

FACE In The BOOK FAST



*Monday, February 25 -
Sunday, March 3, 2019*

DENYING 7 THINGS THIS WEEK

- ⇒ Carbonated DRINKS
- ⇒ Bread
- ⇒ Fast Foods
- ⇒ Fried Foods
- ⇒ ALL FORMS OF Social Media
- ⇒ POPK
- ⇒ NON BUSINESS or FAMILY Related Texting

ESTABLISH 7 THINGS THIS WEEK

- ⇒ A Family Altar where you are your family meet GOD for prayer each day
- ⇒ Pray with your Prayer Partner daily
- ⇒ Read the selected Scriptures daily
- ⇒ GET OUT your box and share your faith with someone each day and invite them to your church
- ⇒ Journal 7 things you are grateful for (be specific) each day. NO REPEATS!
- ⇒ A 7 minute 1 on 1 with just you and GOD each day, where you sit quietly and listen to HIM talk. NO DISTRACTIONS!!
- ⇒ Surprise the heck out someone and contact them and encourage them.

PURPOSE:

Denying Self & Surrendering To The Will Of God

The most important thing about fasting when you actually try it is to realize that fasting is to be done for a purpose, a God-centered, biblical purpose. Otherwise it becomes a miserable, self-centered experience. What is Christian fasting? **Biblically, fasting is abstaining from food, drink, etc, to focus on a period of spiritual growth. Specifically, we humbly deny something of the flesh to glorify God, enhance our spirit, and go deeper in our prayer life.** Christian fasting is more than denying ourselves food or something else of the flesh - it's a sacrificial lifestyle before God. In Isaiah 58; we learn what a "true fast" is. **It's not just a one-time act of humility and denial before God, it's a lifestyle of servant ministry to others.** As Isaiah tells us, fasting encourages humility, loosens the chains of injustice, unties the chords of the yoke, frees the oppressed, feeds the hungry, provides for the poor, and clothes the naked. **This concept of fasting isn't a one day thing - it's a lifestyle of servant living for God and others.**

PRAYER THEMES FOR THE 7 DAYS

“Establishing Intentional Intimacy With God”

Monday: *Lord Help Me To Forgive and Let Go*

Tuesday: *Lord Use My Life To Bless Those Who Are Struggling*

Wednesday: *Lord Help Me Submit ALL Of Me To YOU*

Thursday: *Lord Show Me My Purpose And Where I'm To Work At MCPNBC*

Friday: *Lord Increase My Faith & Decrease My Doubts*

Saturday: *Lord Allow Me To Worship/Praise You Like Never Before*

Sunday: *Lord Thank For The Time We've Spent Together. Let's Do It Again!*



MONDAY - SUNDAY

Lord Move Mightily At Our Victorious Living Conference

SCRIPTURES FOR THE 7 DAYS

Recommended you read from the New Living Translation, ESV or Message Bible

Monday: **PSALM 27**

Tuesday: **RUTH 1-4**

Wednesday: **I SAMUEL 17**

Thursday: **II CHRONICLES 20:1-30**

Friday: **GENESIS 18-19**

Saturday: **II SAMUEL 9**

Sunday: **GENESIS 20-21**

