



REACHING PEOPLE.
CHANGING LIVES.
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DAYS OF PRAISE

JANUARY 10 - APRIL 10

DEVOTIONALS

WEEK 11

ADD ON: TYPES OF FASTING



DAY 71

MONDAY

Your word is a lamp to my feet; And a light to my path. Psalm 119:105 (NAS)

We see in part and therefore we know in part. How then do we make decisions that serve the welfare of a future we cannot see? The existence and outcome of all things regardless of time, trends, or culture depends on our applying the precepts and principles of God rightly judging truth, justice and righteousness. The governance of our life and the course of all things must be the ordinances of God not the ideologies or philosophies of men.

What is the Challenge of this verse?

How can you apply this to your life?

What will you work to change?

Prayer



DAY 72

TUESDAY

Then those who feared the LORD spoke to one another, and the LORD gave attention and heard it, and a book of remembrance was written before Him for those who fear the LORD and who esteem His name. Malachi 3:16

God will capture a moment of our faithfulness and inscribe it into the book of His remembrance where it bears before Him an eternal testimony.

What is the Challenge of this verse?

How can you apply this to your life?

What will you work to change?

Prayer



DAY 73

WEDNESDAY

And we know that God causes all things to work together for good to those who love God, to those who are called according to His purpose. Romans 8:28 (NAS)

There is more to what God is doing than what you're seeing. The outcome is not predetermined by the onset, but rather the goodness of His love, mercy and grace not only towards you, but all those directly or indirectly connected to you. Our problem occurs when we forge an outcome with only our lives in view, but God is working and moving far beyond our own lives to display the depth, width and breath of His goodness by using a single life. In other words, He is using you to achieve something much bigger than you.

What is the Challenge of this verse?

How can you apply this to your life?

What will you work to change?

Prayer



DAY 74

THURSDAY

Therefore from now on we recognize no one according to the flesh; even though we have known Christ according to the flesh, yet now we know Him in this way no longer. Therefore if anyone is in Christ, he is a new creature; the old things passed away; behold, new things have come. 2Corinthians 5:16-17 (NAS)

Most Christians today peer through the lens of judgement rather than mercy. We recognize another by the condition of the old man rather than recognizing the reconditioning of a new man. So, we coexist with criticism and impatience rather than love and forgiveness.

What is the Challenge of this verse?

How can you apply this to your life?

What will you work to change?

Prayer



DAY 75

FRIDAY

Is there any encouragement from belonging to Christ? Any comfort from his love? Any fellowship together in the Spirit? Are your hearts tender and compassionate? Then make me truly happy by agreeing wholeheartedly with each other, loving one another, and working together with one mind and purpose. Philippians 2:1-2 (NLT)

We were never intended to succeed alone, but success is the reward of purpose filled relationships that seek the welfare of others above themselves.

What is the Challenge of this verse?

How can you apply this to your life?

What will you work to change?

Prayer



DAY 76

SATURDAY

You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness. Ephesians 4:22-24(NIV)

God loves us because of who we are to Him, but He only approves who we are in Him

What is the Challenge of this verse?

How can you apply this to your life?

What will you work to change?

Prayer



DAY 77

SUNDAY

For wherever there is jealousy and selfish ambition, there you will find disorder and evil of every kind. James 3:16 (NLT)

Jealousy and envy are a vile spirit that pivots people against each other with resentment and strife. Those who are captive to their seduction feel entitled to what they don't have, betrayed and threatened by those who do. Their insecurity is highlighted by the obsessive behavior of control and constant need for inclusion. These are cultivators of every kind of evil.

What is the Challenge of this verse?

How can you apply this to your life?

What will you work to change?

Prayer



FASTING

One of the most powerful things we can do as we pray is to fast. It's one of the many ways we seek to align our hearts with the heart of God. You might be asking – what is fasting exactly? Is it just a holy weight-loss program or is there more to it than that? How do I know if I'm doing it right?

So here is a bit of information to help help you learn more about fasting, how to start a fast, and the importance of it in your Christian life.

“When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. But when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you. – Matthew 6:16-18.

THE BENEFITS OF FASTING

Fasting is an integral part of developing our relationship with Christ. It is a time where we quiet ourselves from the distractions around us, so that we can hear from God more clearly. Fasting isn't about losing weight, it's about enabling ourselves to hear from Him.

WHAT YOU LET GO OF DICTATES WHAT YOU PICK UP

Fasting is less about what you're losing, and more about what you're gaining. Abstaining from food, drink, media, or anything else that normally feeds you is no easy task! Those who fast often acknowledge the physical, mental, and emotional toll that it takes on the human body, as you are denying yourself of personal cravings. This self-denial is important in bringing focus to your heart and mind, so that you can connect with God without interference. What you stand to gain will far outweigh what you decide to give up.

HOW TO SUCCEED IN YOUR FAST

When the Holy Spirit calls us to fast, He will strengthen us and give us the ability to carry it out. We've whipped up a few key tips that can help you throughout the entire process. So, however He has led you to fast, you'll stay right on track.



1. COME WITH YOUR HEART TURNED TOWARDS GOD.

We must come into this time with a humble heart, acknowledging that God's strength is made perfect in our weakness. When we approach God this way, our hearts are open to the word that God will release towards us.

2. BE INTENTIONAL IN HOW YOU USE THE TIME FASTING OFFERS.

When we fast, we create extra time in our days. As we give up something, we create space to do something else. This space should be filled with seeking God. Use this time to pray, to listen to dive into scripture.

3. EXPECT TEMPTATION.

Don't feel bad if you feel tempted to break your fast. you should expect it. The key is having a plan for when temptation strikes. Temptation in and of itself isn't a bad thing. In fact if there was no temptation, we wouldn't need to depend on God. So see temptation as an opportunity to grow your dependence. Even Jesus was tempted when He was fasting!

Fasting Types

There are several types of fasting. The one you choose is between you and God. He will honor your best sacrifice.

Full Fast

Drink only liquids (you establish the number of days).

The Daniel Fast

Eat no meat, no sweets and no bread. Drink water and juice. Eat fruits and vegetables.

Partial Fast

A partial fast is from 6:00 am to 3:00 pm or from sun up to sundown. You can select from three types of fasting —a Full Fast, Daniel Fast or give up at least one item of food.

Scripture References for Fasting:

Matthew 6:16-18, Matthew 9:14-15, Luke 18:9-14

Relation to Prayer and Reading of the Word:

1 Samuel 1:6-8, 17-18, Nehemiah 1:4, Daniel 9:3, 20, Joel 2:12, Luke 2:37, Acts 10:30, Acts 13:2

Corporate Fasting:

1 Samuel 7:5-6, Ezra 8:21-23, Nehemiah 9:1-3, Joel 2:15-16, Jonah 3:5-10, Acts 27:33-37

Remember that it is the attitude of a heart sincerely seeking Him to which God responds with a blessing (Isaiah 58, Jeremiah 14:12, 1 Corinthians 8:8).

