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## BOOK ONE

# *Giving God 40 Days*



*Wells of Life*

**YOU ARE INVITED TO EXPERIENCE AN  
INTIMACY WITH GOD LIKE NEVER BEFORE!**

***ENTER INTO HIS PRESENCE***



To help you start planning for the Journey, here are a few suggested supplies. Plan and calendar your prayer and meditation time. Consider listing people, things and situations that stress you. Begin praying for discernment of God's will for the fast.

Journal/Notebook

Pens/Pencils

Highlighter

Study Bible

Bible Research App

Calendar

Water

Kleenex

Humility

Faith

Obedience



**Inform your doctor** that you will begin a 40 day fast. Discuss any health concerns you may have. As God reveals to you how to proceed in the fast, write it down. Research. Go to the Library, a bookstore, or online to learn about healthy food choices and responsible practices during a prolonged period of fasting.

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## *Wells of Life*

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Eight years ago, God called First Emanuel to a 40 day corporate fast. Each year the Holy Spirit gives instruction on the focus of the fast. In the 131<sup>st</sup> year of our existence, 28<sup>th</sup> year of my Pastorate, and in the 8<sup>th</sup> consecutive year of our fast, God is calling for consecrated time in prayer and fasting for the Church. We are a body of Baptized believers that God has appointed a very specific purpose in Kingdom. As the body of Christ, our assignment is clear, Kingdom building. We cannot build when one part of the body is tearing down. We cannot effectively lift when we allow the distractions of the world to overwhelm us. Finally, we cannot fulfill the Call of God until we yield our wounded and broken vessels to God for His miraculous restorative power.

When a fast is called by the man of God, it is God that has given the vision. I have shared the vision God has given for the year of 2017. Our corporate prayer all year has been the lives of men and seeking those that are outside of the Body of Christ. This prayer-focus continues. We are now adding the fasting component of the vision. Do not take this call to fast lightly. To enter into a period of fasting is a vow between you and God (*Numbers 6:2*). A fast is Holy and sacred before God. In Isaiah 58, God rejected the fast of the people. God found their fast was lacking in sincerity and Holiness. God resented that the people took for granted the power and authority of a fast. God revealed that He honors fasts and the yokes of oppression and poverty are broken through fasting. (*Isaiah 58:5-7*)

To that end, I enter into prayer and fasting with you over the next 40 days in great expectation of hearing from God. I enter full of faith, in Glory and honor of the Most High God, the author and finisher of my faith. I enter in anticipation of the manifestation of miracles, signs, and wonders. Finally, I enter with all my being, surrendering all to God, because I trust God. Enter this journey with me.

*Pastor Charles J. Southall, III*



Fasting is a discipline of the mind, body and soul. Our fasting and prayer **Journal** serves as a helpmate. The **Journal** is a 40 day accountability partner. If there are days where you are struggling for direction, the journal offers guidance. The sacredness of the **Journal** is that we are on one accord reading scripture, praying, studying and fasting.

The **Journal** will look a little different this year. Instead of Seasons, we structured our prayer and fasting **Journal** as a journey between six wells in the bible. We will traverse the **“Wells of Life.”** Days 2 through 4 of the **Journal** will explain in more detail the vision for our journey of the **“Wells of Life.”**

There is familiarity in the **Journal**. We suggest daily scripture readings and offer prayers. As always we encourage you to have personal inmate prayer time with God. Write prayers to God. Take notes about your thoughts after your time of meditation and prayer at the various **“Wells of Life.”** Like last year, we invite you to engage in self-assessment and reflection by answering questions, writing, and “digging deep.” Some of the wells literally require digging!

This fast is not the time to procrastinate. **JUST START.** Pray for God to give you wisdom, knowledge, and discernment about the journey you are about to enter **AND START!** Starting will be easier if you take the time to review the **Introduction to Fasting and Prayer.** Day 1 concentrates on prayer and then Days 2 through 4 serve as self-assessments about the **Wells** in your **Life.** On day 5 we begin our journey to our first well.

Do not be afraid to write in your journal. **We are not** going to ask you to review your **Journal.** You may want to keep it in a secret place because this is between you and God, but the journaling will help you be accountable to yourself and God.

Finally, the primary source for scripture references in the **Journal** is the King James Version of the Bible. In instances where another version of the bible is used, the bible version is identified: New Revised Standard Version (NRSV).

### **ACKNOWLEDGMENTS**

A special thanks to the editors, graphic artist, and suppliers of copies of the **Journal:**

Elizabeth A. Springs  
Second Assistant Pastor Marilyn M. Smith  
Dr. Rev. Charles J. Southall, III

I thank God for yet another opportunity to deliver the Word to his people through the gift and ministry of writing. I pray your strength and perseverance as we enter into this journey together.  
**AMEN**

*Min. Sandra Cabrina Jenkins, M.Div.*

# INTRODUCTION TO FASTING & PRAYER

Fasting raises three common questions – how to, when to, and what to? The most simplistic answer for all attempts to define fasting is discipline. It is the discipline of denying the flesh and nurturing our spiritual man/woman. Discipline of the flesh will never contradict any definition of fasting. Whether you are of the opinion that fasting is limited to food, or eliminating and sacrificing certain pleasures of life, it is all about your commitment to separate from anything that hinders a more perfected relationship with God. The separation will allow you to better hear the voice of God. Only God can answer those three common questions – how to fast, when to fast, and what to fast?



Engaging in a period of fasting and prayer is intentional and purposeful. This means you have to be in tune with the physical body and with your spiritual being. God ordains your fast. God will confirm for you the food, object, or activity from which you are to sacrifice or fast. In a fast, your flesh no longer has authority to control your appetite, actions, or thoughts. The Holy Spirit is in charge. The Holy Spirit reveals all truth to us. The absence of the power and authority of the Holy Spirit in your fast will diminish this to nothing more than a 40 day crash diet.



Consider starting this process by giving yourself *permission to be selfish*. In the weeks and days leading up to the fast, shamelessly make it all about you, that is, *you and God*.

Many of us are oblivious to the fact that we are experiencing a spiritual deficit. We have created a routine of prayer whereby we plunge into praying for everyone but ourselves. If we allow ourselves to constantly be *exhausted by saying "Yes"* to everyone but self and God, we miss out on the Holiness of separation unto our God. Commit to memory **Numbers 6:8** "*All the days of his separation he is holy unto the LORD.*"





The life of Christ yields innumerable examples of the importance of separation in order to maintain that pre-ordained relationship with God (*Luke 6:12 and John 6:15*). Jesus understood His position and purpose in life. Jesus knew the destructive nature of sin and, therefore, always maintained a constant position of prayer and obedience to the Word. As you prepare yourself to enter into this 40 day fast, ask these questions: (1) Am I in position? (2) Are the relationships or activities that I have allowed myself to be entangled with damaging my relationship with God? (3) Are any of my relationships or activities hindering my spiritual growth? And, (4) Have I forsaken my “*living soul*” for the temporary pleasures of my “*live flesh?*”

Sin separates us from God. We have to separate ourselves from sin. In the beginning, on the sixth day, God created man as “*a living soul*” **not** *live flesh*. This shell of the body houses our soul. The soul preserves LIFE and defies DEATH. God foreordained the process by which our very soul would be incubated from death and destruction. It is by the blood of the lamb that we are able to be “*...born again not of corruptible seed, but of incorruptible, by the word of God, which liveth and abideth for ever.* (1 Peter 1:23)

# JOURNEY OF *Faith*

God is calling for a consecrated time of prayer and fasting for First Emanuel. We are a body of Baptized believers with a specific assignment from God. As the Body of Christ our mission is Kingdom building. As a disciple of Christ, God has chiseled out a specific purpose for us in Kingdom. This is why the discipline of fasting and prayer is critical in a Christian's spiritual development and growth and ultimately the ministry that God has ordained for our lives. We need to be able to discern the voice of God as God instructs us to move and as God moves in our lives. We cannot build when one part of the body is tearing down. We cannot effectively lift when we allow the distractions of the world to overwhelm us. Finally, we cannot fulfill the call of God until we yield our wounded and broken vessels to God for his miraculous restorative power.

## **How do we enter into this journey?**

**Enter with *great expectation of hearing from God.***

*(Romans 8:18-26; Psalm 62:5)*

**Enter full of *faith.***

*(Hebrews 11:6; Revelation 14:12)*

**Enter in *anticipation of the manifestation of miracles, signs, & wonders.***

*(Hebrews 2:3-4)*

**Enter with *all your being, surrendering all to God.***

*(2 Chronicles 34:27; Roman 12:1)*





## Day 1

Contemplate what prayer is to your life. Prayer is about you and God. The model prayer Jesus taught to the disciples is a sufficient guide to prayer. (*Matthew 6:5-13*) Below we have captured classifications of prayer through scripture. The examples below will hopefully stir something in you to begin to process what prayer is to you.

### **PRAYER IS:**

**Prayer is personal.** (*Mark 11:24; Psalm 69:13*)

**Prayer is intimate.** (*Luke 6:12*)

**Prayer rises from the soul.** (*Psalm 35:13*)

**Prayer invokes the presence of God.** (*Daniel 9:21*)

**Prayer is an act of submission.** (*Matthew 5:44*)

**Prayer is intentional, purposeful, sacred, Holy.** (*1 Timothy 4:4-6*)

**Prayer is you and God.** (*Psalm 5:2*)

**Prayer is God and you.** (*Revelation 8:3*)

**Prayer is timeless.** (*Luke 21:36*)

**Prayer is peace.** (*Jeremiah 29:7*)

**Prayer is loud.** (*Psalm 55:17*)

**Prayer is passionate.** (*Nehemiah 1:6*)

**Prayer pierces the heart of our God.** (*2 Kings 20:5*)

Prayer has no boundaries. Why?

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Prayer has no formula. Why?

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***Our Prayer:*** *Father in Heaven, I believe today is the start of something miraculous in my life. Help me to understand how to be in position to receive during this period of fasting and prayer. I pray for wisdom, Lord. I pray for understanding of your will for my life...*

***Complete your Prayer:***

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## *Day 2*

Water is a source of life. Without water we perish. In ancient times, people gathered at wells to draw water. Water was also drawn from springs and rivers. There was no elaborate water system as we know it today. You had to **show up** at the source of life in order to draw. Our body typically signals us that we need to replenish the source that sustains our very being. Sometimes we allow ourselves to dangerously run low of that life sustaining power. Life cannot exist without the opportunity to draw from the source.

This period of fasting is our common well. All of us need to draw from the same source of life, our Lord and Savior Jesus Christ. Jesus invited us to come to him that we may experience the rivers of living water. (**John 7:37-38**) Our issues of life are diverse; however our source and sustainer of life is identical. All of us have been on the mountain top, and then slipped into a dry place in the desert or a valley. Sometime we are somewhere in between the valley, a desert and the mountain top. That is when life is really beyond complicated. Be encouraged! God told his prophet Isaiah: *I will open rivers in high places, and fountains in the midst of the valleys: I will make the wilderness a pool of water, and the dry land springs of water. (Isaiah 41:18)*

During our period of fasting we are going to encounter wells that have run dry, wells that have been shut up by the enemy; wells we have to dig out and repossess and wells flowing with our increase. When God spoke to the prophet Isaiah, God promised that he would take care of the poor and the needy and that he would not forsake them. God wanted Israel to know that their deserts will now overflow with streams of water. (**Isaiah 41:17-18**)

The same promises God made to Israel through his prophet Isaiah belongs to us.

Are you willing to show up at the well? \_\_\_\_ Yes; \_\_\_\_ No; \_\_\_\_ I hope so, I will try.

What does showing up at the well look like for you?

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When you show up, will you be present? Being present means positioning yourself to hear and receive direction from God. \_\_\_\_ Yes; \_\_\_\_ No; \_\_\_\_ I hope so, I will try.

What are you going to do to prepare yourself to be present? Are there distractions in your life that prevent you from entering into a time of consecrated prayer and fasting? If so, list the distractions.

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What is your location right now? \_\_\_\_ mountain-top; \_\_\_\_ valley; \_\_\_\_ desert \_\_\_\_ between mountain top and valley; \_\_\_\_ coming out of the desert; \_\_\_\_ climbing up the mountain; \_\_\_\_ hanging on for dear life.

**Prayer:** God, I know that wherever I am, you are there also. Sometimes, I need you to find me because I cannot always find or feel you near. Teach me how to be in your presence.

**Complete your prayer:**

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## *Day 3*

Consider the practices of our ancient ancestors, Abraham, Isaac, and Jacob. Digging wells was the first order of business when they entered into any territory. Abraham dug wells in a land in which he was a resident alien. Resident aliens were not property owners. Abraham had no ownership interest in the land yet he dug the wells and claimed ownership of the wells. King Abimelech, a ruler in the land of the Philistines, found favor in Abraham and granted Abraham permission not only to inhabit the land, but to choose that portion of the land that Abraham and his family wanted to dwell in. (*Genesis 20: 15; 21:22-24*). One day King Abimelech's servants seized the well that King Abimelech previously granted Abraham permission to dig by virtue of granting Abraham permission to possess land in his kingdom. Because of the relationship between King Abimelech and Abraham, the well was eventually restored. The significance of the repossession of the well and the eventual restoration of the well is directly connected with the promise God made to Abraham.

When God promised Abraham that he would possess the land, Abraham asked God how would he know that it is the land that he is supposed to possess. (*Genesis 15:8*). God explained to Abraham that his offspring (4<sup>th</sup> generation) would possess the land. (*Genesis 15:16*) God mapped out for Abraham the boundaries of the promise land that his offspring would possess. (*Genesis 15:18*)

Abraham, the father of many nations, had an awesome responsibility to preserve the land that he, himself, was not going to possess. Abraham knew that if he lost that well that it was the beginning of the end of generations to follow. If the land died from lack of water the people died. If the people died then the promise of God could not be fulfilled.

Are you willing to ask God this question: “How do I know that this is the promise”? Ask God in your own way because only you know the personal promise God has made to you.

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What is dying in your family because somebody did not draw from the well?

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Have you allowed the issues of life to derail the promises of God for your life and posterity?

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Are you willing to reclaim the well? You can only reclaim the well by showing up and being present before the Almighty God. Review your answers from yesterday to help you with this question.

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**Prayer:** Lord our God, our families are in trouble. We keep praying for the healing of our family, but things are not getting better. We are struggling to make it. The pressures of life are weighing us down. We love each other, but the enemy keeps interfering and pits us against each other. I do not know how we are going to realize and receive the promise if we continue in darkness. Have mercy on our souls. *Amen.*

**Complete your prayer:**

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## Day 4

***For my people have committed two evils; they have forsaken me the fountain of living waters, and hewed them out cisterns, broken cisterns, that can hold no water. (Jeremiah 2:13)***

If we are going to spend our time at the well, we need to discuss the container that we bring to the well to receive the water. In our scripture focus today, the people are admonished about the condition of the “cistern” they brought to the well. A cistern can be either a waterproof receptacle or vessel for holding water. The cisterns are obviously cracked because they are described as not being able to hold water. How can one draw if there is no sufficient vessel to receive?

We are Holy vessels unto God. We have a choice daily of how we are going to nurture our vessels. We decide what we will allow into our hearing and what we will view or read. Because God is a fountain of living water, all we have to do is receive. We do not have to filter this water. There will never be a need to boil this water to rid it of contaminants. It is us, the vessel, that has to purge so that we may receive the full benefit the source offers.

Tomorrow we visit our first well. In preparation for our visit to the well, make mental notes or journal about how you spent your day preparing for experiencing the presence of God:

Was it easy to block out time for prayer and meditation? \_\_\_yes; \_\_\_no

What song, if any, was in your heart today?

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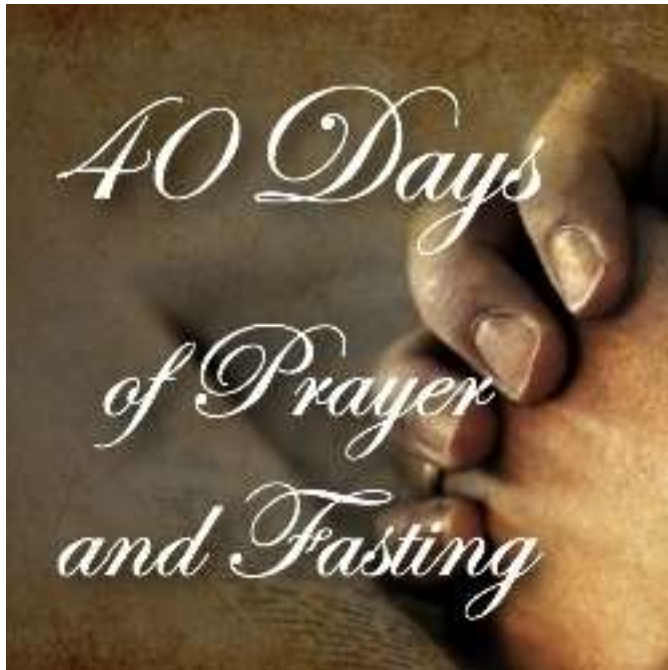
Did you hear the voice of God today? \_\_\_yes; \_\_\_no

# Book of Wells



BOOK TWO	<i>Well of Beerlahairoi</i>	October 8-13
BOOK THREE	<i>Well of Esek</i>	October 14-19
BOOK FOUR	<i>Well of Sitnah</i>	October 20-25
BOOK FIVE	<i>Well of Increase</i>	October 26-31
BOOK SIX	<i>Well of Bethlehem</i>	November 1-6
BOOK SEVEN	<i>Jacob's Well</i>	November 7-12

*Fast Begins: 12:01 am  
Wednesday, October 4, 2017*



*Fast Ends:  
Sunday, November 12, 2017*