

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)

"Fast and Pray"

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

FASTING means to voluntarily reduce or eliminate your intake of food (and drinks) for a specific time and purpose. Although there are many methods to fasting, there are also many misconceptions. When you fast, you deny the flesh natural food and feed yourself spiritual food. He humbles you when you hunger so you will know that man shall not live by bread alone; but man lives by every word that proceeds from the mouth of the LORD (Deu. 8:3). If you just refrain from natural food without receiving spiritual food, you are merely dieting. During your time of fasting you should consecrate yourself before the Lord and seek to fulfill His will for your life (Matthew 6:16-18). Fasting compels the Holy Spirit to guide and direct your path, reveal truth and bring clarity to circumstances and situations. When you fast and pray under God's anointing, something is bound to happen!

Jesus said *"some things only come out through praying and fasting"* (Matt. 17:21). How do you know which things? Seek the Lord through praying and fasting and He will reveal it to you. We all experience peaks and valleys. None of us are exempt. When tempted, we often fall into the traps set by the enemy. However, if you've committed your ways to the Lord through obedience, praying and fasting you're equipped to defeat the enemy. Commit your ways to the Lord, trust in Him and whatever you need to handle your D-fects shall come to pass (Ps. 37:5).

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|---|---|
| <input type="checkbox"/> <u>D</u> oubt | Have faith (Heb. 11:1) |
| <input type="checkbox"/> <u>D</u> efeat | Rely on His strength (2 Cor. 12:9) |
| <input type="checkbox"/> <u>D</u> esperation | Be anxious for nothing (Phil. 4:6) |
| <input type="checkbox"/> <u>D</u> epression | Cast your cares on Him (1 Pet. 5:7) |
| <input type="checkbox"/> <u>D</u> iscouragement | You can do all things through Christ (Phil. 4:13) |
| <input type="checkbox"/> <u>D</u> ivision | A house divided against itself cannot stand (Mar. 3:25) |
| <input type="checkbox"/> _____ | _____ |

† 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.”

Fasting and praying helps you remain steadfast and humble against the selfishness that causes us to sin. It demonstrates to God just how desperate we are for more of Him. When we deny the flesh by eliminating nature food, we also eliminate sin by embracing spiritual/ supernatural intervention. Be fully aware that this spiritual assignment does not come without trial and temptation. The enemy’s tactics will become even more intense at times. Do not give in to vulnerability. Fasting requires discipline and discipline creates disciples. Fasting should be a consistent part of your life. Don’t compete or compare yourself to others. If God is leading you to fast for one day, it’s just as spiritual as someone completing a 21 day fast that’s led by God. When you first begin to fast, you will feel physically fatigue. Prayer is critical. This time should be set aside for you to spend intimate time in the presence of God. Enter into a fast that God has chosen.

What are some rewards of fasting according to Isaiah 58:6-12?

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† 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"/>	Job 22-24	
Tuesday <input type="checkbox"/>	Job 25-27	
Wednesday <input type="checkbox"/>	Job 28-30	
Thursday <input type="checkbox"/>	Job 31-33	
Friday <input type="checkbox"/>	Job 34-36	
Saturday <input type="checkbox"/>	Job 37-39	
Sunday <input type="checkbox"/>	Job 40-42	

Submit questions to MCCquestions@yahoo.com

