

# NEGATIVITY FAST & TRUTH FEAST

JOIN US FOR 21 DAYS OF  
RENEWING OUR MINDS WITH  
GOD'S WORD!

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**JESUS RENEWS OUR MINDS**

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Wesley International Congregation



# READY TO FAST

**A very important part of our transformation is the renewal of our minds.** That's why we are engaging the whole of WIC in this "Negativity fast, Truth feast". We want to detox our lives of unhealthy thoughts and words; and fill our lives with the life-giving truth of God's word.

**As we do this together across the church, let's invite the Holy Spirit to move in our lives, empowering us to spend...**

## **21 Days Abstaining From:**

1. Allowing or feeding negative/destructive thoughts.
2. Critical talk or accusation about ourselves & others.
3. Complaining of any kind.
4. Gossiping about others.
5. Focusing excessively on problems & not on God.

## **21 Days Intentionally Focusing On:**

1. Who God is, especially His love & goodness.
2. What God says about you & about others in His word.
3. Speaking words of love & hope to ourselves and others.
4. Trusting God with what's happening in our lives.
5. Forgiving others & releasing grudges.

May these 21 days be filled with the love and power of God!

Blessings,

Pastor Andy & Pastor Cory

# RENEWED MIND PERFECT WILL

**Rom 12:2-** Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.

**God has an amazing will for your life that the Bible** describes as good, pleasing and perfect.  
To discover God's will we need a renewed mind.

**Every day we have a choice to conform to the way that** the world / society / culture / tradition thinks, OR be transformed into the way God thinks.

**Today, reject conforming and choose transforming!**  
What are one or two areas of your thought life that you think God would like to renew?

**Prayer:** Jesus, help me resist conforming to the way the world thinks. Holy Spirit I invite you into my life to renew my mind and the way that I think about You, about myself, about the people around me and about this world. Thank you that you do have a good, perfect and pleasing plan for my life. Amen.

# TAKE EVERY THOUGHT CAPTIVE

**2 Corinthians 10:4-5- For the weapons of our warfare are not of the flesh but have divine power to destroy strongholds. We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ**

**The weapons of our warfare have divine power! We take captive** wayward thoughts. Don't let the world's way of thinking corrupt what God says. We are encouraged to arrest the thoughts that don't agree with the knowledge of God or with God's thoughts and turn them around.

What thoughts or concepts might be attempting to take you or others away from God's truth? Take hold of the lies and speak the truth out against them! Sometimes thoughts try to make us captive, but the word of God encourages us to take our thoughts captive by prayer and the Word!

**Prayer-**Lord, keep us alert to the battle that we are in. Give us eyes to see and ears to hear everything that you are showing us. Lord, we pray that You would also keep us alert to catch those thoughts that are not from You and to take them captive. Help us to replace those thoughts with the truth from Your heart. In Jesus' name, Amen.

# OUR LOVING FATHER

**1 John 3:1-** See what kind of love the Father has given to us, that we should be called children of God; and so we are.

**Sometimes because of our negative experiences in our upbringing it can impact how we can relate to God. As a result, we might feel as if God neglects, mistreats, or even abuses us.**

**This passage reveals that our Heavenly Father loves us with a very special “kind of love”. Other versions say “what manner of love” or see the love the Father has “lavished” on us that we should be called God's children.**

**Today, if you are a follower of Jesus Christ, you are a child of God on whom the Father continues to lavish His love. You can be confident and assured in this position, and invite the love of God to fill your heart afresh.**

**Prayer:** God thankyou that You have given me this amazing privilege to be Your child. Lavish Your love on me in a fresh way today. Help me to be confident and assured that I am Your child and nothing will change that. Amen.

# GOD'S AMAZING LOVE

**Eph 3:14-19-** so that Christ may dwell in your hearts through faith—that you, being rooted and grounded in love, may have strength to comprehend with all the saints what is the breadth and length and height and depth, and to know the love of Christ that surpasses knowledge, that you may be filled with all the fullness of God.

**Understanding the great extent of God's love for us would** take beyond a lifetime. It's not something we can do on our own. To grasp it, we need one another (saints), and we need the power of the Holy Spirit as Jesus dwells in us. This love flows from our identity as children of God. God our Father from the riches of His glory gives us these things.

**As our understanding of God's great love for us in Jesus** grows; He fills us with His fullness! Wow!

**Prayer:** Jesus help me to know the greatness of Your love for me. I want to experience its height and depth. Ground me in your love and help me see it in its fullness. Fill me with more of You, God. I'm so grateful for your great affection to me, help me share it with others. Amen.

# GOD IS FAITHFUL

**Lam 3:22-23-** The steadfast love of the Lord never ceases; his mercies never come to an end; they are new every morning; great is your faithfulness.

**When trials and difficulties confront us, sometimes we** might question whether God loves us or whether He is still committed to us. We conclude that because the situation hasn't yet been resolved, maybe He doesn't care about us.

**Jeremiah felt like that initially, but then as God revealed** Himself to him, He realised that the steadfast love of God is like an endless stream; it is continual, constant, it doesn't dry up. So too are the mercies that He pours out on His people- they don't stop flowing. Every morning there is a fresh stream of steadfast love and mercy available to us.

Because God is so incredibly faithful. When He makes a commitment, a covenant with us, He sticks by it till the end.

We can be so confident in His steadfast love!

**Prayer:** God I'm so grateful for Your love, Your mercy and Your faithfulness. Fill me anew with Your steadfast love. Give me a fresh glimpse of Your mercy and kindness. Open my eyes to Your unfailing faithfulness to me. I place my trust in You again. Amen.

# GOD UNDERSTANDS US

**Heb 4:14-16-** Since then we have a great high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast our confession. For we do not have a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.

**It's possible to sometimes feel as if God doesn't understand our struggle, or that He doesn't care. The truth is that He both lovingly cares and understands us.**

**We have Jesus as our High Priest, who in 'every respect' was tempted as we are; and at the same time, sympathises with our weakness and our struggle. In other words, He knows what it's like. He doesn't turn away from us or reject us, but instead invites us to come close to Him; to draw near to His throne of 'undeserved favour' and find grace in our struggles.**

**Draw near to Him today knowing that He understands.**

**Prayer:** Thank you Jesus that You know and understand what I struggle with. I'm so grateful that You care about what I'm going through. I draw near to You now, confident that I will find the help that I need in Your presence. Amen.



# FORGIVEN

**1 John 1:9- If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.**

**God is faithful to forgive us as He promised. He is also just** because Jesus took the penalty for our sin upon His shoulders. God's justice is satisfied in Christ, and His promise to wash us clean of our sin is sure. Our entrance to that is through confession. Let us come to Him and confess our whole heart and let Him wash over us with His faithful forgiveness.

**Prayer- Lord, we know that we need your forgiveness and right now** I want to confess to you \_\_\_\_\_.  
Lord, I need your help. Thank you for Your forgiveness in Christ.  
Thank you for Your faithful promise of forgiveness. Amen.

# FAVOUR & JOY

**Psalm 30:4-6**-Sing praises to the Lord, O you his saints, and give thanks to his holy name. For his anger is but for a moment, and his favor is for a lifetime. Weeping may tarry for the night, but joy comes with the morning.

**God is worthy to be praised because even in times we** might displease Him, His anger is momentary in contrast to His favour which is constant and enduring through all of life! We might be sad because of our mistakes, but joy will come from God in the “morning”.

**Thank God for His generous favour and joy that He** extends towards you. Sing praise to His holy name because of His generous kindness to us even when we stumble and fall.

**Prayer:** Precious God, thank you so much that Your favour lasts for a lifetime and Your joy comes in the morning! Thank you that Your presence and Your favour keep us in the time of trial and in the time of prosperity- help me trust You more with my life. Amen.

# THE GOD OF PEACE

**Philippians 4:6-9-** ...do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.

**As we journey through this negativity fast, make sure** that you aren't just avoiding the negative, but replacing negative thoughts with declarations of truth. The more we dwell in God's presence and let his promises of peace wash over us, the more you will be renewed by what God speaks over your life. Let the peace of God reign by aligning your thoughts with His.

**Prayer-** Lord, God of perfect peace, we pray that You would fill us with Your truth. God, we pray that You would teach us to dwell on what is lovely, pure, just, commendable and excellent. We pray we would be one with You so much that our minds think Your thoughts.

Amen.

# JESUS' PEACE

**John 14:27-** Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid

**The disciples were about to enter into the most intense trial** they had yet experienced. The suffering Jesus was warning them about would have been very unsettling. In the middle of these things, He gave them this promise that He was leaving them His peace.

**This is a different kind of peace to what the world offers** because: it is not dependent on circumstances; it is eternal - not bound by life on earth; it is supernatural because it comes from the Spirit in us; it is anchored in God and His truth, not in concepts or ideas.

**Today, receive afresh from God the peace that He offers.**

**Prayer:** Jesus thank you that You give us Your peace which is powerful and divine. Fill my heart with this peace again, and take away my anxieties. I place my trust in You afresh.

# GOD OF PERFECT PEACE

**Isaiah 26:3- You keep him in perfect peace whose mind is stayed on you, because he trusts in you.**

**It is the Lord who keeps you in perfect peace.**

Our place is to trust Him and keep our minds upon Him. When we trust God, we're able to be less preoccupied with the worries or concerns of this life.

Then we have more headspace to 'stay' our minds on God. The promise of God is clear, He will keep us in perfect peace. Come and enjoy spending time with the Lord and enjoy His perfect peace today.

**Prayer-** Lord, we pray that You would keep our minds stayed upon You. We pray for Your help and guidance knowing that Your peace will follow. Amen.

# GOD CARES FOR US

**Psalm 23- The Lord is my shepherd; I shall not want. He makes me**  
lie down in green pastures.  
He leads me beside still waters. He restores my soul. He leads me in  
paths of righteousness  
for his name's sake. Even though I walk through the valley of the  
shadow of death, I will fear no evil, for you are with me; your rod and  
your staff, they comfort me. You prepare a table before me  
in the presence of my enemies; you anoint my head with oil; my cup  
overflows.  
Surely goodness and mercy shall follow me all the days of my life,  
and I shall dwell in the house of the Lord forever.

**When you read this Psalm in tandem with John 10, you can see the**  
connection and the importance of this imagery in Jesus' teaching  
and in understanding the Father heart of God. God's promise that  
He is never going to leave or forsake us is paramount to who He is.  
His presence is guaranteed!

**Prayer-** Lord and shepherd, I give you praise. I praise you that I am  
never alone. I praise You for Your comfort and mercy. I thank you  
for all those things that I take for granted. You are amazing! Amen.

# GOD PROVIDES

**Matthew 6:25-34-** “Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing? Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? And which of you by being anxious can add a single hour to his span of life? And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin, yet I tell you, even Solomon in all his glory was not arrayed like one of these. But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O you of little faith? Therefore do not be anxious, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ For the Gentiles seek after all these things, and your heavenly Father knows that you need them all. But seek first the kingdom of God and his righteousness, and all these things will be added to you. “Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.

**We want to encourage you to trust His provision. He cares for you. Let** these words of Jesus grip your soul. His heart is for you.

You can trust Him!

**Prayer-** Lord, teach us to trust. Lord, help us to trust. Lord, grow our trust. We want to follow You without anxiety or worry. Thank you for Your life-giving Holy Spirit. I pray that You would speak to me clearly today about who You are and who I am in You. Amen.

# GOD LOVINGLY GUIDES

**Psalms 32:8–9-** I will instruct you and teach you in the way you should go; I will counsel you with my eye upon you. Be not like a horse or a mule, without understanding, which must be curbed with bit and bridle, or it will not stay near you.

**What an amazing promise that God will lead us in the way that we should go with his loving eyes watching us** This promise comes off the back of David's forgiveness. In other words, it's a promise based on repentance and grace- not on performance.

**Every day we have a choice to willingly follow God as He** leads us or to choose our own way resisting God. Today, choose to willingly follow God's loving lead and guidance for you, overflowing with His love and grace.

**Prayer:** Jesus You are my Shepherd and thank you that You are pleased to instruct, teach, guide, and counsel me with Your loving eyes over my life. Help me gladly draw near and follow Your lead. Amen.



# GOD MAKES A WAY

**Proverbs 3: 5–6-** Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths.

**You can trust God and you can be confident that He** wants to make the path ahead of you straight so that you know where to go.

**Two things help us to walk in that good path:**

1. Choosing to trust God over trusting our own understanding of situations.
2. Acknowledging Him in every situation.

**There is no one in our lives we can trust more than** Jesus. He is so trustworthy because of who He is and what He has done, and He loves you immeasurably more than you can imagine. Trust Him with your life and whatever you might be facing right now.

**Prayer:** Help me trust You more with my life. Help me to lean on You more than my own thoughts. Lead me forward and straighten my path ahead, my God. Amen.

# YOU WILL HEAR

**Isaiah 30:21- And your ears shall hear a word behind you, saying, "This is the way, walk in it," when you turn to the right or when you turn to the left.**

**When you read this verse in the context of all the scriptures, you see the picture of a speaking God. He spoke in Genesis chapter one and created the world. He is always speaking. Always creating. The confidence that we can have is that God wants to speak to us. In those situations where we might be uncertain about which way to go, God invites us to seek Him and trust Him that He can and will lead us in the way we should go.**

**Are you at a crossroads in your life at the moment?  
Maybe you desire to be led by God? Seek Him right now.**

**Prayer- Lord, give us ears to hear what You are saying to us today!  
Lord, help us to know the way to walk and give us boldness to obey every word and direction You give to us. We love You. Amen.**

# GOD SPEAKS TO US

**Jer 33:3-** Call to me and I will answer you, and will tell you great and hidden things that you have not known.

**This is such a great promise that God doesn't just hear our prayers, but He also wants to answer us and reveal to us things that perhaps we haven't seen or known before. This message came to Jeremiah while he was still imprisoned, a welcomed promise in a difficult time.**

**Do you long for God to speak to you and speak into your situations? Are you hungry to see and understand new things that God can reveal to you about Him and about life? Then call to Him expectantly, and be ready to hear from Him. Be thirsty for fresh revelations of who God is and don't be satisfied with what you already might know.**

**Prayer:** Thank You Jesus that You love to reveal new things to Your people. Thank you that You are a God who hears and answers your people. As I seek You now, answer me my God and reveal to me things I don't yet know. I'm hungry and expectant for more of You. Amen.

# GOD PROTECTS US

**Ps 18:1-2-** I love you, O Lord, my strength. The Lord is my rock and my fortress and my deliverer, my God, my rock, in whom I take refuge, my shield, and the horn of my salvation, my stronghold.

**Sometimes life can feel a little fragile. In these moments,** we might feel weak and vulnerable. This is common. God reminds us in this psalm that He is our strength when we feel weak. He is our rock when we feel unstable; He is our fortress when we are under attack; He is our deliverer when we need rescue; He is our refuge when we need a place of safety; He is our shield from harm; He is our salvation from destruction; and He is our stronghold where the enemy cannot reach us.

**Today, may you be encouraged to know that God protects you.** Express your love and gratitude to Him today and let Him continue to be these things to you. Make Him your first stop when you need help.

**Prayer:** Thank you that You are my protector oh God. Even when I might feel lonely, vulnerable or weak, I'm thankful I can run to You and find refuge. Help me grow my confidence in You no matter what the circumstances I might be facing.  
Amen.

# GOD BUILDS WITH US

**Ps 127:1-3-** Unless the Lord builds the house, those who build it labor in vain. Unless the Lord watches over the city, the watchman stays awake in vain. It is in vain that you rise up early and go late to rest, eating the bread of anxious toil; for he gives to his beloved sleep.

**Dig deeper into this passage and you will see that God** wants to build the house with us; watch over the city with us; to provide for you and even give you rest. Why? Because you are His beloved.

**Be confident today that this is God's plan for you.** Intentionally invite Him into your household, your longings for security; your work/studies; and especially your rest. Give your anxieties to Him, and receive His peace anew today.

**Prayer:** Lord, I want to build the house of my life with You; I want to watch over the city with You; I want to rest in You; and I trust that You will provide because You love me. Take away my worries and fears and replace it with the assurance that You are with me. Amen.

# GOD HELPS US FLOURISH

**Ps 1:1-3- Blessed is the man who walks not in the counsel of the wicked, nor stands in the way of sinners, nor sits in the seat of scoffers; but his delight is in the law of the Lord, and on his law he meditates day and night. He is like a tree planted by streams of water that yields its fruit in its season, and its leaf does not wither. In all that he does, he prospers.**

**God is undoubtedly the best gardener - no one comes close. When it comes to us, He wants to make us like trees planted by the streams of water always having an abundance of water for growth and sustenance. He longs for us to be fruitful and to have leaves that never wither- constantly alive and healthy. He longs for us to be people who flourish.**

**To experience this fruitfulness and flourishing; it's helpful to think about the unhealthy influences and influencers in our lives. Wisely avoiding unhealthy influences and finding joy in God's word brings supernatural flourishing.**

**Prayer:** God I want to be like this tree that is fruitful and flourishing, Help me think wisely about the unhealthy influences. Help me delight in Your amazing word and meditate on it. Help me flourish to Your glory. Amen.

# BUILD EACH OTHER UP

**1 Thessalonians 5:11- Therefore encourage one another and build one another up, just as you are doing.**

**Satan is the accuser. He aims to speak words that tear down and destroy.** Sometimes we might find ourselves saying or doing things that tear others down too, but this is not who we were meant to be.

**Our identity as Christians is to encourage one another and build each other up!** Walk in your identity as a son or daughter of the King. Take every opportunity to build people up in Christ.

**Prayer:** Lord, I pray for words of encouragement to flow out of my mouth. Lord, I want to be a builder and encourager to everyone around me. Interrupt my life with words of encouragement for others. Amen.

# YOU MADE IT!

We hope and pray that this has been a significant time for you. We pray that you've experienced the power of God's word de-toxifying negative thoughts that have made their way into our lives. We pray that other people around you have been blessed by this renewal!

Moving forwards, may Jesus continue to renew our minds by the power of His Spirit and the power of His word. Thankfully we have one another to keep encouraging each other to experience this continual transformation!

Amen.