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Comfortis
The English word Comfort is from the Latin word Comfortis.
Com (with) Fortis (fortifications)

4

Psalm 18:2
The LORD is my rock and my fortress and my deliverer

5

Comfortis

Seals by covering with His righteousness
Strengthens by girding with His Word

6

Psalm 18:33

33 He made my feet like the feet of a deer
and set me secure on the heights.

7



Cingino Dam, Italy

8



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10



11

Psalm 18:33

33 He made my feet like the feet of a deer and set me secure on the heights.

12

Psalm 18:33 AMP

33 He makes my feet like hinds' feet [able to stand firmly or make progress on the dangerous heights of testing and trouble]; He sets me securely upon my high places.

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Turning Jellyfish into Mountain Goats

“The Shepherd laughed too. “I love doing preposterous things,” he replied. “Why, I don’t know anything more exhilarating and delightful than turning weakness into strength, and fear into faith, and that which has been marred into perfection. If there is one thing more than mother which I should enjoy doing at this moment it is turning a jellyfish into a mountain goat. That is my special work,”

Hannah Hurnard,
Hinds Feet on High Places

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Comfortis

God fortifies with stability by giving His sure feet

15

Stand with Stability

1. My feet get a grip when I get equipped

16

Ephesians 6:10-11

10 Finally, be strong in the Lord and in the strength of his might. 11 Put on the whole armor of God, that you may be able to stand against the schemes of the devil.

17

Comfortis

Seals by covering head with helmet of salvation

Strengthens by girding with His Word



18

Ephesians 6:15

15 and, as shoes for your feet, having put on the **readiness** given by the gospel of peace.

19

Comfortis

Seals by covering head with helmet of salvation

Strengthens by girding with His Word

Stabilizes by giving Sure Feet



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1 Peter 3:15

but in your hearts honor Christ the Lord as holy, always being prepared to make a defense to anyone who asks you for a reason for the hope that is in you; yet do it with gentleness and respect,

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Colossians 4:5-6

5 Walk in wisdom toward outsiders, making the best use of the time. 6 Let your speech always be gracious, seasoned with salt, so that you may know how you ought to answer each person.

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Comfortis

God fortifies with stability by giving His sure feet

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Stand with Stability

- 1. My feet get a grip when I get equipped
- 2. Willing feet are fulfilling feet

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Paths that Need Stability

"O Shepherd. You said you would make my feet like hinds' feet and set me upon High Places".
 "Well", he answered "the only way to develop hinds' feet is to go by the paths which the hinds use."

Hannah Hurnard,
Hinds' Feet on High Places

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Romans 10:14-15

14 How then will they call on him in whom they have not believed? And how are they to believe in him of whom they have never heard? And how are they to hear without someone preaching? 15 And how are they to preach unless they are sent? As it is written, "How beautiful are the feet of those who preach the good news!"

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Stand with Stability

- 1. My feet get a grip when I get equipped
- 2. Willing Feet are Fulfilling feet
- 3. Treacherous trail becomes a highway

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Psalm 18:36

36 You gave a wide place for my steps under me, and my feet did not slip.
 37 I pursued my enemies and overtook them, and did not turn back till they were consumed.

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Isaiah 40:3-5

3 A voice cries: "In the wilderness prepare the way of the LORD; make straight in the desert a highway for our God. 4 Every valley shall be lifted up, and every mountain and hill be made low; the uneven ground shall become level, and the rough places a plain. 5 And the glory of the LORD shall be revealed, and all flesh shall see it together, for the mouth of the LORD has spoken."

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Isaiah 35:8

8 And a highway shall be there, and it shall be called the Way of Holiness; the unclean shall not pass over it. It shall belong to those who walk on the way; even if they are fools, they shall not go astray.

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Comfortis

God fortifies with stability by giving His sure feet

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**FAST 5
& PRAY**

January 13-17
Monday - Friday



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One Action Away From Total Victory

“Always remember, you are just one
“hearing” away from Faith, just one
“knowing” away from Peace, and just one
“action” away from total Victory.”

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Spiritual Disciplines

Inward	<i>Cultivate our heart and mind toward Christ</i>
	Meditation
	Prayer
	Fasting
	Study
Outward	<i>Cultivate our appetites toward the way of Christ</i>
	Simplicity
	Solitude
	Submission
Corporate	<i>Cultivate our affections toward the way of Christ</i>
	Confession
	Guidance
	Celebration

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Inward Disciplines

Meditation	<i>Ability to hear God's voice and obey his word.</i>
Prayer	<i>Prayer is ongoing dialogue with the Father about what we and God are doing together.</i>
Fasting	<i>Fasting is the voluntary denial of an otherwise normal function for the sake of intense spiritual activity.</i>
Study	<i>Process through which we bring the mind to conform to the order of whatever we are concentrating upon</i>

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Outward Disciplines

- Simplicity** *Inward reality of single-eyed focus on God that results in an outward lifestyle free from clutter*
- Solitude** *Creating an open, empty space for God that undercuts all the false support systems we use to shore up our lives*
- Submission** *Ability to lay down the everlasting burden of needing to get our own way.*

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Corporate Disciplines

- Confession** *Confession is the grace through which the sins and sorrows of the past are forgiven.*
- Guidance** *Guidance is the experience of knowing the theocratic rule of God over our lives.*
- Celebration** *Celebration is being, as Augustine said, "an alleluia from head to foot!"*

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Goals of Fasting

1. Guidance: Revelation or Wisdom
2. Healing / Health
3. Victory Over Obstacles
4. Freedom From Besetting Sin
5. Focus and Power in Prayer
6. Increase in God's Favor

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Don'ts of Fasting

- 1. Don't fast as a religious exercise – It's a heart attitude
- 2. Don't fast without taking extra time to pray
- 3. Don't fast without a change in your normal schedule
- 4. Don't try to fast above your ability

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Do Fast

- 1. Do fast so your prayers become a cry to God.
- 2. Do fast to hear the voice of God clearly.
- 3. Do fast to give what you have to God.
- 4. Do fast to become a servant of righteousness.
- 5. Do fast to reveal true heart issues
- 6. Do fast to position yourself for God's favor.

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Tools of Fasting

- 1. Notebook
- 2. Bible
- 3. Solitary Location
- 4. Instrumental Music
- 5. Listen

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Fasting Advice

1. End a long Fast (> 3 days) gradually With Soups, Fruits and Vegetables
2. Coffee Drinkers Take Caution
3. Everyone Should Consider Fasting all types of media (TV, Video Games, Internet, Movies, etc)
4. Use The Time Gained By Not Eating to Read, Pray, Meditate, Praise

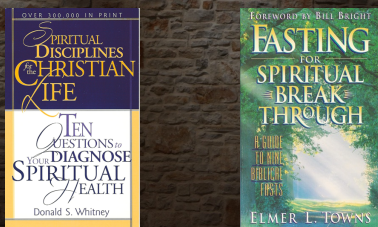
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Word of Warning

Some people might have **medical reasons** (pregnant mother, diabetic, anorexic / bulimia) that **will not allow them participate in a food abstinence fast**. You can participate in this fast by giving up favorite foods or activity (TV, Video Games, etc) without the need to abstain from all food.

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Resources on Spiritual Disciplines



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