

Membership † **Discipleship** † Leadership

John 13:34-35 *"A new commandment I give to you, that you love one another; as I have loved you, that you also love one another. By this all will know that you are My disciples, if you have love for one another."*

I am a disciple of _____.

"A follower of Jesus Christ who studies the scriptures and diligently seeks to comply with what God commands." Jesus said "If you abide in My word, you are My disciples indeed." (John 8:31)

"When you Fast..."

† Proverbs 4:7 *"Wisdom is the principal thing; Therefore get wisdom. And in all your getting, get understanding"*

Fasting is a spiritual response that produces spiritual results. In Matthew 6:16 Jesus said "When you fast..." not if you fast. The bible is full of instructions, promises and examples for us to follow and adhere to. Fasting is vital during these trying times. When you abstain from food the flesh gets weak; the spirit is strengthened. Remember Esau lost his birthright due to the flesh's desire for natural food. Allow God to cleanse you through fasting and you'll connect with Him in a way that will deepen your relationship with Him and others. Here are a few extraordinary examples:

Community Connections (Esther 4): In today's society, communities are suffering like never before. We're experiencing heartfelt tragedies that divide us. It's the enemy's plan to have us come against our own people. As disciples, we are equipped for spiritual warfare. Are we connected to the community in an effort to ignite change? In Mark chapter 9:14-29, Jesus said "O faithless generation...bring him to Me" (v.19) "all things *are* possible to him who believes" (9v.23). Bringing others to Christ can be costly. Esther believed and was willing to pay the price. She said "if I perish, I perish!" She requested the help of her community and replied to Mordecai "Go, gather all the Jews who are present in Shushan, and fast for me; neither eat nor drink for three days, night or day. My maids and I will fast likewise." Joel 1:14 says to announce a time of fasting; call all the people of the land into the Temple of the Lord your God, and cry out to Him there.

Fight for Families (2 Chronicles 20:1-30): It is evident throughout the bible that God desires us to maintain healthy relationships with one another. From the beginning the LORD God said, *"It is not good that man should be alone; I will make him a helper comparable to him."* (Gen. 2:18). God loves the union of families. Numerous studies have shown a severe decline in the family structure that God established. Jehoshaphat knew the effects of family unity. When people came to battle against Jehoshaphat, he sought the Lord and proclaimed a fast throughout Judah. They gathered together to ask for God's help and **all** came to seek the Lord. They knew the power of the attack against them; so they set their eyes on God who has all power. Entire families (husbands, wives *and* children) were devoted to fasting. The LORD says "Do not be afraid nor dismayed because the battle *is* not yours, but God's. Position yourselves, stand still and see the salvation of the LORD, who is with you." Joshua 24:15 says *"As for me and my house, we will serve the LORD."*

† Romans 12:2 “. . . be transformed by the renewing of your mind, that you may prove what *is* that good and acceptable and perfect will of God.”

Divine Direction (Nehemiah 1): Sometimes leading others can be a complicated challenge. Nehemiah had a heart for the people. He cried out to God with fasting and prayer. He confessed his sins and sought God for His direction. God is pleased when we surrender to His will. Under God’s divine direction, Nehemiah had a vision for the people and they had a mind to work under his leadership (4:6). No one’s opinion, no obstacle or opposition could deter them from his message or his method. Together they built and completed the assignment in 52 days. 1 Timothy 1:12 says *“I thank Christ Jesus our Lord who has enabled me, because He counted me faithful, putting me into the ministry!”*

Regroup and Repent (Jonah 3): Nineveh was a very wicked city that had been defeated by sin. God sent warning through the Prophet Jonah. The people believed and proclaimed a fast of repentance. Repentance is a heartfelt sorrow that will make you change your ways and commit to His ways. They were so sincere about their fast that the animals were not even allowed to taste anything. God saw their works and that they turned from their evil ways so God relented from the disaster that He had said He would bring upon them, and He did not do it. Psalm 51:10 says *“Create in me a clean heart, O God, And renew a steadfast spirit within me.”*

Godly Guidance (Daniel): When seeking guidance from God, seek His face and not His hand. Daniel was committed to praying and fasting despite the consequences. Throughout the book of Daniel we witness him living a life of purity, obedience and endurance. He refrained from certain foods and experienced miraculous results (interpreting dreams, escaping the lion’s den...). Daniel’s partial fast is one of the most referenced spiritual disciplines.

Receive Revelation: Moses (Ex. 34), Elijah (1 Kg. 19) and Jesus (Lk. 4) all completed 40 day fast. After studying each of these chapters, what revelation was received from their 40 day journey of fasting? _____

† Psalm 119:11 “Your word I have hidden in my heart, That I might not sin against You.”

Day/ Week of	Daily Reading	What verse had the most impact?
Monday <input type="checkbox"/>	Psalms 1-5	
Tuesday <input type="checkbox"/>	Psalms 6-10	
Wednesday <input type="checkbox"/>	Psalms 11-15	
Thursday <input type="checkbox"/>	Psalms 16-20	
Friday <input type="checkbox"/>	Psalms 21-25	
Saturday <input type="checkbox"/>	Psalms 26-30	
Sunday <input type="checkbox"/>	Psalms 31-35	

Submit questions to MCCquestions@yahoo.com

