# 21 DAY FAST

DAYSIXTEEN

## FASTING FOCUS

Philippians 4:6-8 (NLT)

6 DON'T WORRY ABOUT ANYTHING; INSTEAD, PRAY ABOUT EVERYTHING.
TELL GOD WHAT YOU NEED and THANK HIM FOR ALL HE HAS DONE.

- 7 THEN you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.
- 8 And now, dear brothers and sisters, one final thing. FIX YOUR THOUGHTS on what is true, and honorable, and right, and pure, and lovely, and admirable.

  THINK ABOUT THINGS THAT ARE EXCELLENT AND WORTHY OF PRAISE.

TODAY I WILL NOT WORRY ABOUT IT...

TODAY I WILL PRAY ABOUT IT...

TODAY I WILL HAVE PEACE IN IT...

TODAY I WILL ONLY THINK ABOUT THE GOODNESS OF GOD!!!

## Morning Prayer

## **SACRIFICE**

## Hebrews 13:16

16 Do not neglect to do good and to share what you have, for such sacrifices are pleasing to God.

#### Romans 12:1-2

1 I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship.

#### Proverbs 21:3

3 The Lord is more pleased when we do what is right and just than when we offer him sacrifices.

## Ephesians 5:2 (NLT)

2 Live a life filled with love, following the example of Christ. He loved us and offered himself as a sacrifice for us, a pleasing aroma to God.

## Matthew 9:13

13 Then he added, "Now go and learn the meaning of this Scripture: 'I want you to show mercy, not offer sacrifices.'

For I have come to call not those who think they are righteous, but those who know they are sinners."

## Psalms 51:17

17 The sacrifices of God are a broken spirit; a broken and contrite heart, O God, you will not despise.

## Morning Prayer

## **SOWING**

#### Galatians 6:7-8

7 Do not be deceived: God is not mocked, for whatever one sows, that will he also reap. 8 For the one who sows to his own flesh will from the flesh reap corruption, but the one who sows to the Spirit will from the Spirit reap eternal life.

## Psalms 126:5

5 Those who sow in tears shall reap with shouts of joy!

#### **Genesis 26:12**

12 And Isaac sowed in that land and reaped in the same year a hundredfold. The Lord blessed him

## 2 Corinthians 9:6

6 The point is this: whoever sows sparingly will also reap sparingly, and whoever sows bountifully will also reap bountifully.

## 2 Corinthians 9:10

10 He who supplies seed to the sower and bread for food will supply and multiply your seed for sowing and increase the harvest of your righteousness.

## Luke 12:24

24 Consider the ravens: they neither sow nor reap, they have neither storehouse nor barn, and yet God feeds them. Of how much more value are you than the birds!

## Morning Prayer

## Remind Yourself

## There Is Power In The Word Of God

## Hebrews 4:12

12 For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart.

## Psalms 119:105

105 Your word is a lamp to my feet and a light to my path.

## *Matthew 24:35*

35 Heaven and earth will pass away, but my words will not pass away.

## Isaiah 40:8

8 The grass withers, the flower fades, but the word of our God will stand forever.

## Isaiah 55:11

11 so shall my word be that goes out from my mouth; it shall not return to me empty, but it shall accomplish that which I purpose and shall succeed in the thing for which I sent it.

## Psalms 119:11

11 I have hidden your word in my heart, that I might not sin against you.

# DAILY READING John 16

## What Is This Chapter Saying To Me?

- \* When Dealing With The Emotional Disciples, Jesus Strengthens Their Expectation
  - ❖ He Continues To Tell Them What WILL HAPPEN ~ not what has happened!!!
    - \* He Gives Them His Promises To Keep Them From Stumbling
- \* They Will Be Put Out Of The Church...They Will Be Persecuted...They Will Be Hated
  - Jesus Gives Them The Resources To Handle Spiritual Warfare
- \* The Holy Spirit Will Be The Help They Need ~ Do You Know What Help You Have?
  - \* How Much Of God's Word Are You Able To Handle
    - ❖ Jesus Desires To Transform Sorrow Into Joy

## Prayer

Lord, I Am Equipped For Warfare Lord, I Am Prepared For Persecution Lord, I Am Ready Because Of Your Resources I Will Stay On The Battlefield For You

# DAILY MEDITATION THE WORD FOR MY WHY...

Spend Time Hearing From God!!!!

# Evening Prayer

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THINK ABOUT THINGS THAT ARE EXCELLENT AND WORTHY OF PRAISE.

## What Caused You To Worry Today?

Pray About It Tonight!!!

Thank God For The Great Things That Happened Today!!!

Let Your Request Be Made Known For Tomorrow

What Are Expecting God To Do What Are Experiencing That You Can't Handle