

Read these scriptural affirmations aloud at least once a week in the coming year:

**I recognize that there is only one true and living God** (Exodus 20:2, 3) who exists as the Father, Son and Holy Spirit, and that He is worthy of all honor, praise and worship as the Creator, Sustainer, Beginning and End of all things. (Revelation 4:11; 5:9, 10; Isaiah 43:1, 7, 21)

**I recognize Jesus Christ as the Messiah, the Word who became flesh and dwelt among us.** (John 1:1, 14) I believe that He came to destroy the works of Satan (1 John 3:8), and that He disarmed the rulers and authorities, having triumphed over them. (Colossians 2:15)

**I believe that God has proven His love for me, because when I was still a sinner, Christ died for me.** (Romans 5:8) I believe that He delivered me from the domain of darkness and transferred me to His kingdom, and in Him I have redemption, and the forgiveness of sins. (Colossians 1:13, 14)

**I believe that I am now a child of God.** (1 John 3:1-3) I believe that I was saved by the grace of God through faith, that it was a gift and not the result of any works on my part. (Ephesians 2:8)

**I choose to be strong in the Lord and in the strength of His might.** (Ephesians 6:10) I put no confidence in the flesh (Philippians 3:3), for the weapons of my warfare are not of the flesh. (2 Corinthians 10:4) I put on the whole armor of God (Ephesians 6:10-17), and I resolve to stand firm in my faith and resist the evil one.

**I believe that apart from Christ I can do nothing** (John 15:5), so I declare myself dependent on Him. I choose to abide in Christ in order to bear much fruit and glorify the Lord (John 15:8). I announce to Satan that Jesus is my Lord (1 Corinthians 12:3), and I reject any counterfeit gifts or works of Satan in my life.

**I believe that the truth will set me free** (John 8:32) and that walking in the light is the only path of fellowship (1 John 1:7). Therefore, I stand against Satan's deception by taking every thought captive in obedience to Christ. (2 Corinthians 10:5) I declare that the Bible is the only authoritative standard. (2 Timothy 3:15,16) I choose to speak the truth in love. (Ephesians 4:15)

**I choose to present my body as an instrument of righteousness, a living and holy sacrifice, and I renew my mind by the living Word of God** in order that I may prove that the will of God is good, acceptable and perfect. (Romans 6:13, 12:1,2) I put off the old self with its evil practices and put on the new self (Colossians 3:9,10), and I declare myself to be a new creature in Christ. (2 Corinthians 5:17)

**I ask my heavenly Father to fill me with His Holy Spirit** (Ephesians 5:18), lead me into all truth (John 16:13), and empower my life that I may live above sin and not carry out the desires of the flesh (Galatians 5:16). I crucify the flesh (Galatians 5:24) and choose to walk by the Spirit.

**I renounce all selfish goals and choose the ultimate goal of love.** (1 Timothy 1:5) I choose to obey the two greatest commandments, to love the Lord my God with all my heart, soul, and mind, and to love my neighbor as myself. (Matthew 22:37-39)

**I believe that Jesus has all authority in heaven and on earth** (Matthew 28:18) and that He is the head over all rule and authority. (Colossians 2:10) I believe that Satan and his demons are subject to me in Christ since I am a member of Christ's body. (Ephesians 1:19-23) Therefore, I obey the command to resist the devil (James 4:7) and command him in the name of Christ to leave my presence.

## FASTING FOR THE FUTURE #FAST2018



January 7-28, 2018

Dear Friends,

Most of the fasts mentioned in the Bible were public fasts initiated by the priests. As the "priest" of Cornerstone Church, I am inviting you to join me on a 21 day fast to seek and honor God during January and for the New Year ahead. Romans 12:1 urges us to present our bodies to the Lord as a reasonable sacrifice. I believe if we do this, God will meet us in unique and special ways, and we will find that His presence is the joy and strength of the year!

Fasting together in January is very much like praying in the morning for God's will for the day. We give Him our first and best, and set the course for the entire year. Simply stated, fasting is refraining from food for a spiritual purpose. It's not a punishment—it's a privilege! You get closer to God! It is one of the most powerful weapons He has given us for life!

God has said we can experience release from bondage, restoration in relationships, financial blessing, supernatural healing, salvation of loved ones—so much as you work with him through fasting. One of the best rewards of fasting has to do with the future. God has a divine dream for your life. When you fast, you get clarity on that, and God begins to open opportunities He has promised for you to fulfill the dream. As you fast, pray for God's direction and guidance. Focus your faith on the dream, and God will direct you. Respond to Him and clean up any areas of your life He brings to your attention.

I am so excited that you are **determining** the next step in your spiritual life through the **life-changing** principle of fasting. Read through this guide, and let God impress your mind. I encourage you to seek the Lord, and let the decisions about your fast come from Him. Ask God to show you how to do it, and what to target in prayer. Start with a **clear goal, engage** in it, and then **persevere**. Stick to your fast. Be ready to grow in your walk with God like never before! Remember, "**He is a rewarder of those who diligently seek him.**" **Hebrews 11:6**

Pastor Brenda Young

## THE TYPE OF FAST YOU CHOOSE IS BETWEEN YOU AND GOD. HE WILL HONOR YOUR BEST SACRIFICE.

Here are the basics—Choose what fits you.

**FULL FAST:** drink only liquids for the determined number of days (21).

**DANIEL FAST:** no meats, no sweets, no bread, only whole grains. Drink water and juices, eat fruits and vegetables for the determined number of days (21).

**THREE DAY FAST:** follow a full fast, or a Daniel fast, for three consecutive days each week.

**PARTIAL FAST:** follow a full fast, or a Daniel fast, from sun up to sun down for a determined number of days (21).

**SPECIFIC ITEM FAST:** refrain from consuming a specific preferred food or beverage like caffeine, sugar, etc. for a determined number of days (21).

The principle is to deny ourselves of something enjoyed regularly in order to seek the Lord. Remember, it is the attitude of the heart sincerely seeking Him to which God responds with blessing. (*Isaiah 58, Jeremiah 14:12, I Corinthians 8:8*) This is not a weight-loss program, nor simply denying pleasure. We are praying and reading and seeking the Lord throughout the 21 days.

***"This is the kind of fast I'm after:  
to break the chains of injustice, get rid of exploitation in  
the workplace, free the oppressed, cancel debts. What  
I'm interested in seeing you do is: sharing your food  
with the hungry, inviting the homeless poor into your  
homes, putting clothes on the shivering ill-clad, being  
available to your own families. Do this and the lights  
will turn on, and your lives will turn around at once.  
Your righteousness will pave your way. The God of  
glory will secure your passage. Then when you pray,  
God will answer. You'll call out for help and I'll say,  
'Here I am.'" Isaiah 58:6-9***

## QUICK TIPS:

- **Start with a Clear Goal**—what do you need God to do in your life? What are you praying for others? Pray daily and read the Bible.
- **Prepare Your Spirit**—confess any sin. Ask the Holy Spirit to reveal areas of weakness. Forgive anyone who has hurt you, and ask forgiveness for anyone you know you have wronged.
- **Decide What**—figure out which type of fast is best for you, and commit to it. You may want to mix it up and do a variety of fasts for an extended time. Remember that the time you are NOT eating you use to read and pray.
- **Decide How Long**—Most people can easily fast from 1-3 days, but you may feel the grace and empowerment to go 14, 21, or 40 days. Use wisdom and pray for guidance. Beginners are advised to start slow.
- **What to Expect**—when you fast, your body detoxifies, eliminating toxins from your system. You may experience some discomfort such as headaches and irritability as you go through withdrawal from sugar or caffeine. And naturally, you will have hunger pangs and cravings. Exercise in moderation. Take time to rest. Fasting brings about improved health—if you do it wisely—and leads to miraculous results! You are following the example of Jesus when you fast. Spend time listening to praise and worship music. Pray often throughout the day. Get away from normal distractions as much as possible, and keep your heart set on seeking God.
- **How to End**—don't overdo when the time comes to end your fast. Begin eating normally slowly.