

FIRST FRUITS FAST

Loving and Seeking God!

Gain Spiritual Victories!

Eat less... Be Strengthened More!

Silencing the noise of the world!

Feasting on God and His Word!

21 DAY FAST

JANUARY 10-31, 2010

January 17, 2010

DEATH BY VEGETABLES



“I Burned Dinner!”

Isaiah 58

DENNIS MURPHY, Lead Minister

MESSAGE NOTES



HOPE

Christian Church

“Loving God, Loving People, Serving the World”



Week 3 EMPOWER YOUR PRAYERS WITH FASTING!

Fasting is not the removal of food—it is the addition of God. Depriving ourselves of our human drives allows us to “quiet the noise” of our humanness and increase our dependence upon God’s Holy Spirit. As we fast from our desires we replace every urge with prayer and a deeper seeking of knowing God. We need to take time to separate ourselves from the most basic of influence of this world--food. You’ll be surprised how consuming and distracting our thoughts can be about this basic need. Fasting challenges that and helps us break through to new levels of God.

Spend some time each day this week reading scripture and praying.

Day 1 Sin

If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. 1 John 1:9

- ◆ Ask God to help you make a comprehensive list of your sins.
- ◆ Confess every sin that the Holy Spirit calls to remembrance and accept God’s forgiveness.

Day 2 Forgiveness

And when you stand praying, if you hold anything against anyone, forgive him, so that your Father in heaven may forgive you your sins."Mark 11:25

Forgive us our sins, for we also forgive everyone who sins against us. Luke 11:4;

"So watch yourselves. "If your brother sins, rebuke him, and if he repents, forgive him. If he sins against you seven times in a day, and seven times comes back to you and says, 'I repent,' forgive him."

Luke 17:3-4

- ◆ Seek forgiveness from all whom you have offended and forgive all who have hurt you. Make restitution as the Holy Spirit leads you.

Day 3 Filled with the Spirit of God

Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit. Ephesians 5:18

This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us. And if we know that he hears us—whatever we ask—we know that we have what we asked of him.

1 John 5:14-15

- ◆ Ask God to fill you with the Holy Spirit according to His command in Ephesians 5:18 and his promise in 1 John 5:14-15

Day 4 Living Sacrifices

Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God—this is your spiritual act of worship. ²Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will. Romans 12:1-2

- ◆ Humble yourself before the Lord. Surrender your life fully to Jesus Christ as your Lord and Master; refuse to obey your worldly nature. Confess your independent nature; die to self; enthroned Christ. Present yourself as a living sacrifice.

Day 5 Perseverance...Character...Hope...Praising God

Not only so, but we also rejoice in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope. And hope does not disappoint us, because God has poured out his love into our hearts by the Holy Spirit, whom he has given us. Romans 5:3-5

Praise be to the God and Father of our Lord Jesus Christ! In his great mercy he has given us new birth into a living hope through the resurrection of Jesus Christ from the dead, and into an inheritance that can never perish, spoil or fade—kept in heaven for you, who through faith are shielded by God's power until the coming of the salvation that is ready to be revealed in the last time. In this you greatly rejoice, though now for a little while you may have had to suffer grief in all kinds of trials. These have come so that your faith—of greater worth than gold, which perishes even though refined by fire—may be proved genuine and may result in praise, glory and honor when Jesus Christ is revealed. 1 Peter 1:3-7

Praise the LORD, O my soul; all my inmost being, praise his holy name. Praise the LORD, O my soul, and forget not all his benefits—who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion, who satisfies your desires with good things so that your youth is renewed like the eagle's. The LORD works righteousness and justice for all the oppressed. He made known his ways to Moses, his deeds to the people of Israel: The LORD is compassionate and gracious, slow to anger, abounding in love. Psalm 103:1-8

- ◆ Spiritual Vision -Ask the Lord for His vision for your life, your marriage, your family and the places you serve him, including the church.
- ◆ Spiritual Wisdom-Ask for the mind of Christ and His thoughts for the challenges of the day. Ask for financial stewardship and generosity. Ask for wisdom from above that is pure, peaceable and willing to yield.
- ◆ Spiritual Thanksgiving-Thank the Lord for at least 10 new things you are thankful for. Don't leave this section until your heart is rejoicing with gratitude

**HOPE FLOW...LETTING GOD'S LOVE FLOW
THROUGH US EVERY DAY!**