

“Recommitment to Rebirth”

2018

**Prayer is connecting to God and Fasting is
disconnecting from the world**

Join us in prayer from 7 pm to 8 pm nightly



***Greater New Bethel Sounds of Praise
351 Greyback Road
Summerville, SC 29483***

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Words from Apostle A. Simmons

As we consecrate ourselves these next 12 days, we must always be mindful of the Word of God which says in Matthew 17:21, *"Howbeit this kind goeth not out, but by prayer and fasting."*

To consecrate means to "make sacred" or "to dedicate or a particular purpose." This is accomplished by prayer and fasting. It goes hand-in-hand to accomplish our spiritual goals.

Prayer simply put is, talking to God. Theologically, it is a child's petition to all wise, all loving, father God. Jesus said in Luke 18:1, *"Men ought always pray and not faint."* Mark 11:24 says, *"Therefore I say unto you, what things so ever you desire, when you pray, believe that ye receive them, you shall have them."* So prayer is very vital, valuable and yet simple.

Fasting means to "abstain from food/water, in order to focus on communion, prayer and fellowship with God.

The bible teaches us that these two together, gives powerful results. (OT – Exodus 34:28, II Chronicles 20:3, Jonah 3:5, NT-Luke 2:37, Matthew 4:2, Acts 13:2)

Just as the Bible teaches us that prayer and fasting is very important, it does not specifically command believers to spend lots of time in this. However, periodically it is something that we should be doing to accomplish special results; because the real purpose of it all is to take our eyes off of the things of this world, and focus on our thoughts and prayers on God. So when you fast, don't be as the hypocrites (disfiguring their faces); but wash yourselves (face), and anoint your head with oil, so that it is not obvious.

The glory of this consecration will yield powerful results of "Apostolic and Prophetic Impartation That Empowers the Church, Through Spiritual Gifts and Kingdom Authority." For it is written, "The Father who seeth us in secret will reward you openly." I encourage each of you push through to the very end and watch God work! 2018 promises to be a year of breakthroughs, completions, turnarounds, bounce backs, prosperity, and successes. So expect your miracles and promises made to you.

May the eternal God of peace, bring to pass all of your requests that are found in his divine and perfect will.

In His Service,

Apostle Allen H. Simmons, DD

**From the desk of Intercessor Pastor:
Elder Shirley Graves**

We invite you to attend prayer with us. Our prayer times are each Saturday morning at 6 a.m., Thursday, noonday prayer from 12 pm to 1 pm and each intercessor takes time praying around the clock daily. Feel to pick and pray with us. Listen out for additional prayers throughout the year in accordance with services and National events

Corporate Consecration

What does it mean to consecrate? Consecration means to set apart or devote as sacred. Setting ourselves apart gives God the opportunity to transform our thoughts, emotions, feelings, decisions and inner dispositions. God is a gentleman and He will never force Himself upon us. When we decide to consecrate ourselves and set ourselves apart for His use, we grant Him permission to work in us. We relinquish Him authority to reset our worldly attitudes, emotions, reasoning's and dispositions. As God, resets them, He aligns them with His will for our lives and gives us the tools to follow His plans for our lives. While consecrate ourselves and set ourselves apart for Him, He prepares us for His glory. Consecration is important because it leads us on the path of holiness so that we may walk the Lords way, opens up the door for God to work in us and it puts us on a path to enjoy the riches of God's salvation

As 2018 approaches, I have been seeking God. The Word that He gave me is, "I am talking but are you listening?" God's people have lost their zeal and are not focusing on Him, as a people, we are walking in disobedience and listening to everything around us. With the different issues in the media, government and society, it is easy to lose focus and wonder where is God. The way to overcome these issues and to come back to God is to reverence him for who HE is, to rebuild our relationship and to give Him our burdens. 1 Peter 5:7 reads, "Cast your cares on Him because He cares for you." He is our Father and He wants to provide for us. We must remember to come to Him with clean hands. We also need to stop making "Resolutions" about what we plan to do in 2017 and just do it. We need to just live right. We do not know when He is coming, so we need to be ready. Ecclesiastes 3 reminds us that there is a time for all things. Now is the time to get right with God. We must be united. United does not mean that we will get along all the time. United means that we have understanding in God's Kingdom and that we work together. It means that we come together to complete the work of the Father. Each person has a role in the kingdom and it is time to get working. We know that Faith without works is dead. We do not want our faith to be dormant.

It is time to put on our armor and go to battle against Satan. Satan is not playing with us and we should not play with him either. We need soldiers to get on the frontline to battle with Satan. Do you accept the challenge?

POWER OF PRAYER

Join us nightly in prayer from 7 pm to 8 pm

Prayer is more than petitioning God and making requests to Him. Prayer is essential to the foundation of our relationship with God. Prayer is the portal that opens up the doors to an intimate, personal and solid relationship with our Heavenly Father. Through prayer, we can praise the Father, worship our Heavenly Father, confess our sins, express our concerns to Him, share our fears, give Him our true inner self, be completely vulnerable with and petition our hearts desires to Him. Prayer is also a vessel of communication with our Heavenly Father.

Not only does prayer give us the opportunity to talk to God, prayer also welcomes God the opportunity to talk to and fellowship with His children. Prayers invites Him, into our hearts, our lives and invites His divine love and protection in our lives. It gives God the opportunity to show His love for us, operate in lives and align us in His Will.

As prayer has many functions in our lives and connects us to the Father in so many ways, its Power is indescribable and crucial to our walk with Christ. David understood the Power in prayer and said, "The LORD hath heard my supplication; the LORD will receive my prayer." (Psalm 6:9). He knew that God heard his hearts cry and would show up on his behalf.

Throughout the bible, prayer has:

Overcome enemies---- Psalm 6:9-10

Conquered death-----2 Kings 4:3-36

Brought healing-----James 5:14-15

Defeated demons-----Mark 9:29

Salvation to the sinner-----Luke 18:9-14

Give guidance in war-----1 Samuel 30:8, 2 Samuel 2:1

Give sight to the blind-----2 Kings 6:17-20



Praying with Expectation

Join us nightly in prayer from 7 pm to 8 pm

- 1. Give Thanks:** *1 Thessalonians 5:18 In everything give thanks: for this is the will of God in Christ Jesus concerning you.*
- 2. Pray:** *Matthew 21:22 And all things, whatsoever ye shall ask in prayer, believing, ye shall receive. John 16:24 Hitherto have ye asked nothing in my name: ask, and ye shall receive, that your joy may be full.*
The first principle in tapping into the power of prayer is actually praying. Praying is actually plugging in the connection to tapping into the Power of Prayer.
- 3. Recognize the Power is not in the person praying but the Power is in God:** *Matthew 19:26* ²⁶ *But Jesus beheld them, and said unto them, With men this is impossible; but with God all things are possible. Jeremiah 10:12* ¹² *He hath made the earth by his power, he hath established the world by his wisdom, and hath stretched out the heavens by his discretion.*
The second principle is acknowledging the Power from Prayer comes from God the Almighty.
- 4. Pray with Confidence:** *1 John 5:14-15* ¹⁴ *And this is the confidence that we have in him, that, if we ask any thing according to his will, he heareth us: ¹⁵ And if we know that he hear us, whatsoever we ask, we know that we have the petitions that we desired of him.*
Confidence is approaching God knowing that if we ask anything according to His will, He hears us. Praying with confidence is having faith and believing that God hears us and will answer.
- 5. Pray Sincerely:** If we walk through the book of Psalms, we will see that David prayed sincerely to God. He often shared his deepest hurts, concerns and feelings. He recognized God for His true righteousness. When praying sincerely, we must be mindful not use prayer as a bargaining tool to try to manipulate God into do what we want.
- 6. Communicate with God:** *John 16:13* ¹³ *Howbeit when he, the Spirit of truth, is come, he will guide you into all truth: for he shall not speak of himself; but whatsoever he shall hear, that shall he speak: and he will shew you things to come.*
Our communication with God should not only be when we want something. We should recognize that God wants fellowship and relationship with us. He wants to bless but He also wants to guide us, love us and protect us. How would you feel if the only time someone called on you was when they needed something or wanted something from you.
- 7. Pray for Acceptance of God's Will:** *Jeremiah 29:11 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.*

2018 Consecration Commitment

Refrain from eating or drinking between the hours of 6:00 am to 6:00 pm each day from January 1st to January 12th. New Year's Day and Sunday are an exception. The fasting time is 6:00 am to 3:00 pm.

Target your prayers during the fast. We can easily look around and see the times that we are living in are perilous and dangerous. We must pray for our spiritual leadership, our national leadership, our country, our world and God's Divine Kingdom worldwide. Our prayers should not be limited to our spiritual foundation but also government, communities and society in general. World peace, financial and economic stability, the spreading of the gospel, and unity are things that can be included in our prayers. When you put the needs of others on the altar, we believe that God will hear us and heal our land. In addition, God will meet our needs also.

Step 1: Set Your Objective

- Why are you fasting? Seek the Holy Spirit for guidance and clarity.

Step 2: Make Your Commitment

- What type of fast are you enduring?
- What are your limitations? Socially and physically
- How much time will you devote to prayer daily and study daily?

Step 3: Prepare Yourself Spiritually

- Ask God to help you make a comprehensive list of your sins.
- Confess every sin that the Holy Spirit calls to your remembrance and accept forgiveness
- Seek forgiveness from those you have offended.
- Ask God to fill you with His Holy Spirit

Step 4: Prepare Yourself Physically

- Consult your physician if you take prescription medication or have a chronic ailment.
- Prepare your body by eating smaller meals before starting a fast.

Fasting Fundamentals

- **Plan Your Fast**

You should enter your fast with prayer and a specific plan for how long you will fast. Our corporate fast is from January 1st through January 12th from 6 am to 6 pm daily. Along with fasting we will have one hour of prayer daily at the main sanctuary from 7 pm to 8 pm.

Part of planning your fast should include targeting things to pray about and pre-planning topics of study. If you have medical conditions and have to alter your fast it may also include pre-purchasing food substitutes or alternatives.

- **Consider Your Schedule**

While a fast, by nature, is inconvenient, it should be an inconvenience to you—not to those around you. Fasting should be a personal commitment. If you have children and loved ones that are not fasting, try to incorporate their meal times with your prayer times or study times.

- **Tell Only the People You Must**

Your spouse will need to know you are fasting. Beyond that, you would be better off not telling many people that you are fasting. Telling your pastor can be a help both to you and to him. And always consult with your physician if you have medical conditions or you take routine medications that require food intake.

- **Wean Yourself Off Caffeine and High Sugary Foods**

Several days before your fast begins, you should start weaning yourself off caffeine and high sugary foods. Some people experience unbearable headaches 2 to 3 days after ceasing to drink caffeinated products.

- **Beware of Your Emotions and Heightened Sense of Spiritual Awareness**

Some people experience vast mood swings during a fast. One moment you are focused on God and then you are wallowing in pity. Knowing that this is likely to happen will help you react properly. Also expect a sense of heightened Spiritual Awareness, when separate yourself from regular patterns of the world and focus on God, He gives you clarity and it helps to develop a more intimate relationship with Christ.

- **Be Still and Focus on God**

Fasting is a time to study God's Word, meditate and pray. To help with this, plan a specific Bible passage or topic you want to study during your fast. Look for verses you want to memorize and meditate upon. Fasting by Jesus and the disciples was always accompanied by prayer. Spend time talking to God and allowing Him to reveal Himself to you in His Word.

- **Expect physical changes.**

During fasting, expect your physical body to change as it physically detoxes in addition to your spiritual detoxing. You could experience symptoms such as headache, fatigue, nausea, foggy brain, bad breath etc.

What happens to my body while I am Fasting?

Your body will go through changes and you will feel differently. Do not be alarmed this is all natural as your body begins to detox and eliminate waste. Listed below are some changes that you may experience.

- You will feel hungry
- Light-headed and/or Dizziness
- Body odor
- Constipation
- Dark urine
- Skin irritation
- Bad breath
- Nausea
- Coated Tongue
- Change in energy levels
- Sinuses may be clogged

These changes are occurring because during the fast your body is going through a detoxification process in which it is expelling harmful wastes and toxins. Your body will then begin to pull energy from fat that is stored. The skin irritation, body odor, bad breath, and coated tongue are just ways that your body is naturally expelling wastes and toxins.

In the beginning, your energy levels will drop and you may feel fatigue, hunger, irritation and even light-headed but hold on. Do not give up. Around day eight, your energy levels will balance and you will feel energized as if you were exercising. Most people have a clear mind and appear to function at better rates than before they started the fast.

As you will see, fasting benefits your physical body as well as your spirit. The biggest benefit of fasting both for the physical and for the spirit is that it naturally detoxes you and pulls from your reserve. Naturally, it pulls fat that is stored up and spiritually it quiets external influences and forces your spirit to pull from your spiritual reserve.

What Happens Spiritually While I am Fasting:

We are all familiar with passage of Mark 9:29, in which Jesus answers the disciples that some power only comes from fasting and prayer. Fasting also does much more for our spiritual lives than to only cast out devils and demons. When we fast, we are disconnecting from the world and our comfort zone and relying on God to fill us. Listed below are some benefits of fasting.

- **Brings spiritual clarity**
 - Romans 12:2 And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.
 - **Surrender comfort-** Fasting pulls you out of your comfort zone and kills your fleshly desires. It helps you to focus on your spirit and not your flesh. It promotes self-discipline.
- **Reveals things that control us**
 - Abstaining from food helps to regain mastery of flesh. Fasting reveals to us where our attention is diverted from God and diverts our attention back to God.
- **Unlocks Spiritual Power**
 - Breaks Satanic Strongholds
 - Isaiah 58:6, "Is not this the fast that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke?"
- **Builds Trust and Develops greater intimacy with God.**
 - Just like any relationship, the more time and energy that you invest in it will produce greater intimacy and a deeper bond.

Fasting is a tool that God has given us that has many functions. It builds character and spiritual clarity, it reveals the deep things inside of us, it unlocks spiritual power and deepens our relationship with God. When done sincerely and honestly fasting aligns us to live the holy life that God desires of us.

Successful Fasting

Throughout the Old Testament and New Testament people prayed and fasted for different reasons. Their results varied depending on the purpose of the fast and each time there was a fast, we see God showing up on behalf of us people. Listed below are a few examples.

Jesus-Preparation for ministry
Matthew 4:1-11

Esther-Protection her people
Esther 4:16

Ezra-Protection of God's people as they traveled from Babylon to Jerusalem
Ezra 8:21-23

Nehemiah-Mourning because the temple was destroyed
Nehemiah 1:3-11

Anna- Fasted in worship
Luke 2:36-38

The people of Nineveh fasted
Jonah 3:4-10

Your fasting success:

2018 Consecration My Personal Plan

My Consecration Commitment

My Objective:

My Prayer Target Areas:

My Personal Study Topics:

My Personal Study Time:

Additional Comments:



12 Days of Consecration and Fasting

January 1 ~ Hunger for Word, Thirst for Righteousness, Obedience to the Word

January 2 ~ New Bethel Church Leadership (Pastors, Deacons, Ministry Leaders)

January 3 ~ Community and Government (President, Governors etc)

January 4 ~ Family, Friends, Enemies, Associates, Co-workers

January 5 ~ New Bethel Sounds of Praise, Provision, Finances, Auxiliaries/Ministries

January 6 ~ National SOP – Vision, Leadership

January 7 ~ Renewed Hope and Revival

January 8 ~ Unity of the Spirit, Bond of Peace, Oneness Mind/Speech

January 9 ~ Uncommon Love, Strengthened Faith, Acceptance of One Another

January 10 ~ Employment, Sick and Shut In, Restoration of the Saints

January 11 ~ Relationships, Church Growth and Power to Connect

January 12 ~ Endowment Power, Leading of the Holy Spirit and Anointing of the House and Members

January 1
Hunger for Word, Thirst for Righteousness, Obedience to the Word

The Thirsty King

Psalm 42

*1 As the deer pants for streams of water,
so my soul pants for you, my God.
2 My soul thirsts for God, for the living God.
When can I go and meet with God?*

Acts 13:22 refers to David as a man after God's own heart because he was thirsty for God. Throughout, the scriptures, we find David praising, dancing, talking to God, communing with God and depending on God. He developed a relationship with God. As we enter this fast, we should be thirsty like King David. We should be hungry for God's word, Thirsty for His Righteousness and willing to put our desires aside and walk in obedience to His word and desires for our lives. We have to come out of our comfort zone and be willing to become undignified in His presence, willing to make sacrifices, and take our praise to the next level. This fast is not only going to transform us for the next 12 days but develop a lifestyle to be thirsty for God.

As we pray today, we should pray that God opens our hearts and minds to be transformed during the next twelve days. We should pray that we are receptive to God and things that he is trying to pull out of us. We should pray that we are able to withstand the physical changes that are bodies are about to endure.

Day 1

Target Prayer Area:

Today I Feel:

My Strengths

My Weakness:

Plan for Tomorrow:

January 2
New Bethel Church Leadership (Pastors, Deacons, Ministry Leaders)

The King on the Front-Line

1 Samuel 17

³⁴ But David said to Saul, "Your servant has been keeping his father's sheep. When a lion or a bear came and carried off a sheep from the flock, ³⁵ I went after it, struck it and rescued the sheep from its mouth. When it turned on me, I seized it by its hair, struck it and killed it. ³⁶ Your servant has killed both the lion and the bear; this uncircumcised Philistine will be like one of them, because he has defied the armies of the living God. ³⁷ The LORD who rescued me from the paw of the lion and the paw of the bear will rescue me from the hand of this Philistine."

Just like David, our leaders take the responsibility to go on the front line and battle for God's people. David mentioned that he rescued his father's sheep from a lion or a bear before. That is an example of the daily battles that our leaders fight for the people. The enemy sends struggles their way to distract them and get them off course but they are not defeated by these struggles. They overcome them daily. In addition, that gives them strength to stand up strong and fight battles on our behalf. They go up against the enemy in prayer and fasting and reclaim our families and us because we are God's people.

As we pray today, we should pray that our leaders are strengthened in Christ, that they would have Godly wisdom and boldness that comes from God to continue to fight battles for themselves and be on the front-line for God's people. We should pray for protection for our leaders and their families. It also important that we pray for Godly relationships and friendships and they are not be influenced nor corrupted by worldly attacks and desires. If our leaders go on the frontline for us, we should be willing to go in the prayer room for them.

Day 2

Target Prayer Area:

Today I Feel:

My Strengths

My Weakness:

Plan for Tomorrow:

January 3

Community and Government
God Chose the King

1 Samuel 16

7 But the LORD said to Samuel, "Do not consider his appearance or his height, for I have rejected him. The LORD does not look at the things people look at. People look at the outward appearance, but the LORD looks at the heart."

More times than we care to admit, man rather than God chooses our local and national officials. As Christians it is our duty to pray for them. We must pray for well-being, their intentions, motives and character. We are directly affected by the decisions that our national and local officials. As Christians, we must pray that God's will be done, no matter who is in office. We are God's representative here on earth and we can't be shaken by the elected officials and their choices. Our national and local representatives are elected by man and not directly chosen by God, so they not have Godly motives and desires. They may be persuaded by popularity and desire to stay in office. As God's representative here on earth, we must participate in elections and voice our opinions to our leaders. We have to push God's word into the world because the enemy is strongly pushing his propaganda in the world. We must remember to fight for our government and communities.

As we pray today, we should pray that our government and community leaders make biblical decisions and that their hearts would be pierced by the word of God. We should pray that our government return to being God centered and not following the evil propaganda of the enemy.

Day 3

Target Prayer Area:

Today I Feel:

My Strengths

My Weakness:

Plan for Tomorrow

January 4 Family, Friends, Enemies, Associates, Co-workers

2 Samuel 19: 1-2, 4, 6

Joab was told, "The king is weeping and mourning for Absalom." ²And for the whole army the victory that day was turned into mourning, because on that day the troops heard it said, "The king is grieving for his son." ⁴The king covered his face and cried aloud, "O my son Absalom! O Absalom, my son, my son!"

⁶You love those who hate you and hate those who love you.

Absalom killed his brother for harming his sister and threatened the authority of his father King David. This threat had David on the run from his own son. Sometimes, the people that we love the most are the ones that hurt us the most. Even after all the evil that Absalom did to his own family, David mourned when he heard the death of Absalom.

Despite the journey, that life takes you on with family, friends and loved ones; there is a standard of unconditional love that remains. The enemy uses our family members, co-workers and friends to distract and hurt us because they are closest to us and we spend the most time with them. We must recognize that the devil is using them and we pray against his tactics and schemes while showing the real love of God our Father. It may not always be easy to pray for and show love to people that have hurt you but God can strengthen you.

As we pray today, our prayer should be that God bless our family and keep them. We must pray that we recognize the spirit of real enemy and not allow him to cause conflict amongst us. We should pray for the salvation of family, friends, co-workers and even our enemies. We should also pray that God strengthen them in areas in which they are weak.

Day 4

Target Prayer Area:

Today I Feel:

My Strengths

My Weakness:

Plan for Tomorrow:

January 5

New Bethel Sounds of Praise, Provision, Finances, Auxiliaries/Ministries

1 Samuel

¹⁴ One of the servants told Abigail, Nabal's wife, "David sent messengers from the wilderness to give our master his greetings, but he hurled insults at them. ¹⁵ Yet these men were very good to us. They did not mistreat us, and the whole time we were out in the fields near them nothing was missing. ¹⁶ Night and day they were a wall around us the whole time we were herding our sheep near them.

¹⁸ Abigail acted quickly. She took two hundred loaves of bread, two skins of wine, five dressed sheep, five seahs^[b] of roasted grain, a hundred cakes of raisins and two hundred cakes of pressed figs, and loaded them on donkeys. ¹⁹ Then she told her servants, "Go on ahead; I'll follow you."

For a portion of his life, David was on the run from Saul and then from Absalom. He often hid in mountains and caves but no matter where he hid, God provided all of his needs. The scripture teaches us that even while hiding and on the run, David was still working. He and his men served as protection to Nabal and his family. The scripture teaches us to stay busy in working for God even when we are in and uncomfortable place.

In Psalm 37:25, David declares that, "I was young and now I am old, yet I have never seen the righteous forsaken nor his seed begging bread." We are his seed and God has made provisions for our ministries and us. We just have to tap into his abundant and overflowing blessings. If we are operating in honesty and obedience, God will open up the doors of heaven and make provisions for our ministries and for us to go out and show his light to the world.

As we pray today, we should pray for that our leaders are obedient to God's word and we are spiritual position to walk through the doors that God has opened for us. We should pray for faith and humility as we await for God's provision and financial integrity as we utilize the provisions that God provides for us. As we are waiting, we should pray that our leaders are busy doing God's work.

Day 5

Target Prayer Area:

Today I Feel:

My Strengths

My Weakness:

Plan for Tomorrow:

January 6 National SOP – Vision, Leadership

David's vision aligned with God's will

1 Samuel 23:4

⁴Once again David inquired of the LORD, and the LORD answered him,

1 Chronicles 14:10

so David inquired of God: "Shall I go and attack the Philistines? Will you deliver them into my hands?" The Lord answered him, "Go, I will deliver them into your hands"

Numerous times throughout the scripture, David INQUIRES of God. Whenever he is about to make a big decision and go into battle, he goes to God and seeks God's will. We should pray that our leaders are in alignment with God's will. Our National leaders are faced with many obstacles, distractions and pressures that we do not even take into consideration. Leading people is never an easy task. Our leaders hold the ultimate level of accountability to God and accountability to the people. Unlike God, people can have attitudes, outside influences and/or ungodly motives. Our leaders also deal with financial, political and legal obstacles. On top of that, our national church is under constant attack from the enemy because he does not want us to move forward in Christ.

As we pray today, we should pray that are leaders are spiritually responsible and accountable to God and then to the well-being of God's will. We should also pray that they have Godly wisdom and seek God for fresh guidance. We should pray that our leaders have financial and moral integrity and walk a life that magnifies the fruits of the spirit.

Day 6

Target Prayer Area:

Today I Feel:

My Strengths

My Weakness:

Plan for Tomorrow:

January 7 Renewed Hope and Revival

David Encouraged Himself in the Lord

1 Samuel 30:3-6, 7-8

³ When David and his men reached Ziklag, they found it destroyed by fire and their wives and sons and daughters taken captive. ⁴ So David and his men wept aloud until they had no strength left to weep. ⁵ David's two wives had been captured— Ahinoam of Jezreel and Abigail, the widow of Nabal of Carmel. ⁶ David was greatly distressed because the men were talking of stoning him; each one was bitter in spirit because of his sons and daughters. But David found strength in the LORD his God.

⁷ Then David said to Abiathar the priest, the son of Ahimelek, "Bring me the ephod." Abiathar brought it to him, ⁸ and David inquired of the LORD, "Shall I pursue this raiding party? Will I overtake them?" "Pursue them," he answered. "You will certainly overtake them and succeed in the rescue."

David had an internal weight of his wife and children being captured while he was at war and then he had an external weight of the people being upset with him talk of stoning him. At that point, David was backed into a corner and had to way to go but up. Instead of pleading with the people or losing himself to his own emotions, David turned to God. He encouraged himself in the Lord.

Right about now, your physical body is detoxing and your energy levels are up and down. Do not give up. Physically you are about to go into a fasting surplus. Your organs are in a process of cleaning and your body is beginning to heal itself. It's time to push past being physically uncomfortable and renew your spirit. It's time to take back everything that the enemy tried to steal. The enemy has been attacking you and trying to prevent you from getting to day seven because he knew that you would be renewed and strengthened.

As we pray today, pray for mental renewal of your mind, spirit and body. Ask God to help you to forget about the physical changes that are occurring and to help you focus on the spiritual victories that are being won. We should pray that God will help us to find strength in him that will push us to encourage ourselves and to continue with this fast.

Day 7

Target Prayer Area:

Today I Feel:

My Strengths

My Weakness:

Plan for Tomorrow:

January 8

Unity of the Spirit, Bond of Peace, Oneness Mind/Speech

David the King of Israel and Judah

2 Samuel 5:1-5

All the tribes of Israel came to David at Hebron and said, "We are your own flesh and blood. ² In the past, while Saul was king over us, you were the one who led Israel on their military campaigns. And the LORD said to you, 'You will shepherd my people Israel, and you will become their ruler.'"

³ When all the elders of Israel had come to King David at Hebron, the king made a covenant with them at Hebron before the LORD, and they anointed David king over Israel.

⁴ David was thirty years old when he became king, and he reigned forty years. ⁵ In Hebron he reigned over Judah seven years and six months, and in Jerusalem he reigned over all Israel and Judah thirty-three years.

For years, the tribes of Israel and Judah were separated because of religious technicalities but they were unified under the reign of King David. Today, we live in a world full of Christians with different backgrounds, lifestyles, mannerisms and practices. With all of those differences, we have one common ground and universal symbol and that is Christ and the word of God that can unify our spirits and minds. Despite the differences in languages, dialects and lingo, we should have a common voice of Godly love and all exhibit Godly characteristics towards humanity. In a time of wars and rumors of wars, it should our prayer that the peace of God would rule our hearts. The kingdom of God is a universal kingdom unified by the spirit of God; so we must continually pray for the kingdom of God and his people.

As we pray today, we should pray that Christians worldwide be unified under the love of Christ and that we show wisdom and self-control that does not let the enemy penetrate that unity with doctrinal differences. We should also pray for Christians in other countries who do not have the opportunity to freely serve and worship God. We should pray that we all speak the same language of love to win the hearts of unbelievers.

Day 8

Target Prayer Area:

Today I Feel:

My Strengths

My Weakness:

Plan for Tomorrow:

January 9

Uncommon Love, Strengthened Faith, Acceptance of One Another

1 Samuel 20

¹⁶ So Jonathan made a covenant with the house of David, saying, "May the LORD call David's enemies to account." ¹⁷ And Jonathan had David reaffirm his oath out of love for him, because he loved him as he loved himself.

⁴² *Jonathan said to David, "Go in peace, for we have sworn friendship with each other in the name of the LORD, saying, 'The LORD is witness between you and me, and between your descendants and my descendants forever.'" Then David left, and Jonathan went back to the town.*

David and Jonathan had an uncommon friendship of loyalty and acceptance. Jonathan recognized the anointing and the call on David's life. He understood that God had stripped the anointing from his father Saul and it now laid on David. Jonathan did not have a sense of animosity, hatred or anger towards David. He accepted David for who he was and how God was using him. In the world system, Jonathan should have been next in line after his father Saul to be king. It would be understandable if Jonathan shared his hatred for David like his father. He did not share that hatred nor was he envious of the anointing that God placed on David. Jonathan's attitude and actions represent his true faith in God and his decision to make David king. Jonathan never tried to tear David down or destroy his character. Instead, Jonathan protected him from his father killing him and made a life-long covenant with David.

As we pray today, our prayers should be that we have that kind of uncommon love and acceptance for each other. We should pray that God strengthen our faith so that we support each other and build each other in the word. We should pray that we would not be envious or have strife amongst each other.

Day 9

Target Prayer Area:

Today I Feel:

My Strengths

My Weakness:

Plan for Tomorrow:

January 10

Employment, Sick and Shut In, Restoration of the Saints

Psalm 43

⁵ Why, my soul, are you downcast?

Why so disturbed within me?

Put your hope in God,

for I will yet praise him,

my Savior and my God.

Things like lack of employment, sickness and brokenness can cause us to lose faith, lose hope and have us down in our spirits. Those things can cause of take our focus off God, put us in pit of hurt, pain, destruction, and send us in a spiral downfall of sin. We must remember to pray for those among us who are sick, shut in, and may not have the energy or strength to ask for help. We should also pray for those who are unemployed or under-employed. Financial struggles can lead to embarrassment, other sins and weakened faith in God. God's people are struggling every day. We should pray that God's people are restored and they we all keep our eyes focused on him. That we continue to have faith and hope in God. The word teaches us that hope does not disappoint us.

As we pray today, we should focus on those who may be lost and cannot pray for themselves. We must bind the enemy and his attacks on their hearts, minds and body. We should pray for their financial, mental, emotional, physical and spiritual well-being.

Day 10

Target Prayer Area:

Today I Feel:

My Strengths

My Weakness:

Plan for Tomorrow

January 11

Relationships, Church Growth and Power to Connect

2 Samuel 12

⁷ Then Nathan said to David, "You are the man! This is what the LORD, the God of Israel

¹³ Then David said to Nathan, "I have sinned against the LORD."

The relationship between David and Nathan was more than that of a prophet to the king. David went through great measures to cover up his sin with Bathsheba. I can imagine that it was not easy for Nathan to go and rebuke King David. However, Nathan went to the king in decency and appealed to his obedience to the law and his concern for his fellowman. In this relationship, we see that David receives rebuke from Nathan, admitted his own personal sin and attempted to make things right with God. Our relationships and ability to connect with people directly affect the growth of our church. We have to be able to connect with people in humility, love, show compassion but also uphold the word of God.

As we pray today, we should pray and ask God to build our churches through Godly relationships and not just have seat warmers. Our prayers should be that we are sensitive to the Holy Spirit and have the ability connect with each other.

Day 11

Target Prayer Area:

Today I Feel:

My Strengths

My Weakness:

Plan for Tomorrow:

January 12

Endowment, Power, Leading and Holy Spirit and Anointing of the House and Members

The Anointed King

2 Samuel 6

¹² Now King David was told, "The LORD has blessed the household of Obed-Edom and everything he has, because of the ark of God." So David went to bring up the ark of God from the house of Obed-Edom to the City of David with rejoicing. ¹³ When those who were carrying the ark of the LORD had taken six steps, he sacrificed a bull and a fattened calf. ¹⁴ Wearing a linen ephod, David was dancing before the LORD with all his might, ¹⁵ while he and all Israel were bringing up the ark of the LORD with shouts and the sound of trumpets.

¹⁷ They brought the ark of the LORD and set it in its place inside the tent that David had pitched for it, and David sacrificed burnt offerings and fellowship offerings before the LORD. ¹⁸ After he had finished sacrificing the burnt offerings and fellowship offerings, he blessed the people in the name of the LORD Almighty. ¹⁹ Then he gave a loaf of bread, a cake of dates and a cake of raisins to each person in the whole crowd of Israelites, both men and women. And all the people went to their homes.

²¹ David said to Michal, "It was before the LORD, who chose me rather than your father or anyone from his house when he appointed me ruler over the LORD's people Israel—I will celebrate before the LORD. ²² I will become even more undignified than this, and I will be humiliated in my own eyes. But by these slave girls you spoke of, I will be held in honor."

The ark represented the presence of God in the midst of the people and symbolized the covenant between God and his people. We see that when the ark was brought back to the city, David got excited. He danced and offered sacrifice to God and then he blessed the people. Ask yourself, "Do I get excited about being in the presence of God? Do I welcome the Holy Spirit and the anointing of God like David?" The scripture goes on to tell us that David danced out of his clothes and then tells his wife that he would become even more undignified than that for God.

As we pray today, we should pray that God's anointing would overtake us. We should pray that it would overflow from our church to homes, our jobs and our communities. We need the power of God that blessed Obed-Edom whole house to bless our homes so that we bless others and show others the power of God.

Day 12

Target Prayer Area:

Today I Feel:

My Strengths

My Weakness:

Plan for Tomorrow:

30 Days with the King

30 Days with The King

The next thirty days will transform your life. It will take you on a personal and intimate journey with God like you have never experienced before. There are thirty scriptures. You will read one scripture each day and you should focus on that scripture for that day. These scriptures will lead you into a more intimate and personal relationship with God. This journey will help you see God's personal involvement in your life daily. Anthropomorphic means to give God human characteristics. An example of this is that God walked through the garden. As you travel through the next thirty days and you follow these scriptures allow the scriptures to penetrate your heart, mind and soul because God is literally walking with you. Follow this fast, know that these characteristics of God are active in your daily life and if you open your heart, he will guide and you will develop a greater level of love, trust, honor and respect for him. The first twenty days you will experience who the king is and what he does. The last ten days are you for you to participate and treat God like the king he is. Just like any successful relationship, communication is a two way street. Open up your heart to communicate with God.

These first ten days will help you realize some things that God does just because He is a God. He does more than bless people with material things. He is active in your life daily in ways that you may not even recognize. Try to reflect on his activity in your life for these first ten days.

The next ten days will help you to realize the more compassionate, loving and intimate side of God. You will see that he is concerned about you and the things that concern you. The second part will help you to open to God and develop a deeper level of intimacy with you.

Just like in any relationship, we want the love and sacrifice that we give to be reciprocated. The last ten days, walk you through giving God that back what he desires from a relationship with us.

What He Does

1. Forgive Your Sins

Psalm 103:3 "who forgives all your sins and heals all your diseases"

2. Heals

Psalm 103:3 "who forgives all your sins and heals all your diseases"

3. Satisfy Your Desires

Psalm 103:5 "who satisfies your desires with good things so that your youth is renewed like the eagle's."

4. Reveals Himself

Psalm 103:6 "The Lord works righteousness and justice for all the oppressed."

5. Watches over all who love him

Psalm 145:20" The Lord watches over all who love him, but all the wicked he will destroy."

6. Afflictions

Psalms 34:19 Many are the afflictions of the righteous, But the Lord delivers him out of them all.

7. Restores

Psalm 23:3 "He restores my soul; He leads me in the paths of righteousness"

8. Cover Thee

*Psalm 91:4 "He shall cover you with His feathers, and under His wings you shall take refuge;
His truth shall be your shield and buckler."*

9. Protection

Psalm 139:5 "You have hedged me behind and before, and laid Your hand upon me."

10. Instruction

Psalm 32:8 "I will instruct you and teach you in the way you should go; I will guide you with My eye."

Who He Is

1. Compassionate and gracious

Psalm 103:8 "The Lord is merciful and gracious, Slow to anger, and abounding in mercy."

2. Slow to Anger

Psalm 103:9 "He will not always strive with us, nor will He keep His anger forever."

3. Faithful to his promises

Psalms 145:13 Your kingdom is an everlasting kingdom, and your dominion endures through all generations. The Lord is trustworthy in all he promises and faithful in all he does.

4. Near to all who call on Him

Psalms 145:18 "The Lord is near to all who call upon Him, to all who call upon Him in truth."

5. Thou art my hiding place

Psalm 32:7 "You are my hiding place; You shall preserve me from trouble; You shall surround me with songs of deliverance."

6. Refuge and Strength

Psalm 46:1 "God the Refuge of His People and Conqueror of the Nation's"

7. The Shepherd

Psalm 23:1 "The Lord the Shepherd of His People"

8. My Rock

Psalm 18:2 "The Lord is my rock and my fortress and my deliverer; My God, my strength, in whom I will trust; My shield and the horn of my salvation, my stronghold."

9. King of Glory

Psalm 24:8 "Who is this King of glory? The Lord strong and mighty, The Lord mighty in battle."

10. Strong and Mighty

Psalm 89:13 "You have a mighty arm; Strong is Your hand, and high is Your right hand."

How Should I treat the King?

1. Exalt him

Psalms 145 :1 I will extol You, my God, O King; And I will bless Your name forever and ever.

2. Praise

Every day I will bless You, And I will praise Your name forever and ever. 3 Great is the Lord, and greatly to be praised; And His greatness is unsearchable.

3. Bless the Lord

Psalms 34:1 I will bless the Lord at all times; His praise shall continually be in my mouth.

4. Trust

Psalms 62:8 Trust in Him at all times, you people; Pour out your heart before Him; God is a refuge for us.

5. Sing Praises

Psalms 9:11 Sing praises to the Lord, who dwells in Zion! Declare His deeds among the people.

6. Worship

Psalms 29:2 Give unto the Lord the glory due to His name; Worship the Lord in the beauty of holiness.

7. Acknowledge

Psalms 32:5 I acknowledged my sin to You, and my iniquity I have not hidden. I said, "I will confess my transgressions to the Lord, And You forgave the iniquity of my sin."

8. Trust

Psalms 37:3 Trust in the Lord, and do good; Dwell in the land, and feed on His faithfulness.

9. Commit

Psalms 37:5 Commit your way to the Lord, Trust also in Him, And He shall bring it to pass

10. Delight

Psalms 37:4 Delight yourself also in the Lord, And He shall give you the desires of your heart.

