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Intimate Moments Fasting

Devotional



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INTIMATE MOMENTS MINISTRY



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Transform

Day: 1

Putting Prayer into Practice

When you fast, prepare for answers to prayer. God has promised that if you fast in the right way, he will hear and answer. Your spiritual capacity to hear and receive will be increased. Emptied of your own comforts and interests you will be ready for him to fill you up. Ask yourself these questions: do my prayers tend to focus on myself or on others? Is there a situation in my life, or a person for whom I am praying, that is resistant to prayer? Do I hear from God and experience the power of His Holy Spirit to meet the needs of myself and others? Is fasting a regular practice in my life? Pray regularly.

Prayer: Heavenly Father, You have taught us that when we pray, we are to bring other people's needs before You. I want to be empowered by Your spirit through fasting so I can minister to others and counteract the work of the enemy. I

consecrate myself to You in prayer and fasting, setting myself apart to seek Your will rather than my own interest. Use me to fulfill your purposes for your glory. I pray in the name of Jesus, Who fasted and prayed not only for His disciples, but also for us who have believed in him through their testimony. Amen

Reading: Daniel 10:1-3, Ezra 8:21



Day: 2

Speak the Word

Speaking God's word aloud is important. According to Ephesians 6:17, His word is a sword, and it is our number one weapon against our enemy, the devil. When the enemy attacks our mind or tempts us to sin, we can speak the specific scriptures that applies to the situation we are facing this will strengthen us, but it will also drive the enemy away. In Luke 4: 1-2, we read that the Holy Spirit led Jesus into the wilderness, where He stayed for forty days fasting. During that time, Satan tempted Him in various ways. After each temptations Jesus replied, it is written, and he quoted a scripture relevant to each particular temptation. You and I can follow Jesus' example in our lives. If you become angry, you can quote scriptures to tell you not to let your anger linger. If you feel selfish you can quote scriptures on giving and being a blessing to others. Quoting scripture aloud helps God's Word become deeply rooted in your heart. In addition, it summons your

angels to work on your behalf, because they obey His word.

Prayer: Father, teach me to keep your word in my heart so I can speak it aloud and wield it as a two-edged sword when the devil tempts me or lies to me. In Jesus' name, amen.

Reading: Psalm 119:12-13; Luke 4:1-13

Day: 3

What the Bible Teaches about Meditation

To meditate on something is simply to turn it over and over in your mind and even mutter it softly. Here are three significant observations about meditation,

1. God's word indicates that meditation is more than a quick reading or pausing for a few brief reflective thoughts. The Bible presents meditation as serious pondering done by serious, committed followers who are willing to concentrate deeply.
2. Meditation is ongoing and habitual. Joshua 1:8 and Psalm 1:2 say that the godly person meditates on God's law "day and night."
3. Meditation is not a religious ritual. And some biblical passages where the term occurs, the writer goes on to point out the results. Joshua 1: 8 says those who meditate on God's word "will be prosperous and successful." And Psalm

1:2-3 says that “whatever they do prospers.”

Meditating on God's word does take time and attention, and it requires silencing the noise of life temporarily as you give yourself to a deeper study of God's Word. You will be amazed how much power meditation releases in your life. The more you meditate on God's Word, the more you will be able to draw readily upon its strength.

Prayer: Lord, I pray that you would give me the desire to meditate on Your Word so it will become deeply established in my heart and readily available to me when I need it. In Jesus' name, amen.

Reading: Psalm 119:97

Day: 4

Understanding of God's Word Unfolds

God's word contains tremendous treasures - truths that will change our lives, encouragement to follow God's will to a life of purpose and blessing, and powerful life-giving secrets that God wants to reveal to us. These are made known to those who ponder, study, think about, practice mentally, and meditate on the scripture. God's word is a process of unfolding. There is no end to what God can show us from just one particular biblical phrase or one verse of scripture we can study one time and see one nugget of truth in it. Then when we study it again, we see something about it that we did not even notice previously. Studying God's Word is like looking at a diamond; every time we look at it, we see a new facet. The Lord keeps revealing His secrets to those who are diligent about studying the Word. Don't be a person who settles for building your spiritual life on someone else's understanding of the scripture. Study the scriptures yourself. Allow the Holy Spirit

to guide and encourage you through them. Let the truth and power of God's Word bless your life.

Prayer: Lord, as I study and meditate on Your Word continue to unfold its treasure to me.

Reading: Psalm 119:130 AMP



Day: 5

Finding Peace During Difficult Times

We sometimes reach a tipping point in our lives when we recognize we are under so much pressure that we are on the verge of losing our peace and are about to start behaving badly. Here are some tips that will hopefully help the process:

- Step 1: Slow down or stop, take a deep breath, and regroup.
- Step 2: Regain your perspective. Be realistic about what is really happening.
- Step 3: Resist the devil immediately, when you first realize he is pressuring you. Don't give him an inch.
- Step 4: Cast your care on God and let him show you what he can do. Keep saying, "God I let this go. I trust you!" until you feel yourself calming down.
- Step 5: Think about what you are thinking about concerning the things that frustrate you and stop thinking about it.

Instead, think about something good and positive.

- Step 6: Exercise self-control and manage your emotions instead of letting them control you.
- Step 7: Ask yourself if you can delay or delegate any of the things that are causing you stress and make a plan to do so.

Prayer: I thank You, God, for the peace You give. The world didn't give it and the world can't take it away. Help me to know that I have the ability to calm myself and find peace amid troubling situations. In Jesus's name, amen.

Reading: John 14:27 AMP

Day: 6

Praise and Petition

The Psalms are filled with David taking his petitions (requests) to the Lord while at the same time praising him for His goodness. Prayer should not be a last resort; It should be our first course of action in every situation. We are told to pray with thanksgiving (Philippians 4:6), and the combination of petition and praise is powerful beyond anything we can imagine. Remembering and rehearsing all the good things God has done for us in the past invites Him to do even more in the future. I encourage you to take some time today and write down at least five prayers you recall God answering and praise Him for doing so. You cannot ask God for too much, so pray about everything that is on your heart. He is able to do “exceedingly abundantly above all” you can dare to hope, ask, or think (Ephesians 3:20 NKJV). Life becomes exciting when we learn to pray in faith and wait and watch for God to answer.

Prayer: Father, thank You for hearing and answering my prayers. You are great, and I praise you for all You have done, are doing, and will continue to do for me. I love You and I thank You!

Reading: Psalm 86:3-7

Day: 7

The Power of Music

Singing and the playing of musical instruments are mentioned often in psalms, and we are encouraged to use both to lead us into worship and praise to God. Have you ever thought of just how amazing music is? Only God could take many different sounds and make them blend in such a beautiful way. God tells us that we can make a joyful noise to Him (Psalm 100:1 KJV). We can sing songs we know and even make up new ones that no one has ever heard. Music is amazing because it blends to make beautiful sounds that lift our souls into God's presence and cause us to worship him. Sing frequently and enjoy listening to music because it can bring joy to your heart.

Prayer: Father, thank you for songs of praise and worship they are wonderful gifts from you, and I want to sing and listen to music about you more than ever before.

Reading: Psalm 144:9, Psalm 147:1

Restore

Day: 8

Seek God's Help

And Jehoshaphat feared, and set himself to seek the LORD, and proclaimed a fast throughout all Judah. So Judah gathered together to ask help from the LORD; and from all the cities of Judah they came to seek the LORD. 2 Chronicles 20:3-4

Are you feeling alarmed and fearful? Is there something that you need God to help you with? You are going to church, you are listening to the Word week after week, you are praying but still, you feel like you are in a rut.

When King Jehoshaphat was threatened by a vast group of nations and did not know what to do, he called the tribe of Judah to fast.

Jehoshaphat knew that only a miracle could keep them safe. He declared a fast and led the people in prayer saying, "Lord, we do not know what to do, but our eyes are on you." God spoke to the nation through Jahaziel the prophet that the

battle was the Lord's, and he would fight on their behalf.

God will fight on your behalf in ways you cannot imagine as you humble yourself before the Lord.

Reflection and Prayer: What do you need God's help with? What are you struggling with? What forces has come against you? Cry out to God to rescue and restore you.

Reading 2 Chronicles 20:1-25

Day: 9

Restoration

God is a God of restoration. He can take old, worn-out things and make them brand new. Have you ever known anyone who was good at restoring old furniture? It is amazing how they can take something that looks ready for the trash heap and make it beautiful again. This is what God does for us. Just as restoring a piece of furniture requires a variety of steps, so does our restoration. It doesn't happen overnight. Stay on the potter's wheel. It often seems to be a slow process, but eventually you will say, "It was well worth it." I urge you to keep pressing deeper and deeper into God. Anyone who builds their life on the Word of God will withstand the storms of life and remain stable and solid.

Prayer: Father, I know that You are working in me, and I believe You are making something beautiful. Help me cooperate with You each step of the way. I'm excited to see the finished product.

Reading: Psalm 40:1-2, Isaiah 64:8

Day: 10

God's Restoring Love

There is nothing the human heart longs for more than God's love. Even people who don't currently believe in God, long to know His loving embrace. We were created to be intimately connected to God and when that sacred connection is broken, it leaves a staggering sense of incompleteness in the human soul. We are lost and undone. When our connection with God is lost, all is lost our sense of identity, our moral compass, meaning, and purpose. And when these are lost, the human heart will attempt to mask the resulting pain with whatever temporary anesthetic it can find. But God's love is so near. He longs for you to deeply know and experience His love.

Prayer: Father God, thank You for Your love. Your love for me is truly amazing. Help me to see it more, to feel it more, to believe it more, and to trust it more. May the truth of Your love move from the pages of Your Word into the thoughts of my mind and into my heart. May Your love

continue to warm and restore my heart. In Jesus' name, amen.

Reading: Lamentations 3:22-23, John 3:16



Day: 11

God Will Restore What You Have Lost

When we trust God, our sadness always turns to joy because he is a deliverer and a restorer. Perhaps you have waited a long time and feel that nothing has happened; keep believing, because as long as you believe, God can work on your behalf. What do you need restored in your life? Our Father is a God of restoration, and He can actually make us better than we were before we were wounded or disappointed. Put your hope in Him and expect something good to happen to you today.

Prayer: Father, I trust you to restore all I have lost. Grant me patience to wait peacefully and be filled with hope that you are working in my life. In Jesus's name, amen.

Reading: Deuteronomy 30:3-5 MSG

Day: 12

God's Ways are Better

God's ways and thoughts are higher than ours (Isaiah 55:8-9) If we follow Him and do as He instruct, we will have lives worth living. Have you ever wanted something and once you got it, discovered it wasn't the best for you? We can ask God for what we want, but we should be satisfied and content with what He gives us because He always does what is best for us and we should trust Him. Never want anything besides God so much that you cannot be happy without it.

Prayer: Father, I want to be content with what You Give me and never think I cannot be happy unless I get what I want. Help me trust You completely, knowing that You will always do what is best for me.

Reading: Jeremiah 29:11

Day: 13

The God of Second Chances

God graciously forgave and restored the Israelites many times after they disobeyed Him. He is God of second chances and more if needed. Are you feeling bad because you keep making the same mistake over and over? If so, don't draw away from God: press toward Him. He remains faithful even when we are faithless (2 Timothy 2:13)

God's mercy and unlimited forgiveness are beyond our understanding, and they are beautiful. God has forgiven us of all our sins. As a child of God, your guilt is a useless and wasted emotion. He has made you alive together with Him, having forgiven us all our sins (Colossians 2:13). No need to hold on to guilt because He has liberated you from the guilt, punishment and power of sin (Romans 3:24). Have you asked for forgiveness, but kept the guilt? Are you holding on to the guilt as a way of punishing yourself? Jesus has already taken our punishment, and all that is left for us to do is receive His gift of

forgiveness and go on with life. Let go of the guilt. You have been forgiven of all your sins.

Prayer: Father, thank You for giving me a second chance and more if I need them. You are good. I'm sorry for my sins. I ask for forgiveness, and I receive it and let go of guilt. May your will be done in my life. In Jesus's name, amen.

Reading: Hebrews 10:1-18

Day: 14

Restore my Soul!

Jesus will refresh us family, life in Christ is a refresh button like no other. When it gets pushed, the heaviest hearted, tired, worn down, stunted, despairing, dreary soul is renewed with the power of heaven. When Jesus says, **“Rivers of living water will flow from his heart,”** he’s showing us what our lives will look like with a simple touch from him.

Jesus tells us in his word that the enemy comes but to still kill and destroy, but I am come to give you life and that life more abundantly. Whatever you may be facing in this season, it’s important for you and I to trust in Him. To trust in the Lord with all our Hearts and lean not to our own understanding and in all our ways acknowledge him and He shall, not maybe, but shall direct our paths. In other words, He will lead us out of our despair and trouble when we trust in Him, and this will be a time of refreshing like no other.

I want to encourage you to take some time in fellowship with the Lord and minister to Him in worship and allow Him to minister to you in return. David pinned the phrase in **(Psalm 34:1)** I will bless the LORD at all times; His praise will always be on my lips. This is how we can minister to our Lord and Savior. We all deal with some level of stress from time to time and require a time of refreshing.

Prayer: Father, I pray that I will be refreshed in the Lord our God! I thank you that you are my living water in Jesus Name. Amen

Reading: Acts 3:20, Psalm 23:3

Elevate

Day: 15

Trying to Do Everything

Is your busyness keeping you from your vision? Some people aren't specific about their vision because they are trying to do too much. This statement might be a good thing to put at the top of your office or household calendar. When you aim at everything, you usually hit nothing. Let me assure you that you were not born to meet all the needs on the earth. God created you for a purpose, and that purpose should be your focus. It will keep you centered on what is most important for you to be involved in.

Prayer: Father, it is a relief to know that I am not required to meet all the needs on the earth. Show me the need that I can meet-the

works that You have created me to walk in. In Jesus' name, amen.

Reading: Proverbs 3:6



Day: 16

Principles of Understanding Vision

Today, reflect on these principles for understanding vision:

1. Two major obstacles to fulfilling vision are not understanding the nature of vision and not recognizing the cost of vision.
2. The essential nature of vision is that it is specific.
3. Mission is a general statement of purpose while vision is a very precise statement with a specific emphasis and definable boundaries.
4. The measure of the success of your vision is God's assignment to you, not what others are doing.
5. Dreaming is only the beginning of vision instead of wishing things would

get better, we must take concrete steps to change our lives.

6. Indecisiveness is a vision killer and drains the joy out of life.
7. If you set a destination for your life while you continue to pray about your vision, God will guide you where you need to go.
8. You were not born or created to do everything. You were meant to meet certain needs, not every need.
9. When you have several gifts and talents, focus on one or two of them and stir them up. Don't allow multiple gifts to distract you from taking specific steps toward fulfilling your vision.
10. You are not defined by your past or confined by external factors.
11. God has a definite plan and purpose for your life in spite of what your

background is or what mistakes you have made.

12. When God gives a gift to someone, He doesn't change his mind about it. Whatever God has invested in you, He wants to see you use.

Reading: Proverbs 16:3

Day: 17

Known for Your Vision

What have you done so far that the world can't forget? How long will you drift along without going toward your dream? Be careful because procrastination can become a full-time occupation. Many people spend a lifetime wandering away from who God made them to be because they have never recognized who they are in the first place. We need to be like the apostles, who were known for their acts, not their talk. (In the book of Acts) They were transforming the world. Nations were afraid of them, and towns became nervous when they showed up because they were said to have "turned the world upside down" (Acts 17:6 NKJV). It's exciting to be around people who know what they are doing what they were born to do. You should be known for your God-given vision, too.

Prayer: Father, I want to be known as a doer of Your Word and not a hearer only. I want to understand the vision You have placed in my

heart and move toward the fulfillment of that vision. Please help me to do this. In Jesus's name, amen.

Reflection: Be careful procrastination can become a full-time occupation?

Reading: John 10:10, Acts 2:38-42

Day: 18

Your Purpose Is Your Passion

It has been said that there are three kinds of people in the world: First, there are those who never seem to be aware that things are happening around them. Second, there are those who notice but are continually asking, “What just happened?” Third, there are those who make things happen. When you discover your vision, it will give you energy and passion. Ecclesiastes 9:10 says, “Whatever your hand finds to do, do it with all you might.” You accomplish only what you fight for. If you are willing to put all your energy into your vision, then nobody can stop it from succeeding.

Prayer: Father, may the vision that you have placed in my heart give me the energy to live each day for you. I desire to do everything You have laid before me with all my might. In Jesus’ name, amen.

Reading: Acts 20:17-38

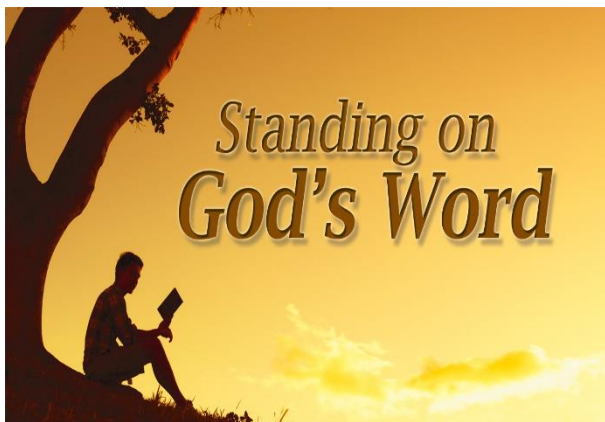
Day: 19

Destiny Demands Diligence

Destiny demands diligence. If you are going to quit after a couple of challenges, you will never win. Persistence is withstanding all opposition. Nehemiah would have stopped his work on the wall of Jerusalem because of all the problems, slander, and jeers, but he was persistent. He was determined to complete his vision. You will never be successful unless you have the spirit of persistence. Persistence means that you insist on having what you are going after; You stand up against resistance until you wear it down; You make people who are against you so tired of fighting that they either become your friends or leave you alone; and you stop only after you've finished. Again, how badly do you want your vision?

Prayer: Father, I have been tempted to give up when I have experienced resistance to my vision. Please help me to develop persistence and determination to see my vision through to fulfillment. In Jesus' name, amen.

Reading: Hebrews 10:36, James 1:12



Day 20

We are Warriors

We know that God wants us to be fighters because the Bible calls us soldiers. (See Timothy 2:3-4). We are spiritual warriors. We are people of battle. The Bible also refers to us as those who wrestle (Ephesians 6:12 NKJV). This is because we don't just receive medals from God. We earned them. If God didn't want you to fight, he would have given you the medal without the conflict. Although the fight can be tough, God says he will stay with you and work out the steps of your vision. (See Romans 8:35, 37). God has put so much in you that if you are willing to capture it, nothing can stop you. There is not enough darkness in the world to extinguish the light God has put within you.

Prayer: Father, thank You for the light of Your Holy Spirit within me. Thank You for Your love, which gives me the strength to fight the battles of life. I know that I will be victorious in Jesus' name, amen.

Reading: Daniel 8-10, Eph 6:10-18

Day: 21

God Wants Us to Succeed

Success comes in various forms; it is not only the possession of things. There are many people in the Bible who were successful and prosperous in their occupations, but there are also many who were not wealthy in terms of goods or finances but were successful because they were rich spiritually. There is nothing wrong with having money, as long as the money does not have you. We need money to take care of ourselves and our families. We can use money to serve God and to help people. God wants us to be successful, and we should trust him to give us only the material blessings he knows we can handle while keeping him first in our lives. We should want and seek spiritual success, which includes knowing and obeying God's word, knowing Jesus, and following the guidance of the Holy Spirit. When we put our spiritual lives first, everything else God wants us to have will follow.

Prayer: Father, I seek You first and trust you to add to me whatever you want me to have period. I believe you want me to be successful in all areas of life, and I trust you to teach me what success truly means. In Jesus's name, amen.

Reading: Psalm 118:25



Your goal in fasting is to develop a closer walk with Him.

It is a time of consecration from the things of the world to the things of God. First, fasting allows you to improve your communication with God through prayer and as your communication improves your relationship with God is strengthened. Thus, to effectively communicate with God you must have a strong prayer life. It is critical to increase your prayer time during a fast. Pray as often as possible or do as the Scripture say and pray without ceasing. Carry yourself in a posture of prayer not only to ask of God, but to hear from Him as well. Set aside certain Specific times for prayer and journaling! You can use the

intimate Moments Devotional or other devotional
during this time.