

## Promises from God

A promise from God is a statement we can depend on with absolute confidence.

Erwin Raphael McManus:

"Whatever else Jesus came to do, one thing is clear—He came to set you free. God is not a warden; He is a deliverer."

Here are **12 promises** for you to claim over your life and family in our prayer time.

- God's presence "I will never leave you." (Heb. 13:5)
- God's protection "I am your shield." (Gen. 15:1)
- God's power "I will strengthen you."
- God's provision "I will help you" (Isa. 41:10)
- God's leading "And when he brings out his own sheep, he goes before them." (John 10:4 NKJV)
- God's purposes "I know the thoughts that I think toward you, says the Lord, thoughts of peace, and not of evil." (Jer. 29:11)
- God's rest "Come unto Me, all that labor and are heavy laden, and I will give you rest." (Matt. 11:28)
- God's cleansing "If we confess our sins, He is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness." (1 John 1:9)
- God's goodness "No good thing will He withhold from them that work uprightly." (Psalm 84:11)
- God's faithfulness "The Lord will not forsake His people for His great name's sake." (1 Sam. 12:22)
- God's guidance "The meek will He guide" (Psalm 25:9)
- God's wise plan "All things work together for good to them that love God" (Rom. 8:28)

## 21-DAY FAST AND PRAY: JANUARY 7, 2019

Here are **12 assurances** for you to claim in prayer over your life, our nation, and families. Maybe, you have asked many times and need to speak these truths into our prayer time. Unanswered prayer, delayed prayer, if not responded to can bind us.

- 1 John 5:14 "Now this is the confidence that we have in Him, that if we ask anything according to His will, He hears us."
- 1 John 5:15 "And if we know that He hears us, whatever we ask, we know that we have the petitions that we have asked of Him."
- John 14:13 "And whatever you ask in My name, that I will do, that the Father may be glorified in the Son."
- Isaiah 55:11 "So shall My word be that goes forth from My mouth; it shall not return void, but it shall accomplish what I please, and it shall prosper in the thing for which I sent I shall own
- John 15:7 "If you abide in Me, and My words abide in you, you will ask what you desire, and it shall be done for you."
- Matthew 18:18 "Assuredly, I say to you, whatever you bind on earth will be bound in heaven, and whatever you loose on earth shall be loosed in heaven."
- Matthew 18:19 "Again I say to you that if two of you agree on earth concerning anything that they ask, it will be done for them by My Father in heaven."
- John 15:16 "You did not choose Me, but I chose you and appointed you that you should go and bear fruit, and that your fruit should remain, that whatever you ask the Father in My name He may give you."
- Jeremiah 29:12 "Then you will call upon Me and go and pray to Me, and I will listen to you."
- Isaiah 65:24 "It shall come to pass that before they call, I will answer, and while they are speaking I will hear."
- Psalm 91:15..... "He shall call upon Me, and I will answer him; I will be with him in trouble; I will deliver him and honor him."
- Psalm 141:2..... "Let my prayer be set before You as incense, the lifting of my hands as the evening sacrifice."

21-DAY FAST AND PRAY: JANUARY 7, 2019

**So, let's make a plan together going forward as we begin fasting.**

Fasting is very hard.

It sounds much easier than it is in true practice.

It may be surprising how fasting can impact us mentally.

How overwhelmed we can feel when we miss a meal.

Fasting sounds simple yet eating is such a natural part of our day to day lives it's a tough task to interrupt mealtime.

So, a God inspired plan is important.

### **1. So first start small.**

Don't go from having never fasted to attempting a weeklong full fast.

It will overwhelm you.

Start with missing a meal.

Or start by only eating before or after daybreak or the sunsets.

Maybe fast one meal for the first week of our 21-day called fast.

Then try two meals and work your way up to a daylong fast.

Perhaps then try a two-day juice only fast.

A **juice fast** means abstaining from all food and beverage, except for juice and water.

Allowing yourself juice provides nutrients and sugars for your body to keep you operating, while also still feeling the effects from going without solid food.

**It's not recommended that you abstain from water during a fast of any length.**

### **2. Plan your fast, what will you do with the time you usually spent eating.**

Fasting isn't merely the act of self-deprivation, but a spiritual discipline for seeking more of God's fullness.

## 21-DAY FAST AND PRAY: JANUARY 7, 2019

Which means we should have a plan for what positive pursuit we will undertake in the time it normally takes to eat.

We spend a good part of our day planning to eat or with food literally in front of us or in our hand.

An important part of fasting is the time it creates.

Time for prayer and time in God's Word.

Before diving headlong into a fast, craft a simple plan.

Connect it to your purpose for the fast.

Each fast should have a specific spiritual purpose.

Identify what that is and design a focus to replace the time you would have spent eating.

Without a purpose and plan, it's not Christian fasting.

It's just a hunger strike.

### **3. Consider the impact your fast will have on others.**

Fasting is not a license to be unkind.

Initially a fast will be less spiritual more frustrating.

Expect that. You are going against the natural.

But Fasting is not a license to be unloving.

Love for God and for neighbor go together.

If anything, others should even feel more loved and cared for when we're fasting.

### **4. Fast from something other than food.**

Fasting from food is not necessarily for everyone.

## 21-DAY FAST AND PRAY: JANUARY 7, 2019

Some health conditions keep even the most devout from the traditional course.

However, fasting is not limited to abstaining from food.

As Martyn Lloyd-Jones said, "Fasting should really be made to include abstinence from anything which is legitimate in and of itself for the sake of some special spiritual purpose."

If the better part of wisdom for you, in your health condition, is not to go without food, consider fasting from tv, computer, social media, sports, or some other regular enjoyment that would bend your heart toward greater enjoyment of Jesus.

Paul even talks about married couples fasting from intimate relations.

I Corinthians 7:5 NKJV

Do not deprive one another except with consent for a time, that you may give yourselves to fasting and prayer; and come together again so that Satan does not tempt you because of your lack of self-control.

### **John Piper says this of fasting:**

"In fasting, we confess we are not home yet, and remember that we are not homeless.

In fasting, we cry out to our Groom, and remember that we have his covenant promises.

In fasting, we confess our lack, and remember that the one with every resource has pledged his help in his perfect timing.

"Christian fasting is unique among all the fasting in the world,"

"It is unique in that it expresses more than longing for Christ or hunger for Christ's presence. It is a hunger that is rooted in, based on, an already present, experienced reality of Christ in history and in our hearts."

In Christ, fasting is not just a Godward expression of our need.

It is not just an admission that we are not full.

Fasting is a statement — in the very midst of our need — that we are not empty.