

Freedom, Favor & Fasting

Northwest Christian Fellowship
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21 Days

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Introduction to Fasting

Eating is a normal part of our lives, so abstaining from food is a disruption of that rhythm or cycle. When a cycle of our life becomes disrupted we have an opportunity to get back on track or to begin again. Every ending is an opportunity for a new beginning.

Disclaimer: *If you are on medication or under a doctor's care, consult your physician before entering into a fast.*

Fasting can be a tool, used to disrupt the cycle of normality in one's life and transition to a season of new possibilities.

Fasting is a tool given to us in the arsenal of weaponry to position us for a higher level of focus, believing and receiving; equipping us for a new season of expectancy realized. Throughout the Bible we can see that fasting is an essential pillar of our faith. The primary act of fasting is to willingly abstaining from some or all food, drink, or both for a period of time for a spiritual purpose. During times and seasons of fasting we are determined to seek the face of God through fellowship and alignment with His plan and purpose. As we disengage from the normalities of life and consecrate ourselves to God through prayer and fasting we become more sensitive to the spiritual realm creating a greater awareness to the things of God. We understand that it is the spiritual that sustains the natural. A fasted life is a life that keeps the body under control. God ordered Israel to fast every 7 days. Weekly fasting is a way to separate ourselves from normal activity and come before the Lord. A fasted life is one that continually feeds on the word of God and fast regularly not just once a year. A fasted lifestyle is never

eating all you really want. Fasting positions you in a receiving mode from God.

Fasting is simply putting God first and foremost before everything including food. One of my favorite fasting scriptures is found in Job 23:12 which says, *“I have not departed from the commandment of His lips; I have treasured the words of His mouth more than my necessary food.”* Job said, and I will paraphrase, “I want to hear You God, more than I want to eat.” As we enter into seasons of fasting, we are positioning ourselves to hear the voice of God. One word from God can absolutely change everything. Do not misunderstand what I am saying. Fasting does not change God, nor will it ever change God. God is the same before, during, and after the fast. So what will change in a fast? We change! We become more sensitive to the voice of God and the leading of the Holy Spirit when we fast.

“I have not departed from the commandment of His lips; I have treasured the words of His mouth more than my necessary food.” Job 23:12

1

Types of Fasting

When it comes to fasting there are generally two categories: a called, cooperate fast and a personal fast. During a called, corporate fast, two or more people collectively come together and fast for a specific purpose or goal; whereas, a personal fast is more private. Jesus gives instructions for a personal fast in Matthew 6: 16-18. In the Bible we see three types of fasting; an absolute fast, a normal fast, and a partial fast.

An **absolute fast** is defined as abstinence from all food and drink. This is the most extreme of all types of fasting and should not be entered into without preparation and clear direction from the LORD. This is the type of fast mentioned in Acts 9:9 completed by the Apostle Paul for 3 days. An absolute fast for more than 3 days is never mentioned in the Bible and is not recommended for anyone. Undergoing an absolute fast for more than 24 hours will require more periods of prayer, rest, and limited activity.

A **normal fast** is defined as an abstinence from all foods for a set determined amount of time. During a normal fast, drinking water is strongly recommended and encouraged. As you begin to fast, you will discover that water is your best friend, next to Jesus of course. During the fast drinking water will help cleans your body of toxins and purifies your body. It is recommended to drink at least two to

three quarts of water each day. Water is the single most important nutrient for our bodies. It is involved in every function of our bodies. You can live five to seven weeks without food, but the average adult can last no more than five days without water. This “normal fast” was the 40 day fast Jesus completed in Matthew 4. Notice in verse 2 it says, “*And when He had fasted forty days and forty nights, afterward He was hungry.*” According to this passage Jesus fasted day and night and afterward He was hungry, not thirsty. From this it is implied that Jesus drank at least water during the fast. Undergoing a normal fast of extended amounts of consecutive days will require more periods of prayer, rest, and limited activity.

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A **partial fast** is a fast that anyone can be involved in. I would advise successfully completing many partial fast before attempting a normal or an absolute fast. A partial fast can be as strict as liquids only or as simple as abstaining from meats, bread, and desserts. A partial fast is the most common fast for today and produces incredible results. This is the fast mentioned two times in the book of Daniel. In Daniel chapter 10, there are many recorded details of Daniel’s 21 day partial fast and the results that he achieved. First of all we see through Daniel’s partial fast that he abstained from eating meats, goodly bread (desserts), and did not drink wine and afterward received detailed information and instruction for his life by the angel Gabriel. Another familiar partial fast is described in the 2 Samuel 1:11, 12 which is fasting from sunrise to sunset, or daylight hours. In this partial fast, only one meal was taken after sunset.

Remember, fasting is all about the denial of one's self. If you do not combine your fasting with prayer and spending time with God meditating on His word, then you are just going on a diet. When you fast you will lose weight, but that really does not need to be your primary goal. Fasting is an intimate act of worship between you and God. In every Biblical account, God moves on the behalf of His people when they fast.

2

The Daniel Fast

In January, during the annual Daniel Fast, believers from around the world come together collectively for 21 days to seek the face of God for wisdom, healing, direction, protection, provision, etc. for the upcoming year. The New Year begins with a corporate

When we unite together in prayer and fasting our efforts are multiplied.

fast consecrating unto God our first things. This sets the course for the year. First things are always important to God. *“Matthew 6:33 Seek ye first the kingdom of God and*

His righteousness; and all these things will be added unto you.” Corporate fasting links believers together and corporate blessings, answered prayers, and spiritual breakthroughs begin to flow. When we unite together in prayer and fasting, our efforts are multiplied. *“One can chase a thousand; two can put ten thousand to flight.” Deuteronomy 32:30* One person’s efforts are powerful, but, with two or more, the efforts are greatly multiplied. A corporate anointing is always greater than any individual anointing! As we join together in this fast, the outcome is significantly increased. Daniel’s 21 day partial fast had significant impact in his life. His fast consisted of abstaining from meat, goodly breads (sweets), and wine. Sounds pretty simple, right? As you begin your fast, start slow, and don’t overdo it. Fasting is like a muscle; it takes time to build it up.

Let's examine the 7 revelations to Daniel in the greeting of Gabriel. *"11 So he said to me, O Daniel, you highly regarded and greatly beloved man, understand the words that I am about to say to you and stand upright, for I have now been sent to you. And while he was saying this word to me, I stood up trembling. 12 Then he said to me, Do not be afraid, Daniel, for from the first day that you set your heart on understanding this and on humbling yourself before your God, your words were heard, and I have come in response to your words. 13 But the [a]prince of the kingdom of Persia was standing in opposition to me for twenty-one days. Then, behold, Michael, one of the chief [of the celestial] princes, came to help me, for I had been left there with the kings of Persia."* Daniel 10:11 – 13 (AMP)

"So he said to me, "O Daniel, you highly regarded and greatly beloved man ...," Daniel 10:11 The first revelation to Daniel was that he was highly regarded and greatly loved. This revelation came to Daniel when he had no strength and after everyone who was with him fled in fear. After the love revelation, Daniel, had strength to stand. It is quite amazing that the first revelation to Daniel was that he was greatly loved. Whenever we go through seasons of adversity, conflict, or warfare, we must too have the revelation that we are greatly loved by our heavenly Father. An interesting connection we see in the original Hebrew language is the connection between Daniel 10:3 and Daniel 10:11. **As Daniel fasted the things that were desirable, he became desirable (to God).** For Daniel, we see fasting increased God's desirability for him.

The first revelation to Daniel was that he was highly regarded and greatly loved.

The second revelation was understanding. *"...understand the words that I am about to say to you and stand upright..." Daniel 10:11.* At this moment Daniel's mind was unlocked to understand what had once perplexed him. Love precedes understanding; love positions us to understand, and love empowers us to understand. *"...and with all your getting get understanding."* Proverbs 4:7 Understanding is the ability to comprehend, discern, and the skill to learn.

The third revelation was fear not. *"Then he said unto me, Do not be afraid, Daniel, for from the first day that you set your heart on understanding this and on humbling yourself before your God, your words were heard, and I have come in response to your words."* Daniel 10:12 So we can see that love is an entry point of understanding and the power to overcome fear. We are equipped to overcome fear through love. *"There is no fear in love, but perfect love cast out fear..."* 1Peter 4:18 With love and understanding comes the ability to not be afraid.

The fourth revelation was your words were heard the first day your heart was set. *"...from the first day that you set your heart on understanding this and on humbling yourself before your God, your words were heard..."* Daniel 10:12

A set heart is a fixed, unwavering heart. The word "set" used here is the same Hebrew word

Once his heart was set, his words were heard.

used in Genesis 1:17 describing how the sun, moon, and stars were set by God in the heavens, unmovable. Once his heart was set, his words were heard. This is a profound principal: once his heart was set, his words were heard. The answer to the prayer showed up on the 21st day even though it was heard on the 1st day. Knowing that God hears us the moment we set our hearts to understand is very

encouraging, even though we may not see immediate results. Two powerful points here: God heard, and God dispatched Gabriel with the answer on day one. Know that God hears you every time you pray, and Satan always wants to hinder and delay answers to your prayers.

The fifth revelation we see is the power of our words. “...and I have come in response to your words.” *Daniel 10:12* Words matter.

Creative power is released to seed the future we desire through our words.

Our world is framed by our words. Creative power is released to seed the future we desire through our words. Every relationship, fellowship, contract, agreement,

business, etc., exist first in the realm of words. The words we speak determine how heaven responds. The quality of our life, our health, our peace, our joy, our prosperity and every facet of life is affected by our words. Peace and war both begin with words.

The sixth revelation we see is that the enemy wants to do what he can to delay the answer. “*But the prince of the kingdom of Persia was standing in opposition to me for twenty-one days.*” *Daniel 10:13* The weapon of choice was delay. The power of the delayer was overcome through Daniel’s set heart, fasting and words. The combination of a set heart, words and fasting caused at least 2 angels to be dispatched. From this we can observe that the power of the delayer was broken during Daniel’s 21 day fast! Fasting destroys the power of the delayer! Gabriel shows up and tells Daniel that God heard his prayer the first day that he prayed, but the answer had been delayed by the prince of Persia (which some scholars believe was Satan himself).

The seventh revelation we see is that reinforcements were sent. *“Then, behold, Michael, one of the chief [of the celestial] princes, came to help me, for I had been left there with the kings of Persia.” Daniel 10:13* Through Daniel’s consistent prayer and fasting, God dispatched the archangel Michael to put Satan in his place in order for Gabriel to deliver the message to Daniel. We must be aware of the consistent spiritual warfare that is taking place in the heavens on our behalf. As you combine your prayers with fasting God releases reinforcements from heaven to work on your behalf.

Daniel had a vision but did not understand it completely. You may have a vision, idea, plan, or goal God has given you for your life but not know how to achieve it. Fasting is a MASTER KEY to unlocking possibilities in your life! Fasting always destroys the power of the delayer in your life and releases supernatural forces to work for you. Just because your prayer has been delayed does not mean you have been denied!!! As you enter into seasons of prayer and fasting today set your heart and know that your breakthrough is on the way!

As you combine your prayers with fasting, God releases reinforcements from heaven to work on your behalf.

3

The Fasting & Favor Connection

One of the ways we humble ourselves is by fasting. *Psalm 35:13*, “...I humbled myself with fasting...” This is such a powerful revelation, because we can see at least 28 times in the Bible where you see the word “humble”, it is a direct referral to fasting. This

God gives favor, strength, power, benefits and rewards to the fasting believer.

gives us a greater understanding to James 4:6 and 2 Peter 5:5 which states, “...God gives grace to the humble.” Grace is translated “unmerited favor, strength, power, benefits, and rewards”. So let’s put

all this together: God gives favor, strength, power, benefits and rewards to the fasting believer.

The word favor is used 70 times in the Bible, and one of the highest concentrations of this word is found in the book of Esther. Why? Esther or her family is fasting practically through the whole story. Is it coincidental that Mordecai is promoted to second in command after a series of fasting? What about Queen Esther, is it by chance only that Esther was promoted to be Queen and was told she could have anything she ask for, up to half of the kingdom, after her 3 day fast? What about Daniel? After a 10 day fast he and his

three friends were promoted to high ranking officials in the king's court and Daniel went on to become the top adviser for five kings. Daniel, after a 21 day fast, receives one of the greatest end time revelations from God anyone has ever received. Are you still skeptical about the golden link between favor and fasting? Fasting is a sacrifice born out of expectancy. Jesus said in Matthew 6:16 – 18 when we fast in secret God would reward us openly.

“That is not to imply that fasting is a manipulative tool to get something from God, but a ‘reasonable act of service’ (Romans 12:1), that God rewards openly.” [[Jentezen Franklin, *Fasting*, (Gainesville, GA 2004)]]

4

Fasting is a Catalyst

Jesus began his public ministry after a 40 day fast. In Luke 4:1 we see that Jesus was full of the Holy Spirit, and in Luke 4:14 we see that He was full of the Power of the Holy Spirit. What was the catalyst that transitioned Jesus from being full of the Holy Spirit to being full of the Power of the Holy Spirit? He fasted! The fast gave Him the upper edge to overcome every temptation of the enemy. Fasting was the catalyst that transitioned Jesus from being full of the Spirit to being full of the power of the Spirit.

If Jesus, our example, could accomplish everything He accomplished without fasting, then why did He fast? Jesus said, *“This kind can come forth by nothing, but by prayer and fasting,” Mark 9:29.* There are no shortcuts, no substitutes for prayer and fasting. *“The servant is not greater than his lord,” John 13:16.* Many believers proclaim to be filled with the Holy Spirit, but very few are filled with the Power of the Holy Spirit. We must change that!

5

Nothing Shall be Impossible

Matthew 17:15 – 21 "Lord, have mercy on my son, for he is an epileptic and suffers severely; for he often falls into the fire and often into the water. 16 'So I brought him to Your disciples, but they could not cure him.' 17 Then Jesus answered and said, 'O faithless and perverse generation, how long shall I be with you? How long shall I bear with you? Bring him here to Me.' 18 And Jesus rebuked the demon, and it came out of him; and the child was cured from that very hour. 19 Then the disciples came to Jesus privately and said, 'Why could we not cast it out?' 20 So Jesus said to them, 'Because of your unbelief; for assuredly, I say to you, if you have faith as a mustard seed, you will say to this mountain, "Move from here to there," and it will move; and nothing will be impossible for you. 21 'However, this kind does not go out except by prayer and fasting.'"

In Matthew 17:15 – 21 the disciples of Jesus brought a young man and his father to Jesus. The disciples of Jesus prayed for the young man with no avail. In Matthew chapter 10 Jesus gives the disciples power over all sickness, disease, and demons. It was no new thing for the disciples to pray for the sick and cast out devils, but this particular time it was not working. It once worked but not now. What do you do when you face an obstacle that you know you can overcome but currently can't? This was the problem the

disciples were facing. Jesus rebukes the demon in the boy, and he is cured. The disciples asked Jesus, “Why could we not cast it out?” This was a sincere question. It may be the question you have asked yourself, “Why is this not working; it supposed to work? Why is my marriage not working, where is my money, why am I always sick, why are my kids so crazy, why can’t I keep a job, why do I keep going back to that addiction, why, why why?”

Jesus reveals the source, the very root of the problem: unbelief. Unbelief was the only thing holding them back from doing what

Faith is confidence in Gods ability (not your ability) to see you through.

they were anointed, gifted, and able to do. The good news is that when Jesus reveals the root issue He also gives a remedy. The cure for unbelief, the cure for the thing that

is holding you back from doing what you know you are able to do, is simply having faith in God. Faith as a grain of mustard seed! Not Mt. Everest faith, but mustard seed faith. Faith is confidence in God’s ability (not your ability) to see you through. How do I get this confidence (faith) in God’s ability? Prayer and fasting builds your faith according to verse 21. This kind does not go out except by prayer and fasting.

Let’s break down the facts of this story. First of all, we see that unbelief hindered the disciples from doing what they were gifted, anointed, and empowered to do. Second, Jesus tells them if they had faith they could move mountains. A mountain is anything that hinders you or slows you down, or any obstacle standing in your way. Third, Jesus states “this kind does not go out but by prayer and fasting, and nothing will be impossible for you!” Did you get that? Nothing will be impossible for the fasting believer! I want you to get that down in your spirit right now; NOTHING will be impossible for

you, NOTHING! Why? Because, when you fast, it builds your faith and confidence in God so that the impossible now becomes possible. Not with your power or your might, but by the power of the Greater One who lives in you! Fasting helps you to focus on God's ability, and your inabilities begin to disappear.

The formula for success and overcoming is presented to us by the Master, Himself, Jesus Christ. All the ingredients are listed, and if you follow the instructions listed in this passage, you have a word from God that NOTHING will be impossible. Imagine if you were baking a cake and substituted corn meal for flour. It would not turn out right, would it? If we try to substitute our ideas and formulas, we will not get the results that God promises. However, if we follow the recipe He gives, we will have the results that He said we could have. Every hindrance, every problem, and every obstacle will disappear in comparison to the awesome power of your Heavenly Father! Fasting shifts your focus from the problem, on to the solution. The bottom line is that there are some things you will never get the victory over without periods of fasting and prayer. This kind of power, the power to overcome anything, is reserved only for those willing to fast.

6

Rewarded Openly

Matthew 6:16 – 18 "Moreover, when you fast, do not be like the hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be fasting. Assuredly, I say to you, they have their reward. 17 But you, when you fast, anoint your head and wash your face,18 so that you do not appear to men to be fasting, but to your Father who is in the secret place; and your Father who sees in secret will reward you openly."

Read Matthew 6:1 – 18, it is Christianity 101 of the Bible. This passage gives us three responsibilities for every believer. It teaches us how to give, how to pray, and how to fast. If you will notice, Jesus says, "When you give..., when you pray..., and when you fast..." Not "if," but "when". The first thing Jesus deals with is motive. Before giving, before praying, and before fasting, check your motive. If you are doing something to be noticed by everyone else, you are doing it for the wrong reason. If we give, pray, and fast in secret, then God will reward us openly. The word "reward" in the Greek language means "to restore, or give back what was lost". It also means "to pay off or

Before giving, before praying, and before fasting check your motive.

release what is due”. Are you ready to be rewarded by God? Do you need a release of what is due to you? According to Joel 2, when we fast, God restores unto us the years that were destroyed by the enemy. Think about your worst year, the worst year you have ever had, and understand that by fasting with correct motives, God will restore it all!

According to this passage when we fast we are to anoint our head and wash our face so that we do not appear to men to be fasting. When people fasted in the biblical days, it was common practice to place ashes on their head, then they would disfigure their faces, and sackcloth would be worn for clothing. It would be easy to identify someone who was fasting by their appearance. But Jesus changed that old way of doing things in Matthew chapter 6 with some new instructions: “When you fast anoint your head and wash your face.” In other words, don’t try to look like you’re fasting; look normal, and look happy! Then, as God sees you secretly fasting (not appearing to everyone else to fast), He will reward you in such a way that everyone will see God at work in your life! Do you want to be noticed by God? Do you want to get God’s attention? Fast! Notice the Scriptures say “when you fast”, not “if you fast”. Matthew 6 tells us 3 things to do in secret that will be rewarded openly: giving, praying, and fasting. Ecclesiastes 4:12 tells us that a threefold cord is not easily broken. I believe when we combine our giving, praying, and fasting, it produces the three fold chord that is not easily broken.

When talking about giving, praying, and fasting, Jesus goes into a little more detail concerning praying and even gives us a model prayer. We can understand that this prayer is not necessarily what to pray but how to pray. To understand fasting and the different facets of fasting, let’s look at prayer. We pray as individuals, and we

also pray collectively. We give individually, and often we give collectively to a cause or purpose, and fasting is no different. When we give, pray, and fast collectively, the results are always multiplied. Most of us give regularly and are often moved by the Holy Spirit to give additional funds to specific causes or projects. Most of us pray regularly and are often moved by the Holy Spirit to enter into higher levels of prayer and intercession as the Spirit wills. But when it comes to fasting, many people just say, “I will fast when I am led”.

7

The Acceleration of Fasting

Joel 2:12, "Now, therefore," says the LORD, "Turn to Me with all your heart, With fasting, with weeping, and with mourning."

Joel 2:23 – 29, "Be glad then, you children of Zion, And rejoice in the LORD your God; For He has given you the former rain faithfully, And He will cause the rain to come down for you-- The former rain, And the latter rain in the first month. 24 The threshing floors shall be full of wheat, And the vats shall overflow with new wine and oil. 25 "So I will restore to you the years that the swarming locust has eaten, The crawling locust, The consuming locust, And the chewing locust, My great army which I sent among you. 26 You shall eat in plenty and be satisfied, And praise the name of the LORD your God, Who has dealt wondrously with you; And My people shall never be put to shame. 27 Then you shall know that I am in the midst of Israel: I am the LORD your God And there is no other. My people shall never be put to shame. 28 And it shall come to pass afterward, That I will pour out My Spirit on all flesh; Your sons and your daughters shall prophesy, Your old men shall dream dreams, Your young men shall see visions. 29 And also on My menservants and on My maidservants I will pour out My Spirit in those days."

In the backdrop for the book of Joel, we see the devastation that has taken place in the land. The nation had been ravished by

invading armies, crops had been destroyed, and many of their sons and daughters had been taken captive by the invading armies (see Joel chapter 1). But God gives them a remedy or a road map on how to recover from the loss. Notice the sequence in Joel chapter 2. The first thing that is said is to return to God with fasting, which is one of the ways we return to God with our whole heart. The Scripture then transitions to Joel 2:23 – 29 and states what should be expected after the fast. Many people like to prophetically claim the results of Joel 2:23 – 29 but forget to go back to verse 12 and see what sets into motion these promises. He first tells us to return to Him with fasting and repentance.

Now let's look at what God promises after the fast. First, God gives the former rain and the latter rain in the same month. This is a picture of the refreshing rain of His Spirit in our lives. Second, God

God is saying you can go from devastation and lack to full and overflow overnight!

promises that the threshing floors would be full of wheat and the vats would overflow with new wine and oil. Are you getting this? God is saying you can go

from devastation and lack to full and overflow overnight! One of the first things I learned about fasting years ago is the fact that fasting will break the spirit of poverty and lack off your life. This is a perfect example of supernatural breakthrough and acceleration. It would have taken at least one growing season to replant and grow the wheat crops. It would have taken at least seven years to replant the vineyards that had been destroyed to get them to a place where they could start producing grapes to make the wine. It would have taken at least twelve years to replant and grow the olive trees before they were mature enough to produce fruit. However, God showed the people through the prophet Joel that by returning

to Him with their whole heart with fasting that what would have taken years will take place overnight! Now that's the power of acceleration. You may be saying now, "It will take years to recover from this sickness, it will take years to payoff this mortgage, it will take years to restore this marriage, it will take years to get this business off the ground, it will take years for me to accomplish the vision God has given me." Let me just go ahead and prophetically speak this revelation into your spirit right now. As you return to the LORD with your whole heart with fasting and renew your mind to the promises and the possibilities with God, what would have taken you years to accomplish will take place in an accelerated time.

The next promise we see in Joel 2 is that God says, "I will restore to you the years, you shall eat plenty, and you shall be satisfied." Think of the worst year you have ever had. Maybe your worst year was last year, maybe it was 2008, or 2003. Regardless of what your worst year was, God said, "I will restore it, I will pay you back in an accelerated manner, and you shall be satisfied." God knows exactly what you need to bring you to a place of satisfaction. Satisfaction

"Your vindication will come by the continual manifestation of My blessing on your life."

from the LORD is the mindset and understanding that every injustice, loss, and hurt that we have ever faced will be recompensed by Him. God has a

way of vindicating you in such a way that everyone around you will know that you came out not by your might, or by your power, but by His Spirit.

I was in a season of prayer and fasting about a situation years ago and to be honest, I wanted God to let them have the full wrath and punishment for their actions against me. While I was trying to convince God of why I was right and how I had been

collectively attacked by people very close and dear to me, He said something I will never forget. The Spirit of the Lord spoke to me, “Your vindication will come by the continual manifestation of My blessing on your life.” Looking back over the years, I have seen how the blessing of God has been continually manifested in my life. At the time I am writing this, Heather and I are happily married and have celebrated our 21st wedding anniversary this year. Our son Parker is 19 and is growing up into an incredible man of God active in church. Our daughter Paige is 18 and is developing into a beautiful woman of God active in church. Both Parker and Paige are healthy, excelling in their work, excelling in wisdom, excelling in favor, and are, in my opinion the absolute best children we could ever ask for.

Please understand this principal. Any time you face a giant-size problem, you are getting set up for some giant-size rewards. Not long after God spoke that word to me, my income doubled, and then it tripled, then it quadrupled. Why? I believe it was the moment I rested in the revelation that God would vindicate me and I did not have to vindicate myself. I learned that day in prayer and fasting that God would satisfy me! *Psalm 91:16, “With long life will I satisfy you and show you my salvation.”* Don’t die until you’re satisfied! Salvation is a picture of being rescued by God through His Son Jesus. The same way Jesus saved and rescued us from our sin, He can rescue and save us from sickness, disease, depression, and much more!

The last part of the promise in Joel 2 is an outpouring of His Spirit on all flesh. My, my, my, how we need an outpouring of the Spirit of God on ALL flesh. Notice how this outpouring is not just in the church; this end time outpouring is upon ALL flesh. With this outpouring, our sons and daughters prophesy. Prophecy, defined in

1 Corinthians 14:3, builds, encourages, and exhorts. This is telling us that during this fast that produces accelerated results, God will also use our sons and daughters to build, to encourage, and to exhort. This should make you shout! Our sons and daughters are not going to be used by the enemy for his purposes, but they will be used by God for His purpose. Say this with me out loud, “I declare and decree today my sons and daughters will prophecy! They will not be used by the enemy and his purposes, but they will be used by God to complete His plans and His purposes!”

The promise of this outpouring continues with old men dreaming dreams and young men seeing visions. We see the need for this today. With an outpouring of the Spirit, we now see an older generation with lost dreams dreaming again. It does not matter how old you are, with a fresh outpouring of the Spirit of God, you will turn your dreamer back on. Dream again, believe again, and hope again. Now to a younger generation without a vision or direction, we see in this outpouring there will be a vision from God placed in them! Not a vision from Hollywood, not a vision from the world, but God is placing within our youth His vision of greatness and purpose!

8

The Fasting King

In 2 Chronicles 20:1-24 King Jehoshaphat called a fast as his kingdom was coming under attack. Hundreds of thousands of trained soldiers were quickly approaching to overtake the nation of Israel and King Jehoshaphat was afraid, so what did he do? He set himself to seek the LORD, and proclaimed a fast throughout all the land. In a moment of crisis, he did not turn to man; he turned his face to seek God. Everyone in the entire nation came together to

Fasting helps us redirect our focus and get our eyes off the problem onto the solution.

fast. (Because they were fasting, they could see things very clearly and received revelation and instruction from the LORD.) The prayer they prayed exalted the LORD and reminded Him of His

promises.

As he prayed he confessed, “We are powerless against this great multitude.” Fasting enabled him to be honest. He continued to confess, “We do not know what to do, but our eyes are upon You.” Fasting helps us redirect our focus and get our eyes off the problem onto the solution. During this corporate fast, a word from the LORD came through the Levite Jahaziel, “...*the battle is not yours, but*

God's... You do not need to fight in this battle...stand still and see the salvation of the LORD with you." The next day on the battlefield the fasting king appointed singers to sing a simple chorus, "Praise the Lord, for His mercy is forever." In the middle of the fast, Israel got a revelation of the power of praise and worship. They also received revelation that the battle did not belong to them, and that God would fight their battles. I need to take a praise break right here! If you are overwhelmed with opposition, go ahead and set this book down and have you a good praise break! Still your mind and rest in the revelation that God will fight your battles as worship and you turn your eyes to Him.

Sending praise and worshipers to the front line of the battlefield may have seemed quite strange, but look what happened. As Israel began to sing in the battle, the five invading armies turned on each other, and after it was all over not one of them remained standing. Victory came that day for King Jehoshaphat and all of Israel without raising a single weapon. The battle belonged to the LORD. God did just what He said He would do. He fought the battle as they stilled themselves and worshiped in the middle of the fast. Many believers make the mistake of thinking that when they have fasted the battle has ended. This is not necessarily so. God told the fasting king, "Tomorrow you will stand against your enemy, but the battle is mine." Even though victory was guaranteed, the fasting King still had to face his enemy. Therefore, fasting is not the end of the battle. Fasting is the catalyst for victory! The fasting king got a revelation on what to do, and when to do it, and who to involve. I

Even though victory was guaranteed, the fasting King still had to face his enemy.

pray that during this fast God will show you what to do, when to do it, and who to involve.

Now this is where it gets really exciting. After the smoke cleared and the battle was over, it took three days to gather up the spoils from the battle. God fought the battle, but His people collected the spoils. The Scripture says the spoils were so great that they could not carry them all away. This brings up two questions. First, who goes into battle caring around that much gold, silver, and precious jewels? Secondly, if after three days of gathering the spoils and still

God used the enemy to accumulate, transport, and deliver goods needed to His people.

there remained more than they could carry, why not just keep gathering till they got it all? While pondering these two questions, I had this thought; God used the enemy to

accumulate, transport, and deliver goods needed to His people. We must look beyond the initial victory of the battle and go out and gather the spoils of war. One day of fasting produced revelation that resulted in three days of gathering the spoils of war. I want to encourage you not to leave anything behind! Get everything that God has for you. When Moses led the children of Israel out of Egypt, He told the people, “We are not going to leave one hoof behind”. That’s not being greedy; that’s just taking possession of everything God has prepared for you.

9

Paul's Fast

In Acts 27 the apostle Paul was a prisoner boarding a ship headed to Rome. He warned the ship's Captain and the Centurion about the timing of their departure. *"Sirs, I perceive that this voyage will be with hurt and much damage, not only of the lading and the ship, but also of our lives."* Acts 27:10 Why would they listen to a prisoner? The sea was calm, the wind was gently blowing and the sun was shining. Perfect weather conditions for sailing. However, after they set sail, a great storm arose at sea. Isn't that how it always goes when you start out in something new? Everything looks good at the beginning, but then you get caught up in a battle for your life.

Now there was great peril on the ship that Paul was on. The sea was raging, and the waves were tearing the ship apart. For 14 days they were encompassed with complete darkness. For 14 days they had not seen the sun, moon, or stars. For 14 days everyone on the ship fasted. They did not fast because of their great faith; no, they fasted because of the fear. All hope was gone. Talk about a motivation, well, they had motivation! *"After long abstinence... Paul tells them they should have listened."* Acts 27:21 Paul got a revelation from an angel of the LORD while restraining

from food. Paul not only received information as he fasted, but he also had the ability to get the attention of those who would not listen to him before. You would think that during a storm they wouldn't want to listen to a preacher who was a prisoner, but, after fasting, those who would not listen started listening. He actually took charge of the ship at this moment. Paul goes from prisoner to instructing the captain of the ship on how to save the lives of the men on board. And he listened, but he didn't listen before they started sailing the ship. Paul received the information and had the anointing to deliver the information to those who needed it. You see this type of power and anointing all through the Bible during a fast.

The revelation that Paul received that night is powerful and relevant for us today.

“And now I exhort you to be of good cheer: for there shall be no loss of any man's life among you, but of the ship. 23 For there stood by me this night the angel of God, whose I am, and whom I serve, 24 Saying, Fear not, Paul; thou must be brought before Caesar: and, lo, God hath given thee all them that sail with thee. 25 Wherefore, sirs, be of good cheer: for I believe God, that it shall be even as it was told me.” Acts 27:22 – 25

Now let's look at this revelation. First he says, “Be of good cheer.” Before you see anything change externally, there must be a change internally. In essence he was saying: change your attitude about it! If you are ever going to come out, you must first come out in your mind and with a good attitude. Be of good cheer. I know your situation may be bad, I know it may not look good, I know that the odds are stacked against you and the doctor's report may be adverse! But instead of worrying, instead of being afraid, instead of

looking at the circumstances, get a new perspective. Be of good cheer! “How can I be happy when everything looks so bad?” You can be happy in knowing that things are about to change for your good. The storm’s not going last, but you are. No matter what storm you are facing right now, it’s not going to last. It came, and it will pass. According to the 23rd Psalm, we are not alone as we walk through the valley. Anyone can be happy when they see good things taking place, but the challenge here is to first be happy before you ever see a change.

The second part of this revelation: you have to remain on the ship. It’s only natural to want to jump ship when the sailing gets rough. Many people have missed out on seeing God’s best in their lives because they abandoned the ship in the middle of the storm.

The greatest financial reward took place for me when I had an opportunity to abandon ship and do something else.

This is true in ministry, marriage, business, friendships, and so much more. It’s easy to stay on board as long as there are favorable conditions, but every relationship you have ever had or ever will have will be tested by a

storm. Can you stay on board to see what the fight was really all about?

When I first started working with my good friend Rick at RC Plastics, the first few months were filled with supernatural deals and growth. During those first 3 months I made more money than I did in the previous 12 months combined. Then the plastic market crashed, and business came to a screeching halt. The next 3 months were horrible. We had no sales, nothing coming in and nothing going out. However, I continued to work those three months without receiving a paycheck. Eight hours a day, every day, I just

kept going to work, doing whatever need to be done. To be honest I began to question everything. Rick came to me and said, “I understand if you need to take another job or do something else.” So I began to fast and inquire of the Lord what to do, because I knew the Lord had put us together. During the fast God gave me an idea to create a website for the company, so I did it. It was nothing fancy or high-tech, just a simple company website. After that things started to change. We started getting phone calls and emails from the website, deals started coming together and the payout over the next few years was far greater than anything I could have ever imagined. It was truly a supernatural increase and growth. The greatest financial reward took place for me when I had an opportunity to abandon ship and do something else. I thank God for Rick and Andrea giving me an opportunity to work with them and the opportunity to learn the plastics market. Rick and Andrea were a couple who believed in me by giving me a chance to work alongside them. I will never forget that in a time of fasting, God gave me an idea that changed the dilemma I was in, when I wanted to run away from everything.

The final part of the Apostle Paul’s revelation in Acts 27, and the most crucial is this: “*Wherefore, sirs, be of good cheer: for I believe God, that it shall be even as it was told me.*” Acts 27:25 (*emphasis added*) After repeating, “Be of good cheer”, he says, “I believe God!” If we do not act on what God is revealing by first believing what He said, revelation from Him will never benefit us. Think about this: when Paul gave this word from the Lord, it was still dark on the ship, waves were still ripping the ship apart, and nothing had really changed up until this point. They were still in the storm, but now they were armed with the word. Paul believed that word, spoke that word, and, when the rest of the people on the ship heard

it, they believed it and every one of them made it through. I want to prophetically speak this word into your heart right now: Whatever storm you are in, believe God, stand on His word, be of good cheer, and don't jump off the ship. Stay where God planted you, and receive the reward of staying on board.

10

The Fasting Chapter of the Bible

I would encourage you to read Isaiah 58; it is noted as being the “fasting chapter” of the Bible. It begins by showing us why Israel was not getting results when they fasted. According to verses 3 and 4, they were fasting for exploitation, fasting to win arguments, and fasting from a position of haughtiness with arrogance.

In verses 5 – 14 we see the correct motives for fasting and the results it will produce. Correct fasting begins with humility and will set you free from anything that weighs you down. It will produce an anointing in your life to break every bondage.

“Is not this the fast that I have chosen? To loose the bands of wickedness, to undo heavy burdens, and to let the oppressed go free, and that you break every yoke.” Isaiah 58:6

“Then shall thy light break forth as the morning, and thine health shall spring forth speedily: and thy righteousness shall go before thee; the glory of the LORD shall be thy reward.” Isaiah 58:8

The first benefit of fasting in this passage is freedom. What’s weighing you down? Whatever it is, you can be set free. You do not have to live with the weight of darkness, fear, sickness, addictions,

stress, worry, doubt, unbelief and so on. *“Then shall light break forth...”* Light in the Bible represents wisdom, revelation and illumination. The first thing God created was light! With light you can see things clearly. It would be difficult, damaging, and almost impossible to go through an obstacle course in pitch darkness. However, the moment you turn the light on you can better navigate the obstacles. Well, that’s what God promises, not the removal of the obstacles but the ability to navigate through them. During a fast God will illuminate options you may be currently unaware of. He then goes on to say that your heath shall spring forth speedily.

11

Starting and Ending Your Fast

When starting a fast, you must first determine what you want to accomplish during your fast. After you have determined what you want to accomplish, establish your start date and an ending date, and what kind of fast you will complete. Keep a fasting journal, and log daily ideas, thoughts, and things God has revealed. You will also

Keep a fasting journal and log daily ideas, thoughts, and things God has revealed.

want to record any miracles you may experience. Personally, I have fasted for breakthrough in about every arena of life from health and finances to wisdom and spiritual growth.

After you have set your goal, then seek God for direction in that area during your fast. At times when I have fasted in the past the Lord has revealed to me that my fasting goal is just to treat a symptom, and He began to reveal the root issue that I need a breakthrough in. So my focus then shifted to what God had revealed. During your fast be sensitive to the voice of the Lord, and be willing to shift when God speaks to your heart about root issues you may be unaware of.

Before beginning your fast, preparation is a must. First of all, you may not be aware of addictions that you may have. Caffeine is very addictive and is present in most soft drinks, like tea, coffee, cokes, and so on. Sugar is another addictive ingredient. When you remove caffeine and sugar from your diet, your body will let you know that

it is not happy about your spiritual journey. It is best to remove caffeine and sugar first from your diet before beginning a normal fast. Ideally you would first start your fast as a partial fast, eliminating meat, caffeinated drinks and desserts. Warning: if you normally have high intakes of caffeinated drinks and you cut them out, you will get a headache. The caffeine withdrawals will subside after the second day. It may be wise to slowly reduce the caffeinated drink intake before completely cutting it out to reduce severe headaches. For example, if you normally drink 4 cokes per day, on day one of your partial fast you may only want to drink two cokes, and on day two drink only one coke, and on day three you can eliminate them from your diet. Caffeine will increase your desire for food, so the sooner you cut it out of your diet, the easier it will be for you to complete a longer fast.

It may be wise to slowly reduce the caffeinated drink intake before completely cutting it out to reduce severe headaches.

Fasting and drinking at least 2 quarts of filtered water is a way to detoxify your body. (I have noticed that chlorine and other contaminants of regular tap water can actually make you sick during a normal fast.) Dr. Don Colbert, M.D. in his book **Toxic Relief** which I highly recommend, stated on page 1: "If our bodies were sold on the open meat market, they are so full of toxic poisons that they would not pass USDA inspection. Deaths related to our toxic diet and lifestyle account for most deaths in America. Many diseases are not only related to diet and lifestyle, but they are also caused by a buildup of toxins that have overwhelmed the body's vital organs and other systems, creating an array of distressing symptoms."

Ending your Fast:

When you fast, your stomach will shrink. When you have completed your fast, don't go crazy eating everything you can get your hands on, or you will get sick. Take it slow and easy. If you have been on a partial fast, just eating fruits and veggies, and then you can pretty much go back to your "normal" eating habits if you choose when your fast is over. If you are ending a liquid only partial fast, slowly begin to introduce fruits, veggies, and almonds back into your diet for at least 24 hours before eating meat, especially red meat. After completing a normal fast of more than 7 days, it is very important to first drink fruit juice or fruit smoothies before eating solid foods. It would be ideal to only eat light soups or fruit juice for the first 24 hours of breaking your normal fast.

The following are books I recommend to read during your fasting times;

The Bible

21 Day Fast, Dr. Bob Rodgers

The Ministry of Fasting, Dr. Zacharias Tanee Fomum

Transforming Power of Fasting and Prayer, Dr. Bill Bright

Fasting I, Jentezen Franklin

Fasting II, Jentezen Franklin

Prayer and Fasting, Gordon Lindsay

The Seven Pillars of Health, Dr. Don Colbert, MD

Toxic Relief, Dr. Don Colbert, MD

Hidden Power of Prayer and Fasting, Mahesh Chavda

Following God's Plan For Your Life, Kenneth E. Hagin

A Commonsense Guide to Fasting, Kenneth E. Hagin

Faith and Confession, Charles Capps

The Power of Right Believing, Joseph Prince

The Fourth Dimension, Dr. David Yonggi Cho

12

7 Day Pre-Fast Diet

[Dr. Bob Rodgers, *The 21 Day Fast*]

“And the ravens brought him bread and flesh in the morning, and bread and flesh in the evening; and he drank from the brook.” (1 Kings 17:6)

Fasting brings you closer to God. It is also a way to humble yourself. There are also physical benefits, such as weight loss. Fasting must not be confused with dieting. Here is a pre-fasting diet that will help prepare your body for a long fast. It not only cleanses the body from poisonous toxins, but stimulates the metabolism of your body. Some have lost as much as 17 pounds in one week depending on one's body weight.

BASIC FAT BURNING SOUP:

6 Large green onions (scallions)

2 green peppers

1 or 2 large cans of tomatoes

1 bunch of celery

1 large head of cabbage

1 package of Lipton Onion Soup mix

Season with salt, pepper, curry, parsley, etc., if desired, or six bouillon cubes. Half of this recipe was used by two people for two days. We keep it continually hot in a crock pot. Cut vegetables in small to medium pieces and cover with water. Boil for 10 minutes. Reduce to simmer and continue cooking until vegetables are tender.

This can be eaten anytime you are hungry. Eat as much as you want, whenever you want at any time of the day. This soup will not add calories. The more you eat, the more you lose. If eaten alone for indefinite periods, you will suffer malnutrition. Fill thermos in the morning if you will be away during the day.

DAY ONE: All fruits except bananas. Your first day will consist of all the fruit you want except bananas. Cantaloupes and watermelons are lower in calories than most fruits. Eat only your soup and fruits the first day. Drink unsweetened tea, cranberry juice or water.

DAY TWO: All vegetables. Eat until you are full with all fresh, raw, or cooked vegetables of your choice. Try to eat green, leafy vegetables and stay away from dry beans, peas and corn. Eat all the vegetables you want along with your soup. At dinner time reward yourself with a big baked potato and butter. Eat all the soup you want, but do not eat fruits.

DAY THREE: Mix day one and two. Eat all the soup, fruit and vegetables you want. You cannot have a baked potato this day. On day three, you should begin to lose weight. Eat as much soup as you can.

DAY FOUR: Bananas and skimmed milk. Eat as many as eight bananas and drink as many glasses of skimmed milk as you can on this day with your soup. Bananas are high in calories; so is the milk. But on this particular day, your body will need the potassium and the carbohydrates, proteins and calcium to lessen your cravings for sweets.

DAY FIVE: Beef and tomatoes (or salad). You may have 10 to 20 ounces. Try to drink as many as six to eight glasses of water this day to wash away the uric acid in your body. Eat as much of the soup as you can.

DAY SIX: Beef and veggies. Eat beef and vegetables to your hearts content. You can even have two or three steaks if you like with green, leafy vegetables BUT NO BAKED POTATOES. Be sure to eat plenty of soup.

DAY SEVEN: Brown rice, unsweetened fruit juices and plenty of vegetables. Again, stuff, stuff, stuff yourself. Be sure to eat plenty of soup. If you have not cheated on your diet, you will find that you have lost 10 to 17 pounds. If you have lost more than 15 pounds, stay off the diet for two days before resuming.

This seven-day eating plan can be used as often as you like. As a matter of fact, if correctly followed, it will clean your system of impurities and give you a feeling of well-being as never before. After only a few days in the process, you will begin to feel lighter by at least 10 and possibly 17 pounds. You'll have an abundance of energy. Continue this plan as long as you wish and feel the difference.

This diet is a fast, fat-burning diet. You will burn more calories than you take in. It will flush your system of impurities and give you a feeling of well-being.

After day three, you will have more energy than when you began, if you do not cheat. After being on the diet for several days, you will find your bowel movements have changed – eat a cup of bran and fiber. Although you can have black coffee with this diet, you may find you do not need the caffeine after the third day.

Definite no-no's: No bread. No alcoholic beverages. No carbonated beverages. Drink water, unsweetened tea, black coffee, unsweetened fruit juices, and cranberry juice.

Any prescribed medication will not hurt you on this diet. Continue this plan as long as you wish and feel the difference in both mental and physical disposition. If you prefer, you can substitute broiled fish for the beef on only one of the beef days. You need the high protein from the beef at least one day.

7 Step Checklist Before Starting a Fast:

1. Decide and write the type and purpose of the Fast
2. Proclaim the fast before the Lord
3. Anoint your head and wash your face (Matthew 6:16 – 18)
4. Believe you receive the reward now (Matt 6:18, Mark 11:24)
5. Minister unto the Lord (Ephesians 6:19, Colossians 3:16)
6. Minister to others after the fast, only minister to others during the fast as directed by the Lord.
7. Expect assistance from the Holy Spirit and the angels of God.

Decree and Scriptures

Job 22:28, What you decide on will be done, and light will shine on your ways. (NIV)

Job 22:28, Thou shalt also decree a thing, and it shall be established unto thee: and light shall shine upon thy ways. (KJV)

Personal thoughts on Job 22:28 – Make up your mind, and settle it, speak it (decree it), and once you do that, God will cause light, illumination, and revelation to shine upon the path that will make it happen. You can only walk down the path of illumination after you have settled it in your mind and decreed it.

We decree this year will be the best year we have ever had! We will experience greater joy, greater favor, greater wisdom, greater peace, greater prosperity, greater miracles, greater increase, greater love, greater fulfillment, greater revelation, and greater insight. Things that have attached to me in previous years to weigh me down, hinder, and slow me down draining my energy, draining my vision, and robbing me of peace will be broken off the moment I set my mind to be free from it. I set my mind to be free right now in the name of Jesus. Freedom begins for me today; freedom begins for me now!

This year is a supernatural year for me as a believer! I Look to Jesus the Author and Finisher of my faith. I refuse to look to man to do what only God can do in my life. I release people, situations, and circumstances. I meditate on the promises of God; I confess who I am in Christ and where I am going instead of reliving the pain of where I have been and what I've been through. I receive greater revelation of the finished work of Jesus at the cross and His great love for me. This is a new year, a new season, and a new day. The

blessing is encasing me; favor is surrounding me like a shield. I'm blessed in His blessing, blessed in His glory, blessed when I walk in this year and blessed when I walk out of this year! (Galatians 3:13, 14) I am redeemed from the curse of the law, and I am blessed with the blessing of Abraham!

Things you desire to take place this year....

- 1.) _____
- 2.) _____
- 3.) _____
- 4.) _____
- 5.) _____
- 6.) _____
- 7.) _____

Now that you have settled in your mind and in your heart the thing that you are believing God for, you are ready to release your faith by speaking (decreeing) what you desire to take place. Meditate and speak the following Scriptures throughout your day as you use your words to create the future you desire.

Mark 11:24: Therefore I say unto you, what things soever ye desire, when you pray, believe that ye receive them, and ye shall have them. (KJV)

Isaiah 54:9–10: I would not be angry with you, nor rebuke [condemn] you. For the mountains shall depart and the hills be

removed, but My kindness shall not depart from you, nor shall My covenant of peace be removed.

Hebrews 10:23: Let us hold fast the profession (confession) of our faith without wavering; (for He is faithful that promised).

Philippians 4:7: And may the shalom (peace) of God, which surpasses all understanding, guard your heart and mind through Christ Jesus.

Psalms 66:12: ...we went through the fire and through the water: but You have brought us out into a wealthy place.

Psalms 115:12–14: The Lord has been mindful of us: He will bless us; He will bless the house of Israel; He will bless the house of Aaron. 13 He will bless them that fear the LORD, both small and great. 14 The LORD shall increase you more and more, you and your children.

Jeremiah 17:7,8: Blessed is the man that trusts in the LORD, and whose hope the LORD is. 8 For he shall be as a tree planted by the waters, and that spreads out her roots by the river, and shall not see when the heat comes, but her leaf shall be green; and shall not be fearful in the year of drought, neither shall cease from yielding fruit.

Colossians 1:9–14: For this reason we also, from the day we heard of it, have not ceased to pray and make [special] request for you, [asking] that you may be filled with the full (deep and clear) knowledge of His will in all spiritual wisdom [in comprehensive insight into the ways and purposes of God] and in understanding and discernment of spiritual things ¹⁰ That you may walk (live and conduct yourselves) in a manner worthy of the Lord, fully pleasing to Him and desiring to please Him in all things, bearing fruit in every good work and steadily growing and increasing in and by the knowledge of God [with fuller, deeper, and clearer insight, acquaintance, and recognition]. ¹¹ [We pray] that you may be

invigorated and strengthened with all power according to the might of His glory, [to exercise] every kind of endurance and patience (perseverance and forbearance) with joy,

¹² Giving thanks to the Father, Who has qualified and made us fit to share the portion which is the inheritance of the saints (God's holy people) in the Light.

¹³ [The Father] has delivered and drawn us to Himself out of the control and the dominion of darkness and has transferred us into the kingdom of the Son of His love,

¹⁴ In Whom we have our redemption through His blood, [which means] the forgiveness of our sins. (AMP)

1 Thessalonians 5:23: And may the God of peace Himself sanctify you through and through [separate you from profane things, make you pure and wholly consecrated to God]; and may your spirit and soul and body be preserved sound and complete [and found] blameless at the coming of our Lord Jesus Christ (the Messiah). (AMP)

Romans 15:13 ¹³ May the God of your hope so fill you with all joy and peace in believing [through the experience of your faith] that by the power of the Holy Spirit you may abound and be overflowing (bubbling over) with hope.

Confession: *I am anointed to _____ on a level this world is unfamiliar with, for the building of the Kingdom of God and for the glory of God.*

