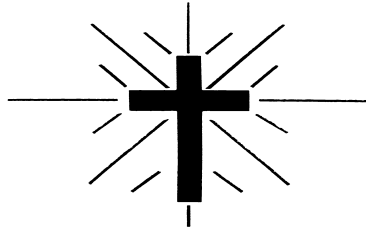


# **HIGHER GROUND CHURCH FELLOWSHIP CENTER**

**Rev. Calvin J. Hooks, Overseer/Founder**  
**Rev. Deborah D. Hooks, Senior Elder/Co-Founder**



## **PRAYER AND FASTING GUIDE**

**WINTER 2020**

**March 22, 2020**  
**(21 days)**  
**April 11, 2020**

**Celebrate Resurrection Sunday – April 12!**

**(\*A variation of The Daniel Fast)**

**It's one thing to know about God—  
It's a different thing to be known by God.**

**Prayer and fasting are powerful ways to prepare to receive His presence, and all that He has planned for your life, as well as grow deeper in your walk with Him as you proclaim, More of you and less of me. Ask yourself, What am I allowing to come between me and God's presence? Imagine the blessings He has for you when you prepare your heart and surrender it all to Him. Join us as we encourage you to devote yourself intentionally to seeking God and His will for your life during the 33-Day Prayer & Fast journey.**

### **WHAT IS FASTING?**

**Fasting is to voluntarily abstain from eating/drinking for an extended period of time. "Eating" and "drinking" can represent anything that is holding you back. What do you "consume" in terms of social food, intellectual food, spiritual food, and emotional food? Are these things distracting you from your relationship with God? Are you relying on things that have nothing to do with God to get you through your day? You may not even realize you have an addiction. For example, if you "have to have" coffee every day, and you are not willing to give it up, you are addicted. Maybe your fast needs to just be about coffee. Ask God and He will show you. Everyone doing a physical fast should consult a physician first. If you have medical issues, consider fasting TV or media. The point is that there is something God wants you to separate yourself from for these weeks so that you can see Him more clearly. Don't cheat yourself by removing yourself from the fast entirely.**

## **FASTING GOAL:**

### **A PERSONAL ENCOUNTER WITH THE LIVING GOD**

**“He must increase and [we] must decrease.” - John 3:30**

**“Be ye holy, for I am holy.” - 1 Peter 1:16**

**You may experience many benefits from fasting (cleansing your body, breaking addictions, etc.), but the goal of fasting is to experience God. Right now, your life may be all about you, what you want, and when you want it. Imagine if you separate yourself from your perceived needs (such as food)... you may see that life is all about *Him*.**

### **Other examples of biblical fasting:**

#### **Special Revelation**

**- Exodus 34:27-28;**

#### **In times of War**

**- Judges 20:26;**

#### **Courage and Wisdom**

**- Esther 4:3,16;**

#### **In times of Grief**

**- Nehemiah 1:4,**

**2 Samuel 1:12, 1 Samuel 31:13,**

**1 Chronicles 10:12;**

#### **Mourning - Daniel 10:1-3;**

**Repentance - Jonah 3:5, Daniel 6:18;**

**Ministry Preparation - Matthew 4:2;**

**Spiritual Power - Mark 9:29;**

**Ministry Commissioning - Acts 14:23;**

**Set Aside Self for Holiness - 1 Corinthians 7:5;**

## **21-DAY PRAYER & FASTING GUIDE**

### **FASTING PREPARATION**

**Prepare your heart:** In 2 Chronicles 7:14, God appears to Solomon and explains that if His people are going through a hard time, they should seek Him and follow His ways. Then, He will hear their prayers and heal them. Be willing to hear what God says needs to change, and be willing to change. Don't continue to sin. What are the paths He wants you to walk? How much does He want you to pray and read His Word? Tell God that you surrender your life to Him and that you want more of Him and His way.

**Prepare your motives:** Ephesians 1:3 says that there are spiritual blessings assigned to us. We can never exhaust them! Who knows what God wants to give you or show you? Maybe He wants to bestow gifts such as wisdom, anointing, prayer power, healing power, teaching power, joy, or encouragement. When you eliminate things that are keeping you from focusing on God, He is able to show you things about your life that you never knew.

**Prepare your body:** If you decide to eat only fruits and vegetables for your fast, it will result in cleansing of your physical body. You may feel sick as your body detoxes, but you'll make it! This isn't a mind game to see if you can survive eating less or not watching ESPN, or LMN but about experiencing God. Some people ask, "What does not eating have to do with my relationship with God?" Well... "Stop eating and find out."

**Prepare your schedule:** Decide where you will meet with God, what and when you will eat, and how you will spend your time differently. Remember, the fast is about communing with God, so don't fill your time with distractions that will keep you from feeling hungry. Create a plan and commit to spending more time with the Lord.

#### **Fasting Guidelines:**

- Explain to your family in advance what you are doing.
- Request privacy from those find out what you are doing.
- Ask them not to discuss it with you until your fast is over.
- Never complain or brag about your fast, and avoid talking about it.
- Establish an accountability partner for prayer & encouragement.
  - Stay away from negative people.
- Spend as much time as possible alone in solitude and prayer.
- Acknowledge that your flesh cannot be trained, but must be crucified.
- Journal as you pray and meet with the Lord. Write down the miracles God does in your life!

## TYPES OF FASTS

**Complete Fast:** • Drinking only liquids, typically water and/or light juices.  
• Broth or soup may be included as options.

**Selective Fast:** • Removing certain elements from your diet.

- **The Daniel Fast** - abstaining from meat, sweets, or bread; drink water and juice, and eat a variety of fruits and vegetables.
- **Fast during specific times** of the day:  
e.g. 6AM-3PM, or from sunup to sundown.
- **Soul Fast** Common for: anyone new to fasting food; those with health issues that prevent them from fasting food; those wanting to refocus specific areas of life that are out of balance.
- **Suggestions:** abstain from engaging in social media, shopping, watching television, etc.

## ENDURING YOUR FAST

**To Eat or Not To Eat is Not The Question** As you continue to fast, you will realize that you don't experience hunger pains as often as you thought you would. Without a preoccupation with food, you will be surprised at your ability to be sustained for a number of days without eating food and how you will take advantage of your time to seek Jesus more diligently. There is no magic in simply missing meals in the name of spirituality. The important thing to remember is to hear God speak and obey what you hear.

**Prayer Life During The Fast.** There is a question you will need to answer. When you are fasting, will you seek Him, give Him a listening ear and the quality time He deserves? He will constantly separate you from dependence on the world. Consequently, your time alone with Him may become more frequent than you originally planned, and needless to say, your prayer life will greatly improve.

How appropriate that Jesus and Moses spent extensive time in the desert alone with God. It is ironic that the Hebrew name for desert is madbar, meaning "to speak." You will hear His voice throughout the day in a powerful way. Wisdom will cry out to you in the streets. As the stars in heaven declare the glory of God, so every corner will reveal to your willing soul the mysteries of His Kingdom that have been withheld from the rulers of this age (Proverbs 8:1-3, Psalm 19, and 1 Corinthians 2:7). You will hear Him when you are driving, talking on the phone, or counseling a friend.

**Expect to hear Him loud and clear.**

## **21-DAY PRAYER & FASTING GUIDE**

### **Fighting Doubt and Fighting The Good Fight.**

**During your fast, one of your biggest enemies will be your mind and your memory. Your mind and emotions will constantly work together to bring order to your world, order according to what you have been taught order to be. Eating at certain times each day has been part of your life training. Fasting will make no sense to your mind.**

**In Matthew 14:22-32, when Peter was walking on the water, he found himself in the middle of a miracle, something that did not make sense to his mind. When Peter's mind revealed to him the supernatural nature of what he was doing, it convinced him that it was impossible, based on what his mind knew to be normal. Consequently, Peter sank, believing logically what his mind told him, rather than what the Spirit convinced him to believe by faith.**

**There will be times that your mind will realize how far out on a limb your faith has taken you and you will be faced with a decision: Do you give up or keep moving forward? Galatians 5:24 tells us that the flesh is at war against the Spirit. It cannot be trained or negotiated with. The flesh must die. It must be crucified. Always remember, faith goes all the way. God has not given you the Spirit of fear but one of Sonship, by which we call Abba Father (Romans 8:15).**

**When you feel as though you want to give up, you must ask yourself a few questions. Is the pain you are experiencing worth the prize you are pursuing? If you do give up, where and to what will you go back to? In John 6:66, the disciples were asked by Jesus if they wanted to go back to their old lifestyle. Peter said, "Lord, to whom shall we go? You have the words of life."**

**Social Tensions A frequently asked question about fasting is: "Should you tell people that you are fasting?" Since fasting is a discipline of self-denial and consecration unto the Lord, constant discussion about it will be a distraction. People will bombard you with countless questions about your health, offer you suggestions about your diet, and tell you horror stories about the dangers of fasting. This type of input during your fast will be a major distraction. For maximum benefit, it would be best for you not to tell anyone about your fast. Jesus was against the religious leaders drawing attention to themselves by giving people the impression they were suffering for the Lord (Matthew 6:16-18). The religious leaders did this in an attempt to puff themselves up and obviously defeated the purpose of their fasting. If your fast lasts only one to seven days, it will be easy to conceal it. As time goes by and you begin to lose a considerable amount of weight, it will become more difficult to avoid**

questions about your appearance. Do your best to avoid looking dehydrated and keeping yourself well groomed.

Eventually there will be those who find out that you are fasting, but you can turn this situation into an edifying one. There is a balance between drawing attention to yourself and giving glory to God. You have to decide when and how to discuss it, because your testimony can be used to encourage others to fast. You should "...be ready to give a defense to everyone who asks you a reason for the hope that is in you, with meekness and fear" (1 Peter 3:15).

### **SAMPLE MENU 1: FRUITS, VEGETABLES, JUICES & WATER**

**Breakfast - Fruit smoothie with protein powder**  
**Mid-morning Snack - Fresh fruit or fresh vegetables**  
**Lunch - Raw vegetable salad with light dressing and vegetable broth soup**  
**Mid-afternoon Snack - Fresh fruit or fresh vegetables**  
**Dinner - Fresh salad with light dressing and steamed grilled vegetables**

### **SAMPLE MENU 2: LIQUIDS ONLY**

**Breakfast - Fruit smoothie with protein**  
**Mid-morning Snack - Herbal tea or vegetable broth soup**  
**Lunch - Raw juiced vegetables**  
**Mid-afternoon Snack - Fresh fruit juice or fruit smoothie with protein**  
**Dinner - Vegetable juice or vegetable broth soup**

### **SAMPLE MENU 3: MODIFIED DANIEL FAST**

**Breakfast - 1 - 2 servings whole grains with fresh fruit juice**  
**Mid-morning Snack - Fresh fruit or fresh chopped vegetables**  
**Lunch - 1 - 2 servings whole grains; fresh salad with legumes and light dressing**  
**Mid-afternoon Snack - Fresh fruit juice or fruit smoothie with protein**  
**Dinner - 1 - 2 whole grains; fresh salad with legumes and light dressing**

## 21-DAY PRAYER & FASTING GUIDE “THE DANIEL FAST”

### **Foods To Include**

**All fruits:** These can be fresh, frozen, dried, juiced or canned. Fruits include but are not limited to apples, apricots, bananas, blackberries, blueberries, boysenberries, cantaloupe, cherries, cranberries, figs, grapefruit, grapes, guava, honeydew melon, kiwi, lemons, limes, mangoes, nectarines, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, watermelon

**All vegetables:** These can be fresh, frozen, dried, juiced or canned. Vegetables include but are not limited to artichokes, asparagus, beets, broccoli, brussels sprouts, cabbage, carrots, cauliflower, celery, chili peppers, collard greens, corn, cucumbers, eggplant, garlic, ginger root, kale, leeks, lettuce, mushrooms, mustard greens, okra, onions, parsley, potatoes, radishes, rutabagas, scallions, spinach, sprouts, squashes, sweet potatoes, tomatoes, turnips, watercress, yams, zucchini, veggie burgers (an option if you are not allergic to soy).

**All whole grains:** Including, but not limited to, whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole wheat pasta, whole wheat tortillas, rice cakes, and popcorn.

**All nuts and seeds,** including, but not limited to, sunflower seeds, cashews, peanuts, sesame. Also, nut butters, e.g. peanut butter and almond butter.

**All legumes:** These can be canned or dried. Legumes include but are not limited to dried beans, pinto beans, split peas, lentils, black eyed peas, kidney beans, black beans, cannellini beans, white beans.

**All quality oils.** Including, but not limited to, olive, canola, grape seed, peanut, and sesame.

**Beverages:** Spring water, distilled water, or other pure waters.

**Other:** Tofu, soy products, vinegar, seasonings, salt, herbs, and spices.

### **\*Foods To Avoid**

**All meat and animal products.** Including, but not limited to, beef, lamb, pork, poultry, and fish.

**All dairy products.** Including, but not limited to, milk, cheese, cream, butter, and eggs.

**All sweeteners.** Including, but not limited to, sugar, raw sugar, honey, syrups, molasses, and cane juice.

**All leavened bread,** Including Ezekiel Bread (it contains yeast and honey) and baked goods.



**All refined and processed food products.** Including, but not limited to, artificial flavorings, food additives, chemicals, white rice, white flour, and foods that contain artificial preservatives.

**All deep fried foods.** Including, but not limited to, potato chips, french fries, corn chips.

**All solid fats.** Including shortening, margarine, lard, and foods high in fat.

**Beverages.** Including, but not limited to, coffee, tea, herbal teas, carbonated beverages, energy drinks, and alcohol.

## **AFTER YOUR FAST**

**Ending your fast properly is just as important as beginning your fast properly. Just as you prepared yourself to begin a fast, you must prepare yourself to stop or break your fast.**

**Here are a few questions you can ask yourself as you end your fast: • What are the key lessons learned? • What new habits or disciplines do you want to keep? • What new dietary rules will you follow? • What foods will you begin eating and not eat anymore? • What dreams and visions have you seen pertaining to your personal walk with the Lord or your ministry?**

**Get In The “Fast Lane” Before you end your fast and establish a regular eating schedule, it will be important to set aside time to get in the “Fast Lane” on a regular basis. This is vital if you are going to apply and live out the lessons learned during your fast.**

**1 Corinthians 11:24-28 says that Paul “fasted often.” But why? You must view fasting as a new way of life, not just a vacation from the old way. According to 2 Corinthians 5:17, “The old is gone and the new has come.” Fasting regularly will help you maintain a level of discipline and spirituality that is necessary to hold the ground surrendered by Satan.**

**Regular fasts will keep the flesh in submission and serve as a reminder as to who is in charge of your life. Choose a regular fasting schedule to follow. There are those who have chosen to fast one twenty-four-hour period per week. Others fast sun up to sun down, one day per week. You must pray and design a format that you feel God wants for you, a system that you can be faithful to and consistent with.**

**Physically Controlling eating habits when you end your fast will be important. After you fast, you will feel good about yourself, that you deserve “a break today,” tomorrow and the next day. Remember, the abuse of food, not food itself, was the root of many evils. If you allow food to take its place back on the**

**throne of your heart, you are allowing bad habits to take root and push God farther from the center of your heart than He was before you began your fast.**

**Once you begin to eat again, if you are not careful, you will feel uncomfortable. Your stomach will feel bloated and full. Introduce solid food slowly. There is a very good chance you will experience stomachaches and diarrhea from the shock on the digestive system.**

**Emotionally Satan will be working to take back the ground he has surrendered over to the Lord and he will use your emotional vulnerability to accomplish his goals. It could be an intense time of discouragement leading to depression. Remember to be mindful of this and to eat wisely once you break your fast.**

**Thank you for joining in this 21-Day Prayer & Fast!**

**Now... Let's Begin...**

**During this time of prayer and fasting, begin each day with an affirmation and prayer. You may recite the one below to begin your day.**

### **Daily Affirmation**

**I am a child of God shaped in the image of God and I walk with the favor of God. I am uniquely blessed with skills, gifts, talents and abilities. There is a divine purpose on my life that no one else can achieve or attain. I will not imitate or covet anyone else because my awesome God will bless my life with abundance, prosperity and all that I need. There is greatness in me that the world needs to see. I do not change due to circumstances. My faith and trust are in Almighty God alone. I am more than a conqueror and I will rise above every trial and reach a place of triumph in my life. In the name of Jesus, Amen.**

### **Daily Prayer**

**Almighty God, I praise you and adore you. Please forgive me for every sin that I have committed and renew my spirit to become more like you. I humbly ask that you equip me for the day ahead and all that I will experience. I dedicate myself to you for kingdom purpose. Bless me to be a blessing. I cancel every evil assignment on any part of my life and I declare abundance, overflow and favor for the remainder of my days.  
In the name of Jesus, I pray, Amen.**

**Day #1 – March 22, 2020**

**Title: Look in the Mirror First**

**Scripture:** “Let him who is without sin among you be the first to throw a stone at her.” - John 8:7

**Observation:** Jesus is talking to the Pharisees and scribes that brought a woman caught in adultery to stone her. The only thing he says to them is “Let him with no sin, stone her first.” Before I judge someone else, I need to always consider my own issues. We all have issues we need to work on. The best way to help another person is to remember how God brought me through.

**Application:** Today I am going to be more sensitive to the struggles of others by considering my own struggles. I know I need to talk to... about...

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**Prayer:** Lord, thank you for your Word. Today, I repent before you for allowing pride to cause me to think I am better than anyone else. I need you desperately to forgive me and cleanse me today – my mind and my heart need you Lord and thank you for forgiving me. Today when I go to work and even when I deal with my kids help me to be sensitive and to see their situation with love. In Jesus name, Amen.

**Day #2 – March 23**

**Title: Self Care Day**

**Scripture:** Romans 12:1-2 The Message (MSG)

<sup>1-2</sup> So here’s what I want you to do, God helping you: Take your everyday, ordinary life—your sleeping, eating, going-to-work, and walking-around life—and place it before God as an offering. Embracing what God does for you is the best thing you can do for him.

Don’t become so well-adjusted to your culture that you fit into it without even thinking. Instead, fix your attention on God. You’ll be changed from the inside out. Readily recognize what he wants from you, and quickly respond to it. Unlike the culture around you, always dragging you down to its level of immaturity, God brings the best out of you, develops well-formed maturity in you.

**Observation:** This Chapter instructs me to...

**Application:** Today I am going to ...

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**Prayer:** Lord, Thank You for your Word. Today, I repent before you for allowing pride to cause me to think I am better than anyone else. I need you desperately to forgive me and cleanse me today – my mind and my heart need you Lord and Thank You for forgiving me. Today help me to be sensitive and to see every situation with Grace and Love. In Jesus name, Amen.

**Day #3 – March 24**

**Title: Soul Care Day**

**Scripture:** Psalm 23 The Message (MSG)

<sup>1-3</sup> GOD, my shepherd! I don't need a thing.  
You have bedded me down in lush meadows,  
you find me quiet pools to drink from.  
True to your word, you let me catch my breath  
and send me in the right direction.  
<sup>4</sup> Even when the way goes through Death Valley,  
I'm not afraid when you walk at my side.  
Your trusty shepherd's crook makes me feel secure.  
<sup>5</sup> You serve me a six-course dinner right in front of my enemies.  
You revive my drooping head; my cup brims with blessing.  
<sup>6</sup> Your beauty and love chase after me every day of my life.  
I'm back home in the house of GOD for the rest of my life.

**Observation:** This Psalm teaches me to...

**Application:** Today I am going to ...

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**Prayer:** Lord, Thank You for your Word. In Jesus name, Amen.

**Day #4 – March 25**

**Title: Strength to Overcome**

**Scripture:** Isaiah 40:27-31 The Message (MSG)

<sup>27-31</sup> Why would you ever complain, O Jacob,  
or, whine, Israel, saying,  
“GOD has lost track of me.  
He doesn’t care what happens to me”?  
Don’t you know anything? Haven’t you been listening?  
GOD doesn’t come and go. God *lasts*.  
He’s Creator of all you can see or imagine.  
He doesn’t get tired out, doesn’t pause to catch his breath.  
And he knows *everything*, inside and out.  
He energizes those who get tired,  
gives fresh strength to dropouts.  
For even young people tire and drop out,  
young folk in their prime stumble and fall.  
But those who wait upon GOD get fresh strength.  
They spread their wings and soar like eagles,  
They run and don’t get tired,  
they walk and don’t lag behind.

**Observation:** This Chapter teaches me to...

**Application:** Today I am going to ...

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**Prayer:** Lord, Thank You for your Word. Today, I need you desperately to forgive me and cleanse me today – my mind and my heart need you Lord and Thank You for forgiving me. Today help me to be sensitive and to see every situation with Grace and Love. In Jesus name, Amen.

**Day #5 – March 26**

**Title: You Are A Chosen Generation**

**Scripture: 1 Peter 2:9 – 17**

<sup>9-10</sup> But you are the ones chosen by God, chosen for the high calling of priestly work, chosen to be a holy people, God’s instruments to do his work and speak out for him, to tell others of the night-and-day difference he made for you—from nothing to something, from rejected to accepted.

<sup>11-12</sup> Friends, this world is not your home, so don’t make yourselves cozy in it. Don’t indulge your ego at the expense of your soul. Live an exemplary life among the natives so that your actions will refute their prejudices. Then they’ll be won over to God’s side and be there to join in the celebration when he arrives.

<sup>13-17</sup> Make the Master proud of you by being good citizens. Respect the authorities, whatever their level; they are God’s emissaries for keeping order. It is God’s will that by doing good, you might cure the ignorance of the fools who think you’re a danger to society. Exercise your freedom by serving God, not by breaking the rules. Treat everyone you meet with dignity. Love your spiritual family. Revere God. Respect the government.

**Observation:** This Chapter teaches me to...

**Application:** Today I am going to ...

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**Prayer:** Lord, Thank You for your Word. Today help me to be sensitive and to see every situation with Grace and Love. In Jesus name, Amen.



**Day #6 – March 27**

**Title: Vision Casting**

**Scripture:** Habakkuk 2:2-3 The Message (MSG)

<sup>2-3</sup> And then GOD answered: “Write this.  
Write what you see.  
Write it out in big block letters  
so that it can be read on the run.  
This vision-message is a witness  
pointing to what’s coming.  
It aches for the coming—it can hardly wait!  
And it doesn’t lie.  
If it seems slow in coming, wait.  
It’s on its way. It will come right on time.

**Observation:** This Chapter teaches me to...

**Application:** Today I am going to ...

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**Prayer:** Lord, Thank You for your Word. Today help me to be sensitive and to see every situation with Grace and Love. In Jesus name, Amen.

**Day #7 – March 28**

**Title: The Sweet Word**

**Scripture:** Psalm 119:103-104 The Message (MSG)

<sup>103-104</sup> Your words are so choice, so tasty; I prefer them to the best home cooking. With your instruction, I understand life; that’s why I hate false propaganda.

**Observation:** During this time of fasting, you will no doubt get a craving for something sweet. According to the Psalmist, there is nothing sweeter than the Word of God. When you need to satisfy your sweet tooth, go to the sweet word of our loving Father to us. If you are at a place where you are unable to open a Bible, think of a verse that you know from memory. Let the Word marinate in your mind, til you can almost taste the sweetness.

**Application:** Today I am going to ...

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**Prayer:** Lord, Thank You for your Word. Today help me to be sensitive and to see every situation with Grace and Love. In Jesus name, Amen.

**Day #8 – March 29**

**Title: Hold Tight, God Is With You**

**Scripture:** Joshua 1:9 The Message (MSG)

<sup>1-9</sup> After the death of Moses the servant of GOD, GOD spoke to Joshua, Moses’ assistant:

“Moses my servant is dead. Get going. Cross this Jordan River, you and all the people. Cross to the country I’m giving to the People of Israel. I’m giving you every square inch of the land you set your foot on—just as I promised Moses. From the wilderness and this Lebanon east to the Great River, the Euphrates River—all the Hittite country—and then west to the Great Sea. It’s all yours. All your life, no one will be able to hold out against you. In the same way I was with Moses, I’ll be with you. I won’t give up on you; I won’t leave you. Strength! Courage! You are going to lead this people to inherit the land that I promised to give their ancestors. Give it everything you have, heart and soul. Make sure you carry out The Revelation that Moses commanded you, every bit of it. Don’t get off track, either left or right, so as to make sure you get to where you’re going. And don’t for a minute let this Book of The Revelation be out of mind. Ponder and meditate on it day and night, making sure you practice everything written in it. Then you’ll get where you’re going; then you’ll succeed. Haven’t I commanded you? Strength! Courage! Don’t be timid; don’t get discouraged. GOD, your God, is with you every step you take.”

**Observation:** This Chapter teaches me to...

**Application:** Today I am going to ...

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**Prayer:** Lord, Thank You for your Word. In Jesus name, Amen.

**Day #9 – March 30**

**Title: Here Am I, Send Me**

**Scripture:** Isaiah 6:1-2;8 The Message (MSG)

<sup>1-2</sup> In the year that King Uzziah died, I saw the Master sitting on a throne—high, exalted!—and the train of his robes filled the Temple. Angel-seraphs hovered above him, each with six wings. With two wings they covered their faces, with two their feet, and with two they flew. And they called back and forth one to the other, Holy, Holy, Holy is GOD-of-the-Angel-Armies. His bright glory fills the whole earth.

8 Then one of the angel-seraphs flew to me. He held a live coal that he had taken with tongs from the altar. He touched my mouth with the coal and said, “Look. This coal has touched your lips. Gone your guilt, your sins wiped out.” And then I heard the voice of the Master: “Whom shall I send? Who will go for us?” I spoke up, “I’ll go. Send me!”

**Observation:** This Chapter teaches me to...

**Application:** Today I am going to ...

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**Prayer:** Lord, Thank You for your Word. Today help me to be sensitive and to see every situation with Grace and Love. In Jesus name, Amen.

**Day #10 – March 31**

**Title: Be Encouraged Today**

**Scripture:** Romans 8:31-39 The Message (MSG)

<sup>31-39</sup> So, what do you think? With God on our side like this, how can we lose? If God didn't hesitate to put everything on the line for us, embracing our condition and exposing himself to the worst by sending his own Son, is there anything else he wouldn't gladly and freely do for us? And who would dare tangle with God by messing with one of God's chosen? Who would dare even to point a finger? The One who died for us—who was raised to life for us!—is in the presence of God at this very moment sticking up for us. Do you think anyone is going to be able to drive a wedge between us and Christ's love for us? There is no way! Not trouble, not hard times, not hatred, not hunger, not homelessness, not bullying threats, not backstabbing, not even the worst sins listed in Scripture:

They kill us in cold blood because they hate you. We're sitting ducks; they pick us off one by one.

None of this fazes us because Jesus loves us. I'm absolutely convinced that nothing—nothing living or dead, angelic or demonic, today or tomorrow, high or low, thinkable or unthinkable—absolutely *nothing* can get between us and God's love because of the way that Jesus our Master has embraced us.

**Observation:** This Chapter teaches me to...

**Application:** Today I am going to ...

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**Prayer:** Lord, Thank You for your Word.

**Day #11 – April 1**

**Title: God’s Plans**

**Scripture:** Jeremiah 29:11-14 The Message (MSG)

<sup>10-11</sup> This is GOD’s Word on the subject: “As soon as Babylon’s seventy years are up and not a day before, I’ll show up and take care of you as I promised and bring you back home. I know what I’m doing. I have it all planned out—plans to take care of you, not abandon you, plans to give you the future you hope for.

<sup>12</sup> “When you call on me, when you come and pray to me, I’ll listen.

<sup>13-14</sup> “When you come looking for me, you’ll find me.

“Yes, when you get serious about finding me and want it more than anything else, I’ll make sure you won’t be disappointed.” GOD’s Decree.

“I’ll turn things around for you. I’ll bring you back from all the countries into which I drove you”—GOD’s Decree —“bring you home to the place from which I sent you off into exile. You can count on it.

**Observation:** This Chapter teaches me to...

**Application:** Today I am going to ...

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**Prayer:** Lord, Thank You for your Word. Today help me to be sensitive and to see every situation with Grace and Love. In Jesus name, Amen.

**Day #12 – April 2**

**Title: We All Make Mistakes**

**Scripture:** Romans 3:23-26 The Message (MSG)

23. Since we've compiled this long and sorry record as sinners (both us and them) and proved that we are utterly incapable of living the glorious lives God wills for us, God did it for us. Out of sheer generosity he put us in right standing with himself. A pure gift. He got us out of the mess we're in and restored us to where he always wanted us to be. And he did it by means of Jesus Christ.

<sup>25-26</sup> God sacrificed Jesus on the altar of the world to clear that world of sin. Having faith in him sets us in the clear. God decided on this course of action in full view of the public—to set the world in the clear with himself through the sacrifice of Jesus, finally taking care of the sins he had so patiently endured. This is not only clear, but it's *now*—this is current history! God sets things right. He also makes it possible for us to live in his rightness.

**Observation:** This Chapter teaches me to...

**Application:** Today I am going to ...

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**Prayer:** Lord, Thank You for your Word. Today help me to be sensitive and to see every situation with Grace and Love. In Jesus name, Amen.

**Day #13 – April 3**

**Title: God Meant it For Good**

**Scripture:** Genesis 50:20-21 The Message (MSG)

<sup>19-21</sup> Joseph replied, “Don’t be afraid. Do I act for God? Don’t you see, you planned evil against me but God used those same plans for my good, as you see all around you right now—life for many people. Easy now, you have nothing to fear; I’ll take care of you and your children.” He reassured them, speaking with them heart-to-heart.

**Observation:** This Chapter teaches me...

**Application:** Today I am going to ...

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**Prayer:** Lord, Thank You for your Word. Today help me to see every situation with Grace and Love. In Jesus name, Amen.



**Day #14 – April 4**

**Title: God Want To Use You**

**Scripture:** 2 Timothy 2:21 The Message (MSG)

<sup>20-21</sup> In a well-furnished kitchen there are not only crystal goblets and silver platters, but waste cans and compost buckets—some containers used to serve fine meals, others to take out the garbage. Become the kind of container God can use to present any and every kind of gift to his guests for their blessing.

**Observation:** This Chapter teaches me to...

**Application:** Today I am going to ...

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**Prayer:** Lord, Thank You for your Word. Today help me to be sensitive and to see every situation with Grace and Love. Help forgive me for not being more useful in the Kingdom. I Yield myself to you. In Jesus name, Amen.

**Day #15 – April 5 (Palm Sunday)**

**Title: The Difference Between Covering and Covering Up**

**Scripture:** Psalm 91 The Message (MSG)

<sup>1-13</sup> You who sit down in the High God’s presence, spend the night in Shaddai’s shadow, Say this: “GOD, you’re my refuge. I trust in you and I’m safe!” That’s right—he rescues you from hidden traps, shields you from deadly hazards. His huge outstretched arms protect you—under them you’re perfectly safe; his arms fend off all harm. Fear nothing—not wild wolves in the night, not flying arrows in the day, Not disease that prowls through the darkness, not disaster that erupts at high noon. Even though others succumb all around, drop like flies right and left, no harm will even graze you. You’ll stand untouched, watch it all from a distance, watch the wicked turn into corpses. Yes, because GOD’s your refuge, the High God your very own home, Evil can’t get close to you, harm can’t get through the door. He ordered his angels to guard you wherever you go. If you stumble, they’ll catch you; their job is to keep you from falling. You’ll walk unharmed among lions and snakes, and kick young lions and serpents from the path.  
<sup>14-16</sup> “If you’ll hold on to me for dear life,” says GOD, “I’ll get you out of any trouble. I’ll give you the best of care if you’ll only get to know and trust me. Call me and I’ll answer, be at your side in bad times; I’ll rescue you, then throw you a party. I’ll give you a long life, give you a long drink of salvation.

**Observation:** This Chapter teaches me to...

**Application:** Today I am going to ...

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**Prayer:** Lord, Thank You for putting me in a body of Believers that I can be accountable to and they won’t gossip about my sins; but will pray with me and for me. Thank You, Lord! In Jesus name, Amen.

**Day #16 – April 6**

**Title: Salvation For The Lost**

**Scripture:** Isaiah 52:7-10 The Message (MSG)

<sup>7-10</sup> How beautiful on the mountains are the feet of the messenger bringing good news, Breaking the news that all's well, proclaiming good times, announcing salvation, telling Zion, "Your God reigns!"

Voices! Listen! Your scouts are shouting, thunderclap shouts, shouting in joyful unison. They see with their own eyes, GOD coming back to Zion.

Break into song! Boom it out, ruins of Jerusalem: "GOD has comforted his people! He's redeemed Jerusalem!" GOD has rolled up his sleeves. All the nations can see his holy, muscled arm. Everyone, from one end of the earth to the other, sees him at work, doing his salvation work.

**Observation:** Do You know someone who is Not saved? Almost every born-again Christian does. Why do you think God has placed you in their lives?

**Application:** Today I am going to ...

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**Prayer:** Lord, Thank You for your Word. Today, Lord give me the opportunity to witness to at least one person. In Jesus name, Amen.

**Day #17 – April 7**

**Title: Restore Relationships**

**Scripture:** Ephesians 4:30-32 The Message (MSG)

<sup>30</sup> Don't grieve God. Don't break his heart. His Holy Spirit, moving and breathing in you, is the most intimate part of your life, making you fit for himself. Don't take such a gift for granted.

<sup>31-32</sup> Make a clean break with all cutting, backbiting, profane talk. Be gentle with one another, sensitive. Forgive one another as quickly and thoroughly as God in Christ forgave you.

**Observation:** On this day of Fasting and praying ask God to help you restore any relationships that may have ended in any abrupt way.

**Application:** Today I am going to ...

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**Prayer:** Lord, Thank You for your Word. Today, I pray you will allow me to take captive all my thoughts and allow me to see others as God sees them. In Jesus name, Amen.

**Day #18 – April 8**

**Title: Enlightenment**

**Scripture:** James 1:5-8 The Message (MSG)

<sup>5-8</sup> If you don't know what you're doing, pray to the Father. He loves to help. You'll get his help, and won't be condescended to when you ask for it. Ask boldly, believingly, without a second thought. People who "worry their prayers" are like wind-whipped waves. Don't think you're going to get anything from the Master that way, adrift at sea, keeping all your options open.

**Observation:** The question to ask yourself is do I have a desire to be more in tune with the Word of God? Do you want a bigger understanding of the things of God? Let's challenge ourselves to really seek after Him.

**Application:** Today I am going to ...

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**Prayer:** Lord, Thank you for your Word. Father, Give me your spirit of wisdom. Make known to me the mystery of your will according to your *good* pleasure which you have purposed in yourself. (see Ephes. 1:9) In Jesus name, Amen.

**Day #19 – April 9**

**Title: A Prayer for Spiritual Strength**

**Praying Ephesians 3:14-21**

**Father, In the name of Jesus, I praise and thank You that You saved me for a purpose, and that You have a plan for my life that exceeds my most imaginative hopes and dreams. For that reason, Father, I bow my knee to You, the God of heaven and earth from whom Your whole family receives our name. I pray that by Your glorious riches You would strengthen me on the inside through the power of Your Holy Spirit and that Christ would truly live in my heart and live through me by my faith in You.**

**Help me to understand with all of the saints the breadth, length, depth, and height of Your love which surpass all knowledge. Fill me with all of Your fullness, Your wisdom, strength, and power, so that I would live constantly to Your glory!**

**Now unto You, Father, who is able to do exceedingly far above all that I ask or can imagine, be the glory in the church through Christ Jesus throughout all the ages and forever.**

**Amen!**

**Day #20 – April 10 (Good Friday)**

**Title: A prayer for total Sanctification**

**Praying 1 Thessalonians 5:23 For Yourself**

**Father, in the name of Jesus, I praise and thank You for being the God of Peace. I pray that You would sanctify me completely from my inner spirit to my outer actions, making my life stand out to others as an example of Your grace, mercy, love and righteousness.**

**Father, help me to walk worthy of my heavenly citizenship even as Jesus has made me worthy through His sacrifice on the Cross. I pray that my entire Spirit, soul and body would be sanctified and complete for the purpose to which You have called me. That I would live blamelessly, above reproach, and without any appearance of evil, fit for Your use in all things and ready to spread Your kingdom upon the earth until the return of Your Son, my Lord and Savior Jesus Christ.**

**Now unto You, who called me, be the glory forever and ever, even as You will be faithful to walk out and make certain Your sanctification and will are fulfilled in my life.**

**Amen.**

**Day #21 - April 11 (Saturday)**

## **A Prayer of Praise and Thanksgiving**

**Father, You alone have the power to establish all of us according to the Good News of Christ. You have chosen to reveal through the Church the mystery of Your manifold wisdom, a secret You kept from the beginning of creation until the day You raised Jesus from the dead. You now are making that wisdom manifest to the entire universe through those of us who obey You. To You, the only wise God, be glory through Jesus Christ forever more. You, Father, who through grace of our Lord and Savior Jesus Christ, have enriched us in all utterance and knowledge and examples and testimonies to the greatness of Jesus. Therefore, we will come behind in no gift. You have enabled us to be steadfast and blameless until the day Jesus returns for us. You are faithful who has called us into the fellowship of Your Son Jesus Christ our Lord. You always cause us to triumph in Your Son and You raise the aroma of salvation in every place we preach of You and bring people to know You. You have enabled each of us to be ministers and ambassadors of Your grace regardless of our past and abilities. To You the only wise God, the King eternal, immortal, unseeable by human eyes, who dwells in the light which no one can approach, who is the blessed and only true and Living God, the King of kings, and the Lord of lords, be the glory through Christ Jesus, the Church, and my life forever and ever.**

**You Did It! Give God the Glory for the Victory...**

**And purpose in your heart to go forward and not backwards.**

**RESURRECTION SUNDAY IS ALMOST HERE!**

**Let's Go to Worship and Praise God.**

**\*\*excerpts from Calloway United Methodists Church**