family/friends
- At school
- At work
- At church
- In your community

Go In And Occupy Playlist



Submitted by Kerry Crawford





### GOD. RESETTLE US

9 “I am concerned for you and will look on you with favor; you will be plowed and sown, 10 and I will cause many people to live on you—yes, all of Israel. The towns will be inhabited and the ruins rebuilt. 11 I will increase the number of people and animals living on you, and they will be fruitful and become numerous. I will settle people on you as in the past and will make you prosper more than before. Then you will know that I am the Lord.” - **Ezekiel 36:9-11** (NIV)

### PRAYER & PRAISE

God, Resettle Us. Resettle our hearts. Resettle our minds. Resettle our lives. Resettle our homes. Resettle our churches. Resettle our workplaces. Resettle our schools. Resettle our nation. God, You can settle here! This we ask of You. We make room in our hearts for You. Come in, King of Glory. Come in, Lord of Hosts. Come in, Light of the World. The Lord God Almighty. The Sovereign One. The One Who Waves His Banner. Emmanuel, God with us. The God Who Sees. See us, and shape us. You know what’s supposed to be there. Thank You for Your concern towards us. Thank You for Your favor at work towards us. Thank You for the lives You’re sending our way for us to impact. Thank You for Your blessings on us. Thank You for being God. THANK YOU GOD! We are at Your service.

### DEVOTIONAL

Let’s talk about promises for a moment. We all appreciate when someone keeps his or her word; to know that the person is dependable, reliable, credible, or any other term that screams how much that person follows through or comes through. We don’t only appreciate that kind of person, we can also count on that kind of person. People like that may slip up now and then but for the most part, we trust their word because of their track record. Our God is better than that kind of person. “God is not a man, that He should lie, Nor a son of man, that He should repent. Has He said, and will He not do? Or has He spoken, and will He not make it good?” (Numbers 23:19) God’s track record is spotless. There are no shortcomings or oopses. No moments where He somehow forgot and because He is so faithful and true, His word never returns to Him void. It’s not possible. “There is nothing deceitful in God, nothing two-faced, nothing fickle. He brought us to life using the true Word, showing us off as the crown of all his creatures.” (James 1:17-18 MSG) As the old hymn that cites James 1:17 says, “There is no shadow of turning with Thee. Thou changest not, Thy compassions they fail not. Great is Thy Faithfulness, Lord unto me.” He speaks and He fulfills. This is the God who speaks and says, “Then you will know that I am the Lord.” Not “I was” or “I will be” but I AM The Lord, a state of actively being.

This same God has spoken about His people with complete knowledge and understanding in Ezekiel 36:9-11. He will once again bring RESTORATION to His people and their dwelling place. He knows the end from the beginning, and this is not how the story ends. We ought to rejoice right here. Your story isn’t over. God’s not done with you yet. You’re alive because there’s more. “God’s gonna get the glory out of your story”. He will turn it around. No story exists without an orator or an author, and the God we serve is both. He speaks and He fulfills. He is the author and finisher of your faith. The pen is in His hands. Before you close the book, realize that there is a new chapter you haven’t read as yet. Today, we flip the script: what the devil meant for evil, God is turning around for the good of them that love Him.





### GOD, RESETTLE US CONT'D

EZEKIEL 36:9-11

God’s promises are amazing! What about our part though? What are we plowing and sowing? What do we need to deconstruct before we reconstruct? We must be careful what we invest in and how we live our lives. We reap what we sow. “Remember this: Whoever sows sparingly will also reap sparingly, and whoever sows generously will also reap generously.” (2 Corinthians 9:6 NIV) “Do not be deceived: God cannot be mocked. A man reaps what he sows. Whoever sows to please their flesh, from the flesh will reap destruction; whoever sows to please the Spirit, from the Spirit will reap eternal life. Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up. Therefore, as we have opportunity, let us do good to all people, especially to those who belong to the family of believers.” (Galatians 6:7-10 NIV)

We often settle below living the full, abundant life that Jesus speaks of when He says, “the thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.” Jesus says, *“I am the gate; whoever enters through me will be saved. They will come in and go out, and find pasture.”* (John 10:10 & 10:9) God is willing and able to restore us. He has already made the provisions and He preserves the way. Restoration has a purpose. As we resettle, let’s trade in our will for God’s will. For again, Jesus says, *“I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing.”* (John 15:5 NIV) God dwells where He is welcomed and He empowers those He dwells in.

### God's promises - God's presence ≠ God's intended purpose

Friend, do you love Him? Will you trust Him? If you love and trust Him, rest and remain in Him and ask Him to resettle you in the concerning areas of your life.

God, Resettle Us Playlist

Submitted by Allan Selman



### WHAT IS GOD SAYING TO YOU TODAY?

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## DAILY CHALLENGE

“A message discovered is more powerful than a message delivered.”  
(Unknown)

### DAY 8: PRAYER WALK

If someone wants to “find God,” they need to be the ones who leave their comfort zones and go to a place they’ve never been, interact with people who are different from them, and do a bunch of things that all seem foreign to them.

But Jesus clearly tells his disciples that we are the ones who are called to GO. We are the ones who are supposed to leave our comfort zones, step into other people’s lives, and meet them where they are.

**Go prayer walking around your neighborhood or workplace for at least 20 minutes today.**

Ask God to give you a mission mindset and do some imagination prayer.

- What could you imagine God doing there?
- Write down what God speaks to your mind

### DAY 9: LIVE WITH A MISSION MINDSET

“We shouldn’t bother sharing our faith if we aren’t willing to first show it.”

There are two kinds of people in the world:

- 1) Those who walk around saying “Here I Am”
- AND
- 2) Those who walk saying “There you Are

Be others-focused, a “There you are” type of person.

Shift how we view where we live, work, and play.

Grow in the art of engaging with lost people. “E” in DINE.

Let’s rearrange our lives to regularly engage with those who don’t know Jesus yet.

**What are you going to do today to show God’s love?**

With Whom? \_\_\_\_\_

How will you do it? \_\_\_\_\_

### DAY 10: INTENTIONAL CONVERSATION

Pick someone in your life that you have only had casual conversations with and try to move the conversation to Meaningful. Strike up a conversation.

Casual Conversations	➔	Meaningful Conversations	Casual – Surface Talk, Facts (Ex. The weather, where you’re from, age of kids) Meaningful – Sharing Vulnerably, Feelings (Ex. Stresses, passions) Spiritual – God Talk, Sharing your story (Ex. Asking about spiritual Background) Discovery – Informal Bible Study (Ex. Sharing a Bible Study and discussing
Discovery Conversations	➔	Spiritual Conversations	

#### ASK QUESTIONS

E.g.

- You seem to be really into \_\_\_\_\_; why is that?
- You are really good at \_\_\_\_\_, how did you get that way
- If you could have one miracle happen in your life, what would it be?

**Strike up a meaningful conversation today**

- ◆ Be quiet and listen, really listen
- ◆ Listen for pain points
- ◆ Listen for things you can offer to pray for
- ◆ Listen for ways you could serve them

**Strike up a meaningful conversation today.**

### DAY 11: LET JESUS DRIP IN

Develop the habit of sending a note thanking those God has placed and poured into the lives of your family.

**Send a thank you/appreciation note to express:**

- a. Express something you are grateful for and give God credit for it
- b. Share about something/lesson that God recently taught you
- c. Talk about a miracle you’ve experienced as a result

**PRAY FOR THE PEOPLE GOD PLACED IN YOUR LIFE WHO HAVE BEEN A BLESSING TO YOUR FAMILY**



## DAILY CHALLENGE

*"A message discovered is more powerful than a message delivered."*  
Unknown

### DAY 12: CELEBRATE OBEDIENCE

What's an area in your life that you'd honestly not want someone to emulate?

- Language
- Weak Prayer Life
- Purity
- Fill in \_\_\_\_\_

What's a small, specific step you could take to grow in this area?

Call a Christian friend and ask if they will keep you accountable

### DAY 13: BE STILL

Be quiet before the Lord for a few minutes and ask Him what you should specifically do today based on what you just read.

Write down what he says:

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### NOW OBEY

### 7 HABITS OF HIGHLY EFFECTIVE DISCIPLES MAKERS

1. **PRAY** – a lot
2. **CONNECT** – meaningful conversations
3. **SERVE** – help people
4. **ASK** – ask people to take action
5. **PLAN** – promote consistency
6. **TEAM UP** – don't work alone
7. **THINK**  
**MULTIPLICATION** – be fruitful & multiply

*"The harvest truly is plentiful, but the laborers are few. <sup>30</sup> Therefore **pray** the Lord of the harvest to send out laborers into His harvest."*  
(Matt. 9:37-38)

### NOTES:

## SAMPLE MEAL PLAN FOR WEEK 2: JANUARY 21 - JANUARY 27

Prepared by Dr. Debra Williams, ND – [www.debrawilliamsja.com](http://www.debrawilliamsja.com)

- **Important:** We do not recommend persons who are diabetic to use this schedule for week two. Alternatively, you may [click here](#) to see the list of vegetables for week three via the prayer and fasting webpage.
- **Neutral (Sub-acid) fruits** include apples, apricots, blackberries, cherries, mangoes (when slightly unripe), and strawberries.
  - Neutral fruits can be **combined** with **acid fruits/low sugar** (e.g. pineapple, oranges, grapefruit, blueberry, )
  - Neutral fruit can be combined with **high-sugar fruits** (e.g., mango, banana, cherry, grape, jackfruit, naseberry)
  - Neutral fruits should **not** be combined with acid fruits and high-sugar fruits **at the same time**. This is because of the different enzymes produced by the body during digestion.

WHEN	WHAT	DETAILS
5:00 am	<p><b>1-2 Glasses (8-16 Ounces) of Water</b></p> <p><b>Optional:</b> 1 Glass of warm water mixed with 1 teaspoon lemon juice - May result in weight loss</p>	Room temperature water (distilled, spring or filtered (non chlorinated))
6:00 am	<p><b>1 Cup (8 Ounces) Herbal Tea</b></p> <p>Drink non-caffeinated herbal teas (e.g., mint, ginger, lemon grass, chamomile, red clover, hibiscus, and dandelion)</p> <ul style="list-style-type: none"> <li>● 1 teaspoon <b>dried</b> herb to 8 ounces of water</li> <li style="text-align: center;"><b>OR</b></li> <li>● 1 tablespoon <b>fresh</b> herb to 8 ounces of water</li> </ul>	<ul style="list-style-type: none"> <li>● If you are using leaves (e.g., mint), pour the hot water on the leaves and <b>steep</b> (cover for infusion) for 3-5 minutes. Do not use aluminum pots. Use stainless steel, glass or ceramic pots.</li> <li>● If you are using <b>root, stem, or bark</b> <ul style="list-style-type: none"> <li>○ Boil for about 5 minutes</li> <li>○ Steep for 5 minutes</li> <li>○ Strain</li> <li>○ Sweeten with honey (optional)</li> </ul> </li> </ul>
<p><b>BREAKFAST</b></p> <p><b>Eat 100% Fresh Fruits (If possible organic)</b></p>		
7:00 am	<p><b>Eat 3-4 Fruits Per Meal (5-6 Servings Per Meal)</b></p> <p><b>Choose only 1 combination from the sweet fruits, or acid fruits or melon Per Meal:</b></p> <p><b>Sweet Fruits</b></p> <ol style="list-style-type: none"> <li>1. Banana, Papaya, Grapes</li> <li>2. Blueberry, Blackberry, Raspberry)</li> <li>3. Mango, Papaya</li> <li>4. Custard Apple, Soursop</li> <li>5. Jackfruit, Naseberry, Star Apple</li> </ol> <p><b>Acid Fruits</b></p> <ol style="list-style-type: none"> <li>1. Orange, Tangerine, Grapefruit, Cherries</li> <li>2. Pineapple, Peach, Pomegranate</li> <li>3. Pineapple, Kiwi</li> </ol> <p><b>Melons</b></p> <p>Water Melon, Honey Dew Melon, Cantaloupe</p> <p>Melons should be consumed separately from other fruits due to their high water content, which can lead to fermentation in the stomach before proper digestion occurs.</p> <p><b>Sub-Acid (Neutral)</b></p> <p><b>Apples</b>, apricots, blackberries, cherries, mangoes, and strawberries (persimmons) may be added to each of the combination above</p> <p><b>Important:</b> Although certain fruits are classified as <b>sub-acid</b>, some varieties of that fruit may be classified as <b>sweet</b>, and vice versa. For example, while apples are generally sweet, certain varieties have a slightly tart or sub-acidic flavor such as Gala, Fuji, Honeycrisp, Pink Lady (Cripps Pink).</p>	<p><b>Recommendations:</b></p> <p>A <b>serving</b> of fruit is half a cup of fresh fruit, which is about 150 grams, or one medium piece of fruit (e.g., one medium apple, banana, orange, or pear, two small apricots, kiwi fruits, or plums)</p> <p><b>Safety Guidelines</b></p> <ul style="list-style-type: none"> <li>● Use a food-grade liquid soap (e.g., <a href="#">fruit and veggie wash</a>) to wash fruits</li> <li>● Use regular liquid soap to wash only if you plan to peel the fruit</li> <li>● Allow <b>4 hours</b> to elapse between each meal to allow the stomach to rest.</li> </ul>



## SAMPLE MEAL PLAN FOR WEEK 2: JANUARY 21 - JANUARY 27

Prepared by Dr. Debra Williams, ND – [www.debrawilliamsja.com](http://www.debrawilliamsja.com)

WHEN	WHAT	DETAILS
8:00 am and/or 9:00 am and/or 10:00 am and/or 11:00 am	<p><b>1-2 Glasses (8-16 Ounces) of Water</b></p> <p><b>Optional:</b> 1 Glass of warm water mixed with 1 teaspoon lemon juice - May result in weight loss</p>	Room temperature water (distilled, spring or filtered (non chlorinated))
	<p><b>1 Cup (8 Ounces) Herbal Tea</b></p> <p>Drink non-caffeinated herbal teas (e.g., mint, ginger, lemon grass, chamomile, red clover, hibiscus, and dandelion)</p> <ul style="list-style-type: none"> <li>• 1 teaspoon <b>dried</b> herb to 8 ounces of water <b>OR</b></li> <li>• 1 tablespoon <b>fresh</b> herb to 8 ounces of water</li> </ul>	<ul style="list-style-type: none"> <li>• If you are using leaves (e.g., mint), pour the hot water on the leaves and <b>steep</b> (cover for infusion) for 3-5 minutes. Do not use aluminum pots. Use stainless steel, glass or ceramic pots.</li> <li>• If you are using <b>root, stem, or bark</b> <ul style="list-style-type: none"> <li>○ Boil for about 5 minutes</li> <li>○ Steep for 5 minutes</li> <li>○ Strain</li> <li>○ Sweeten with honey (optional)</li> </ul> </li> </ul>
<p><b>LUNCH</b></p> <p><b>Eat 100% Fresh Fruits (If possible organic)</b></p>		
12:00 pm	<p><b>Eat 3-4 Fruits Per Meal (5-6 Servings Per Meal)</b></p> <p><b>Choose only 1 combination from the sweet fruits, or acid fruits or melon Per Meal:</b></p> <p><b>Sweet Fruits</b></p> <ol style="list-style-type: none"> <li>6. Banana, Papaya, Grapes</li> <li>7. Blueberry, Blackberry, Raspberry)</li> <li>8. Mango, Papaya</li> <li>9. Custard Apple, Soursop</li> <li>10. Jackfruit, Naseberry, Star Apple</li> </ol> <p><b>Acid Fruits</b></p> <ol style="list-style-type: none"> <li>4. Orange, Tangerine, Grapefruit, Cherries</li> <li>5. Pineapple, Peach, Pomegranate</li> <li>6. Pineapple, Kiwi</li> </ol> <p><b>Melons</b> Water Melon, Honey Dew Melon, Cantaloupe</p> <p>Melons should be consumed separately from other fruits due to their high water content, which can lead to fermentation in the stomach before proper digestion occurs.</p> <p><b>Sub-Acid (Neutral)</b> <b>Apples</b>, apricots, blackberries, cherries, mangoes, and strawberries (persimmons) may be added to each of the combination above</p> <p><b>Important:</b> Although certain fruits are classified as <b>sub-acid</b>, some varieties of that fruit may be classified as <b>sweet</b>, and vice versa. For example, while apples are generally sweet, certain varieties have a slightly tart or sub-acidic flavor such as Gala, Fuji, Honeycrisp, Pink Lady (Cripps Pink).</p>	<p><b>Recommendations:</b></p> <p>A <b>serving</b> of fruit is half a cup of fresh fruit, which is about 150 grams, or one medium piece of fruit (e.g., one medium apple, banana, orange, or pear, two small apricots, kiwi fruits, or plums)</p> <p><b>Safety Guidelines</b></p> <ul style="list-style-type: none"> <li>• Use a food-grade liquid soap (e.g., <a href="#">fruit and veggie wash</a>) to wash fruits</li> <li>• Use regular liquid soap to wash only if you plan to peel the fruit</li> <li>• Allow <b>4 hours</b> to elapse between each meal to allow the stomach to rest.</li> </ul>

## SAMPLE MEAL PLAN FOR WEEK 2: JANUARY 21 - JANUARY 27

Prepared by Dr. Debra Williams, ND – [www.debrawilliamsja.com](http://www.debrawilliamsja.com)

WHEN	WHAT	DETAILS
<p>1:00 pm and/or 2:00 pm and/or 3:00 pm and/or 4:00 pm</p>	<p><b>1-2 Glasses (8-16 Ounces) of Water</b></p> <p><b>Optional:</b> 1 Glass of warm water mixed with 1 teaspoon lemon juice - May result in weight loss</p> <hr/> <p><b>1 Cup (8 Ounces) Herbal Tea</b></p> <p>Drink non-caffeinated herbal teas (e.g., mint, ginger, lemon grass, chamomile, red clover, hibiscus, and dandelion)</p> <ul style="list-style-type: none"> <li>• 1 teaspoon <b>dried</b> herb to 8 ounces of water</li> <li style="text-align: center;"><b>OR</b></li> <li>• 1 tablespoon <b>fresh</b> herb to 8 ounces of water</li> </ul>	<p>Room temperature water (distilled, spring or filtered (non chlorinated))</p> <hr/> <ul style="list-style-type: none"> <li>• If you are using leaves (e.g., mint), pour the hot water on the leaves and <b>steep</b> (cover for infusion) for 3-5 minutes. Do not use aluminum pots. Use stainless steel, glass or ceramic pots.</li> <li>• If you are using <b>root, stem, or bark</b> <ul style="list-style-type: none"> <li>○ Boil for about 5 minutes</li> <li>○ Steep for 5 minutes</li> <li>○ Strain</li> <li>○ Sweeten with honey (optional)</li> </ul> </li> </ul>
<p><b>DINNER</b></p> <p><b>Eat 100% Fresh Fruits (If possible organic)</b></p>		
<p>5:00 pm</p>	<p><b>Eat 3-4 Fruits Per Meal (5-6 Servings Per Meal)</b></p> <p><b>Choose only 1 combination from the sweet fruits, or acid fruits or melon Per Meal:</b></p> <p><i>Sweet Fruits</i></p> <ol style="list-style-type: none"> <li>11. Banana, Papaya, Grapes</li> <li>12. Blueberry, Blackberry, Raspberry)</li> <li>13. Mango, Papaya</li> <li>14. Custard Apple, Soursop</li> <li>15. Jackfruit, Naseberry, Star Apple</li> </ol> <p><i>Acid Fruits</i></p> <ol style="list-style-type: none"> <li>7. Orange, Tangerine, Grapefruit, Cherries</li> <li>8. Pineapple, Peach, Pomegranate</li> <li>9. Pineapple, Kiwi</li> </ol> <p><i>Melons</i></p> <p>Water Melon, Honey Dew Melon, Cantaloupe</p> <p>Melons should be consumed separately from other fruits due to their high water content, which can lead to fermentation in the stomach before proper digestion occurs.</p> <p><i>Sub-Acid (Neutral)</i></p> <p><b>Apples</b>, apricots, blackberries, cherries, mangoes, and strawberries (persimmons) may be added to each of the combination above</p> <p><b>Important:</b> Although certain fruits are classified as <b>sub-acid</b>, some varieties of that fruit may be classified as <b>sweet</b>, and vice versa. For example, while apples are generally sweet, certain varieties have a slightly tart or sub-acidic flavor such as Gala, Fuji, Honeycrisp, Pink Lady (Cripps Pink).</p>	<p><b>Recommendations:</b></p> <p>A <b>serving</b> of fruit is half a cup of fresh fruit, which is about 150 grams, or one medium piece of fruit (e.g., one medium apple, banana, orange, or pear, two small apricots, kiwi fruits, or plums)</p> <p><b>Safety Guidelines</b></p> <ul style="list-style-type: none"> <li>• Use a food-grade liquid soap (e.g., <a href="#">fruit and veggie wash</a>) to wash fruits</li> <li>• Use regular liquid soap to wash only if you plan to peel the fruit</li> <li>• Allow <b>4 hours</b> to elapse between each meal to allow the stomach to rest.</li> </ul>



# WEEK 2



DAY  
08  
1/21/24

## BLESS ME (GOD'S HEART)

*“Jabez was more honorable than his brothers. His mother had named him Jabez,[a] saying, “I gave birth to him in pain.” Jabez cried out to the God of Israel, “Oh, that you would bless me and enlarge my territory! Let your hand be with me, and keep me from harm so that I will be free from pain.” And God granted his request.”*

*1 Chronicles 4:9-10 (NIV)*

Harold Kushner, a Rabbi living in Boston, lost his son Aaron to Progeria at the age of 14 years old. This painful incident altered his view of God “as the all-wise, all-powerful parent” to a God who can’t do everything, but he can do some important things.” Through a series of soul-searching, praying, and reading he says:

“Bad things that happen to us do not have meaning when they happen to us. They do not happen for any good reason which would cause us to accept them willingly. When they happen, we should not ask why did it happen to me or what did I do to deserve this. These are pointless unanswered questions. We need to get over the questions that focus on the past and the pain, and ask the question which opens the door to the future: Now that this has happened what shall I do about it?”

Scripture: 1 Chronicles 4:9-10

Jabez was an honored man among the tribe of Judah. He was born in captivity and returned with the small remnant that was allowed to return to their homeland. Upon his return I imagine him looking at the poverty in the land, remembering the stories of the blessings of former times, as well as reflecting on his name that blighted his life. He cried out to God to bless him.

His cries of Bless me personify the cry of God’s heart in 2 Chr. 7:14

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

Question to ponder.

Are you willing to ask for God’s blessing according to 2 Chronicles 7:14?

### *Prayer*

Ask God to help you to personalize 2 Chronicles 7:14 so that you might see his hand at work in your life.

Additional Reading: 1Chr. 29:28-30; Ps. 37:4.

Submission by Dr. Rev. N. Clayton & Andrea Clayton

Bless Me Playlist



36





DAY  
09  
1/22/24

## BUILD YOUR CHURCH (CHURCH GROWTH)

*“Then the church throughout Judea, Galilee and Samaria enjoyed a time of peace and was strengthened. Living in the fear of the Lord and encouraged by the Holy Spirit, it increased in numbers.”*

ACTS 9:31 (NIV)

Modern church growth is perceived as a complex theological art and science. No one formula guarantees growth.

Disciples of Christ has lost one-fifth of its membership from 2019-2022: report – Christian Post, 9/19/23. “‘A Revival is Happening’: Hundreds Choose Christ at Auburn, Get Spontaneously Baptized in a Lake – CBN, 9/14/23.” What can Western Christians learn from churches in the rest of the world? – Evangelical Focus, 9/13/23.

It reflects the Lord’s twin parable of the mustard seed and the leaven. Both parables show the outward (mustard seed) and inward (leaven) impact of the gospel: how it penetrates, transforms, and sanctifies the believer, and the institution, and increases the influence of the church in the world.

### Questions to Ponder

1. What is the role of the Holy Spirit in internal and external church growth?
2. How does this passage compare with Luke 13:18-21 or Matthew 13:31-35?

### Prayer

Ask the Lord to use you in the internal and external growth of the church.

Additional reading: Matt.13:31-33; Luke 13:18-21; Jn. 4:34-38.

Submitted by Dr. Rev. N. Clayton & Andrea Clayton

Build Your Church  
Playlist



## WHAT IS GOD SAYING TO YOU TODAY?




# DAY 10

1/23/24

## SPREAD GOD'S WORD (THE GOSPEL AND CULTURE)

*"46 Then Paul and Barnabas answered them boldly: "We had to speak the word of God to you first. Since you reject it and do not consider yourselves worthy of eternal life, we now turn to the Gentiles. 47 For this is what the Lord has commanded us: "'I have made you[a] a light for the Gentiles, that you[b] may bring salvation to the ends of the earth.'[c]" 48 When the Gentiles heard this, they were glad and honored the word of the Lord; and all who were appointed for eternal life believed. 49 The word of the Lord spread through the whole region." Acts 13: 46-49 (NIV)*

The gospel can be tolerated as long as it is kept private. This is true for all individuals and cultures. However, as soon as it enters the culture it becomes a lightning rod, revealing the hearts of men. "The average non-Christian thinks, processes, feels, and evaluates differently than we do and therefore consciously or unconsciously comes to the conversation with different worldviews."

Evangelism demands navigating the complexities of the different cultures and worldviews. This calls for patient sensitivity to the Holy Spirit, the situation, and cultural competence to convey the gospel. Sometimes the doors are shut in our faces and when this happens, we must find new opportunities to share the gospel.

Paul and Silas pregnant with the gospel feel compelled to share it. However, they were rejected by the Jews who did not consider themselves worthy of eternal life.

The men must decide what to do with the culture and the worldview of the Jews. The Jews through their worldview did not believe they were worthy of eternal life and therefore culturally they rejected the gospel. Because of this, the apostles moved on to the gentile audience as they were directed by the Holy Spirit. The mission of the church is to seek the lost and contextually communicate the gospel to all people groups, cultures, and nationalities as the experiential and eternal hope for all people.

### Questions to ponder

1. How do you handle outreach to another ethnic/religious group?
2. How do you prepare to reach out to different people groups with the gospel?

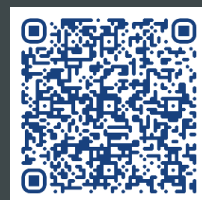
### Prayer

Ask God to open your heart to listen, understand the worldview and the culture of others, and give you the right words and concepts suitable to share the gospel with clarity and compassion to our culture.

Additional Reading: Matt. 13:1-23.

Submission by Dr. Rev. Norman & Andrea Clayton

Spread God's Word  
Playlist



[1](Chan 2018) 136

[1](Soegianto and Abigail 2023) 54

[1] (Sherrard 2012) xiii



## MORE THAN ENOUGH (GENEROSITY)

3 "They received from Moses all the offerings the Israelites had brought to carry out the work of constructing the sanctuary. And the people continued to bring freewill offerings morning after morning. 4 So all the skilled workers who were doing all the work on the sanctuary left what they were doing 5 and said to Moses, "The people are bringing more than enough for doing the work the Lord commanded to be done." 6 Then Moses gave an order and they sent this word throughout the camp: "No man or woman is to make anything else as an offering for the sanctuary." And so the people were restrained from bringing more,"  
Exodus 36:3-6 (NIV)

Generosity is a social responsibility of the heart that is found all through the scriptures. 'Natan' is the Hebrew, word meaning to give. The word can be read forward and backward, which generates an image of "to give" and is also about "to receive."

Moses Maimonides (1135 – 1204), a Jewish codifier of Jewish law, writes the following eight levels of voluntary giving:

On a descending level, they are as follows: each one is lesser than the preceding one.

1. The greatest level, above which there is no greater, is to support a fellow Jew by endowing him with a gift or loan, entering a partnership with him, or finding employment for him, to strengthen his hand until he is no longer dependent upon others.
2. A lesser level of charity than this is to give to the poor without knowing to whom one gives, and without the recipient knowing from whom he received.
3. A lesser level of charity than this is when one knows to whom one gives, but the recipient does not know his benefactor.
4. A lesser level of charity than this is when one does not know to whom one gives, but the poor person does know his benefactor.
5. A lesser level than this is when one gives to the poor person directly into his hand but gives before being asked.
6. A lesser level than this is when one gives to the poor person after being asked.
7. A lesser level than this is when one gives inadequately but gives gladly and with a smile.
8. A lesser level than this is when one gives unwillingly.

More Than Enough  
Playlist



## QUESTIONS TO PONDER

Imagine generosity as a staircase, where do you find yourself on the staircase of generosity? How do you think you can improve from one level of generosity to another, regardless of where you are on the scale?

## PRAYER

Ask the Lord to teach you the art of giving with a generous heart and improve your giving till you become an extravagant giver.



# DAY 12

1/25/24

## THE BLESSING (OF ABRAHAM)

*“May the Lord give you increase, both you and your children. May you be blessed by the Lord, who made heaven and earth”*

PSALM 115:14-15 (NIV)

Imagine for a moment, Jesus is celebrating his last Passover Feast with His disciples. They are gathered around the table, laughing, praying, singing, breaking bread, and fellowshiping together. After the meal and the fourth cup is passed around, they sing Psalm 115, an Egyptian Hallal Passover psalm to remember God’s love, mercy, faithfulness, and deliverance through difficult times.

Jesus, knowing his death is near, sings this traditional Passover psalm in its five-part liturgical exchange. He sings a few lines, and his disciples respond with the refrain. In part four, (14 -15) Jesus repeats the covenantal blessings God made to Abraham, Isaac, and Jacob.

*“May the LORD add to your numbers, both yours and your children’s. May you be blessed by the LORD, the Maker of heaven and earth.”* (Ps 115:14-15) Jesus fulfilled this covenantal blessing when he died on the cross.

The faith of Abraham led to his justification, and through Christ, we share the blessing today. We are justified by faith in Christ.

### QUESTION TO PONDER

According to Galatians 3:16: What do you think is the blessing of Abraham for your life?

### PRAYER

Prayerfully ask the Lord for the blessing of participating in and leading someone to Christ.

*Additional Reading:* Gen. 12:1-3; 17:1; 28:10 -1; Mk. 14:12-26; Gal. 3:14-29; Rom. 4:1-25.

Submission by Rev. N. Clayton & A. Clayton

The Blessing Playlist

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<https://www.learningtogive.org/resources/jewish-philanthropy-concept-tzedakah/>



## YOU CAN DWELL HERE

*"I have surely built You an exalted house, And a place for You to dwell in forever."*

1 Kings 8:13 (NIV)

A few chapters before today's reading, in 1 Kings 6, Solomon begins to build the house of the Lord. In 1 Kings 6: 11-13, the Lord speaks to Solomon:

*11 Then the word of the Lord came to Solomon, saying: 12 "Concerning this temple which you are building, if you walk in My statutes, execute My judgments, keep all My commandments, and walk in them, then I will perform My word with you, which I spoke to your father David. 13 And I will dwell among the children of Israel, and will not forsake My people Israel."*

I first learned about "if-then statements" when I was a high school student taking Computer Science as a class. An "if-then" statement is a conditional statement: a statement with a hypothesis, followed by a conclusion. If-then statements are used in complex software programming, as well as in our everyday decisions. We may tell someone : "if there's no steamed cabbage, then get the garden salad," or "if the store has oranges, then get one dozen", or a parent may tell a child "if you finish your homework by 6PM ,(then) you can watch TV for 1 hour". In each of these statements, the outcome is dependent on the stated condition being met.

As the Lord spoke to Solomon in 1 Kings 6, He made an "if-then" statement: IF the children of Israel walked in His statutes, executed His judgments, kept His commandments, and walked in them, THEN He would perform His Word and dwell among the children of Israel. When Solomon declared in 1 Kings 8 that he had built an exalted house, for the Lord to dwell in forever, he and the priests had just witnessed the glory of the Lord fill the temple. Oh what an experience that must have been!

This brings two considerations to mind:

1. Can the Lord dwell in you? This calls for self-examination, introspection, and an honest assessment to determine whether we have fulfilled and are fulfilling the conditions necessary for the Lord to dwell in us. Are you walking in His statutes and keeping His commandments? Have you built Him an exalted house, for Him to dwell in forever? Have you cleaned house, de-cluttered, and welcomed Him in?

2. Does the glory of the Lord fill your temple? When the priests experienced the glory of the Lord in the temple, it was evident. They stopped what they were doing as the presence of the Lord filled the temple. Does your life bear witness to the presence of the Lord? Does your conduct reflect the glory of the Lord? Can others see Christ living in you?





## YOU CAN DWELL HERE CONT'D

1 Kings 8:13 (NIV)

Paul wrote to the church in Corinth telling them: “Do you not know that you are God's temple and that God's Spirit dwells in you?” (1 Corinthians 3:16). Solomon found later in 1 Kings 8 (verse 27) that God could not be contained in any building. The birth, death, resurrection and ascension of Jesus Christ gives us access, and puts us in the position to have the Holy Spirit dwelling in us. An invitation for the Lord to dwell in our hearts and lives is also a commitment to follow God’s Word and way, as well as a total surrender to His will.

Paul wrote to the church in Corinth telling them: *“Do you not know that you are God's temple and that God's Spirit dwells in you?”* (1 Corinthians 3:16). Solomon found later in 1 Kings 8 (verse 27) that God could not be contained in any building. The birth, death, resurrection and ascension of Jesus Christ gives us access, and puts us in the position to have the Holy Spirit dwelling in us. An invitation for the Lord to dwell in our hearts and lives is also a commitment to follow God’s Word and way, as well as a total surrender to His will.

As we declare to the Lord “You can dwell here”, we also declare:

- I will do what You want me to do
- I will go where You want me to go
- I will worship You in spirit and in truth
- I will abide in You
- I give You all of me
- Not my will, but Thy will be done

You Can Dwell Here  
Playlist



### REFLECTION

1. Do you believe that others see the Lord dwelling in you? Why/ why not?
2. Is God pleased with His dwelling place in your life?

Submitted by Kerry Crawford

### WHAT IS GOD SAYING TO YOU TODAY?

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# DAY 14

1/27/24

## AT JUST THE RIGHT TIME!

*8 This is what the Lord says: "In the time of my favor I will answer you, and in the day of salvation I will help you; I will keep you and will make you to be a covenant for the people, to restore the land and to reassign its desolate inheritances."*

Isaiah 49:8

We all appreciate when guests show up at just the right time. You know what I mean. They weren't awkwardly early nor inconsiderably late. And maybe you like being that kind of guest too. God-forbid something happens that causes you to miss something you'd enjoy! Why? Well, missing something you didn't want or intend to can be nerve-racking or upsetting. If that can happen with earthly things, why would we want to miss God? Our desire should be to not miss God and not miss what God is doing, because those are the critical things of life that also bring the most joy.

This is what the LORD says: "**At just the right time**, I will respond to you. On the day of salvation, I will help you. I will protect you and give you to the people as my covenant with them. Through you I will reestablish the land of Israel and assign it to its own people again. - Isaiah 49:8

But when **the right time came**, God sent his Son, born of a woman, subject to the law. God sent him to buy freedom for us who were slaves to the law, so that he could adopt us as his very own children. And because we are his children, God has sent the Spirit of his Son into our hearts, prompting us to call out, "Abba, Father." - Galatians 4:4-6

You see, at **just the right time**, when we were still powerless, Christ died for the ungodly. Very rarely will anyone die for a righteous person, though for a good person someone might possibly dare to die. But God demonstrates his own love for us in this: While we were still sinners, Christ died for us. - Romans 5:6-8

At **Just the Right Time!** Such an encouragement. God is an on-time God. He's never late nor early, even when we would have preferred some other time because "it's not a good time right now." God is not bound or governed by time, and He always sees the big picture. He's perfect, with nothing left to learn. God's timing isn't our timing. **At just the right time**, God responds to us. **At just the right time**, God helps us. **At just the right time**, God protects us. **At just the right time**, God reestablishes us. God knows when to show up and when to show off. He shares His glory with no one.

God always keeps His promises. This is why Paul is able to reference Isaiah 49:8 as he speaks to the church at Corinth. Not only can Paul reference Isaiah's words, but he speaks of God's actions in this promise in past tense because God has performed it. "For God says, "**At just the right time**, I heard you. On the day of salvation, I helped you." Indeed, the "right time" is now. Today is the day of salvation," as recorded in 2 Corinthians 6:2. God fulfilled His promise, and we now have the opportunity to respond. God responds to us because God hears us. Are we talking to Him though? God helps us because we need His help. We can't do anything of our own accord. God protects us, from dangers seen and unseen. God re-establishes us out of the abundance of His love and grace toward us. Now is the acceptable time. Now is the day of salvation. If today you hear God's voice, harden not your hearts. Allow God to re-establish you.

### ADDITIONAL SCRIPTURES

• Galatians 6:9 • Psalm 84:11 • Psalm 90:12 • Ecclesiastes 3 • John 9:4 • Esther 4:14 • James 4:13-17

Submitted by Allan Selman

At Just The Right Time  
Playlist





## DAILY CHALLENGE

“A message discovered is more powerful than a message delivered.”  
(Unknown)

### DAY 14: JUST THE RIGHT TIME

Share what you learned today with one friend who has family members or friends who have been resistant to accepting Christ.

PRAY FOR and/or WITH THEM

### DAY 15: PREPARE

Spend a few moments quietly preparing your heart and mind for the Word and the indwelling of the Holy Spirit.

There is power and beauty in this time.

### DAY 16: MEDITATE

Consider the words of the scripture.

What do they mean to you?

Quietly talk to God, responding to the scripture and how it spoke to you.

These words are between you and God.

### DAY 17: CONTEMPLATE

Pause in silence to consider the scripture and let God's message to you resonate.

There is power and beauty in this time.

### DAY 18: SHARE & CONNECT

Take a moment to share an area where God is meeting you today.

What is something you've heard?

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Say a short prayer of gratitude for this time together!

### DAY 19: RESET

Write down the things you learned in Days 1-7.

How are you going to apply them in your life rhythms going forward?

- What is your prayer plan going to be?

### DAY 20: READJUST

Write down the things you learned in Days 8-14.

How are you going to apply them in your life rhythms going forward?

How can I have discovery, obedience, and accountability in my life?

### DAY 21: REFOCUS

Write down the things you learned in Days 15-21.

How are you going to apply them in your life rhythms going forward?

#### Read Ephesians 3:20

Take some time to ask God who is able to do immeasurably more than all you could ask or imagine, what you would have Him do through you as you pursue the life of a disciple?

Write out your specific requests, and use them for how you pray for yourself going forward

RE-SET  
RE-ADJUST  
RE-START  
RE-FOCUS  
JUST DONT QUIT.

NEWSTART<sup>™</sup>  
Lifecycle Program





# SAMPLE MEAL PLAN FOR WEEK 3: JANUARY 28 – FEBRUARY 3<sup>RD</sup>, 2024

Prepared by Dr. Debra Williams, ND – [www.debrawilliamsja.com](http://www.debrawilliamsja.com)

WHEN	WHAT	DETAILS
5:00 am	<p><b>1-2 Glasses (8-16 Ounces) of Water</b></p> <p><b>Optional:</b> 1 Glass of warm water mixed with 1 teaspoon lemon juice - May result in weight loss</p>	Room temperature water (distilled, spring or filtered (non chlorinated))
6:00 am	<p><b>1 Cup (8 Ounces) Herbal Tea</b></p> <p>Drink non-caffeinated herbal teas (e.g., mint, ginger, lemon grass, chamomile, red clover, hibiscus, and dandelion)</p> <ul style="list-style-type: none"> <li>• 1 teaspoon <b>dried</b> herb to 8 ounces of water</li> <li style="text-align: center;"><b>OR</b></li> <li>• 1 tablespoon <b>fresh</b> herb to 8 ounces of water</li> </ul>	<ul style="list-style-type: none"> <li>• If you are using leaves (e.g., mint), pour the hot water on the leaves and <b>steep</b> (cover for infusion) for 3-5 minutes. Do not use aluminum pots. Use stainless steel, glass or ceramic pots.</li> <li>• If you are using <b>root, stem, or bark</b> <ul style="list-style-type: none"> <li>○ Boil for about 5 minutes</li> <li>○ Steep for 5 minutes</li> <li>○ Strain</li> <li>○ Sweeten with honey (optional)</li> </ul> </li> </ul>
<p><b>BREAKFAST</b></p> <p><b>Eat 100% Fresh Steamed and/or Raw Vegetables (If possible organic)</b></p>		
7:00 am	<p><b>Choose Any 3 Vegetables Per Meal:</b></p> <p><b>Steamed</b> Kale, Spinach, Broccoli, Collard Green, Carrot, Carrot Greens, Beet Root, Beet Greens, Cauliflower, Brussels Sprouts, Asparagus, Cabbage (purple or green), Callaloo, Bok Choy (Pak Choy), Watercress, Swiss Chard, Turnip Greens, etc.</p> <p>We recommend that <b>only lettuce be consumed raw.</b></p> <p><b>Types of lettuce:</b> Romaine, Little Gem, Butterhead, Crisphead, Green and Red Leaf, Oak Leaf, Mesclun (Spring Mix), and Arugula.</p> <p>Some <b>Neutral Fruits</b> (e.g., avocado, cucumber and tomato) may be had with vegetables.</p> <p><b>Cashew Mayonnaise Dressings</b></p> <p>2 Cups Warm Water            ¼ Cup Cashew            3 Tablespoons Lemon Juice            1 Tablespoon Onion Powder            1 Teaspoon Garlic Powder            ½ Teaspoon Celtic or Pink Himalayan Salt            2 Tablespoons Honey (Optional)            1 Teaspoon mixed dried herbs of your choice (e.g., parsley, dill, cilantro, sage, etc.)</p> <p>Cashew may be replaced with sunflower seeds, sesame seed or almonds for a new dressing.</p>	<p><b>Recommendations:</b></p> <ul style="list-style-type: none"> <li>• Use a steam basket or a steamer.</li> <li>• If you use a pot, do not use a lot of water. Use 1-2 tablespoons of water or oil (coconut/olive).</li> <li>• <b>Season</b> with onions, garlic, parsley, scallions/skellion, and salt (celtic or Hamalayan)</li> <li>• Fresh parsley leaves may go in salads, and the stem may be steamed with the steamed vegetables.</li> <li>• Wash vegetables, and place them in the steamer or pot while they are still wet.</li> <li>• Use a food-grade liquid soap (e.g., <a href="#">fruit and veggie wash</a>) to wash vegetables. Use regular liquid soap to wash only if you plan to peel the fruit</li> <li>• Allow <b>4 hours</b> to elapse between each meal to allow the stomach to rest.</li> <li>• Do not eat any food after 6:00 pm.</li> </ul>

# SAMPLE MEAL PLAN FOR WEEK 3: JANUARY 28 – FEBRUARY 3<sup>RD</sup>, 2024

Prepared by Dr. Debra Williams, ND – [www.debrawilliamsja.com](http://www.debrawilliamsja.com)

WHEN	WHAT	DETAILS
<p>8:00 am 9:00 am 10:00 am 11:00 am</p>	<p><b>1-2 Glasses (8-16 Ounces) of Water</b></p> <p><b>Optional:</b> 1 Glass of warm water mixed with 1 teaspoon lemon juice - May result in weight loss</p> <p><b>1 Cup (8 Ounces) Herbal Tea</b></p> <p>Drink non-caffeinated herbal teas (e.g., mint, ginger, lemon grass, chamomile, red clover, hibiscus, and dandelion)</p> <ul style="list-style-type: none"> <li>• 1 teaspoon <b>dried</b> herb to 8 ounces of water <b>OR</b></li> <li>• 1 tablespoon <b>fresh</b> herb to 8 ounces of water</li> </ul>	<p>Room temperature water (distilled, spring or filtered (non chlorinated))</p> <ul style="list-style-type: none"> <li>• If you are using leaves (e.g., mint), pour the hot water on the leaves and <b>steep</b> (cover for infusion) for 3-5 minutes. Do not use aluminum pots. Use stainless steel, glass or ceramic pots.</li> <li>• If you are using <b>root, stem, or bark</b> <ul style="list-style-type: none"> <li>○ Boil for about 5 minutes</li> <li>○ Steep for 5 minutes</li> <li>○ Strain</li> <li>○ Sweeten with honey (optional)</li> </ul> </li> </ul>
<p><b>LUNCH</b></p> <p><b>Eat 100% Fresh Steamed and/or Raw Vegetables (If possible organic)</b></p>		
<p>12:00 pm</p>	<p><b>Choose Any 3 Vegetables Per Meal:</b></p> <p><b>Steamed</b> Kale, Spinach, Broccoli, Collard Green, Carrot, Carrot Greens, Beet Root, Beet Greens, Cauliflower, Brussels Sprouts, Asparagus, Cabbage (purple or green), Callaloo, Bok Choy (Pak Choy), Watercress, Swiss Chard, Turnip Greens, etc.</p> <p>We recommend that <b>only lettuce be consumed raw.</b></p> <p><b>Types of lettuce:</b> Romaine, Little Gem, Butterhead, Crisphead, Green and Red Leaf, Oak Leaf, Mesclun (Spring Mix), and Arugula.</p> <p>Some <b>Neutral Fruits</b> (e.g., avocado, cucumber and tomato) may be had with vegetables.</p> <p><b>Cashew Mayonnaise Dressings</b></p> <p>2 Cups Warm Water            ¾ Cup Cashew            3 Tablespoons Lemon Juice            1 Tablespoon Onion Powder            1 Teaspoon Garlic Powder            ½ Teaspoon Celtic or Pink Himalayan Salt            2 Tablespoons Honey (Optional)            1 Teaspoon mixed dried herbs of your choice (e.g., parsley, dill, cilantro, sage, etc.)</p> <p>Cashew may be replaced with sunflower seeds, sesame seed or almonds for a new dressing.</p>	<p><b>Recommendations:</b></p> <ul style="list-style-type: none"> <li>• Use a steam basket or a steamer.</li> <li>• If you use a pot, do not use a lot of water. Use 1-2 tablespoons of water or oil (coconut/olive).</li> <li>• <b>Season</b> with onions, garlic, parsley, scallions/skellion, and salt (celtic or Hamalayan)</li> <li>• Fresh parsley leaves may go in salads, and the stem may be steamed with the steamed vegetables.</li> <li>• Wash vegetables, and place them in the steamer or pot while they are still wet.</li> <li>• Use a food-grade liquid soap (e.g., <a href="#">fruit and veggie wash</a>) to wash vegetables. Use regular liquid soap to wash only if you plan to peel the fruit</li> <li>• Allow <b>4 hours</b> to elapse between each meal to allow the stomach to rest.</li> <li>• Do not eat any food after 6:00 pm.</li> </ul>



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Prepared by Dr. Debra Williams, ND – [www.debrawilliamsja.com](http://www.debrawilliamsja.com)

WHEN	WHAT	DETAILS
1:00 pm 2:00 am 3:00 pm 4:00 pm	<p><b>1-2 Glasses (8-16 Ounces) of Water</b></p> <p><b>Optional:</b> 1 Glass of warm water mixed with 1 teaspoon lemon juice - May result in weight loss</p> <hr/> <p><b>1 Cup (8 Ounces) Herbal Tea</b></p> <p>Drink non-caffeinated herbal teas (e.g., mint, ginger, lemon grass, chamomile, red clover, hibiscus, and dandelion)</p> <ul style="list-style-type: none"> <li>• 1 teaspoon <b>dried</b> herb to 8 ounces of water</li> <li style="text-align: center;"><b>OR</b></li> <li>• 1 tablespoon <b>fresh</b> herb to 8 ounces of water</li> </ul>	<p>Room temperature water (distilled, spring or filtered (non chlorinated))</p> <hr/> <ul style="list-style-type: none"> <li>• If you are using leaves (e.g., mint), pour the hot water on the leaves and <b>steep</b> (cover for infusion) for 3-5 minutes. Do not use aluminum pots. Use stainless steel, glass or ceramic pots.</li> <li>• If you are using <b>root, stem, or bark</b> <ul style="list-style-type: none"> <li>○ Boil for about 5 minutes</li> <li>○ Steep for 5 minutes</li> <li>○ Strain</li> <li>○ Sweeten with honey (optional)</li> </ul> </li> </ul>
<p><b>LUNCH</b></p> <p><b>Eat 100% Fresh Steamed and/or Raw Vegetables (If possible organic)</b></p>		
5:00 pm	<p><b>Choose Any 3 Vegetables Per Meal:</b></p> <p><b>Steamed</b> Kale, Spinach, Broccoli, Collard Green, Carrot, Carrot Greens, Beet Root, Beet Greens, Cauliflower, Brussels Sprouts, Asparagus, Cabbage (purple or green), Callaloo, Bok Choy (Pak Choy), Watercress, Swiss Chard, Turnip Greens, etc.</p> <p>We recommend that <b>only lettuce be consumed raw.</b></p> <p><b>Types of lettuce:</b> Romaine, Little Gem, Butterhead, Crisphead, Green and Red Leaf, Oak Leaf, Mesclun (Spring Mix), and Arugula.</p> <p>Some <b>Neutral Fruits</b> (e.g., avocado, cucumber and tomato) may be had with vegetables.</p> <p><b>Cashew Mayonnaise Dressings</b></p> <p>2 Cups Warm Water                      ¾ Cup Cashew                      3 Tablespoons Lemon Juice                      1 Tablespoon Onion Powder                      1 Teaspoon Garlic Powder                      ½ Teaspoon Celtic or Pink Himalayan Salt                      2 Tablespoons Honey (Optional)                      1 Teaspoon mixed dried herbs of your choice (e.g., parsley, dill, cilantro, sage, etc.)</p> <p>Cashew may be replaced with sunflower seeds, sesame seed or almonds for a new dressing.</p>	<p><b>Recommendations:</b></p> <ul style="list-style-type: none"> <li>• Use a steam basket or a steamer.</li> <li>• If you use a pot, do not use a lot of water. Use 1-2 tablespoons of water or oil (coconut/olive).</li> <li>• <b>Season</b> with onions, garlic, parsley, scallions/skellion, and salt (celtic or Hamalayan)</li> <li>• Fresh parsley leaves may go in salads, and the stem may be steamed with the steamed vegetables.</li> <li>• Wash vegetables, and place them in the steamer or pot while they are still wet.</li> <li>• Use a food-grade liquid soap (e.g., <a href="#">fruit and veggie wash</a>) to wash vegetables. Use regular liquid soap to wash only if you plan to peel the fruit</li> <li>• Allow <b>4 hours</b> to elapse between each meal to allow the stomach to rest.</li> <li>• Do not eat any food after 6:00 pm.</li> </ul>



WEEK 3

DAY  
15

1/28/24

**ENLARGE**  
**THE BEST IS YET TO COME**

*“The glory of this latter house shall be greater than of the former, saith the Lord of hosts: And in this place will I give peace, saith the Lord of hosts.”*

Haggai 2:9 (KJV)

The promise embedded in these six words give both ‘saved’ and ‘unsaved’ alike hope that there is indeed ‘light at the end of the tunnel’. They are not mere platitudes. It is my belief that most, if not all of us have heard that “the best is yet to come”. I myself have heard it so often that I strongly believe in its veracity. Over the years, I have used it as consolation in times of uncertainty and helplessness, even when trying to offer comfort to others. When the Lord sent the Prophet Haggai to Zerubbabel, the Governor of Judah and Joshua, the High Priest, (Haggai 2:9) it was confirmation of His message through Haggai of what he had promised would be the outcome in the lives of the people of Judah if they prioritized restoring His house to its former splendor.

The Prophet highlighted the fact that they had obtained scant returns for labor on their personal endeavors, because of their indifference towards restoring His temple. But they would soon discover what was meant by *“The glory of this latter house shall be greater than of the former, saith the Lord of hosts: and in this place will I give peace, saith the Lord of hosts”* (Haggai 2:9). They would realize that it spoke of the reward that awaits those of us who do ‘Our Father’s Work’ before our own. Whatever follows our diligence and dedication to His, the blessings from doing God’s ‘WILL’ always far outshines the reward that we receive from placing greater importance on personal tasks.

The lyrics, I believe, describe what happens to any of us when we do what God wants, and I imagine it applies to all.

*“If when you give the best of your service  
Telling the world that the Savior is come  
Be not dismayed when men don't believe you  
He understands; He'll say, "Well done"  
Oh, when I come to the end of my journey  
Weary of life and the battle is won  
There will be joy for each trial and temptation  
He'll understand and say, "Well done."*

Such Approval!





THE BEST  
IS YET TO  
COME

## THE BEST IS YET TO COME CONT'D

*Haggai 2:9 (KJV)*

This equates to the message the Lord gave Haggai to tell the people of Judah: "Take care of My assignments first and reap the rewards." One of the innumerable things we must love about the Lord is that there is always someone to bear witness to the truth of His spoken word, not that that is even a requirement because we know that God is not a man that He should lie (Numbers 23:19). It is worth remembering that the manifestation of the 'best' that God promises us will come to pass and will only be possible if the mandate of what Godly living represents is upheld by those of us who identify as being disciples of Christ.

That is an assurance that the Lord gave the Prophet Haggai to convey to the two leaders and the people. In other words, let the people know that their lives would be all the better if they did what God desired of them. In the scripture found in Haggai 2:9:

*"The glory of this latter house shall be greater than of the former, saith the LORD of hosts: and in this place will I give peace, saith the Lord of Host"*

was the much-needed guarantee that the people desired to receive. It confirmed that all was not lost. That was the seal of a better future that Haggai delivered to them. His message was free of any ambiguity. He was delivering the raw truth that they themselves were instrumental in receiving the better to come, which God had promised. We, too, have to bear in mind Jesus' words in Matthew 6:33 regarding seeking God's Kingdom and righteousness first. The same principle applied to the children of Judah, even through different words, spoken by a different person in a different dispensation.

So when Haggai delivered new hope through God's promise, he strongly urged them to redirect their focus and put rebuilding the temple ahead of any other project that they had to complete. Haggai took the opportunity to scold them for caring more about the condition of their own homes than they did regarding the Lord's temple. This scripture is one of hope for those of us who may have erred on our spiritual journey by putting God second, it tells us that if we had lost our focus and got distracted by the things that were not relevant or beneficial to the spreading of the gospel, God is faithful and willing to extend grace to us. Today, let us take heed and treat the Lord with the honor and reverence He deserves.

Submitted by Sis. Paula Thompson

The Best Is Yet To Come  
Playlist



# DAY 16

1/29/24

**BUILD**



## WISDOM BUILT

By wisdom a house is built, and by understanding it is established; by knowledge the rooms are filled with all precious and pleasant riches.

### Proverbs 24:3-4 (AMP)

“What builds a “house” and fills its rooms with riches? Wisdom! Where do father and mother learn wisdom so they can build their house, that is, their family? They learn it most easily when their own parents apprentice them to it, the way plumbers are trained, but also when they possess the inherited wisdom of generations summed up in pithy proverbs. Such proverbs make wisdom available to literate and illiterate alike.

Some old American sayings made for contented homes. “Don’t make a mountain out of a molehill.” “We’ll cross that bridge when we come to it.” “Don’t count your chickens before they hatch.” “When angry, count to ten before speaking.” “Don’t cry over spilled milk.” Other cultures have their own nuggets of wisdom, like “Don’t curse a crocodile until you have crossed the river.” Literate societies tend to abandon their inherited proverbs, but these old maxims provide better guidance for family life than hundreds of books about marriage and childrearing.

The main point of this proverb, therefore, is that to build a house, learn the wisdom in Proverbs! Here are some that come to mind as I write, quotation marks omitted. Drink water from your own cistern, and let your fountain be blessed to rejoice in the wife of your youth. He who spares the rod hates his own son. A merry heart does good, like medicine. A wise son listens to his father’s instructions and does not forsake his mother’s words. Raise up a child in the way he should go, and when he is old he will stay on the path. Lands and inheritance are from ancestors, but a good wife is from the LORD. Wine is a mocker. A valiant wife -- better than rubies! Discipline your son while you still have time. A son who sleeps in harvest time shames his mother. Better a vegetarian meal with love than grilled lamb with hatred. Do not despise your mother when she gets old. The fear of the LORD is where wisdom begins.

Live long enough to see your children love their children, and you will thank the Lord for filling your rooms with precious and pleasant memories. Grandchildren tearing around your house with laughter, whom you can confidently send home at day’s end to parents who will raise them with wisdom, are some of the most precious and pleasant riches there are.”

GENEVA COLLEGE | by Dr. Bill Edgar, former chair of the Geneva College Board of Trustees, former [Geneva College](#) President and longtime pastor in the Reformed Presbyterian Church of North America (RPNCA)

### REFLECTION

5 If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you. – James 1:5 (NIV2011) 13 Who is wise and understanding among you? Let them show it by their good life, by deeds done in the humility that comes from wisdom. 14 But if you harbor bitter envy and selfish ambition in your hearts, do not boast about it or deny the truth. 15 Such “wisdom” does not come down from heaven but is earthly, unspiritual, demonic. 16 For where you have envy and selfish ambition, there you find disorder and every evil practice. 17 But the wisdom that comes from heaven is first of all pure; then peace-loving, considerate, submissive, full of mercy and good fruit, impartial and sincere. 18 Peacemakers who sow in peace reap a harvest of righteousness. – James 3:13-18 (NIV2011) 7 Wisdom is the principal thing; therefore, get wisdom: and with all thy getting, get understanding. – Proverbs 4:7 (NIV2011)

**KNOWLEDGE:** Based on what God is calling you to, what do you know and what do you need to know? Who has the knowledge you seek?

**UNDERSTANDING:** What do you use to filter your understanding? What impacts your understanding? Are there cautions you need to observe with how you understand?

**WISDOM:** Where does your wisdom come from?

Wisdom Built Playlist





# DAY 17

1/30/24

## YOU ARE SENT

*“How then will they call on Him in whom they have not believed and how are they to believe in Him, of whom they have never heard and how are they to hear without someone preaching and how are they to preach unless they are sent? As it is written, ‘how beautiful are the feet of those who preach the Good News.’”*

Romans 10:14-15 (ASV)

I’ve mentioned before that we were chosen before the beginning of the world to be God’s children.

There have been, however, Christians who have taken this concept too far and said, “Well, if God has already chosen those who will be saved, there’s no need for us to go out and evangelize them.”

That kind of thinking overlooks one key thing. God commands us to go. The reason: though he doesn’t need us to evangelize, nevertheless, he chooses to spread his gospel through us. He has given us the keys to his kingdom. But if we don’t use them, people will not be saved. That’s why Paul says, How, then, can they call on the one they have not believed in? And how can they believe in the one of whom they have not heard? And how can they hear without someone preaching to them? (14)

These are all rhetorical questions, and the answer to all of them is crystal clear. People can’t. They can’t call on the one they haven’t believed in. They can’t believe in the one they have not heard. And they cannot hear without someone preaching to them. Paul then says, And how can they preach unless they are sent? Again, the answer is that they can’t. But here’s the thing to note: God has called all of us who are believers to go. All of us have been commissioned by Him to go and share His gospel. In Romans 10:14-15, we have a pretty clear picture of how the gospel spreads to all the peoples of the world. Jesus sends people who proclaim the gospel. People hear the gospel proclaimed. People believe that gospel when they hear it, they call on the name of the Lord, and they are saved.

This is God’s plan for getting the gospel to all people in the world, and yet there are still approximately 2.8 billion people in the world who have little to no knowledge of the gospel. They haven’t heard it. That’s what Paul’s asking because he’s writing this to the church of Rome, he’s encouraging them to get the gospel to those who’ve never heard it in Spain and he says, how are they going to hear and believe and call on Him if somebody doesn’t go and preach to them? \* Jesus told His disciples and us, As the Father has sent me, I am sending you. (John 20:21) And again, Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit. (Matthew 28:19)

We don’t need to wait for him to send us. He already has.

So Paul says of those who take the gospel out,

How beautiful are the feet of those who bring good news! (Romans 10:15b)

How about you? You’ve been given the keys to the kingdom. What are you doing with them? \*\*

You Are Sent Playlist



\*How Will They Hear? By David Platt, David Platt is a pastor in metro Washington, D.C. & Founder of Radical, which exists to equip Christians to be on mission. Books by David Platt include Radical, Radical Together, Follow Me, Counter Culture, Something Needs to Change, and Before You Vote.

\*\*They Need for Us to Go by BK, a missionary in Japan since 1995.

## A MOVED HEART

*“The children of Israel brought a freewill offering to the Lord, all the men and women whose hearts were willing to bring material for all kinds of work which the Lord, by the hand of Moses, had commanded to be done.” Exodus 35:29 (NKJV)*

The Amplified version says “The Israelites, all the men and women whose heart moved them to bring material for all the work which the Lord had commanded through Moses to be done, brought a freewill (voluntary) offering to the Lord.”

You may have heard songs or sayings where Exodus is referred to as movements of God’s people. The children of Israel, God’s chosen people, certainly had lots of movements documented in the book of Exodus. Some movements were in obedience to God’s Word, while some were outrightly disobedient to God’s Word. Today’s generation might describe some of the Israelites’ movements as shaky i.e. questionable, disappointing, or just plain wrong.

In this verse today, we read about what seems to be one of the shining moments for the children of Israel. Earlier in the chapter, in verses 4 and 5 “Moses spoke to all the congregation of the children of Israel, saying, “This is the thing which the Lord commanded, saying: ‘Take from among you an offering to the Lord. Whoever is of a willing heart, let him bring it as an offering to the Lord’”.

What constitutes a willing heart? Consider Paul's letter to the church in Corinth:  
2 Corinthians 9:7 NLT

You must each decide in your heart how much to give. And don’t give reluctantly or in response to pressure. “For God loves a person who gives cheerfully.”

- A willing heart jumps into action immediately. There is no hesitation.
- A willing heart is decisive. There's no need for convincing, pressure, or force.
- A willing heart is cheerful. A willing heart doesn't grumble or complain.
- A willing heart finds something to bring to the Lord!

The Israelites did not always reflect willing hearts. There were times when they were reluctant, murmuring, or flatly refused to obey God’s Word. God moved the hearts of the people of Israel, so they gave willingly and freely to build the temple. Each one brought what they had and did what they could. Some gave valuables, some gave their skills and labor, and some gave their time and effort.

Unwilling hearts come up with all the reasons excuses for not being able to give or serve.

A moved heart hears the voice of God, responds to the leading of the Holy Spirit, and willingly gives to the Lord. A moved heart is not limited, because they know there is something they can give or something they can do. The carpenter can build, the seamstress can sew, the chef can cook, and the creative can create inspirational social media content to draw others closer to God. A moved heart does their best at whatever their hands find to do, and does it freely, without being pressured.

**Reflection:**

What is the condition of your heart today?

- Do you respond immediately to the prompting of the Holy Spirit? Or do you have to be coaxed and cajoled to give to the Lord and serve in His house?
- Are you a person of your word? Are you dependable? Can the Lord count on your yes?
- Do you serve joyfully and give cheerfully? Do you consider it your good pleasure and a privilege to give an offering to God? Are you happy to offer your gifts and talents in obedience and service to God?

What is the Lord moving your heart to do or give?

- And what will your response be?

A Moved Heart Playlist





# DAY 19 2/1/24

## GOD WILL DO IT

*(12) “Then it shall come to pass, because you listen to these judgments, and keep and do them, that the Lord your God will keep with you the covenant and the mercy which He swore to your fathers. (13) And He will love you and bless you and multiply you; He will also bless the fruit of your womb and the fruit of your land, your grain and your new wine and your oil, the increase of your cattle and the offspring of your flock, in the land of which He swore to your fathers to give you.”*

Deuteronomy 7:12-13 (NKJV)

\*\*\*Cue praise break\*\*\* Hallelujah! What a promise!

Anyone reading this scripture should feel happy and hopeful. After all - everyone wants God's blessings, whether they know it or not, and whether they admit it or not. But wait a minute... let's recall something we read on day 6:

*In order for us to receive the promises of God, we have to obey His Word. Throughout the Bible, we see that God's blessings are in response to obedience to His Word.*

Here are some examples:

Jeremiah 29:11-13 *For I know the thoughts that I think toward you, says the Lord, thoughts of peace and not of evil, to give you a future and a hope. Then you will call upon Me and go and pray to Me, and I will listen to you. And you will seek Me and find Me, when you search for Me with all your heart.*

Romans 8:28 *And we know that all things work together for good to those who love God, to those who are the called according to His purpose.*

Matthew 6:33 *But seek first the kingdom of God and His righteousness, and all these things shall be added to you.*

Remember our IF... THEN statements from Day 13? The outcome is dependent on the stated condition being met. Well, in each of the above scriptures, the fulfillment of the promise is dependent on our faithfulness to God. As we draw closer to God, obey His Word, and do His will, His promises will be fulfilled in our lives. God will do it! He has plans to prosper you. He works all things together for good for them that love Him and are called according to His purpose.

Now, God is faithful:

Deuteronomy 7: 9 *“Therefore know that the Lord your God, He is God, the faithful God who keeps covenant and mercy for a thousand generations with those who love Him and keep His commandments”*

God is so faithful, that even when we are faithless, He is still faithful (2 Timothy 2:13). God is so faithful, that even after the people of Israel failed to keep their end of the Mosaic covenant in the book of Deuteronomy, He gave the new covenant, fulfilled in the birth, death, resurrection and ascension of Jesus Christ. Through this new covenant, we have:

- Redemption and forgiveness of sins (Ephesians 1:7, Hebrews 8:10-12)
- Access to the Father (Ephesians 2:18)
- Peace and hope (Romans 5:1-2)
- Eternal inheritance (Hebrews 9:15)

The fulfillment of His promises is evident in our lives. As we read on Day 7, God’s track record is spotless. He has never failed, and He won’t start now. We can trust His heart for us, even when we can’t see His hand. If God said it, He said will do it. Your God-given dreams will come to pass. Your God-ordained destiny will be realized. Your God-ordered steps will be successful. IF you love Him and allow Him to be Lord over your life, THEN God will do it! God will do what He said He will do. The question is: will you?

### **Reflection:**

In which area(s) of your life can you be more obedient to God’s Word?

What dreams has God given you?

Have you committed all your plans to Him and are you walking in His will, to see those dreams fulfilled?

What has God already done in your life?

Have you shared your testimony to encourage others of God’s goodness and faithfulness?

God Will Do It Playlist





## REMEMBER GOD'S HOUSE

4 *“Is it a time for you yourselves to dwell in your paneled houses, while this house lies in ruins? 5 Now, therefore, thus says the Lord of hosts: Consider your ways. 6 You have sown much, and harvested little. You eat, but you never have enough; you drink, but you never have your fill. You clothe yourselves, but no one is warm. And he who earns wages does so to put them into a bag with holes. 7 “Thus says the Lord of hosts: Consider your ways. 8 Go up to the hills and bring wood and build the house, that I may take pleasure in it and that I may be glorified, says the Lord.”*

HAGGAI 1:4-8 (ESV)

Here are the CliffsNotes leading to God’s message through Haggai. Earlier on, God commanded His people to “Go In and Occupy” (Day 6). “It is a call to action that will bear much fruit if we follow God’s will for our lives.” Later, God allowed His people to build a temple for His presence to dwell in. (What temple? The very one that king Solomon and God spoke about in 1 Kings 8 & 6 in Day 13. Solomon says, *“I have surely built You an exalted house, and a place for You to dwell in forever.”* God essentially says, live as I prescribe and I will dwell among My people.) Now, all of that was in shambles and God sounds the alarm! The LORD stirred up the spirit of Cyrus king of Persia to grant rebuilding the house of God in Jerusalem. (Check out Ezra for more on that.) It was previously destroyed and the children of Israel were taken in captivity. The decrees of Cyrus allowed Zerubbabel to lead other exiles back to Jerusalem to help rebuild the temple. The foundation was laid and work stopped due to opposition. Sixteen years elapse (from 536 - 520 BC) and the people are living their best self-centered lives with refined houses while God’s house was still in ruins. (FYI: Their best lives without God profited little. They tried hard but failed harder. They didn’t put God first but wanted God to prioritize them. God’s Word, remains; Seek first the kingdom of God and His righteousness. Old habits can resurface when we forget to remember where our focus should be.) God sent Haggai to call His people back to the task. He asked them to “carefully consider their ways and priorities.” (IMPACT Bible) It was a wake-up call.

Fast-forward to present day. It’s 11 o’clock Saturday morning. “Jimmy, come and wash the dishes! They’ve been there since yesterday.” Out comes 15-year-old Jimmy from his pristine room. Can you guess his reply? “Why me, mom? I don’t even have anything in the sink. I keep all of MY space clean. Come look at my room! You won’t find anything wrong with it.” His mom retorts, “Boy! If you don’t find yourself in that kitchen right now...” Jimmy heeds the warning and gets stepping.

Maybe as youths, or when we were youths, we weren’t so polished nor had this exact conversation. Similar reasoning can be used/expected with family, friends, acquaintances, and strangers. It might sound more like, “that don’t got nothing to do with me.” If you never did, you are such an amazing soul. The natural human tendency is to look after your own: people and things. This is what was happening over 2,600 years ago (in 520 BC) with the Jewish remnant. Haggai, a minor prophet with a major message, was sent by God to remind the people of God to REMEMBER GOD’S HOUSE. It was all God. The people of God had forgotten about rebuilding God’s temple. They were like Jimmy; only focused on their space or claim to property.

## REMEMBER GOD'S HOUSE- CONT'D

HAGGAI 1:4-8 (ESV)

By this time, they had already tried but they were discouraged by opposition, then distracted. It's a class act right out of our enemy's playbook. Discouragement and distraction lead to defeat. "It is easy to lose sight of the big picture and become complacent when we take our focus off of God." (IMPACT Bible)

If we examine ourselves, we aren't very different from Jimmy or the children of Israel. We also defy and lose our way sometimes. The LOST parables in Luke 15 teaches us that God wants us to repent AND return, to carefully search for and consider what we treasure, and to know that there is a better home for you and me. God is ready to say,  
"WELCOME HOME, MY CHILD!"

REMEMBER God's house.  
REMEMBER God's call on your life.  
REMEMBER God's will for your life.  
REMEMBER God's love towards you.  
REMEMBER.



## WHAT IS GOD SAYING TO YOU TODAY?

## Reflections from Haggai 1:

1. Is it time to make a change? What does God want you to be doing now?
2. Consider your ways.
3. Build the temple. (It was a building for God's presence then. YOU are His temple now.)
4. Obey the voice of the Lord.
5. God's presence stirs your spirit to work on what He calls you to.

Submitted by Allan Selman

Remember God's House  
Playlist



*“And if it is evil in your eyes to serve the Lord, choose this day whom you will serve, whether the gods your fathers served in the region beyond the River, or the gods of the Amorites in whose land you dwell. But as for me and my house, we will serve the Lord.”*

Joshua 24:15 (ESV)

Joshua, having walked with God and perhaps seeing his end is near, assembled the people together. He then said to them, “choose this day whom you will serve...but as for me and my house, we will serve the Lord.” There is a history lesson here, a track record of God’s faithfulness to His people in the earlier verses of Joshua 24. God delivered Abraham from idolatry. God delivered the children of Israel from slavery. God delivered them from enemies behind and before them. God delivered them from sorcery, causing Balaam to bless them and not curse them. Between the lines of history, God has been saying, “I AM HE. I AM THE ONE WHO DELIVERS AND BLESSES YOU.”

#### The Example: Moses >> Joshua >> Us

Joshua’s predecessor, Moses, stood before the people, the Red Sea in front of them and a charge against them by the Egyptians behind them. There seemed to be no way out and Moses tells the Israelites, “stand still and you will see the salvation of the Lord, for the enemy you see today, you will see no more.” In Todd Galberth’s “Encounter” album, there is a moment in “Goodbye Fear” that recalls this moment in time.

*[Goodbye Fear: Moment by Dr. Dharius Daniels] Exodus 14 captures God’s people on the verge of a new horizon. They’ve made their exodus out of Egypt. 400 years of generational captivity and bondage. They can see the land flowing with milk and honey. They can see a season where they transition from “not enough” to “more than enough.” They can see the season where they reap the harvest of joy for the seed of tears, but there is something between them and their new horizon. It’s something called The Red Sea. The Red Sea is in front of them but also their past that doesn’t want to let them go, The Egyptians, are behind them. They feel trapped...but if God is the God of the EXITS, we’re never trapped. Even if there isn’t a way, He’ll make one. And many remember this story by God causing the wind to blow and part the Red Sea so that they can walk into their new horizon and say hello to this new season in their life but I saw something in the text I want to share and make a prophetic announcement to you in here tonight, and that is “before God gave them their HELLO, He gave them a GOODBYE.” As they stood on the edge of the Red Sea, Moses told the Israelites, “stand still and you will see the salvation of the Lord, for the enemy you see today, you will see no more.” And I came to tell somebody tonight, this is not just your season of HELLO, it’s your season of GOODBYE.*

*God moments! Times where we stand on the precipice of decisions with great impact. They are pivotal, defining moments. If we want to impact the world with the love of Jesus, let’s walk in step with the Holy Spirit. (Galatians 5) Are we sensitive to these moments and opportunities?*



## SERVE THE LORD- CONT'D

Joshua 24:15 (ESV)

“You may not be ready for every opportunity but every opportunity will present itself,” says Benny Pough in his book, *ON IMPACT*. He later adds, “stay ready so that you don’t have to get ready.” (As Rev. Spencer reminded us last year, be like the 5 wise virgins and not like the 5 foolish ones.) God wants us to show up and serve Him. He will do the rest. It’s frightening to even think about how many moments with God we miss. Paul says, “work out your salvation with fear and trembling.” As we allow God to work in us individually and corporately, let us endeavor not to fail to see the example and model in each other. It is not only spoken words or teaching. The example is important, both inside and outside of church.

### WILL YOU SERVE THE LORD?

We are on the verge of concluding a 21-Day Daniel Fast. Daniel’s example was so powerful that we still model it today. Daniel’s life was a life lived for God. Daniel served the Lord wholeheartedly. He made his choice to serve and honor God. He did not look back or think twice about it after that. Daniel’s commitment to serve the Lord came with tests and trials but Daniel rose to every occasion and the Lord was with him. His promise remains with us now just as it did back then. “Do not fear, for I am with you. I will not leave you or forsake you.” Because Jesus got up, we can rise. God’s promised presence dwells in us through the Holy Spirit. There is MORE IN ’24 but we each must rise to it. You’re alive because there’s more. There is more in store for you. Seek more. More of His Presence. More of His Promises. More of His Power. More. Stretch for the Journey.

For More in ’24, I leave you with Joshua 24:24. *“And the people said to Joshua, ‘The Lord our God we will serve, and his voice we will obey.’”* May this verse be our commitment as we journey along, corporately and individually. Go to S.E.A. Stretch. Evolve. Advance.

Submitted by Allan Selman

Serve The Lord Playlist





# ADDITIONAL FASTING INFORMATION

Fasting is not only a religious obligation, but it has many health benefits. Fasting is a good practice, if properly implemented. It promotes elimination of toxins from the body, reduces blood sugar and fat stores. It promotes healthy eating habits and boost immunity.

Research suggests there are major health benefits of fasting to caloric restriction. Benefits include: reduced risks of cancer, cardiovascular diseases, diabetes, insulin resistance, immune disorders, and more generally, the slowing of the ageing process, and the potential to increase maximum life span. Here are top 10 health benefits you can derive from fasting.

## **10 Incredible Health Benefits of Fasting:**

### **1. Fasting Promotes Detoxification**

The act of fasting promotes detoxification, since fat is burned and toxins are released. As the body breaks down its fat reserves, it mobilizes and eliminates stored toxins.

### **2. Fasting Improves Insulin Sensitivity**

Fasting improves insulin sensitivity (which is a very big deal). When your cells are tickled by the effects of insulin, they do a much better job modulating your blood sugar levels after meals and this makes life a lot easier for your poor old pancreas.

### **3. Fasting Rests Digestive System**

During fasting, the digestive organs rest. Fasting gives the digestive system a much-needed rest. After fasting, both digestion and elimination are invigorated.

### **4. Fasting Boosts Immunity**

Fasting boosts immunity if one is careful not to break their fast with an abnormally excessive amount of food. Fruits contain vitamins A and E which boost immunity so one should take care of their balanced diet in between fasts if this is to take place. Fruits should be eaten a lot while breaking the fast.

### **5. Fasting Corrects High Blood Pressure**

Fasting corrects high blood pressure without drugs. Fasting will normalize blood pressure in the vast majority of cases, the blood pressure will remain low after the fast, if the person follows a health-supporting diet and lifestyle.

### **6. Fasting May Help to Overcome Addictions**

Fasting makes it easy to overcome bad habits and addictions. Many people have overcome tobacco and alcohol addictions by fasting, and even drug addictions. Fasting rapidly dissipates the craving for nicotine, alcohol, caffeine and other drugs.

### **7. Fasting Promotes Weight Loss**

Fasting initiates rapid weight loss with little or no hunger. It reduces the store of fats in the body. However, fasting is not a good weight loss strategy. Reducing fat and sugar intake, and increasing fruits and rest are better measures to achieve weight reduction.

### **8. Fasting Resolves Inflammatory Response**

Some studies show that fasting triggers resolution of inflammatory diseases and allergies, examples of such being arthritis and skin diseases such as psoriasis. Some experts even suggest that fasting could magically heal the inflammatory bowel diseases such as ulcerative colitis.

### **9. Fasting Promotes Healthy Diet**

Fasting is the perfect gateway to a healthful diet and lifestyle. Going on a fast gives you the motivation and enthusiasm to make a fresh start. It has been observed that fasting reduces craving for processed foods. It promotes desire for natural foods, especially water and fruits.

### **10. Fasting Clears the Skin and Whitens the Eyes**

Fasting clears the skin and whitens the eyes. It is common to see skin eruptions clear while fasting, and the whites of the eyes never look so clear and bright as they do after fasting.

# RECIPES

## MEDITERRANEAN KALE SALAD

- kale
- lemon
- red bell pepper
- red onion
- cucumber
- cherry tomatoes
- olives
- chickpeas (garbanzo beans)
- [hummus](#), optional
- parsley





# GREEN JUICE

## What You'll Need

- 2 medium apples
- 3 stalks celery
- 1 medium cucumber
- 1 ginger root (thumb-size)
- 1 lemon or lime
- 1 cup parsley
- 3 cups greens  
(spinach, kale, chard, ect.)



### *Kale Pineapple Mint*

- 1 Cucumber*
- 1 Granny Smith Apple*
- 1 Cup Pineapple*
- 3 Kale Leaves*
- 1 Handful Mint*
- 1/2 Lemon (remove peel)*





# KALE SALAD





# DANIEL FAST- FOOD LIST

The only acceptable foods explicitly listed in the scripture are water and vegetables. However, the term "pulse" is used in the King James Version, which means "bean or seed grown for food." This gives permission to those on the Daniel Fast to eat whole grains, fruits, and other plant-based foods — everything else is off-limits.

## Foods You Can Eat on the Daniel Fast

- **Whole grains:** Barley, brown rice, buckwheat, farro, grits, millet, oats, popcorn, quinoa, rice cakes, rye, sorghum, spelt, whole wheat, whole-wheat pasta, and wild rice.
- **Beans and legumes:** Black beans, black-eyed peas, cannellini beans, garbanzo beans (chickpeas), great northern beans, kidney beans, lentils, peanuts, pinto beans, and split peas.
- **Nuts and seeds:** Almonds, cashews, hazelnuts, macadamia nuts, natural nut butters (no additives), peanuts, pecans, pumpkin seeds, pine nuts, pistachios, poppy seeds, sesame seeds, soy nuts, sunflower seeds, and walnuts.
- **Vegetables:** All vegetables whether fresh, frozen, dried, juiced, or canned.
- **Fruits:** All fruit whether fresh, frozen, dried, juiced, or canned (so long as it doesn't contain added sugar).
- **Oils:** Oils can be used minimally, but not for deep-frying.
- **Herbs, spices, and seasonings:** Includes salt and pepper.
- **Soy products:** All soy products including tofu.
- **Unleavened bread:** Whole grain breads made without yeast, sugars, or preservatives.
- **Water:** Distilled, filtered, sparkling, spring, and mineral waters allowed.
- **100-percent fruit juice:** Natural, 100-percent fruit juice is allowed but should be had sparingly.



# FOODS TO AVOID ON THE DANIEL FAST

## Foods You Can't Eat on the Daniel Fast

- Animal products: All meat, dairy, seafood, and eggs.
- Sweeteners: Agave nectar, artificial sweeteners, brown rice syrup, brown sugar, cane juice, corn syrup, honey, malt syrup, molasses, raw sugar, sugar, and other syrups.
- Leavened bread: Bread made with yeast.
- Refined and processed foods: Foods that contain artificial flavorings, artificial preservatives, food additives, white flour, and white rice.
- Deep-fried foods: All fried foods.
- Solid fats: Butter, lard, margarine, and shortening.
- Chocolate: Milk chocolate, semi-sweet chocolate, dark chocolate, chocolate syrup, and cacao.
- Some beverages: Alcohol, coffee, and other caffeinated beverages.





# NOTES

A sheet of white lined paper with a dark grey border on the left side. The border features a series of circular punch holes. The word "NOTES" is written in a simple, black, sans-serif font at the top center of the page. The rest of the page is filled with horizontal lines, creating a series of blank lines for writing.

# NOTES

A blank sheet of lined paper with a dark grey cover on the left side. The word "NOTES" is written in a simple, black, sans-serif font at the top center. The page is ruled with horizontal lines, and there are dark grey circular marks along the left edge, suggesting a binder or spiral binding.



# NOTES

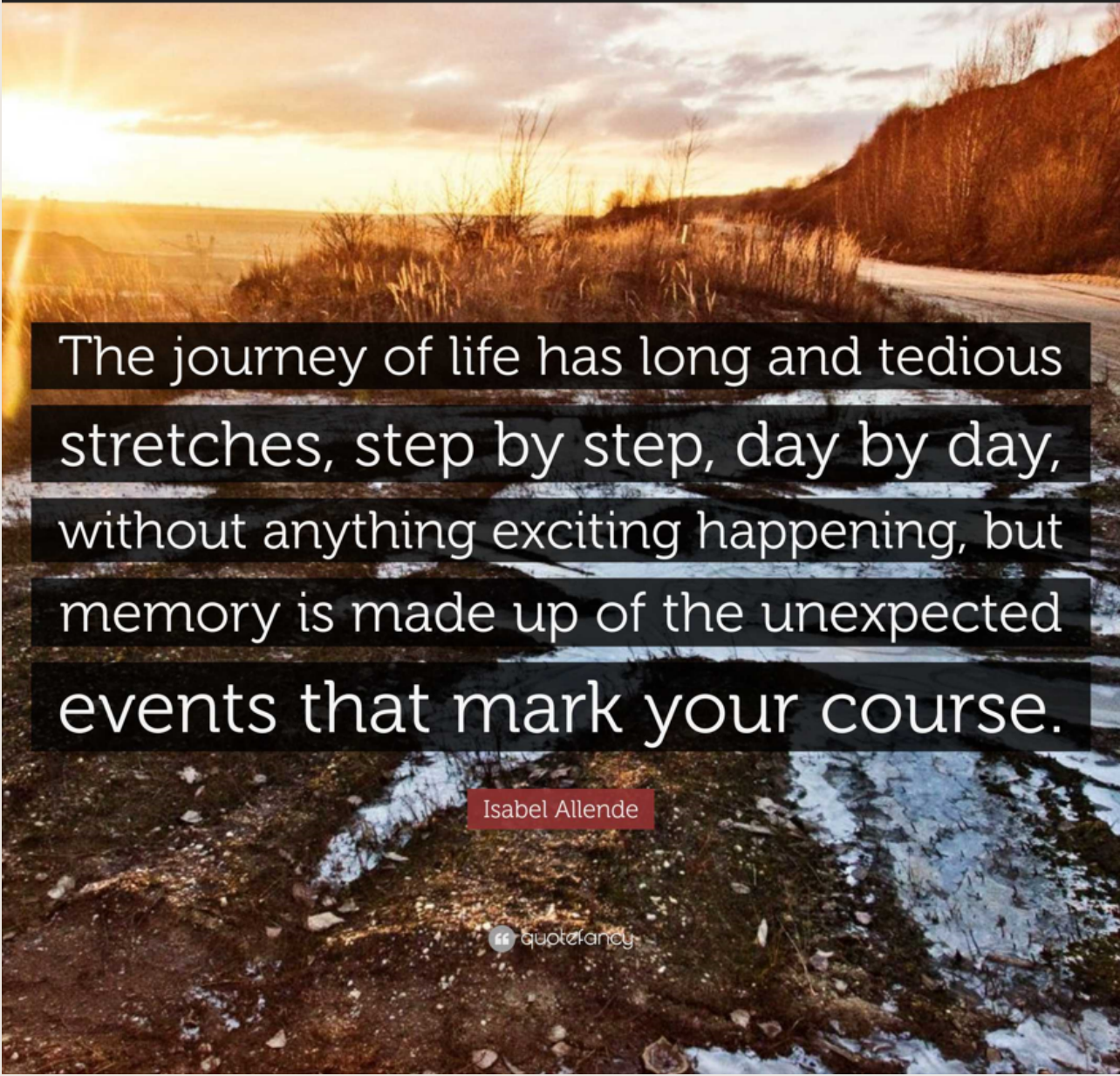
A blank sheet of lined paper with a dark grey border and a series of horizontal lines for writing. The word "NOTES" is written at the top center in a simple, black, sans-serif font. The paper has a cream or light yellowish tint. The lines are evenly spaced and extend across the width of the page. There are 18 horizontal lines in total, with the first line being the top margin line. The word "NOTES" is positioned between the first and second lines. The left edge of the paper has a dark grey border with a series of small, dark grey circles, suggesting a spiral binding. The overall appearance is that of a clean, unused page from a notebook or binder.

# NOTES

A blank sheet of lined paper with a dark grey cover on the left side. The word "NOTES" is written at the top center. The page is ruled with horizontal lines, and there are dark grey circular markers along the left edge of the cover.



# “Stretch for the Journey”



The journey of life has long and tedious stretches, step by step, day by day, without anything exciting happening, but memory is made up of the unexpected events that mark your course.

Isabel Allende

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