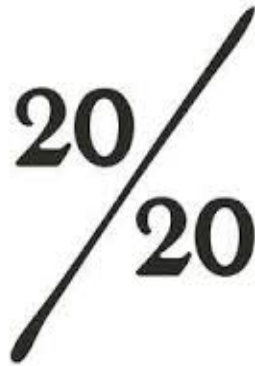


# SHILOH MB CHURCH

Mission Statement: Where Christ is the Message and Ministry is the Mission.  
Strengthen the Family; And Impact our Community.

## JANUARY FAST



### ***Crystal Clear Vision...***

And the LORD answered me, and said, Write the vision, and make *it* plain upon tables, that he may run that readeth it. Habakkuk 2:2

## Welcome to January Fast 2020!

### Habakkuk 2:1-4

<sup>1</sup>I will stand upon my watch, and set me upon the tower, and will watch to see what he will say unto me, and what I shall answer when I am reprov'd. **2.And the LORD answered me, and said, Write the vision, and make *it* plain upon tables, that he may run that readeth it <sup>3</sup>For the vision *is* yet for an appointed time, but at the end it shall speak, and not lie: though it tarry, wait for it; because it will surely come, it will not tarry.** <sup>4</sup>Behold, his soul *which* is lifted up is not upright in him: but the just shall live by his faith.

### 2 Chronicles 7:14 -16

If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land. <sup>15</sup>Now my eyes will be open and my ears attentive to the prayers offered in this place. <sup>16</sup>I have chosen and consecrated this temple so that my Name may be there forever. My eyes and my heart will always be there.

Many things warrant for our attention each day. We are continuously inundated with personal matters, professional aspirations, family crises, financial limitations and health. Feeling overwhelmed often causes us to choose things that help us detach from the pressures of reality so as to offer our souls a small break. There is nothing wrong with a much-needed reprieve. However, it may become problematic if the reprieve preoccupies our minds in a way that drowns out the small still voice of the Holy Spirit – who also, by the way, desires our undivided attention.

Fasting is a time-tested discipline for quieting the heart and feeding the soul. It is a spiritual discipline used by God to “settle” our hearts by calling us away from the popular “delay centers” of overeating, web-surfing, texting, channel-surfing, shopping, busyness, drinking excessively, and socializing. This call to fast is a call to disconnect from mind-numbing activities in order to quiet our hearts and hear from God almighty. Imagine God Almighty longing to say something to you that will change the course of your destiny! Remember, God is not willing to compete with others for our attention. This is why Jesus constantly stated, “If you have ears to hear.... hear!”

The focus of this year’s fast is “2020” Crystal Clear Vision which comes from Habakkuk 2:2 a major verse in the Bible when it comes to talking about writing a vision. We’ve witnessed people getting excited when they hear this verse proclaimed by a pastor or teacher or friend. We get excited, shout, give our neighbors high five and dance around with great enthusiasm upon the declaration of this word.

It is sad to reflect that after hearing and witnessing this powerful verse proclaimed; , many of us do not make the effort or take the time to write personal and/or family vision. It sounds inspiring and motivating to hear a teacher or preacher proclaim, “Write

the vision and make it plain...” But, it is another story when it comes to actually writing out and putting it to work.

Your **Vision** Is Powerful. ... And the LORD answered me: **'Write the vision;** make it plain on tablets, so he may run who reads it. –Habakkuk 2:2. **Writing** down affirmations and **visions** for our future lives not only helps us discover our true desires, it also helps bring them to pass.

Your vision will fill you with inspiration. Your vision will motivate and energize you.

When your vision moves from thoughts to paper, it becomes alive and achievable. You begin to see all the ways it can happen and immediately want to move forward. **What the mind sees, it wants to achieve.**

My Hopes for this fast:

- That we will fight fervently for quiet time alone with God to really hear.
- That God will overwhelm you with joy and peace!
- That we will become more effective witnesses of Christ through our joy.

## When You Fast

### Prayer and Fasting - A Definition

Prayer and fasting is defined as voluntarily going without the comfort of food in order to focus on prayer and fellowship with God. Prayer and fasting often go hand in hand, but this is not always the case. You can pray without fasting, and fast without prayer. But when these two activities are combined and dedicated to God's glory, they reach greater effectiveness. Having a dedicated time of prayer and fasting is not a way of manipulating God. Rather, it is a time to align ourselves with God's desires for us. It's a time to rely on God to become who God has called and equipped us to be.

### Fast Guidelines

This time of fasting and consecration to the Lord should be a time of sacrifice. When you have a meal, please eat healthier foods. Drink plenty of water. **Things to avoid during the designated times included:** soda, fried foods, carbs, desserts, limited use of salt, sugar, caffeine, alcohol, tobacco, and junk food. **Fasting begins at midnight Sunday night, and ends at 6:00pm on Friday of each week.** Modify your diet on the weekend (example of a modified diet is to commit eating one raw meal a day). You can also choose fruit in place of sweets on the weekend. Some individuals may have health concerns that supersede the fasting guidelines. Please enter into fasting prayerfully and medically informed. Ask your doctor if you have questions regarding fasting. We love you and want you to be healthy. You can fast in many other ways besides abstaining from food (i.e. no media, exercise daily, spend extra time in prayer, no shopping...).

## Challenges for Each Week

- Make time for prayer.
- Get some exercise.
- Try to enjoy nature.
- Find time to pray with someone.
- Pray for your family, friends, community, church, and co-workers.

## Fasting Intentions

As you begin this fast, it is important that you set your intentions. Without set intention goals, this time of fasting will only be a test of your human will as be opposed to a time set aside for God to deal with your heart. Before writing down any goals, take some time before the Lord in prayer. Ask Him for revelation during this time of consecration. Perhaps God has already been speaking to your heart over the past few weeks. If so, ask Him for clarity and a willing heart to obey.

### What is your personal reason for joining in the January Fast?

Closer relationship with the Lord and people He has placed in my life.  
True to myself and closer to the Lord.

### Set your intentions for this fast:

Example: I want God to reveal to me the things that keep me from becoming unified with others.

- 1.) I desire to be All the Lord has predestined me to be and use my gifts and talent for His Glory!
- 2.) Learn more about myself as an individual, husband, wife, father, mother, daughter, brother, friend, leader, and co-worker. I realized I fall short in these areas and looking to the Lord to show me ways to improve and perfect areas where I'm lacking divine wisdom and love.
- 3.) I desire to be better and not compare myself to anyone else and be the person God has predestined me to be/become; not looking at what I do, but who I am.

**What are some things that you will do during this time of fasting that will help you to draw closer to God?** Example: I will begin morning devotion before I begin my day so that I can hear from God.

- 1.) Passage of scripture
- 2.) Read and meditate on the Lord
- 3.) Meditate on scripture of the day and include meditation breaks through-out my work-day.
- 4.) Eat healthier and again be true to myself

\_\_\_\_\_ **Prep Week: January 2<sup>nd</sup> – January 3<sup>rd</sup>** \_\_\_\_\_

**Humility and Surrendering**

**Fasting Guidelines:** This week is the **Surrender/Humbleness Fast**. You may eat any meal. Drink only water (no sugar or salt) this week. Avoid using any form of media (TV, movies, phones, videos, etc.) that is not work, ministry or school related.

**Thursday**

**Meditation Passages:**

**2 Chronicles 7:14 -16:** If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land.

**1 Peter 5:5-7:** Likewise, ye younger, submit yourselves unto the elder. Yea, all *of you* be subject one to another, and be clothed with humility: for God resisteth the proud, and giveth grace to the humble. <sup>6</sup>Humble yourselves therefore under the mighty hand of God, that he may exalt you in due time: <sup>7</sup>Casting all your care upon him; for he careth for you.

Reflect on the area which cause distractions from humble and surrendering to God that you live with daily.

What does it mean to be humble?

Why is humility and submission important to God and me?

In what ways does your nature cause you to look for sources other than God for direction, strength or power? Low self-confidence causes me to look to others in the workplace instead of God. Thinking they're better and more knowledgeable.

In what ways does your sin nature cause you to seek your wants and desires regardless of the cost to others?

**Friday**

**Meditation Passages:**

**2 Timothy 1:6-7** Wherefore I put thee in remembrance that thou stir up the gift of God, which is in thee by the putting on of my hands. <sup>7</sup>For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind. <sup>8</sup>Be not thou therefore ashamed of the testimony of our Lord, nor of me his prisoner: but be thou partaker of the afflictions of the gospel according to the power of God;

Reflect on the area which cause distractions from surrendering to God that you live with daily.

What does it mean surrendering to God?

Why is important to surrender to God and me?

\_\_\_\_\_ **Week 1 Seeking God's Face: January 6<sup>th</sup> – January 10<sup>h</sup>** \_\_\_\_\_  
**Seeking God's Face, Presence of God, Holiness, Ministry, Spiritual Gifts**

**Fasting Guidelines:** This week is the *Meatless Fast*. Avoid All Meats and meat substitutes and. **You may eat One Healthy Hot Meal with baked/broiled chicken or fish NO SALT or substitute).**

**Monday**

**Meditation Passage:**

**Matthew 6:33** But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you. 34a Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself.

**1 Chronicles** Glory ye in his holy name: let the heart of them rejoice that seek the LORD. <sup>11</sup>Seek the LORD and his strength, seek his face continually.

Hebrews 11: 6 But without faith *it is* impossible to please *him*: for he that cometh to God must believe that he is, and *that* he is a rewarder of them that diligently seek him.

**Tuesday**

**Meditation Passage:**

**Matthew 6:33** But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.

**Matthew 26:41** Watch and pray, that ye enter not into temptation: the spirit indeed *is* willing, but the flesh *is* weak

**Set time aside for introspection.**

Scripture tell us to that if we seek the Kingdom of God first, than all these things will be given you. When we seek God first and place Him first in our life, we see him working through all circumstances and situations for our good.

Reflect back on the last two, five, ten or more years of your life. Have you asked God to deliver you from an area of struggle (e.g. overeating, excessive spending, anger, fear, fornication, pornography, etc.), but you find yourself returning to that place again and again?

As you reflect, can you identify any triggers? In each instance, are there similar circumstances, emotions or people that push you towards that place of struggle?

Take your discoveries to the Lord in prayer. Ask him for the resolve and the strength to go deeper as you continue to reflect this week.

## Wednesday

**Matthew 6:33** But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.

Continue your reflection. On a separate piece of paper, list the significant events that shaped your life. Pay close attention to any events that caused insecurity, trauma, or fear (e.g. unstable home life, loss through death or divorce, abuse, a controlling environment, etc.)

In your prayer time, go through your list. Ask God to reveal to you the ways that he has been with you, especially in the difficult times. Allow him to minister to you by the power of his Spirit today.

Seek the Lord for guidance regarding His will and your Spiritual Gifts....

Seek the Lord regarding His Vision/mission regarding your life purpose and plan.

## Thursday

**Matthew 6:33** But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.

**Meditate on Psalm 19:13** Go back to your list. Ask God to reveal to you anything from that list that **connects** to what you discovered earlier this week about the triggers that push you towards that place of struggle.

Pray for healing in the broken places of your inner being. Declare in the name of Jesus that the residue of those hard things in your life will no longer be used as a means to pull you away from God.

## Friday

**Matthew 6:33** But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.

**Meditate on 2 Peter 1: 3 - 8** and rejoice because God has given you everything you need for life and godliness. Stand on his promises and grow in the Lord!

\_\_\_\_\_ **Week 2 Me, Myself and I: January 13<sup>th</sup> – January 17<sup>th</sup>** \_\_\_\_\_

**God do you hear me when I pray? How do I know you've heard me?**

**Fasting Guidelines:** *This week is the **Fried and Processed Food Fast**. You may eat any meal. This means avoiding fried, fast food, food that has been processed in any way. (frozen meals, pizza, canned goods, sweets, chips, **NO SALT or substitute**)..) from **Midnight Sunday to 6:00 pm, on Friday.***

**Monday**

**Acts 9:6:** Lord, what wilt thou have me to do? And the Lord *said* unto him, Arise, and go into the city, and it shall be told thee what thou must do. (), God could give direction to his life.

1John 4: 4-5a: Ye of God, little children, and have overcome them: because greater is he that is in you, than he that is in the world. <sup>5</sup>They are of the world: therefore speak they of the world, and the world heareth them. <sup>6</sup>We are of God: he that knoweth God heareth us;

**Jermiah 29:11-13** For I know the thoughts that I think toward you, saith the LORD, thoughts of peace, and not of evil, to give you an expected end. <sup>12</sup>Then shall ye call upon me, and ye shall go and pray unto me, and I will hearken unto you. <sup>13</sup>And ye shall seek me, and find *me*, when ye shall search for me with all your heart.

**Meditate on 1 John 4: 7 - 21**

You spent last week in intense introspection. As you begin this week, meditate on this passage and be reminded that God lives in you and in you his love is made complete.

**Tuesday**

**Meditate on 1 John 4: 3 - 21**

As you continue to meditate on this passage, reflect on verses 19 – 21.

Examine your relationships with Christ.

Identify anything that is preventing you from loving God. (e.g. disappointment, unresolved conflict, hurt, unforgiveness, etc.)

Pray for the person(s) or thing preventing you from being the Great...research God's word regarding you and allow the Holy Spirit to be a work in your heart.

**Wednesday**

**Read Romans 12: 9 – 13**

In what ways are devotion to, honor for and sharing with your sisters and brothers in Christ evident in your life?

In what ways do you offer hospitality to your sisters and brothers in Christ?



If you are feeling disconnected from your church community – regardless of the reason, let this be the focus of your prayer today.

### **Thursday**

**Meditate on Romans 12: 11 - 12** and let this passage guide your prayer today.

**Acts 9:6:** Lord, what wilt thou have me to do? And the Lord *said* unto him, Arise, and go into the city, and it shall be told thee what thou must do. (), God could give direction to his life.

### **Friday**

**Meditate on Psalm 51: 2 - 12** and let this passage guide your prayer today.

**\_\_ Week 3 Family, Friends, Unfriendly, Life: January 20<sup>th</sup> – January 24<sup>th</sup> \_\_**  
**God We Need You!!!!**

**Fasting Guidelines:** This week is the **LAWD-HA-MERCY Fast!** You may have LIQUIDS at any time during this fast (**Anything that Fits through a STRAW**) **Midnight Sunday to Noon on Friday .... You enjoy HEALTHY dinner with family (stemmed vegetable meatless, fish or chicken-baked or broiled without season or table salt, and No Bread and Sweets).**

**Monday thru Friday**

**Meditation Passage:**

**Matthew 22: 37** Jesus said unto him, Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. <sup>38</sup>This is the first and great commandment. <sup>39</sup>And the second *is* like unto it, Thou shalt love thy neighbour as thyself

**2 Corinthians 12: 9** And he said unto me, My grace is sufficient for thee: for my strength is made perfect in weakness.

**John 10:10-11:** The thief cometh not, but for to steal, and to kill, and to destroy: I am come that they might have life, and that they might have *it* more abundantly. <sup>11</sup>I am the good shepherd: the good shepherd giveth his life for the sheep.

**Colossians 1: 10-11** For this cause we also, since the day we heard *it*, do not cease to pray for you, and to desire that ye might be filled with the knowledge of his will in all wisdom and spiritual understanding; <sup>10</sup>That ye might walk worthy of the Lord unto all pleasing, being fruitful in every good work, and increasing in the knowledge of God; <sup>11</sup>Strengthened with all might, according to his glorious power, unto all patience and longsuffering with joyfulness;

Examine your relationships with your sisters and brothers in Christ.

Identify anything that is preventing you from loving a particular sister or brother with the love of God. (e.g. disappointment, unresolved conflict, hurt, unforgiveness, etc.)

Pray for this person using God's word as your guide. Allow the Spirit of God to be a work in your heart.

**Meditation Passage**

**Galatians 5: 22 – 23:** But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, <sup>23</sup>Meekness, temperance: against such there is no law.

**1John 4:4** Ye of God, little children, and have overcome them: because greater is he that is in you, than he that is in the world

Reflect again on family, friends, unfriendly, and life.

On a separate piece of paper, write down the nine (9) attributes of the Fruit of the Spirit. Give specific examples of how each of these attributes has been developed and are evident in your life.

## **Meditation Passage:**

### **Galatians 5: 22-25**

But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, <sup>23</sup>Meekness, temperance: against such there is no law - <sup>23</sup>Meekness, temperance: against such there is no law. <sup>24</sup>And they that are Christ's have crucified the flesh with the affections and lusts. <sup>25</sup>If we live in the Spirit, let us also walk in the Spirit **25**

Take the list that you created yesterday into your prayer time. Thank God for each item on your list. It is a testament of God's work in your life.

## **Meditation Passage:**

### **1 John 4:7 – 21**

7. Beloved, let us love one another: for love is of God; and every one that loveth is born of God, and knoweth God. <sup>8</sup>He that loveth not knoweth not God; for God is love. <sup>9</sup>In this was manifested the love of God toward us, because that God sent his only begotten Son into the world, that we might live through him. <sup>10</sup>Herein is love, not that we loved God, but that he loved us, and sent his Son *to be* the propitiation for our sins. <sup>11</sup>Beloved, if God so loved us, we ought also to love one another. <sup>12</sup>No man hath seen God at any time. If we love one another, God dwelleth in us, and his love is perfected in us. <sup>13</sup>Hereby know we that we dwell in him, and he in us, because he hath given us of his Spirit. <sup>14</sup>And we have seen and do testify that the Father sent the Son *to be* the Saviour of the world. <sup>15</sup>Whosoever shall confess that Jesus is the Son of God, God dwelleth in him, and he in God. And we have known and believed the love that God hath to us. God is love; and he that dwelleth in love dwelleth in God, and God in him. <sup>16</sup>There is no fear in love; but perfect love casteth out fear: because fear hath torment. He that feareth is not made perfect in love. <sup>17</sup>We love him, because he first loved us. <sup>18</sup>If a man say, I love God, and hateth his brother, he is a liar: for he that loveth not his brother whom he hath seen, how can he love God whom he hath not seen?

As you continue to meditate on this passage, reflect on verses 19 – 21.

Examine your relationships with Christ.

Identify anything that is preventing you from loving God. (e.g. disappointment, unresolved conflict, hurt, unforgiveness, etc.)

Pray for the person(s) or thing preventing you from being the Great...research God's word regarding you and allow the Holy Spirit to be a work in your heart.

## **Meditation Passage: Philippians 3: 12 – 13**

Thank God for the things that he has revealed to you during this fast. Record these revelations in a place that you can refer to again and again.

As you bring an end to this time of consecration and fasting, keep pressing on towards the goal and the high call that you have in Christ Jesus.

\_\_\_\_ **Week 4 Thankful, Graceful, Revelation: January 27<sup>th</sup> – January 31<sup>st</sup>** \_\_\_\_  
**Crystal Clear Vision**

**Fasting Guidelines:** *This week is the **Fried and Processed Food Fast**. You may eat any meal. This means avoiding fried, fast food, food that has been processed in any way. (frozen meals, pizza, canned goods, sweets, chips, **NO SALT or substitute**..)* from **Midnight Sunday to 6:00 pm, on Friday.**

**Monday thru Friday**

**2 Chronicles 7:14 -16:** If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land.

**Psalm 105:1-5** O give thanks unto the LORD; call upon his name: make known his deeds among the people. <sup>2</sup>Sing unto him, sing psalms unto him: talk ye of all his wondrous works. <sup>3</sup>Glory ye in his holy name: let the heart of them rejoice that seek the LORD. <sup>4</sup>**Seek the LORD, and his strength: seek his face evermore**  
Psalm 103:2 Bless the LORD, O my soul, and forget not all his benefits: <sup>3</sup>Who forgiveth all thine iniquities; who healeth all thy diseases; <sup>4</sup>Who redeemeth thy life from destruction; who crowneth thee with lovingkindness and tender mercies;

**God reveals His secrets to those who fear and love Him.**

**He reveals His secrets to those who stand on their watch.**

**He reveals His secrets to those who sincerely ask Him questions.**

Spend time listening to your Heavenly Father and get to know Him by spending quality time with him. God is willing to give you wisdom, understanding and revelation in every area of your life. However, when you receive revelations and wisdom from God, remember to write it down. Then this will become a source of life, that gives breathe to you, bringing hope that releases faith in you and trust in God.

**Read Galatians 5: 16 - 21** and reflect on the conflict that you live with daily.

In what ways does your sin nature cause you to look for sources other than God for direction, strength or power?

What are the desires of your sin nature that cause you to fail to remember that your body belongs to God?

In what ways does your sin nature cause you to seek your wants and desires regardless of the cost to others?

**Re-read Galatians 5: 16 - 21** and meditate on the power that you have daily to live and be led by God's Spirit.

**Read Ephesians 2: 3 - 5**

Spend time today meditating on the great love that God has always had for you.

# Notes