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# BOOK FOUR

## October 20-25, 2017



*Well of Sitnah*  
*“Well of Strife”*

**Genesis 26:21**

# *Books of Wells*



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

Table of Contents:

*Book Four*



*Well of Sitnah - "Well of Strife"*

**Genesis 26:21**

<b><u>Day</u></b>	<b><u>Date</u></b>	<b><u>Page</u></b>
<b>DAY 17</b> <b>Scripture Focus:</b>	Friday, October 20, 2017 Genesis 26:21	1
<b>DAY 18</b> <b>Scripture Focus:</b>	Saturday, October 21, 2017 Genesis 1:26; Romans 8:7-8	2
<b>DAY 19</b> <b>Scripture Focus:</b>	Sunday, October 22, 2017 Leviticus 19:17; Romans 8:6	3
<b>DAY 20</b> <b>Scripture Focus:</b>	Monday, October 23, 2017 Psalm 51:10; Psalm 73:26	4
<b>DAY 21</b> <b>Scripture Focus:</b>	Tuesday, October 24, 2017 Ephesians 6:11	5
<b>DAY 22</b> <b>Scripture Focus:</b>	Wednesday, October 25, 2017 Romans 4:20-21	6



### Day 17

*Then they dug another well, and they quarreled over that one also; so he called it Sitnah. (Genesis 26:21)*

Sitnah is translated as enmity. Enmity represents the following:

*Enmity* and its synonyms "**hostility**," **animosity**, and **animus** all indicate deep-seated dislike or ill will. *Enmity* (which derives from an Anglo-French word meaning "enemy") suggests true hatred, either **overt** or **concealed**. *Hostility* implies strong, open enmity that shows itself in attacks or aggression. *Animosity* carries the sense of anger, vindictiveness, and sometimes the **desire to destroy** what one hates. *Animus* is generally less violent than *animosity*, but definitely conveys active prejudice or ill will.<sup>1</sup>

This is what Isaac was hit with once he dug another well; spirits of hostility, animosity, vindictiveness and the enemy's desire to destroy. Hostility, aggression and vindictiveness are not qualities that God deposited in us; therefore it is **not** of God. We cannot even use as an excuse that "it's just my personality" to be vindictive and desirous of ill will towards others; this is **not** of God.

The people of the valley of Gerar had the same opportunity to dig wells and experience the flow of spring water as Isaac. They chose not to dig, but to settle for the status quo - *the state in which I am in is fine; I want no more or no less*. If anger or hostility can be justified, it should be directed towards whatever obstacles existed in the lives of those that were blind to the blessings under their feet.

Today consider as your prayer focus family members or friends that have distanced themselves from you when they noticed things beginning to turn around in your life and the burdens and struggles began to shift.

**Prayer:** Father when you created us, you blessed us with dominion and control over all things on the earth; bless \_\_\_\_\_ with the wisdom and knowledge of Your promises...

**Complete Your Prayer:**

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<sup>1</sup> <https://www.merriam-webster.com/dictionary/enmity>



## **Day 18**

### ***What is the source of your hostility?***

There was nothing hostile about our creation. So why do we on occasion exhibit fits of hostility? God very carefully created us with love from the dust of the earth. (**Genesis 1:26**) God perfected us by pouring His character of Holiness within us. Holiness and hostility do not mix! At the well of Sitnah, we will search for any evidence of *Sitnah* in our hearts and minds.

The Apostle Paul reminds us that the flesh wars with the Spirit of God: *For this reason the mind that is set on the flesh is hostile to God; it does not submit to God's law – indeed it cannot, and those who are in the flesh cannot please God.* (**Romans 8:7-8**)

Relationships sometimes turn hostile after the one we trusted and loved committed an act of betrayal. The natural emotional response to betrayal is withdrawal and refusal to nurture any further or develop the relationship. What we have to guard against is resorting to acts of hostility because of our hurt and pain. We can divorce and remove ourselves from abusive and failed relationships; however, God does not give us permission to resolve and settle our pain with hostility. The danger of this toxic emotion of hostility is that sometimes we lash out on those that are innocent and have nothing to do with our pain.

Today consider performing a *hostility check* on your life. It is not about anyone, but you. Ignore those that are hostile towards you and search your heart for any hostility you may be harboring. Below is a *Hostility Check* you can run on yourself that will help jump-start this process:

Check all that apply. Do I exhibit hostility towards...

Ex-husband?     Ex-wife?     Father of your child?     Mother of your child?  
 Parent?     Sibling?     Friend?     Co-worker?  
 Self?     Other \_\_\_\_\_

Do you recall the specific act of betrayal or when you severed the relationship for whatever reason.

Yes;  No. If yes, what was the act?

\_\_\_\_\_.

Is this a relationship you desire to restore?  Yes;  No. If no, why are you allowing the spirit of hostility to create a shadow of darkness in your life?

\_\_\_\_\_

\_\_\_\_\_

**Prayer:** God remove, purge, and release me from any foul spirit. I desire to be free from the bondage of pain and hurt from failed and abusive relationships. Help me Lord to recover. **Amen.**



## Day 19

Yesterday we performed a *Hostility Check*. Hostility, if left unchecked spins into animosity. Enmity between yourself and another breeds animosity. *Animosity* carries the sense of anger, vindictiveness, and sometimes the *desire to destroy* what one hates. It is a powerful and active dislike or hostility; enmity.<sup>2</sup>

The danger with allowing animosity to be deposited in your heart and mind is that it creates the corruption of sin. God said hate is sin: *You shall not hate your brother in your heart, but you shall reason with your neighbor, lest you bear sin because of him. (Leviticus 19:17)*

Hate is such an unnecessary sin. The enemy wins when you allow your emotions to rise to the level of animosity, anger and vindictiveness. The enemy's sole mission is destruction. Why let the enemy win? In God's word it is written: *To set the mind on the flesh is death, but to set the mind on the Spirit is life and peace. (Romans 8:6)*

Do you carry animosity towards another in your heart and mind? You may deny and say *no that's not me*, but the spirit of animosity, which is sin, camflouges and blocks the truth. It's time for an *animosity check*. Review our definition for animosity before you begin the process. Do you fit into any of the categories below?(check all that apply):

- \_\_\_ When \_\_\_\_\_ walks in the room I walk the other way.  
\_\_\_ No this is not me, but I will pray for family and friends that I know struggle with this.
- \_\_\_ When \_\_\_\_\_ name is mentioned you say (or think) *I detest him/her*.  
\_\_\_ No this is not me, but I will pray for family and friends that I know struggle with this.
- \_\_\_ I do not hate \_\_\_\_\_, but I strongly dislike him/her. I will not intentionally hurt her/him, but as long as I have breath in my body, I will never go out of my way and sacrifice for him/her.  
\_\_\_ No this is not me, but I will pray for family and friends that I know struggle with this.

Is it your desire to be in position to recieve the promises of God? God cannot elevate you to the next level and trust you to dig new wells in new territory if you are allowing the sin of animosity to be fueled by your toxic words, toxic thoughts, toxic emotions, and toxic acts of animosity. Release yourself from this unnecessary sin of animosity. If you have not fallen captive to this spirit of animosity, please pray for others that are burdened by this sin.

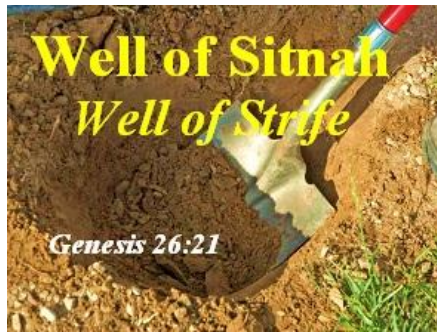
**Prayer:** Lord, my God, have mercy on me and hear my prayer...

**Complete your Prayer:**

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<sup>2</sup> <https://www.merriam-webster.com/dictionary/enmity>



## Day 20

We have reached the half-way mark in our fast. If you are tired, ask God to renew and refresh you. If your fasting has not gone so well, ask God to restore you to a place of obedience and discipline. Continue to talk to God. Sit, wait, and listen with your whole being for the voice of God. **Do not** just show up for the day and not be present. Disable auto-pilot in your life. Embrace every breath and heartbeat and offer each inhale and exhale as a prayer of thanksgiving to God for your very existence. Continue to be real and transparent with yourself. If you still have layers to peel off before the true you is revealed, keep peeling. God is patiently waiting for you. If you feel like you really need to start over with the fast, you can have another first day. If you have a day you want to revisit, do so. Allow this day to be one of reflection, meditation and prayer.

**Scripture: Psalm 51:10**

*Create in me a clean heart, O God; and renew a right spirit within me.*

**Prayer:** Lord our God, in spite of my sin, in spite of my transgressions, you bless me. I humble myself before you and ask your forgiveness of sin. Create in me a clean heart and renew a righteous spirit within me. Teach me to walk worthy of the call you have ordained for my life. Grant me the wisdom to understand your divine plan for my life. In the blessed name of Jesus, I pray. **Amen.**

**Complete your Prayer:**

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**Scripture: Psalm 73:26**

*My flesh and my heart may fail, but God is the strength of my heart and my portion forever.*

**Prayer:** God I want to be obedient to your word. I have fallen to temptation during my fast. I do thank you for releasing the impurities from my body, mind and heart but I know I need to purge deeper. Give me the strength to continue my fast...

**Complete your Prayer:**

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## Day 21

Today our focus shifts to those in your life that attempt to control and manipulate your emotions.

Generally, people in your circle, out-side of your circle, and sometimes in your created inner-circle lack knowledge about who you really are. They do not know you because (1) they have not taken the time to know you; (2) they are strangers looking in and casting judgment; (3) they are the enemy plotting your demise; or (4) they are agitators who have agendas and want to add storylines to your life. The people in the valley of Gerar who fought Isaac fit into these categories. What has not been revealed to us yet, is how Isaac reacted. We know Isaac named the well based on the hell he went through, but the next verse (which reveals the next well) tells us that Isaac moved on.

It is time to move on. We have two more days at Sitnah and we have the rest of our lives to live for the Glory and honor of God. We all need to move on.

There have been times in our lives where we have allowed people that do not love us and only mean us harm to control and manipulate our emotions and mental well-being. They do not know our backstory, the challenges, the chase, the delay, or even God's promises and blessings in our lives; yet, we give them power when we react to their foolery.

We fight and lash back, but it has been a costly fight because we failed to shield ourselves with the armor of God. (*Ephesians 6:11*) The enemy is not the man or woman that is inflicting the pain. The enemy is satan. The agitators in your life have fallen to temptation by allowing themselves to be used as instruments of darkness. As disciples of Christ, we cannot afford to be distracted from the divine plan of God. Remember, sin is enmity against God. Get back in postion; God wants to increase your territory. God has not altered the plan for your life. Do not abondon your position and do not abort God's plan.

**Prayer:** Father train my mind to focus on the promise. Forgive me for allowing the enemy to manipulate my emotions. Show me my postion in life. Open my mind and my heart so that I may hear you. **Amen.**

**Complete your Prayer:**

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## Day 22

*No distrust made him waver concerning the promise of God, but he grew strong in his faith as he gave glory to God, fully convinced that God was able to do what he had promised. (Romans 4:20-21)*

Our scripture focus reveals how Abraham grew in his faith as he waited for the promise of a son. Abraham's doctor and Sarah's ob/gyn would have cautioned this elderly couple to not get their hopes up too high for a child. First, the doctors would have counselled on the impossibility of impregnation and second, on the health risk to the child. Abraham's faith grew in spite of the odds because he trusted God for His Promise. Isaac was banished to the valley, yet his faith never failed. Isaac restored his legacy and began his journey into new territory.

It is time! Sitnah is behind Isaac. Isaac has positioned himself for the increase.

Can you release yourself from Sitnah?  Yes;  No

Have you taken steps to restore your inheritance?  Yes;  No

Are your wells unclogged?  Yes, all of them;  I am still digging;  No, I have not begun to dig.

Can God trust you with new territory?  Yes;  I hope so;  No, I am not ready.

Are you in position to receive?  Yes;  No. If no, do you know how to get in position? \_\_\_\_\_

*Spend time today in prayer for God to increase your faith.*

**Prayer:** Lord, your word admonishes us that it is impossible to please God without faith. I confess that my faith gets a little shaky when things are closing in on me and it appears that everything is falling apart. Grant me the faith of Abraham. **Amen.**

**BOOK FOUR**  
**OCTOBER 20-25, 2017**

*Giving God 40 Days*



*Wells of Life*

*For Books One, Two & Three, please visit our church website at*  
[www.firstmanuelbaptistchurch.org](http://www.firstmanuelbaptistchurch.org).