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FIRST EMANUEL BAPTIST CHURCH
DR. REV. CHARLES J. SOUTHALL, III, PASTOR



1933 Wooddale Blvd.
Baton Rouge, Louisiana 70806

GIVING GOD 40 DAYS

October 4, 2016 ~ November 13, 2016



And I will restore to you the years that the locust hath eaten, the cankerworm, and the caterpillar, and the palmerworm, my great army which I sent among you.

(Joel 2:25)

**YOU ARE INVITED TO EXPERIENCE AN
INTIMACY WITH GOD LIKE NEVER BEFORE!**

ENTER INTO HIS PRESENCE

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UNPLUG, DETOX, TRUST GOD

UNPLUG

1 Thessalonians 5:17

DETOX

Genesis 2:7; Psalm 26:9; *Romans 3:25*

SEPARATION

Romans 1:23; 1 Peter 1:23; Luke 6:12; Matthew 14:13; John 6:15; John 8:1; John 14:39;
John 11:54; Genesis 12:2; Matthew 16:13; Matthew 16:16; Matthew 16:17; Matthew 16:18;
Matthew 16:19

DISCIPLINE

Luke 21:37-38; Luke 22:45; John 8:2; Luke 4:14; Luke 4:1; Luke 4:2; John 16:33

REPENTANCE

TRUST GOD

Mark 9:29; 1 Corinthians 10:13; James 3:8; Isaiah 55:7; Genesis 6:5; Proverbs 12:25;
Romans 7:19 -21; Psalm 73:3; Psalm 89:3; Psalm 89:19, 23-24; Psalm 89:34-35

A COVENANT WITH GOD

ABOUT PRAYER

Psalm 51:12; Jeremiah 30:17; Joel 2:25

ABOUT FASTING

Exodus 34:28; Esther 4:16; Danie10:3

SEASONS

Season 1: **Me and God**

Jeremiah 7:16; Jeremiah 7:17-19; Psalm 36:7, Jeremiah 33: 3, Psalm 51:12, John
8:36, Mark 1:41, Mark 1:40, Isaiah 61:1, John 8:36, Genesis 29:31, Genesis 29:34,
Genesis 29:35, Genesis 30:9-21, 1 Kings 3:11,13, Leviticus 27:42, Malachi 3:10, 1
Kings 3:7, 9

Season 2: **Toxic Words** castrate hope and life

Proverb 10:11, Psalm 49:3, Psalm 145:21, Proverb 8:8, Job 31:30, Psalm 39:1

Season 3: **Toxic thoughts** flat-line the mind

1 Corinthians 2:16, Isaiah 55:7, Genesis 6:5, Matthew 9:4, Psalm 94:11, Matthew
22:37

Season 4: **Toxic emotions** hold us in bondage
Proverbs 12:25, Proverb 3:30, Titus 3:3, Proverb 29:22, James 3:16

Season 5: **Toxic Actions** weaken our spiritual immune system
Romans 7:19 -21, Romans 7:23

Season 6: **Toxic Fears** infiltrate the heart
Matthew 2:3; Matthew 2:16, Psalm 23:4, 2 Chronicles 4:10, Psalm 56:4,
Psalm 64:1, Psalm 118:6

Season 7: **Freedom**
Joel 3:14

Season 8: **Restoration**
Ezekiel 36:25, Ezekiel 36:26, Ezekiel 36:27, Ezekiel 36:30, Ezekiel 36:35

FAREWELL

Acts 20:32



Seven years ago, God called First Emanuel to a 40 day corporate fast. Each year the Holy Spirit gives instruction on the focus of the fast. In the 130th year of our existence, 27th year of my Pastorate, and in the 7th consecutive year of our fast, God is calling for consecrated time in prayer and fasting for the Church. We are a body of Baptized believers that God has appointed a very specific purpose in Kingdom. As the body of Christ our assignment is clear, Kingdom building. We cannot build when one part of the body is tearing down. We cannot effectively lift when we allow the distractions of the world to overwhelm us. Finally, we cannot fulfill the call of God until we yield our wounded and broken vessels to God for his miraculous restorative power.

I enter into prayer and fasting with you over the next 40 days in great expectation of hearing from God. I enter full of faith, in Glory and honor of the most high God, the author and finisher of my faith. I enter in anticipation of the manifestation of miracles, signs, and wonders. Finally, I enter with all my being, surrendering all to God, because I trust God. Enter this journey with me.

Pastor Charles J. Southall, III

THIS JOURNAL

Our fasting and prayer journal consists of eight seasons with five days per season. We suggest scriptures and offer prayers as God leads us to pray. Some of our prayers may not be your specific situation. These are personal prayers of the author(s). You will witness many personal conversations with God. Enter into your own personal dialogue as God gives you utterance through the reading of scripture and your period of fasting, prayer, praise, and meditation.

Our format this year is different in that we invite you to engage in self-assessment and reflection by answering questions, writing your own prayer and “digging deep.” For instance, Season One, “Me and God,” requires honest soul searching. There are days in season one where you may not feel like digging deep within to talk to God about issues that have been vexing your spirit for decades. We submit to you that this fast is not the time to procrastinate. If you have to put the assignment down and come back to it, that is encouraged, just don’t ignore the call to seek God for instruction, healing, deliverance, and restoration in your life. Do not be afraid to write in your journal. We are not going to ask you to review your journal. You may want to keep it in a secret place because this is between you and God, but the journaling will help you be accountable to yourself and God.

Finally, the primary source for scripture references in the journal is the King James Version of the bible. In instances where another version of the bible is used, the bible version is identified: New Revised Standard Version (NRSV).

Acknowledgments

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I thank God for yet another opportunity to deliver the Word to his people through the gift and ministry of writing. I pray your strength and perseverance as we enter into this journey together.

Min. Sandra Cabrina Jenkins, M.Div.

UNPLUG, DETOX, TRUST GOD

This is the beginning. This is year 7 of our 40 day corporate fast under the leadership of the 7th Pastor, Dr. Rev. Charles J. Southall, III, of First Emanuel Baptist Church. We begin our journey with an invitation to Unplug, Detox and Trust God.



WHY AND HOW TO UNPLUG

Unplugging would be easy if all we have to do is yank the plug out of the wall, disable the Bluetooth, and disconnect from Wi-Fi. But no, the world is attached to all things cyberspace that allows us to share “stuff” with strangers, family, friends, the enemy, and more.

58% of the entire adult population uses some form of social networking platform.¹ 70% say they use Facebook daily (including 45% who do so several times a day).² Almost half (49%) of Instagram users are on the platform daily, with 32% who say they go on Instagram several times a day. Finally, we spend 1.72 hours per day on social network platforms.³ This is not a problem or meant as judgmental or ridicule, it is just speaking truth to the fact that we are predictable creatures. Businesses invest heavily in monitoring our behavior and habits as consumers to understand how to market their brand.

Conversely, 55% of Americans say they pray every day, while 21% say they pray weekly or monthly, and 23% say they seldom or never pray.⁴ These statistics are problematic considering God has called us to a continuous life of prayer. (“...pray without ceasing...for this is the will of God in Christ Jesus for you.” *1 Thessalonians 5:17*)

Unplugging can facilitate a meaningful connection with self and ultimately God. Over the next 40 days, consider gradually unplugging (if it is not work or ministry related) and releasing yourself from Snap Chat, Vine, Twitter, Tumblr, Facebook, Instagram, LinkedIn, Periscope, TV, Net flicks, Hulu, and cyberspace in general. The restorative power of our God is not in that 1.72 hours spent in cyberspace. **UNPLUG!**

¹ Nicole B. Ellison, Cliff Lampe, Amanda Lenhart and Mary Madden , Maeve Duggan, *Demographics of Key Social Networking Platforms*, <http://www.pewinternet.org/2015/01/09/demographics-of-key-social-networking-platforms-2/> January 9, 2015

² Maeve Duggan, Nicole B. Ellison, Cliff Lampe, Amanda Lenhart and Mary Madden, *Frequency of Social Media use*, <http://www.pewinternet.org/2015/01/09/frequency-of-social-media-use-2/> January 9, 2015

³ Jason Mander, *Daily Time spent on social networks rises to 1.72 hours*, Globalwebindex, Blog/Post, <https://www.globalwebindex.net/blog/daily-time-spent-on-social-networks-rises-to-1-72-hours> January 26, 2015

⁴ Michael Lipka, 5 facts about Prayer, <http://www.pewresearch.org/fact-tank/2016/05/04/5-facts-about-prayer/> May 4, 2016

DETOX

Medically speaking, God created the human body that “is well designed to eliminate wastes and toxins, and a number of organs play a role...The kidneys and the liver do the main removal work. They draw substances out of the bloodstream and process them for the body to excrete as feces and urine.”⁵

We spend an incredible amount of money on diets, substances, and activities that are not medically or scientifically proven to rid our bodies of toxins. The mechanics of cleansing and healing the body was built-in by our Creator. Yes, some require medication to help regulate the organs to properly function, but it was a fore thought of God to create the human body to naturally cleanse, heal and restore itself. God not only fashioned the body in this manner, but God foreordained the process by which our very soul would be incubated from death and destruction. Let’s be clear “*man became a living soul*”⁶ **not** *live flesh*. Admittedly, a part of our stewardship is to take care of this shell of the body that houses our soul, for it is the soul that preserves LIFE and defies DEATH: “*gather not my soul with sinners, nor my life with bloody men.*” (Psalm 26:9)

Sin is the toxin that threatens the sanctity of our soul. The excretion and release of this toxin, sin, is only by the cleansing power of the blood of Jesus Christ.



We offer a detox regimen which guarantees elimination of toxins; and it’s free. God, the creator of this regimen, however, paid a costly price that all might be free: *Whom God hath set forth to be a propitiation through faith in his blood, to declare his righteousness for the remission of sins that are past, through the forbearance of God; (Romans 3:25)*. The only thing it will cost you is unwavering faith and obedience and to surrender all to God. Here is how it works:

DETOX Regimen

SEPARATION + DISCIPLINE + TRUST GOD

◆ **RESULT: FREEDOM FROM TOXINS** ◆

◆ **RESTORATION** ◆

In our context, to detox is to cleanse the mind, body, and heart of toxins: *toxic words, toxic thoughts, toxic emotions, toxic actions and toxic fears*. This toxic mix is sin and detrimental to the living soul.

⁵ Tavernise, Sabrina, “Fancy Juice doesn’t Cleanse the Body of Toxins,”

<http://www.nytimes.com/2016/04/21/health/juice-cleanse-toxin-misconception.html>, April 20, 2016

⁶ Genesis 2:7

◆ Step One ◆ SEPARATION

The first step in our regimen is separation.

The very nature of our being is to be in communion with others. God ordained the family in the very beginning. We naturally gravitate to people to whom we can form a bond because we desire relationship. Relationships require love, sacrifice, compromise, and commitment. Relationships may flourish but sometimes relationships are unhealthy and fail. Unhealthy or failed relationships are a sign that toxins have seeped in and are eroding the core of its existence. What may not be natural for us (or come easy for us) is to separate ourselves from relationships in order to commune with God. This separation is not neglecting the relationships God has blessed us with. This type of separation removes and releases self so that we can hear God and talk to God. Of course there are toxic relationships that we must eliminate from our lives in order to experience the wholeness and fullness of God in our lives. (*Toxic relationships will be addressed in our "Trust God" section and more fully in Season One, "Me and God."*)

Jesus detoxed through separation on several occasions. It was not that Jesus had to free himself of toxic words, thoughts, emotions, fears, or even sin, but Jesus understood that he had to always maintain a constant position of prayer and obedience to the Word. The same is required of us! Please do not beat yourself up if you fall short of Jesus' infallible nature and have not been able to maintain a constant position of prayer and obedience to the Word. God knows the nature of man. That is why God sacrificed his Glory that he may redeem us "*And changed the glory of the uncorruptible God into an image made like to corruptible man,... (Romans 1:23)* in order that we may be "*...born again not of corruptible seed, but of incorruptible, by the word of God, which liveth and abideth for ever. (1 Peter 1:23)*

Scripture gives us several examples of acts of separation by Jesus:

- And it came to pass in those days, that he went out into a **mountain to pray**, and continued all **night in prayer** to God. (Luke 6:12)*
- Jesus ... departed thence by ship into a **desert place apart**: ... (Matthew 14:13)*
- When Jesus therefore perceived that they would come and take him by force, to make him a king, he departed again into a **mountain himself alone**. (John 6:15)*
- Jesus went unto the Mount of Olives. (John 8:1) And again he went away, and prayed, and spake the same words. (John 14:39)*
- Jesus therefore **walked no more openly** among the Jews; but **went thence unto a country near to the wilderness**, into a city called Ephraim, and there continued with his disciples. (John 11:54)*

In John 11:54, we see where Jesus had to alter his steps. He had to separate from his kindred, his Jewish heritage and practices. It's time for you to ask some pretty hard questions:

- Are you ready to alter your steps?
- Are you willing to shift as the Holy Spirit gives direction?
- Are you ready to separate in order to draw nearer to God?

◆ Step One ◆ SEPARATION Continued

- Are you continuing in relationship because is it what is comfortable, familiar, and safe?
- Are we fearful of change and rejection if you separate from what is slowly killing our spirit woman/spirit man?
- Are you ready for the truth?

As heirs of Abraham, Isaac, and Jacob, God has purposed our lives for all things great. (*Genesis 12:2*) Our heritage of greatness requires us to separate from all that separates us from God. We have to remove ourselves from toxic environments. Toxic environments are prevalent amongst the Triple Cs.

- **Chatter** – mindless, harmful, trash conversation
- **Clutter** – anything that is in excess; meaning not necessary for your existence
- **Chaos** – foolishness, mess, darkness, deceptive behavior

The Triple Cs guarantee absolutely **no separation**. It is **impossible to invoke** the presence of God in the midst of chatter, clutter, and chaos. We need alone time with God so that we may hear and receive instruction. We need alone time with God to worship and honor God. If chatter, clutter and chaos are not excised from your life, there can be no separation. Finally, chatter, clutter, and chaos hinder the move of the Holy Spirit in your life. The Holy Spirit reveals all truth to us. Chaotic chatter and clutter stifles the opportunity to hear and receive truth.

We are privy daily to revelations from God, but we have to separate from toxic environments to receive. Peter's identity of the Christ is a perfect example of why we can't be caught in states of chaos, chatter, and clutter. Jesus' inquiry:

Jesus: Whom do men say that I the Son of man am? (Matthew 16:13)
Peter Responded: Thou art the Christ, the Son of the living God. (Matthew 16:16)
Jesus: Blessed art thou, Simon Barjona: for flesh and blood hath not revealed *it* unto thee, but my Father which is in heaven. (Matthew 16:17)

Peter's ability to know that Jesus is "*the Christ, the Son of the living God*" is significant. A toxic heart and mind or a chronic gossiper would never have been in a position to see Christ. And look at what happens after God's revelation that Jesus is "*the Christ, the Son of the living God*", the manifestation of the blessings and promises:

And I say also unto thee, That thou art Peter, and upon this rock **I will build my church**; and **the gates of hell shall not prevail against it**. (Matthew 16:18)

And **I will give unto thee the keys of the kingdom of heaven**: and **whatsoever** thou shalt bind on earth **shall be bound in heaven**: and **whatsoever** thou shalt loose on earth **shall be loosed in heaven**. (Matthew 16:19)

So, "let nothing separate you from the love of God, which is in Christ Jesus our Lord."(Romans 8:38-39)

DETOX THROUGH SEPARATION!

◆ Step Two ◆ DISCIPLINE

The second step of the detox regimen is discipline. Separation is a form of discipline. Jesus is discipline. Jesus was disciplined in Prayer and Word. A strong prayer life and becoming a student of God's Word inevitably leads us to a life of discipline.

Prayer

Scripture reveals that Jesus was predictable. Jesus began his day with prayer (*and when he rose up from prayer, ...Luke 22:45*) and transitioned into ministry (*and early in the morning he came again into the temple, and all the people came unto him; and he sat down, and taught them.(John 8:2)*).

At night, Jesus separated himself for time with God. It was a routine without fail. It was predictable that Jesus would pray day and night, teach, separate, and then pray again.

Word

Luke 21:37-38 exemplifies the discipline of the study of the Word.:

- *And in the day time he was teaching in the temple; (WORD)*
- *and at night he went out, and abode in the Mount of Olives (SEPARATION)*
- *And all the people came early in the morning to him in the temple, for to hear him. (MINISTRY)*

There was never a time in recorded scripture where it is revealed that when the Word was present, the people were absent. The manifestation of the Word in the flesh led the people to hunger and thirst for the Word. We do not have the Word in the flesh walking on earth with us today, but we do have the transformative power of the Holy Spirit which reveals all truth to us.

We can benefit from the example of discipline of the people in the temple that went to hear the Word everyday all day. The word is vital to our existence. Our flesh is weak. The Word of God disciplines the flesh. We are warned of temptation (*In the world ye shall have tribulation: but be of good cheer;*)⁷ yet promised a way of escape from the temptation: "...but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape..."⁸ Even Jesus, the Word, which was "...made flesh, and dwelt among us, (and we beheld his glory, the glory as of the only begotten of the Father,) full of grace and truth," had to use the Word in time of temptation. Observe Jesus' status, before, during and after the temptation.

And Jesus returned in the power of the Spirit into Galilee: and there went out a fame of him through all the region round about. (Luke 4:14) This verse references Jesus' return from a wilderness experience. Note Jesus' status prior to the wilderness experience is the same during and after the wilderness experience: "...

⁷ **John 16:33** These things I have spoken unto you, that in me ye might have peace. In the world ye shall have tribulation: but be of good cheer; I have overcome the world.

⁸ **1 Corinthians 10:13** There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it.

◆ Step Two ◆ DISCIPLINE Continued

Jesus ... full of the Holy Ghost ... was led by the Spirit into the Wilderness.” (Luke 4:1) It is the power of the Holy Spirit that allowed Jesus to withstand the temptations of Satan in his moments of weakness. (Luke 4:2)

Next, witness the authority and power of the Holy Ghost in Jesus’ weakened physical state:

Devil: If thou be the Son of God (Luke 4:3)

Jesus: “It is written...” (Luke 4:4)

Devil: “...all this power will I give thee...” (Luke 4:6)

Jesus: “...get the behind me, Satan: for it is written...” (Luke 4:8)

Be disciplined in the word. Digest the Word of God. Make the Word of God alive in your life. It truly is a matter of LIFE or DEATH.

Repentance

Historically when God’s people sought God for his restorative power, God was consistent in his response to their cry: (A) Repent and (B) Fast. God is the same God today as he was during Joel’s prophesy.

Blow the trumpet in Zion, consecrate a fast, all a sacred assembly; Gather the people.
Sanctify the congregation, assemble the elders...Joel 2:15-16

Repentance of our sins is a prerequisite to the realization of our restoration. Discipline will make us predictable before God. The discipline of prayer and the Word is the antidote for the toxic mix that is trying to suffocate our very soul.



Finally, we have to Trust God. This is the final step of our detox regimen. The very thought of separation, for many, causes anxiety, fear, and even grief. Separation will weaken relationships, strengthen relationships, restore relationships or destroy relationships. Many of us resist discipline because we mistakenly believe it takes away our freedom to be independent and do as we please. This is why it is so vital that we Trust God. It is only through the power of the Holy Spirit that we can separate ourselves from toxins. We have to Trust God to remove the toxins. The release of this toxic mix, “... *this kind can come forth by nothing, but by prayer and fasting.*” (Mark 9:29) Hence, our focus over the next 40 days:

- Season 1: **Me and God**
- Season 2: **Toxic Words** castrate hope and life
- Season 3: **Toxic Thoughts** flat-line the mind
- Season 4: **Toxic Emotions** hold us in bondage
- Season 5: **Toxic Actions** weaken our spiritual immune system
- Season 6: **Toxic Fears** infiltrate the heart
- Season 7: **Freedom**
- Season 8: **Restoration**

If you trust God, enter into covenant with God. We have drafted a covenant that addresses the prayer focus of this fasting and prayer journal. However, we encourage you to personalize the covenant. You have the freedom to *add to or delete clauses* in the covenant. This is personal and sacred to you. Once you make the adjustments then you can enter into your personalized covenant with God. Take your time. Do not rush into the covenant. Once you sign and date it, place it in a secret place. Review it daily, if not a few times a day.

✝ A Covenant with God ✝

I _____ over the next 40 days enter into covenant with You, God, to
Unplug, Detox, and Trust God.

- I covenant with You, God, that I will reduce or eliminate my “plugged-in” time over the next 40 days.
- I covenant with You, God, that when I am tempted to plug-in that I will shift my time to prayer, meditation, journaling, and/or studying God’s word.
- I covenant with You, God, to detox my mind, body, and heart by fasting from toxic words.
- I covenant with You, God, to detox my mind, body, and heart by fasting from toxic thoughts.
- I covenant with You, God, to detox my mind, body, and heart by fasting from toxic emotions.
- I covenant with You, God, to detox my mind, body, and heart by fasting from toxic actions.
- I covenant with You, God, to detox my mind, body, and heart by fasting from toxic fears.
- I covenant with You, God, to trust You, God, to restore my family.
- I covenant with You, God, to trust You, God, to release me from people and/or things that have me in bondage.
- I covenant with You, God, to _____
- I covenant with You, God, to _____
- I covenant with You, God, to _____

Signature

Signed this _____ day of October, 2016.



THERE ARE MILLIONS OF BOOKS PUBLISHED ABOUT PRAYER. WE DEVOTE THIS SPACE TO SIMPLY ENCOURAGE YOU TO CONTEMPLATE WHAT PRAYER IS TO YOUR LIFE. WE ARE NOT INTERESTED IN TELLING YOU HOW TO PRAY, WHEN TO PRAY, WHERE TO PRAY OR ANY OTHER DIRECTIVE ON PRAYER. PRAYER IS ABOUT YOU AND GOD. THE MODEL PRAYER, ORIGINATED BY JESUS, IS SUFFICIENT. (MATTHEW 6:5-13)

TAKE THE TIME TO STUDY THE MODEL PRAYER. TO HELP WITH YOUR STUDY, WE OFFER WHAT PRAYER IS, WHAT GOD IS TO PRAYER, AND THE MANIFESTATION OF PRAYER. WE INVITE YOU TO JOT DOWN YOUR THOUGHTS ON PRAYER IN THE SPACES PROVIDED BELOW.

Prayer is:

Prayer is personal. Prayer is intimate. Prayer rises from the soul. Prayer invokes the presence of God. Prayer is an act of submission. It is intentional, purposeful, sacred, and Holy. Prayer is you and God. Prayer is God and you. Prayer has no boundaries. Prayer has no formula. The beat of your heart is prayer. Prayer is timeless. Prayer is peace. Prayer is loud. Prayer is silent. Prayer pierces the heart of our God.

Prayer is -

God is Prayer:

God hears our prayers. God answers our prayers. God honors our prayers. God expects our prayers. God is -

Prayer restores:

- Restore to me the joy of your salvation...(Psalm 51:12NRSV)*
- For I will restore health unto thee, and I will heal thee of thy wounds...(Jeremiah 30:17)*
- And I will restore to you the years that the locust hath eaten, the cankerworm, and the caterpillar, and the palmerworm, my great army which I sent among you. (Joel 2:25)*

Follow the discipline of Christ during this period of prayer and fasting.



Fasting raises three common questions – how to, when to, and what to? The most simplistic answer for all attempts to define fasting is to deny the flesh. Denying the flesh will never contradict any definition of fasting. Whether you are of the opinion that fasting is limited to food, or eliminating certain pleasures of life, it is all denying the flesh. Our bodies naturally crave different things and when we say no to the craving, it is a denial of the flesh.

One has to be disciplined to deny the flesh. It has to be intentional and purposeful. This means you have to be in tune with the physical body and with your spiritual being. You have to want to deny the flesh. You have to labor at denying the flesh. When that urge arises to quench a thirst, satisfy an appetite or pacify the body, a concerted effort has to take place in order to deny this urge. It is similar to you receiving a cease and desist letter or order instructing you that you have to immediately cease from an activity. You no longer have the authority to engage in that activity. In a fast, you tell your flesh it no longer has authority to control your appetite, actions, or thoughts. When you deny the flesh, the Holy Spirit is in charge.

We dare not define the type of fast that you should embark upon when we enter into a period of fasting and prayer. Rather, our focus is to educate on what God requires of us in this process of denying the flesh. The Holy Spirit reveals all truth to us. If we are in the flesh, we create a buffer between self and the Spirit of God. To allow ourselves to be overwhelmed by the flesh inhibits our opportunity to experience a move of God in our lives.

Earnestly take the time to seek God prior to entering this period of fasting and prayer.

TYPES OF FASTS

□ Absolute Fast

- **Moses** engaged in an **absolute fast** on Mount Sinai when he did not eat for 40 days and 40 nights: *And he was there with the LORD forty days and forty nights; he did neither eat bread, nor drink water. And he wrote upon the tables the words of the covenant, the Ten Commandments. Exodus 34 :28*
- **Esther**, after learning of King Ahasuerus' decree to destroy, massacre, and exterminate all of the Jews, instructed the people: *Go, gather together all the Jews that are present in Shushan, and fast ye for me, and neither eat nor drink three days, night or day: I also and my maidens will fast likewise; and so will I go in unto the king, which is not according to the law: and if I perish, I perish. Esther 4:16*

ABOUT FASTING CONTINUED

- Partial fast:** Daniel abstained from eating meat or drinking wine. It appears that he only ate vegetables: *I ate no pleasant bread, neither came flesh nor wine in my mouth,*” Danie10:3

DON'T DIET, FAST



Fasting may end up being a diet if we are missing the following key components:

- Dedicated Time with God**
- Prayer**
- Praise (Corporate & Private)**
- Worship (Corporate & Private)**
- Meditation**
- Listening for God's voice**
- Reading, hearing, and studying the Word of God**

Remember:

- The key to God honoring your fast is that your fast is unto God.
- A fast unto God will not be harmful to your health.
- Allow the Holy Spirit to guide you in the type of fast or the things from which you are to abstain in order to truly experience intimate time with God.
- An absolute fast **does not mean** that you will fast from all liquids and all food for the entire 40 days and 40 nights. An absolute fast can last as short as a few hours that you have designated to abstain from food or drink while in prayer and meditation with God.
- God honors and measures our hearts.
- If for medical reasons you are unable to fast from food, abstention and sacrifice of whatever the Holy Spirit leads you to is pleasing and acceptable to God.

SEASON 1

Me & God

Jeremiah 33:3

Call to me and I will answer you and tell you great and unsearchable things you do not know.

Tuesday, October 4, 2016

To

Saturday, October 8, 2016

Many of us enter into corporate or personal periods of fasting and prayer prematurely. *It is premature* because we enter distracted. We don't **unplug** until the night before or the morning of the beginning of the fasting and prayer period, or we don't **unplug** at all.

It is premature because we have not grasped the significance of **discipline, detoxing and separation**⁹ before we enter into this most Holy and sacred space with God. We mindlessly and prayerlessly determine the food, liquid, or activities we are going to fast from or sacrifice. We automatically assume because we crave certain things or obsess over one thing or the other, that this must mean this is the perfect something to abstain from during this period of fasting and prayer. We forget to seek guidance from the Holy Spirit on what and how to fast.

Tragically, *it is premature* because we cannot figure out how to release “other people’s burdens” that were never meant for us to bear. These burden bearing situations can be classified as symbiotic¹⁰ in nature. This means you are the “host” and they are the “parasite.” Only the parasite benefits in this relationship. If you don't release, you cannot fully enter into this sacred journey.

This is why Season One is set aside as your “*me time.*” For five (5) days give yourself permission to be selfish. For five (5) days you can shamelessly make it all about you, that is, *You and God.* We have a tendency to ignore our spiritual deficit and plunge into praying for everyone but ourselves. The Holy Spirit leads us to pray for others all the time; however, when you are entangled in a parasitic symbiotic situation, intercession may not be fruitful. A cry for strength, deliverance and restoration may, however, be wise. Think it not foreign to be forbidden to intercede. God did this to Jeremiah. God's prophet was forbidden to offer a whisper of a prayer on behalf of the people: “*As for you, do not pray for this people, or lift up cry or prayer for them, and do not intercede with me, for I do not hear you.* (Jeremiah 7:16 NRSV) This rejection of intercessory prayer by God had to do with the disobedience and idolatry of the people. (Jeremiah 7:17-19). The relationships that you are challenged with or struggling through exist. God has heard your cry, your petitions, and knows the voice of your mourning. God has secured that situation. You are covered, that relationship is covered. Trust God to be God and position yourself under the shadow of God's wing, for “*...the children of men put their trust under the shadow of thy wings.*” (Psalm 36:7) It's time to take care of your spiritual needs. Call on God, he will answer: “*Call to me and I will answer you, and will tell you great and hidden things that you have not known.*” (Jeremiah 33:3)

The first five days of our fasting and prayer period requires reflection and self-assessment. All are in need of the restorative powers of God. We have identified five common areas where most of us at one point in life sought God for restoration or have been restored: (1) Brokenness; (2) Addiction; (3) Bondage; (4) Pain; and (5) Finances.

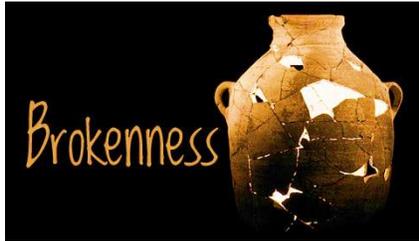
⁹ If you do not understand the significance of the use of the highlighted terms **discipline, unplug, detox, and separation**, please take the time to review the first few pages of the journal, **Detox, Discipline, Trust God** (see pp. 6-8)

¹⁰ In biology, symbiotic refers to any diverse organisms that live together, but in this case, the relationship is not necessarily beneficial to both. Parasites, for example, have a symbiotic relationship with their hosts, but only the parasite benefits, Vocabulary.com Dictionary <https://www.vocabulary.com/dictionary/symbiotic>

Season one requires you to examine *brokenness* in your lives and your family's lives. You will have the opportunity to consider whether the brokenness has created harmful habits or *addictions* for you and/or your family. The tragedy of not healing from brokenness is that it positions you as easy prey for people and things that want to lure you into *bondage*. Brokenness from pain is sometimes unbearable. You will have the opportunity to aggressively seek God to restore you from a place of pain. Finally, financial restoration is in order not just for our personal wants and needs, but for Kingdom. We seek God in this season on some tough financial issues in our families.

Let us begin.

DAY 1 (10/4/2016)



Psalm 51:12

Restore unto me the joy of thy salvation; and uphold me *with thy* free spirit.

Today is the beginning of “*Me Time.*” This is a process to be honest with yourself and God. We first begin with a self-inventory about your awareness of “self.” This exercise is not assigned to have you just acknowledge brokenness and leave you in that state. This assignment is designed to help you honestly reflect and talk to God about YOU. YOU can trust God with YOU. The power of our salvation overcomes, mends, and heals our brokenness. Talk to God.

Check all that apply to you:

_____ I am not broken. There is nothing about me that needs to be restored.

Reflect on when God restored you from your brokenness:

List areas in your life that are broken and you want restored:

Now, answer these questions:

Do I trust God to put the pieces back together again in my life?

- _____ Yes, 100%
- _____ Pretty-much, maybe 75%
- _____ Sort of, 50%
- _____ No
 - _____ My life is too messed up;
 - _____ Too many shattered dreams;
 - _____ Too many disappointments;
 - _____ My heart is not just broken, it is splintered

What do you want to say to God about the broken pieces of your life?

Finally, follow the example of the psalmist and remind God that it is about “Me and God”:

But as for me, my prayer *is* unto thee, O LORD, *in* an acceptable time: O God, in the multitude of thy mercy hear me, in the truth of thy salvation. (Psalm 69:13)

Now it is time for you to pray for yourself:

My Prayer for Me:

MY FAMILY’S BROKENNESS

The next phase of your assignment today is to single out family that may fall in that symbiotic¹¹ relationship. This means you are the “host” and they are the “parasite” and this parasite is sucking the very life out of you. Here is a list of family members. I only list their relationship to you, but, to make it personal, perhaps you may want to put the name in the blank.

Sister, Brother, Mother, Father, Uncle, Aunt, Nephew, Niece, Grandmother, Grandfather, Husband, Wife, God-son, God-daughter, Daughter, Son, Step-son, Step-daughter, Cousin, Father of your children/child, Mother of your children/child, Son-in-law, Daughter-in-law

Check all that apply to you:

_____ I have no brokenness in my family. Everything is just fine!!!

THIS IS WHERE YOU INSERT THE FAMILY RELATIONSHIP OR PUT THE ACTUAL NAME

Do I trust God to put the pieces back together again in _____ Life?

_____ Yes, 100%

_____ Pretty-much, maybe 75%

_____ Sort of, 50%, it’s been years since _____ has been himself/herself.

_____ No

_____ is too far gone.

_____ does not want to change.

We have tried everything for _____. It is hopeless.

¹¹ In biology, symbiotic refers to any diverse organisms that live together, but in this case, the relationship is not necessarily beneficial to both. Parasites, for example, have a symbiotic relationship with their hosts, but only the parasite benefits, Vocabulary.com Dictionary <https://www.vocabulary.com/dictionary/symbiotic>

What do you want to say to God about the brokenness in _____ life?

Do you believe God can put the millions of pieces of _____ life back together?

___ I want to believe

___ I do not know

___ I believe

Do you understand that _____ brokenness it is not your burden to bear?

DAY 2 (10/5/2016)



Mark 1:41

And Jesus, moved with compassion, put forth *his* hand, and touched him, and saith unto him, I will; be thou clean.

Today we have to dig a little deeper within self and disturb wounds that have not healed properly. This may hurt because the local anesthesia has not quite taken effect. Actually you should not want to be anesthetized, because the numbness that you have allowed to take over certain parts of your life is the reason we are seeking God to “restore self”.

Our scripture focus today is the story of a Leper seeking healing. The Leper approached Jesus in a spirit of urgency, he begged for his healing. (Mark 1:40) The Leper surrendered self, he kneeled before Jesus. The Leper confronts Jesus with truth, “you can heal me if it is your will.” (Mark 1:40) The scripture tells us that Jesus showed compassion and immediately cleansed the Leper.

That same compassion Jesus exhibited in this story is the same compassion Jesus has for us. And God is still an “immediate kinda God.”

Check all that apply to you:

_____ I do not have any addictions. I am able to control myself in all areas of my life.

Reflect on when God restored you from your addiction(s):

Do I trust God to take away the harmful pleasures, desires, appetites, and addictions from my life?

_____ Yes, 100%

_____ Pretty-much, maybe 75%

_____ Sort of, 50%

_____ No, but I am hopeful. I am not ready to release and be free from some pleasures, desires, appetites, and addictions.

What do you want to say to God about needing help to walk away?

MY FAMILY'S ADDICTIVE BEHAVIORS

This is where you put in the family relationship (i.e. brother, mom,) or put the actual name.

_____ I have no addictions in my family.

Reflect on the restoration of _____ from addictive behavior

Do I trust God to take away the harmful pleasures, desires, appetites, and addictions from _____ life?

_____ Yes, 100%

_____ Pretty-much, maybe 75%

_____ Sort of, 50%, it's been years since _____ has been himself.

_____ No,

_____ is too far gone.

_____ does not want to change.

We have tried everything. It's hopeless.

What do you want to say to God about _____ to addictive behavior?

Do you believe God can deliver _____ from the addiction(s)?

_____ I want to believe

_____ I do not know

_____ I believe

Do you understand that _____ brokenness it is not your burden to bear?

DAY 3 (10/6/2016)

**BREAKING THE
CHAINS OF
BONDAGE**



Isaiah 61:1

The Spirit of the Lord GOD *is* upon me; because the LORD hath anointed me to preach good tidings unto the meek; he hath sent me to bind up the brokenhearted, to proclaim liberty to the captives, and the opening of the prison to *them that are* bound;

Check all that apply to you:

_____ I am free. I am not in bondage.

Do I trust God to release me from people that have me in bondage?

_____ Yes, 100%

_____ Pretty-much, maybe 75%

_____ Sort of, 50%

_____ I am not sure. I really have to assess whether my relationships, life situations and issues are bondage.

Check all that apply to you:

_____ Certain persons can provoke me and make me come out of character before I realize it.

_____ It is important to me what others think about me

_____ I have habits I just can't seem to get rid of. I stop for a little while, then I pick the habit back up again.

If you checked off any of the boxes, that is a form of bondage. Do not fret, throughout this journey, God will reveal to you why you are free from bondage. Be encouraged, for *"If the Son therefore shall make you free, ye shall be free indeed."* (John 8:36)

Do I trust God to release me from things that have me in bondage?

_____ Yes, 100%

_____ Pretty-much, maybe 75%

_____ Sort of, 50%

_____ I really have to assess what things, if any, in my life are keeping me in bondage. Take the time to list what things, objects, gadgets, places separate you from God:

What do you want to say to God about being in bondage?

MY FAMILY'S BONDAGE

This is where you put in the family relationship (i.e. brother, mom,) or put the actual name.

Do I trust God to release _____ from the people and things that have him/her in bondage?

_____ Yes, 100%

_____ Pretty-much, maybe 75%

_____ Sort of, 50%

_____ No, sadly, I do not think _____ recognizes this is bondage.

What do you want to say to God about *releasing you from carrying the burden* of _____ bondage?

Do you believe God can release _____ from bondage?

_____ I want to believe

_____ I do not know

_____ I believe

Prayer Focus:

Spend time today in prayer, meditation, and praise about the freedom and power of your salvation.

DAY 4 (10/7/2016)



THE PAIN OF
Rejection

Genesis 29:31

When the LORD saw that Leah *was* unloved, He opened her womb...

Sometimes we do not think that God is paying attention to the struggles in our lives. Here we have Leah depressed and sad because her husband does not love her, but her sister. God knows Leah's pain and blesses her to bear children. Leah attributed her fruitfulness to God. She acknowledged that it is God that is blessing her with children because she is unloved. But Leah still tries to earn the love of her husband.

Rejection can render unbearable pain. Rejection may cause one to abandon self by desperately seeking self-worth in the validation of others. Poor Leah made this mistake. Leah really thought that her husband would love her because God showered favor upon her. This is what Leah thought, "Because the Lord has looked on my affliction, surely now my husband will love me." By the third child Leah says, "now this time my husband will become attached to me, because I have borne him three sons." (Genesis 29:34)

How many times have we attempted to force love, compromise the integrity of our heart, and then find ourselves just feeling rejected and unloved? Leah obviously went through a period of seeking love, but she eventually glorified and honored God for the blessings of life: *And she conceived again and bore a son, and said, "Now I will praise the LORD."* (Genesis 29:35)

We have to allow ourselves to rise-up out of the pain of rejection and abandonment. Leah knew her husband did not love her, but she still praised God. Admittedly, Leah continued to compete with her sister for husband's affections,¹² but, in her pain, in her search for love and validation, she managed to honor and praise God.

Can you see yourself in a "Leah praise"

_____ Yes, but I need God to help me get there.

_____ No that is not my story, I have not suffered from the pain of rejection or abandonment in any aspect of my life.

Reflect on when God restored your self-worth in the midst of your pain of rejection and abandonment: (If you never lost your self-worth by seeking the validation of others for the sake of love, then move on to the next instruction)

Ask God to guide and shield you from manipulating and compromising self to gain what someone else has no desire or capacity to give to you.

¹² See Genesis 30:9-21

DAY 5 (10/8/2016)

Your Finances, God's Wealth

1 Kings 3:11,13

God said to him, "Because you have asked this, and have not asked for yourself long life or riches, or for the life of your enemies, but have asked for yourself understanding to discern what is right... I give you also what you have not asked, both riches and honor all your life,...(NRSV)

For most, the quest for our personal financial stability and our family's financial stability is a constant in our lives. We work, we save, we spend. Some work, do not save, and live outside of their means. While some do not work, borrow, and have no vision for wealth.

God has ordained wealth for his people, not just living pay check to pay check. God's vision for the wealth of his people is witnessed from Genesis to Revelation. The scripture most familiar to us is *Matthew 6:33: But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.* Our scripture focus for today, Solomon's wealth, walks us through the act of seeking first Kingdom and the righteousness of God. But first, we have to acknowledge that the source of our wealth is God. God provides the means for our wealth:

But thou shalt remember the LORD thy God: for it is he that giveth thee **power to get wealth**, that he may establish his covenant which he swore unto thy fathers, as *it is* this day. (*Deuteronomy 8:18*)

There are consequences in not understanding the source of our wealth. The spirit of deception immediately takes control. We are deceived when we measure our success by man's standards. The prophet Ezekiel had to deliver the news to King Tyre that his kingdom would perish because of his misplaced trust in his wealth:

By your wisdom and your understanding you have amassed wealth for yourself, ...
By your great wisdom in trade you have increased your wealth, and your heart has become proud in your wealth... Therefore thus says the Lord God: because you compare your mind with the mind of a god, therefore, I will bring strangers against you... they shall thrust you down to the Pit... (Ezekiel 28:4-8 NRSV)

Solomon understood the source of his wealth. Solomon understood the magnitude of the opportunity before him when God appeared to him in a dream at Gibeon and said "Ask what I shall give you. (1 Kings 3:5 NRSV). Solomon feared God and revered God for the honor of placing him as king over God's chosen people. The only prayer Solomon could muster was one for advancement of Kingdom:

And your servant is in the midst of the people whom you have chosen, a great people, so numerous they cannot be numbered or counted. Give your servant therefore an understanding mind to govern your people, able to discern between good and evil; for who can govern this your great people?"

Our obedience to God's word is attached to our wealth. Our wealth is attached to our stewardship. Stewardship is accepting and caring for the responsibility of Kingdom through your substance, talents, gifts, and time.

Trust God for his word. Trust God for his word that the (tenth) tithe is Holy unto him. (Leviticus 27:42) Trust God that the 90 percent will not only sustain you, but position you for the increase. Seek God for wisdom and understanding of God's word that **if you** *"bring the full tithe into the storehouse, so that there may be food in my house, and thus put me to the test, says the Lord of hosts; see if I will not open the windows of heaven for you and pour down for you an overflowing blessing. (Malachi 3:10 NRSV)*

Finally, finances can be a source of stress in our lives. Marriages end in divorce over finances. Familial relationships are severed over finances. But if we follow the lead of Solomon and confess to God in humility and humbleness of heart that "I do not know God, but give me understanding," (1 Kings 3:7, 9), then you will be in position to receive the overflow of blessings promised in God's word.

Take this inventory of your finances. Only you know your financial situation. Be honest with your self and God. Tell God you do not know how to do this, but you are trusting God to lead you to God's plan for wealth.

Do I trust God to restore my finances?

- _____ Yes, 100%
- _____ Pretty-much, maybe 75%
- _____ Sort of, 50%
- _____ No,
 - _____my finances are in shambles.
 - _____ I have too many creditors and too much debt.
 - _____My FICO score is in the "terrible" category!!!

Do you have a budget? ___Yes ___No, I just pay my bills and if anything is left, it's my mad money

Do you have a savings? _____ Yes _____ No, I cannot afford it right now.

Do you have a retirement plan? _____ Yes _____ No, I cannot afford it right now.

What do you want to say to God about being a better steward of your substance?

Begin writing down your plan for God's wealth

MY FAMILY'S FINANCIAL FORECAST

This is where you put in the family relationship (i.e. brother, mom,) or put the actual name.

Do I trust God to deliver _____ from poverty?

_____ Yes, 100%

_____ Pretty-much, maybe 75%

_____ Sort of, 50%

_____ No,

_____ can't keep a job.

_____ does not want to work.

We have tried everything, _____ is hopeless.

What do you want to ask God about this situation?

Is it your financial responsibility to take care of adult family members? ____ Yes ____no

What if the family member has children and they will be homeless if you do not help?

Do you believe God can bring increase in _____ life?

_____ I want to believe

_____ I do not know

_____ I believe

Prayerfully prepare yourself to share with _____ God's plan for our wealth. God will reveal to you when it is time for you to share the plan.

SEASON TWO



TOXIC WORDS CASTRATE HOPE AND LIFE

FAST FROM TOXIC WORDS

Proverb 10:11

**The mouth of a righteous man is a well of life:
but violence covereth the mouth of the wicked.**

**Sunday, October 9, 2016
To
Thursday, October 13, 2016**

Targets of painful and hurtful words struggle to maintain a sense of self. If you keep hurling daggers, knives, and spears at your target, the outer layer will eventually become so tattered and torn that the covering, or outer layer, falls off. Imagine that covering is the target's emotions, heart, and self-esteem. Once the covering or outer layer is gone, the risk of more intense exposure to pain exist and inevitably infection sets in. The eating away of the core layers of existence takes place. The pain is so unbearable for the recipient that they do not know how to cover or protect that open wound, so they in turn infect others. Painful and hurtful words flow from the wounded's mouth, and the cycle continues.

Target practice is what we are doing when we injure others with our mouths. Satan has tricked us into thinking that our neighbor, our family, co-workers and even the Body of Christ are all walking bulls-eyes. Just think about a target. You would have to throw knives, daggers and spears at the target consistently over a long period of time for the outer layer or the face of the target to no longer be recognizable or to just fall off.

Toxic words destroy the spirit of a man, a woman and of children. Season two is designed for you to fast from toxic words. You have to make a concerted effort to think before you speak. The daily scriptures are affirmations or prayers about what God expects and requires of us to do with our mouths.

This formula may help you get through season two and prayerfully the rest of your days!

- Meditate on and speak the scripture for the day throughout the day
- Write down what God reveals to you about the use of your mouth
- All day, everyday be intentional in your petitions to God that the Holy Spirit reveals to you when you are yielding to Satan to wound someone.
- If you stumble and allow toxic words to spew from your mouth, pray the Holy Spirit allows you to immediately recognize the error.
 - Acknowledge to the recipient of your knives, daggers, and spears that you are sorry and ask for forgiveness
 - Repent



DAY 6 (10/09/2016)

Today's Scripture: *Psalm 49:3*

My mouth shall speak of wisdom; and the meditation of my heart shall be of understanding.

God's Revelation to me about Psalm 49:3:

Today's Prayer: God increase in me understanding of the power of words from my mouth. Grant me the wisdom to speak truth to others and to recognize when Satan is using me as an instrument of destruction. Amen.

Did any toxic words climb out of your mouth today? If so list the words _____

Speak those same toxic words to yourself and jot down how you feel:

Did you apologize to the target of your toxic words? ____ Yes ____ No

If you did not apologize, pray the Holy Spirit's guidance on how to approach the recipient of your knives, daggers, and spears to apologize and ask for forgiveness.

Did you repent? ____ Yes ____ No.

DAY 7 (10/10/2016)

Today's Scripture: Psalm 145:21

My mouth shall speak the praise of the LORD: and let all flesh bless his holy name for ever and ever.

God's Revelation to me about Psalm 145:21

Today's Prayer: God, our Father, today I will speak only praise from my mouth. Please, Lord, receive the praises of my lips. Forgive me for the times I have allowed knives, daggers and spears to inhabit the same mouth from which I offer praise. Have mercy on my soul. In the blessed name of Jesus I pray. Amen.

Did any toxic words climb out of your mouth today? If so, list the words.

Speak those same toxic words to yourself and jot down how you feel.

Did you apologize to the target of your toxic words? ____ Yes ____ No

If you did not apologize, pray the Holy Spirit's guidance on how to approach the recipient of your knives, daggers, and spears to apologize and ask for forgiveness.

Did you repent? ____ Yes ____ No

DAY 8 (10/11/2016)

Proverb 8:8

All the words of my mouth are in righteousness; there is nothing froward or perverse in them.

God's Revelation to me about Proverb 8:8

Today's Prayer: Lord, today I cannot honestly say that "all the words of my mouth are in righteousness", but I do want to grow to that level. I will however, Lord, speak and embrace Proverbs 8:8 with the expectation that "all my words can be in righteousness" and that my conversation will not contradict my discipleship or witness in Christ Jesus. Amen

Did any toxic words climb out of your mouth today? If so, list the words.

Speak those same toxic words to yourself and jot down how you feel.

Did you apologize to the target of your toxic words? ____ Yes ____ No

If you did not apologize, pray the Holy Spirit's guidance on how to approach the recipient of your knives, daggers, and spears to apologize and ask for forgiveness.

Did you repent? ____ Yes ____ No.

DAY 9 (10/12/2016)

Job 31:30

Neither have I suffered my mouth to sin by wishing a curse to his soul.

God's Revelation to me about Job 31:30

Today's Prayer: Lord our God, if I ever spoke a curse upon someone's soul, please forgive me. In spite of any pain that may be inflicted upon me, let me not fall into temptation and sin against the knife, dagger, and spear thrower. I refuse to allow myself to be a bulls-eye for the enemies target practice. I thank you for the power and strength of my salvation. Amen.

Did any toxic words climb out of your mouth today? If so list the words _____

Speak those same toxic words to yourself and jot down how you feel:

Did you apologize to the target of your toxic words? _____ Yes _____ No

If you did not apologize, pray the Holy Spirit's guidance on how to approach the recipient of your knives, daggers, and spears to apologize and ask for forgiveness.

Did you repent? _____ Yes _____ No.

DAY 10 (10/13/2016)

Psalm 39:1

I said, I will take heed to my ways, that I sin not with my tongue: I will keep my mouth with a bridle, while the wicked is before me.

God's Revelation to me about Psalm 39:1

Today's Prayer: Dear God, I surrender my mouth. I only want to speak when you give me utterance. Help me, Holy Spirit. Amen.

Did any toxic words climb out of your mouth today? If so, list the words.

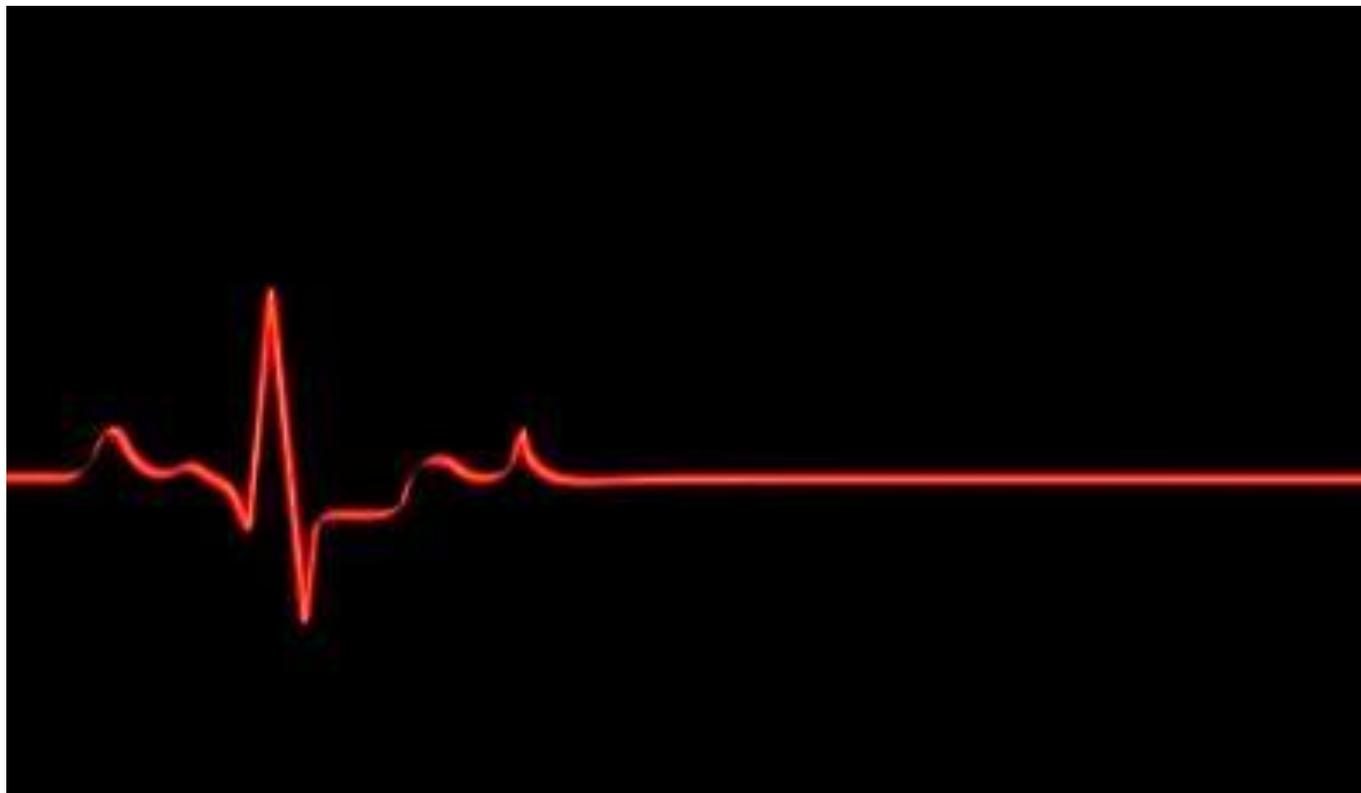
Speak those same toxic words to yourself and jot down how you feel.

Did you apologize to the target of your toxic words? ____ Yes ____ No

If you did not apologize, pray the Holy Spirit's guidance on how to approach the recipient of your knives, daggers, and spears to apologize and ask for forgiveness.

Did you repent? ____ Yes ____ No.

SEASON THREE:



TOXIC THOUGHTS FLAT-LINE THE MIND FAST FROM TOXIC THOUGHTS

1 Corinthians 2:16

For who hath known the mind of the Lord, that he may instruct him? But we have the mind of Christ.

**Friday, October 14, 2016
To
Tuesday, October 18, 2016**

THE PLACEBO EFFECT OF TOXIC THOUGHTS

*A placebo is anything that seems to be a "real" medical treatment -- but isn't. It could be a pill, a shot, or some other type of "fake" treatment. What all placebos have in common is that they do not contain an active substance meant to affect health. Sometimes a person can have a response to a placebo. The response can be positive or negative. For instance, the person's symptoms may improve. Or the person may have what appears to be side effects from the treatment. These responses are known as the "placebo effect." Research on the placebo effect has focused on the relationship of mind and body. One of the most common theories is that the **placebo effect is due to a person's expectations. If a person expects a pill to do something, then it's possible that the body's own chemistry can cause effects similar to what a medication might have caused.**¹³*

There is no expectation of anything but death from toxic thoughts. That expectation is from Satan, not God's living soul, us. Like the placebo, toxic thoughts appear real. There can be no reality in toxic thoughts because of the transformation and renewing of the mind that occurs in our new birth as born again believers. We have the mind of Christ.

In season three, our concentration is on what we allow in our hearing, our thought processes, and the identification of negative relationships in our lives. We cannot live in a bubble and shut out all toxins, but we can monitor our thoughts by not exposing ourselves to negative and unfruitful environments. Most importantly we have to check ourselves and make sure that we are not creating negative and harmful thoughts for ourselves.

Your special assignment for this season is to jot down any toxic thoughts. First in the morning before you leave home or begin your daily activities. Second, at mid-day, and finally review your day by noting the times that you have entertained negative thoughts about yourself or others. Each day you will also meditate on the daily scripture, but at the end of each day (or at some point during the day) write down what it means to *Let this mind be in you, which was also in Christ Jesus: (Phillipians 2:5)*

¹³ WebMed, the Placebo Effect: What is it? <http://www.webmd.com/pain-management/what-is-the-placebo-effect>

DAY 11 (10/14/2016)

Isaiah 55:7

Let the wicked forsake his way, and the unrighteous man his thoughts: and let him return unto the LORD, and he will have mercy upon him; and to our God, for he will abundantly pardon.

God's Revelation to me about Isaiah 55:7

Today's Prayer: Father, forgive me of all unrighteousness. Give me clarity of thought and discernment of your will so that I may not fall into temptation. Grant me the courage to walk away from all things negative. Amen.

Toxic Thoughts (Morning)

_____ None this morning
_____ I had a few. Here they are:

Toxic Thoughts (Mid-day)

_____ None this afternoon
_____ I had a few. Here they are:

Toxic Thoughts (Evening)

_____ None this evening
_____ I had a few. Here they are:

Let this mind be in you, which was also in Christ Jesus: (Phillipians 2:5)

DAY 12 (10/15/2016)

Genesis 6:5

And GOD saw that the wickedness of man *was* great in the earth, and *that* every imagination of the thoughts of his heart *was* only evil continually.

God's Revelation to me about Genesis 6:5

Today's Prayer: Father, I thank you for your saving Grace. Thank you for sparing us from the wrath of the law. I thank you for loving us to the point of a sacrificial lamb to redeem us from death. Deliver me from wicked imaginations. In the blessed name of Jesus, I pray. Amen.

Toxic Thoughts (Morning)

_____ None this morning
_____ I had a few. Here they are:

Toxic Thoughts (Mid-day)

_____ None this afternoon
_____ I had a few. Here they are:

Toxic Thoughts (Evening)

_____ None this evening
_____ I had a few. Here they are:

Let this mind be in you, which was also in Christ Jesus: (Phillipians 2:5)

DAY 13 (10/16/2016)

MATTHEW 9:4

And Jesus knowing their thoughts said, Wherefore think ye evil in your hearts?

God's Revelation to me about Matthew 9:4

Today's Prayer: Lord God, have mercy on me. I thank you for your word today. Forgive me for the times I have been judgmental or condemned others. I desire not to be as the hypocrites walking in darkness and ignorance. Teach me all truth. In Jesus name I pray, Amen.

Toxic Thoughts (Morning)

_____ None this morning
_____ I had a few. Here they are:

Toxic Thoughts (Mid-day)

_____ None this afternoon
_____ I had a few. Here they are:

Toxic Thoughts (Evening)

_____ None this evening
_____ I had a few. Here they are:

Let this mind be in you, which was also in Christ Jesus: (Phillipians 2:5)

DAY 14 (10/17/2016)

Psalm 94:11

The LORD knows our thoughts that they are but an empty breath.

God's Revelation to me about Psalm 94:11

Today's Prayer: Father allow no idle thoughts to occupy my mind today. I commit to fast from mindless tortuous thoughts. Relax my mind that I may hear your voice. Bring to my remembrance your Holy word so that I may meditate on it and not entertain evil. I trust you Lord to keep my mind this day. In the blessed name of Jesus, I pray. Amen.

Toxic Thoughts (Morning)

_____ None this morning

_____ I had a few. Here they are:

Toxic Thoughts (Mid-day)

_____ None this afternoon

_____ I had a few. Here they are:

Toxic Thoughts (Evening)

_____ None this evening

_____ I had a few. Here they are:

Let this mind be in you, which was also in Christ Jesus: (Phillipians 2:5)

DAY 15 (10/18/2016)

Matthew 22:37

Jesus said unto him, Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind.

God's Revelation to me about Matthew 22:37

Today's Prayer: Lord our God, I know that you command us to Love you with all of our being. Purge my heart and my mind of all impurities and toxins. Cleanse my thoughts of all sin and evil. Teach me how to love again. Amen.

Toxic Thoughts (Morning)

_____ None this morning

_____ I had a few. Here they are:

Toxic Thoughts (Mid-day)

_____ None this afternoon

_____ I had a few. Here they are:

Toxic Thoughts (Evening)

_____ None this evening

_____ I had a few. Here they are:

Let this mind be in you, which was also in Christ Jesus: (Phillipians 2:5)
