

FASTING DEVOTIONAL



By Hope Church

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"But as for me and my house, we will serve the Lord."

Joshua 24:15 (ESV)

LIE TO FAST

What I speak over friends, family and my home really doesn't matter.

TRUTH TO FEAST

The words out of my mouth are powerful, and that includes what I speak over those whom God has placed in my life.

JOURNAL PROMPT

Proverbs 18:21 ESV "Death and life are in the power of the tongue and those who love it will eat its fruit." Setting aside time with your family & community brings consistent connection. Take time to connect and become your community's greatest encourager. See them through the eyes of hope and prayer. Then share with them what you see and continue to pray that over them. For a prompt, pray Galatians 5:22-23 over each member of your family: Lord, I pray that I would walk in LOVE- in how I show love and speak love today. I ask that JOY would be in our home, laughter would fill the walls, the halls, over the dining table, in our bedrooms, in our spirits: we would grow in laughter. I ask for PATIENCE to lead us. Help me to be patient with myself, my friends, my family, my boss, my neighbor...(and continue with each fruit of the spirit)

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"One man was there who had been an invalid for thirty-eight years. When Jesus saw him lying there and knew that he had already been there a long time, he said to him, "Do you want to be healed?" The sick man answered him, "Sir, I have no one to put me into the pool when the water is stirred up, and while I am going another steps down before me." Jesus said to him, "Get up, take up your bed, and walk." And at once the man was healed, and he took up his bed and walked."

John 5:5-9 (ESV)

LIE TO FAST

My life has always been bad, and it will never change.

TRUTH TO FEAST

The length of time a problem exists does not determine the likelihood of a breakthrough in God's Kingdom.

JOURNAL PROMPT

Matthew 4:4 tells us we live "by every word that proceeds from the mouth of God," and here's the good news: God isn't stumped or stuck by your circumstance. In fact, every desire of God for your life is wrapped in hope, reconciliation, and total restoration. As we face long-standing issues, there will be times when we are to diligently revisit scriptural promises and clarify what has been spoken to us. This gives us an opportunity to hear a fresh heavenly word or new divine strategy to cause life to manifest in the area that has been dead for a long time. Which area of life do you need God's truth to permeate? What scriptural promises are you standing on?

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"Jesus Christ is the same yesterday, and today, and forever."

Hebrews 13:8 (ESV)

LIE TO FAST

God will change his mind about me.

TRUTH TO FEAST

Even though the things around us change, He won't.

JOURNAL PROMPT

When was the last time you revisited truths that God has spoken over you? What does He say about you:

- Genesis 2:7 *"I am the Creator and you are my creation. I breathed into your nostrils the breath of life."*
- Genesis 1:27 *"I created you in my own image."*
- Psalm 139:14 *"You are fearfully and wonderfully made."*
- Matthew 10:31 *"You are more valuable than many sparrows."*

Just to name a few. He has chosen you and has given you His word to meditate on it day and night to know who you are and whose you are.

LET'S GROW TOGETHER

Spend the next 21 days growing personally and as a community with our activity & resource list!

ACTIVITIES

- Dust off the books & read
- Play board games
- Start a new Bible study
- Create a prayer journal
- Cook dinner with friends or family
- Take a family walk
- Get crafty (Pinterest optional)
- Call someone you miss
- Exercise & get moving
- Organize and declutter your home
- Write encouraging notes & mail them
- Invite friends over for dinner
- Build a fort
- Paint or draw with friends or family
- Listen to an audio book
- Make homemade ice cream
- Send care packages to the sick
- Make a gratitude list
- Put a puzzle together
- Create a 2023 dream board

RESOURCES for kids

Indescribable
by Lou Giglio

How Great Is Our God
by Lou Giglio

The Wonder of Creation
by Lou Giglio

The Moments with Jesus
by Bill Johnson

Jesus Calling Family Devotionals
by Sarah Young

RESOURCES for everyone else

The Rewards of Fasting
by Mike Bickle

How To Pray
by Pete Greig

Fasting
by Jentezen Franklin

For more resources
visit - hopechurch.net/fastingwithhope

