

THE FOUNDATIONAL GUIDE



KEYS TO GETTING CONNECTED OR RECONNECTED TO GOD.



INTRODUCTION

The Foundational Guide is something that is dear to me. As a Christian man has derailed off and on the tracks of Christ once before, I always wondered what was the core that had gotten me back on track. I realized that the core was three basic keys: Prayer, The Bible, & Fasting. I realized that no matter how far I strayed away, if I started doing those 3 things earlier, I would have gotten back on track a lot sooner.

After pastoring a church for some time now, I realized that simply telling you the three keys would be a waste of time. Each one of these keys, if not gone a little bit deeper, will not unlock the door you want access to. In this case, you might want to get a closer relationship with God, you might want to be a better person in the eyesight of God, or you want to get back to where you started. There is no doubt that Prayer, The Bible and Fasting are the keys to guide you back to God.

Quick disclaimer; this is a guide and not a book. A guide is more of a reference point, or a place to start off of. Adapt this guide to your own personal struggles in order to use it to its fullest potential.

The Prayer Key



Chapter 1

*The effectual fervent prayer of a righteous man
availeth much. James 5:16*

Prayer is the fascinating, two-way communication that we have with God, via Jesus and the Holy Spirit. Although some people pray often and some not so often, no one can argue against the fact that prayer is a major key to getting you back on track.

With this in mind, however, I am hesitant to just say “pray and it will be okay”. There are different types of prayers, but they all include one thing; anyone can pray and move on, but we are talking about mountain-shaking prayers. The fact that you are trying to get close to God means the enemy will send attacks in your direction. That’s why you need to have a secret ingredient in your prayer, faith.

You have to believe without a doubt that what you want on the other side of this prayer is going to come to you. James says it very clearly,

But let him ask in faith, nothing wavering. For he that wavereth is like a wave of the sea driven with the wind and tossed. For let not that man think that he shall receive any thing of the Lord. James 1:6-7

Don't think you'll get the blessing you are looking for if you have doubts. For example: "I want to be closer to God, but I am not sure He wants to be close to me." Take out the "but" and believe for a fact that even though you've been through a lot, God still longs to be close to you.

Now you understand that you need faith, you need to understand how to pray. I will not go into a long tirade but I do want to highlight one important aspect of prayer.

Before you ask for anything, **ask for Forgiveness.**

Now we know that God heareth not sinners: but if any man be a worshipper of God, and doeth his will, him he heareth. John 9:31

There was a blind man and Jesus healed the man, but the people didn't believe it was the same man that was blind. It's a great lesson in the Bible, but let's take a moment and think about all the thoughts that go into our head or the things we say that we shouldn't have seen. They're stains to our soul, but that begs the question, "how do we wash out that stain?"

Now then we are ambassadors for Christ, as though God did beseech you by us: we pray you in Christ's stead, be ye reconciled to God. For he hath made him to be sin for us, who knew no sin; that we might be made the righteousness of God in him. 2 Corinthians 5:20-21

We must simply ask the Lord to forgive us. Jesus died for us because sin was causing a blockage between us and God. By asking for forgiveness, we are breaking through the blockage. Praying is simple, but it is how we pray that makes the difference. You should not only pray with faith, but first ask for forgiveness for all you have done. Once you do that, you will unlock a door with this Key.

The Bible Key



Chapter 2

All scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness: That the man of God may be perfect, throughly furnished unto all good works. 2 Timothy 3:16-17

When I was first getting connected in my walk, I would pray and then begin reading the Bible. It would seem like I was watching a 3D movie. My mind was opened to the word and it engulfed me. I was no longer just reading, I was surrounded by the knowledge I was gaining. It was an amazing experience. I often prayed before I open the Bible and on most occasions, I end up on the scripture that I needed to read that day.

The truth is that the Bible is the best way to know God. How do you know that new job was from God? Because it is a job that you needed. I have truly seen people become slaves to their jobs because they never learned the characteristics of Jesus. It allows them to take care of their family, but it stifles their spiritual growth. They are no longer in church and they no longer have time for God. Now this is not everyone, I understand there are professions that require a lot from you, I am simply stating that some blessings can be a curse if you never understand **Signatures of God**.

Most people ask me where to start in the Bible and I tell them the same answer, from the beginning and to study it.

Study to shew thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth. 2 Timothy 2:15

We are not studying to so we can look like the smartest person in church, we are showing how we are called by God into his marvelous light by understanding the truth. When you know the truth, you cannot be swayed into falsehoods because the Bible keeps you grounded. The reason it keeps you grounded is because you know the characteristics of God through your studying.

All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the servant of God may be thoroughly equipped for every good work. 2 Timothy 3:6-17

All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the servant of God may be thoroughly equipped for every good work. 2 Timothy 3:6-17

Now let me point one thing out, if God breathed on it, then it is alive. When God breathed on Adam he became living soul. So the scriptures that are inspired by God are alive and willing to help you on your journey. It will steady you and show the many different signatures of God. It will help you discern what is of God and what isn't while motivating you to keep going. It will also help you learn from other people's mistakes.

That is the beauty of the Bible.

The Fasting Key



Chapter 3

Therefore also now, saith the LORD, turn ye even to me with all your heart, and with fasting, and with weeping, and with mourning: And rend your heart, and not your garments, and turn unto the LORD your God: for he is gracious and merciful, slow to anger, and of great kindness, and repenteth him of the evil.

Joel 2:12-13

I like to call fasting exactly what it is, living with no food or water for a period of time. When you break your fast, you have now put sustenance into your stomach (hence, “breakfast”). So it should come as no surprise when I say fasting is an important key, but the truth is, most times we are not fasting. Some of us are just going hungry and the others are just going on a diet.

Now there is nothing wrong with not consuming sugary drinks, pork or cigarettes, but in the traditional sense of the word, fast, means not to eat or drink anything. You might be wondering why fasting a key in this foundational guide, well you need to understand that when you are fasting you are sacrificing what is important to your body, which is putting something on the alter of God. Some people will tell you they can go days and months fasting, but remember, an hour of dedication on your fast will have more impact than someone who can do a month just to show off. I like to call it an “hour of power.”

This is where all this ties together. You start your fast with prayer and when you are on your fast you read your bible for 30 minutes and worship the remainder of the hour all while keeping your focus on God. Fasting is great way to motivate your heart towards God in a significant way. In today's day and age, fasting seems to be becoming more and more left out of the process of spiritual growth, which is deeply worrisome.

As they ministered to the Lord, and fasted, the Holy Ghost said, Separate me Barnabas and Saul for the work whereunto I have called them. And when they had fasted and prayed, and laid their hands on them, they sent them away. Acts 13:2-3

Fasting is a great way to hear from the Lord and it is also a great way to build spiritual strength. If you are trying to get connected to God (or reconnect with God), fasting is your ticket. Don't be nervous about an hour, try do it in the morning after you brush your teeth or wait an hour or two after you eat something, and then start your fast. The goal is to put something on the alter of God and prove you are serious by giving up food and drink.

In conclusion, after you have these three keys down and working together, the doors you unlock in the spiritual realm will be unlike anything before. It is from these things that you can get deeper and go to the next steps of your walk, but these three keys will always be the foundation.

Stay encouraged on your journey with Christ. You might get knocked down but the Bible says,”

For a just man falleth seven times, and riseth up again...”Proverbs 24:16

In all that you do, Keep Rising.