



FIRST EMANUEL BAPTIST CHURCH

*GIVING GOD 40 DAYS*

*September 30, 2015 ~ November 9, 2015*

*A Fasting*

&

*Prayer Journal*

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

*ENTER INTO HIS PRESENCE*



## TABLE OF CONTENT

	<u>Page</u>
The call to fast	3
This Journal	3
A note on fasting: Deny the Flesh	4
Types of Fast	4
Don't Diet, Fast	5
Pre-fast notes & thoughts	6
 Seasons: 	
One: Introduction ♦ Preparation for the Journey	7
Scriptures and Prayers ♦ Preparation for the Journey	8
Two: Introduction ♦ Grace	11
Scriptures and Prayers ♦ Grace	12
Three: Introduction ♦ Grace in Justice, Justice in Grace	15
Scriptures and Prayers ♦ Grace in Justice, Justice in Grace	17
Four: Introduction ♦ Fears, Tears, and Grace	20
Scriptures and Prayers ♦ Fears, Tears, and Grace	21
Five: Introduction ♦ That which is Holy, That which is Righteous, I Seek	24
Scriptures and Prayers ♦ That Which is Holy, That Which is Righteous	25

## THE CALL TO FAST

Each year God gives instruction on the focus for our church. 2015 is the year of implementation. Our foundation scripture is 2 Chronicles 17. As we prepare for the final quarter in our year of implementation, we recognize that we are well beyond the time for planning and preparation. If not now, when will we implement the divine plan God has laid on our hearts?

We are the vessels God has chosen to carry out the divine plan. This next 40 days is a period set aside to fortify us for the work. It is the time to experience the newness and freshness of what God has already blessed our hands to touch. It is a time for you to be restored.

I enter into prayer and covenant with you on this journey. Together we can fulfill the call God has mandated for all. We must now implement what God has given us. Let us use our Spiritual and Physical doctrines and teachings to execute the Vision for Ministry. **SO LET'S STOP PLANNING, LET US STOP TALKING... IT IS TIME TO GET IT DONE!!!**

Let us begin our journey!

*Pastor Charles J. Southall, III*

## THIS JOURNAL

Our fasting and prayer journal consists of five seasons with eight days per season. Our format is slightly different this year. **First**, the entries are not dated. Each entry has a title that relates to the season or the daily scripture. The journal writings, scripture selections, and focus for each season are God led, Christ centered and Holy Ghost inspired. This is your journey. We dare not restrict the free flow of the Spirit of the living God in this process. Work your way through the season. If entry number seven is pulling you and you are only in your third day in the season, then freely move to where your spirit can be fed at that time. We do suggest that you take the seasons in the order listed and that all eight days are completed before moving to the next journey. The order of the seasons and the message of the seasons are not random. Allow the Holy Spirit to lead.

**Second**, we end each season with a Benediction. This is to give you the signal that my season in this journey has ended. A new season is on the way. You cannot walk into a new season without completing the current season. You cannot leave a season without a blessing!

**Finally**, the daily prayers are personal to the writer. You will witness many personal conversations with God in the journal. This is not to say that the writers' confessions, supplications, or petitions have to be adopted by you or that it applies to you. The sharing of the daily prayers invites you into the place the writer entered when talking, praying, and crying to God. Enter into God's presence so that you may engage God in dialogue. Wait to hear from God. Take your time to really feel God's presence.

## THIS JOURNEY IS ALL ABOUT THE GRACE OF GOD

## A NOTE ON FASTING: “DENY THE FLESH”

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 as you 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 FAST

- **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*
- **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.

**Pre-Fast Notes and Thoughts:**

**MY EXPECTATIONS:**

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**MY FEARS:**

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**NOTES**

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## Season One Introduction ♦ Preparation for the Journey

This season is a period of preparation. Your heart, mind, and body have to be in sync in order to accomplish total submission to the voice and will of God. If you have not had time to pray and seek instruction from God on how to fast and from what to abstain, do not get discouraged. This season is designed to ease you into position. For those of you who are ready, this is a great season to reflect and encourage and intercede on behalf of others in the journey.

Remember, the brain provides the stimuli to our body and mind. Our thought processes dictate our actions, our mood, our emotions, and ultimately our fellowship with God. When our minds are in a chaotic state it is difficult to hear from God. It is our prayer that you are successful in silencing your mind. This of course can only be accomplished by yielding to the power of the Holy Spirit. Below is a helpful scripture and prayer that may be helpful in silencing your mind and yielding to the Holy Spirit:

**Scripture:**   **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.

**Prayer for Your Mind:** Lord, I humble myself before you today. I need help silencing my mind. Sometimes my level of concentration is weak even when I am praying to you. I have to confess that sometimes I cannot turn off my mind. I can't go to sleep because of thinking too much. When I go to sleep, my mind abruptly awakens me. Please silence my mind. I really need to hear from you in this journey! I thank you for victory over my mind. **Amen.**

**Remember, this is a process. There is no wrong or right way to partake in this journey. This will be a unique experience ordained by God ONLY for you. Just in case you find yourself struggling to enter the journey, or even during the course of the journey, we have a few helpful suggestions:**

- (1) **Acknowledge Distractions** – commit to focusing on God and releasing and eliminating thought processes and situations that hinder your ability to bask in the presence of God;
- (2) **Identify** in advance time periods in which you will devote to prayer, fasting, meditation, and simply listening for God;
- (3) **Quarantine** as much as is humanly possible (what you allow in your hearing; what you allow yourself to view; and who you allow in your space);

**Finally,**

- (4) **Enjoy** your time with yourself and with God! And pray fervently to hear God's voice this season.

## Season One Scriptures and Prayers ♦ Preparation for the Journey

### TODAY: SERVE GOD

Luke 2:37: "...but served **GOD** with fastings and prayers night and day."

*Prayer for the Journey:* Lord, I choose this day to serve you with fasting and prayer. May your sweet Holy Spirit teach me how to fast and how to pray. Amen.

1

### TODAY: UNDER THE WINGS

Psalms 57: Be merciful unto me, O God, be merciful unto me: for my soul trusteth in thee: yea, in the shadow of thy wings will I make my refuge, until **THESE** calamities be overpast.

*Prayer for the Journey:* Father, there are many distractions in my life. Sometimes life is so overwhelming that I cannot pray. Allow me to relax and enter into your presence. In the name of Jesus, I pray. Amen.

2

### TODAY: SURRENDER

Psalms 51:7 Purge me with hyssop, and I shall be clean: wash me, and I shall be whiter than snow.

*Prayer for the Journey:* God, I humble myself before you. I desire to be rid of all distractions that inhibit me hearing your voice. Give me clarity of thought. I surrender my mind, body and heart to you in order that I may be in your perfect will. In the blessed name of Jesus, I pray. Amen.

3

### TODAY: TRANSFORMATION

Romans 8:6: "to be carnally minded **IS** death; but to be spiritually minded **IS** life and peace."

*Prayer for the Journey:* Father, your word tells us we cannot please God in the flesh. But God the part of you that dwells in me is wrapped in flesh. Teach me Lord to nurture my spirit man/woman for I know submission to the flesh is hostility against God. Alter my thought processes Lord that I may be the obedient vessel that you have called me to be. Amen.

4



### **TODAY: DECREASE FLESH**

Matthew 16: 17 And Jesus answered him, “Blessed are you, Simon son of Jonah! For flesh and blood has not revealed this to you, but my father in heaven. (RSV)

*Prayer for the Journey:* God I am struggling with my flesh today. I refuse to allow myself to be defeated by my own flesh. God it is really overpowering me today. Help me to hear from you Lord. Strengthen me as I move further into my journey of prayer and fasting. Let me feel you Lord. Set me apart from things of the world. Decrease my self-reliance and my trust in man. It is only by your grace and mercy I am able to deny my flesh. Amen.

5

### **TODAY: VOTE NO CONFIDENCE**

Philippians 3:10 I want to know Christ and the power of his resurrection and the sharing of his sufferings by becoming like him in his death,

*Prayer for the Journey:* Father, today my flesh gets a vote of “No Confidence.” Decrease my appetite for the things that have nothing to do with the spiritual or physical nourishment of my body. There are many things I have released Lord. Some of those things are trying to ‘yoyo’ back into my life. By the power of your resurrection, I am free! In the name of Jesus, I pray. Amen.

6

### **TODAY: DENY SELF**

Matthew 16:24 Then Jesus told his disciples, “if any want to become my followers, let them deny themselves and take up their cross and follow me. (RSV)

*Prayer for the Journey:* Lord, increase my discipleship. I see Jesus’ mandate in your word today: FOLLOW, DENY, TAKE UP MY CROSS. Help me Father not to compromise. Help me father to deny self so that I may be the disciple that you require of me. Amen.

7

## TODAY: WALK IN JUSTICE

Micah 6:8 He has showed you, O man, what is good; and what does the LORD require of you but to do justice, and to love kindness, and to walk humbly with your God?

*Prayer for the Journey:* Father, release me of spiritual arrogance. Purge me Lord of the deceitful spirit of pride. Overwhelm me with a spirit of meekness and humbleness. Teach me how to have the mind of Christ Jesus. Have mercy on my soul. Amen.

8

**This concludes Season One: Preparation for the Journey  
October 7, 2015**

### *Benediction*

Galatians 6:18 The grace of our Lord Jesus Christ be with your spirit, brethren. Amen.

## NOTES

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## Season Two Introduction ♦ Grace

Grace is a gift of God. *For by grace you have been saved through faith; and this is not your own doing, it is the gift of God* – (Ephesians 2:8). We are reminded by the Apostle Paul that *In him we have redemption through his blood, the forgiveness of our trespasses, according to the riches of his grace* (Ephesians 1:7). There are abundant blessings in God’s Grace. There is healing in God’s Grace. There are breakthroughs because of God’s Grace.

We are reminded in scripture that we were bought with a price. (1 Corinthians 6:20). We are taught that there is nothing you can do to earn God’s grace. Grace is freely given and we freely receive. We are encouraged to “grow in grace, and in the knowledge of our Lord and Saviour Jesus Christ.” (2 Peter 3:18) What if we start taking Grace for granted? God’s grace remains, however, we do not reap the full benefit of the Grace because we do not understand the significance and the power of Grace. The best way to illustrate ignorance of Grace versus walking in the power and authority of Grace is in the chart below:

<b>Cheap Grace</b> (Ignorance of Grace)	<input checked="" type="checkbox"/> if it applies	<b>Costly Grace</b> (knowledge of power and authority of grace)	<input checked="" type="checkbox"/> if it applies
Denial of God’s living Word		Calls us to follow Jesus	
Begging Forgiveness without repentance		Condemns Sin	
Participating in Lord’s Supper without confession of sin		God’s treasure	
World and your life-style is indistinguishable		Present in Suffering	
No attempt at discipleship		Obedient discipleship	
You bestow grace on yourself		Forgives sin and liberates the sinner	

In season two we explore the power and authority of God’s Grace. Grace is too costly for you to miss out on the full benefits. Pray God’s discernment of God’s Grace. Be blessed in this season of Grace!

## Season Two Scriptures and Prayers ♦ Grace

### TODAY: POWER AND AUTHORITY IN GRACE

Exodus 34:9 And he said, If now I have found grace in thy sight, O Lord, let my Lord, I pray thee, go among us; for it is a stiffnecked people; and pardon our iniquity and our sin, and take us for thine inheritance. (KJV)

*Prayer for the Journey:* Lord, I transgress against your word daily, yet when I humble myself before you and confess my sins; you are faithful and just to forgive me. Heavenly Father, I repent from those things that cloud my relationship with you. I thank you that I have found grace in your sight. I thank you for intentionally giving your life that I may have life. It is only because of your sacrifice that I am able to walk in the power and authority of my salvation. I am grateful. Amen.

9

### TODAY: NO CHAOS

Isaiah 45:18 For thus says the LORD, who created the heavens (he is God!), who formed the earth and made it (he established it; he did not create it a chaos, he formed it to be inhabited!): "I am the LORD, and there is no other. (RSV)

*Prayer for the Journey:* Lord your word establishes that I was not created to live in chaos. Father, forgive me for the times I have confused moments of darkness in my life as a season designed by you to get my attention or to make me stronger. You are not a God of confusion. May the Spirit of the living God that resides in me reveal truth to me in moments of confusion, chaos, or pain. I love you Lord. I commend my very being to you. In the blessed name of Jesus, I pray. Amen.

10

### TODAY: THE FULLNESS OF GOD'S GRACE

Colossians 1:19 For it pleased **THE FATHER** that in him should all fulness dwell;

*Prayer for the Journey:* My Lord and Saviour Jesus Christ, thank you for your obedience to the Father. Your obedience sealed my salvation. Because of you I am free from the death of sin. I bless your Holy and righteous name. Amen.

11

### **TODAY: THRONE OF GRACE**

Hebrews 4:16 Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.

*Prayer for the Journey:* Father, I confess there are times I damage my witness when I become entangled and overwhelmed with the issues and attractions of this world. Please forgive me dear Lord. I am so thankful God that it is by the power and authority of your grace that I can repeatedly come to you with a heart of repentance confessing sin and without hesitation forgiveness is mine. Without your mercy and grace I could not survive this cold world. You are my Throne of Grace. Father, it is in the name of Jesus that I give you thanks for your mercy and your Grace. Amen.

12

### **TODAY: GRACE IN WILDERNESS**

Jeremiah 31:2 Thus saith the LORD, The people which were left of the sword found grace in the wilderness; even Israel, when I went to cause him to rest. (KJV)

*Prayer for the Journey:* God it does not take me long to think about how you have kept me in my wilderness. When darkness was so thick around me and it felt like I had to carve out holes for my nostrils so I could breathe, you continued to pump the breath of life in me and saved me. Father, today I am not in a wilderness, but I know others who are. I lift up my brothers and sisters that are in despair, that have lost hope, that do not know a risen Savior. Your grace is sufficient for me in my darkness so I pray the grace and peace of God upon those in their wilderness. Amen.

13

### **TODAY: FAITH ACCESSES GRACE**

Romans 5:1-2 Therefore, since we are justified by faith, we have peace with God through our Lord Jesus Christ. Through him we have obtained access to this grace in which we stand, and we rejoice in our hope of sharing the glory of God. (RSV)

*Prayer for the Journey:* Lord, I stand in faith to access my grace TODAY! I know I will receive it because I have a relationship with my Lord and Savior Jesus Christ. What I love about you God and your grace is that all I have to do is stand in my faith. Your grace can never be stripped from me. And Father, since I am standing, I acknowledge and stand in the peace of God I have inherited as an heir to the throne of grace. Please hear my prayer. Amen.

14

## TODAY: THE PROMISE REST IN GRACE

Romans 4:16 That is why it depends on faith, in order that the promise may rest on grace and be guaranteed to all his descendants--not only to the adherents of the law but also to those who share the faith of Abraham, for he is the father of us all, (RSV)

*Prayer for the Journey:* Lord, there are few things that are guaranteed in life. I know I can count on the grace of God. I am not so arrogant to think that this grace did not come with a price. It is not a price that I can pay, but it is the price that God our Father paid through his only begotten Son Jesus. I am grateful that you sealed your promises with grace. Amen.

15

## TODAY: CALLED THROUGH GRACE

Galatians 1:15-16 But when he who had set me apart before I was born, and had called me through his grace, was pleased to present his son to me...

*Prayer for the Journey:* Only a God with a Vision and plan for my life would think about me before I was even conceived. I am in awe of your love for me. Love honestly cannot describe how you view me. I know I am deemed for great things because you created me in your image. I have your mark upon me, I am branded to carry on your legacy. If I have not formally said so before Lord, I accept the invitation. I thank you for calling me. Amen.

16

**This concludes Season Two:  
October 13, 2015**

### *Benediction*

Ephesians 6:24 Grace be with all who love our Lord Jesus Christ with love undying. Amen

### NOTES

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### Season Three Introduction ♦ Grace in Justice, Justice in Grace

“No justice, No peace.” I know this is a familiar theme we have heard in most recent years. “No justice, no peace” also describes the social injustice the prophet Jeremiah was ordained to speak against Judah and Israel. God was grieved by the disobedience of the people: *Even the stork in the heavens knows her times; and the turtledove, swallow, and crane keep the time of their coming; but my people know not the ordinance of the LORD.* (Jeremiah 8:7 - RSV). In other words, birds follow their instinct. Birds are true to being and doing what birds do. Man, on the other hand, does not know God’s “revealed order of justice.”

God commanded Jeremiah to speak warnings to the people because of their injustices. Our merciful and loving God also worded Jeremiah with hope, peace, restoration, and redemption for his people. God’s people at one time thought they could not find peace: *For they have healed the hurt of the daughter of my people slightly, saying, Peace, Peace; when THERE IS no Peace.* (Jeremiah 8:11-KJV)

God speaks to us in the same way today. We are warned, we are chastised, yet we are given hope and encouragement through the grace of our Lord and Savior Jesus Christ.

This season is designed to seek God for correction of injustices. It is a season of discernment of God’s grace at work in injustice. Finally, this season is designed to draw our attention to the invisible wounds and injustices of God’s people and our own invisible wounds.

The reflection below raises the issue of invisible children. Invisible children are homeless children. Man’s injustice against them is that we pretend that it does not exist. Take a few moments to reflect on the invisibility of this injustice. Space has been provided at the end of this section for personal reflection on invisible injustices and wounds in your life.

#### *Invisible Children*

I believe that children should not have to compete with rodents for a place to rest their precious little heads. I believe that children should not be subjected to inhaling urine or placing their bodies in the filth that pedestrians with homes deposited during the day as they trampled over the invisible children’s invisible bedrooms.

I believe children should not have to fight off predators because they do not have a front door to shut in a house in the suburbs or even in the city.

I do not know the fear, anxiety, or embarrassment of living on the streets as a child. I believe it was only the grace of God that kept my family from experiencing what the invisible children are experiencing.

I believe if God had human characteristics and emotions, that God would be grief stricken about the “invisible children”. Lord my heart grieves for these children. I believe you will instruct me on what to do with this heartache for your children. (SandraCabrinaJenkins © All Rights Reserved)

## This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



## Season Three Scriptures and Prayer ♦ Grace in Justice, Justice in Grace

### TODAY: GOD CRIES

Micah 6:9 The voice of the LORD cries to the city--and it is sound wisdom to fear thy name: "Hear, O tribe and assembly of the city!(RSV)

*Prayer for the Journey:* God sometimes it seems like the streets of the city are ruled by the prince of darkness. Lord there are too many bloodstained sidewalks. The screams of the mothers, fathers, sisters, brothers, aunts, uncles, cousins, nieces, nephews, husbands, wives, girlfriends, boyfriends and friends of the slain are deafening. Your voice, however, rises above it all. It is my prayer that the saints of God unplug and take off the blinders so that the family may be restored. Father, heal our city, restore our families. Amen.

17

### TODAY: YOU ALREADY KNOW

Malachi 2:17 You have wearied the LORD with your words. Yet you say, "How have we wearied him?" By saying, "Everyone who does evil is good in the sight of the LORD, and he delights in them." Or by asking, "Where is the God of justice?" (KJV)

*Prayer for the Journey:* Yes God, I fall guilty of asking the question: "how could God allow this to happen?" God I know it is impossible for you to be absent and I worry when I think you are silent. I already know how you responded when Job asked the question(s). I like Job would not be able to answer in the affirmative to your answer to "Where is God." You already know my response will be: No Lord, I was not there when you laid the foundations of the earth, or measured the perfect distance from the sea floor to the highest mountains. And, no Lord, I had nothing to do with making clouds and I cannot command the morning to come. God you know I do not know the ordinances of heaven because only you have the authority to establish their rule on earth. God, you exhaust me. I know you are not a silent or absent God. It is my silence that I am confusing. You are present in my silence and silent in my absence. I thank you God for your presence. Amen.

18

### **TODAY: THE SPIRIT OF GRACE**

Zechariah 12:10 And I will pour upon the house of David, and upon the inhabitants of Jerusalem, the spirit of grace and of supplications: and they shall look upon me whom they have pierced, and they shall mourn for him, as one mourneth for his only son, and shall be in bitterness for him, as one that is in bitterness for his firstborn. (KJV)

*Prayer for the Journey:* Breathe on me Holy Spirit. Pour all knowledge and wisdom into me. Fill me up Lord with the power and authority of your Word. Lord I have found myself mistakenly describing devastating challenges in my life as powerful enough to pierce my heart and my soul. Beginning this day Lord, I will not speak untruth about my soul or my heart. Your word has revealed to me that there exist a spirit of grace and it is available to me. I thank you for the grace that veils my soul and pierces my heart. I bless you Holy name. Amen.

19

### **TODAY: STREAMS OF JUSTICE**

Amos 5:24 But let justice roll down like waters, and righteousness like an ever-flowing stream. (RSV)

*Prayer for the Journey:* Holy Spirit flow through me. Father, I am thankful that because you are justice, no injustice can overcome me. I will not fear the oppression of man or the institutions of this world. Keep me in perfect peace Lord. Please hear my prayer. Amen.

20

### **TODAY: JUSTICE**

Psalms 33:5 He loves righteousness and justice; the earth is full of the steadfast love of the LORD.

*Prayer for the Journey:* God, I want to love what you love. I want to be in right relationship with you and with my neighbor. Sweet Holy Spirit remind me daily of God's command to love. In the name of Jesus, I pray. Amen.

21

### **TODAY: CAN'T TREAT GOD'S PEOPLE "ANY KINDA WAY"**

2 Chronicles 19:7 Now then, let the fear of the LORD be upon you; take heed what you do, for there is no perversion of justice with the LORD our God, or partiality, or taking bribes." (RSV)

*Prayer for the Journey:* God I am so grateful you are a just and fair God. I cry to you when I have been afflicted by the evils of this world and you answer me. I come to you this day acknowledging that at times I have not been fair and just with others. I do not want to be the hypocrite who begs for your help while I am inflicting pain and distress upon others. Purge me of any spirit that is not of you Lord. I beg your mercy. In Jesus name, I pray. Amen. 22

### **TODAY: GOD PRESERVES MY SOUL**

Psalms 121:7 The LORD shall preserve thee from all evil: he shall preserve thy soul. (KJV)

*Prayer for the Journey:* Help me Lord. Keep me Lord. Hold me up Lord. Have mercy on my soul. Amen. 23

### **TODAY: INVISIBLE WOUNDS**

Jeremiah 30:17 For I will restore health to you, and your wounds I will heal, says the LORD, because they have called you an outcast: 'It is Zion, for whom no one cares!' (KJV)

*Prayer for the Journey:* Lord God I thank you that you see what is going on with me. Only an all knowing God would understand my invisible wounds. Man can never detect my wounds or heal my body. I thank you for the promise of restoration and the manifestation of healing in my life. I will not fret over those that condemn me. You are my lifeline. You are my strength. I love you Lord. In Jesus Name, I pray. Amen. 24

**This concludes Season Three: Grace in Justice, Justice in Grace  
October 23, 2015**

#### *Benediction*

2 Peter 1:2 May grace and peace be multiplied to you in the knowledge of God and of Jesus our Lord. (KJV) AMEN.

## Season Four Introduction ♦ Fears, Tears, and Grace

We spend too much time in fear, agony, doubt, distress and defeat. Perhaps none of these categories fit your life, and that is a blessing. But, be mindful that when you find yourself in any state that is inconsistent with God's word, God's promises, and God's plan for our life, it is time to interrogate your heart and mind. Do an honest assessment and figure out if you are surrendering to people, powers, or situations that have absolutely no dominion, power, or authority over your life. Are you thinking for God? Are you trying to anticipate the next move God will make by helping God get to *your* desired end? Have you neglected to cultivate and grow your relationship with God? If you answer in the affirmative to any of these questions, you are more than likely experiencing periods of stress and you are more likely than not on an emotional rollercoaster.

Rollercoaster rides usually ignite a rush of excitement, but in most riders, fear is the predominant emotion. Our heart and our minds cannot take too many doses of quick rushes without it affecting an orderly walk with God. "Spiritual Discombobulation" for a Christian is a dangerous state of being. Confusion, loss of equilibrium and dizziness can lead to fears and even tears.

No one wants to cry. Think about how hard it is to hide your feelings when those tears just roll down without your permission. Imagine you are battling to fight back tears and the Holy Spirit intercedes in the battle:

### *Come Back Tear*

#### *Fighting back the tears*

Come back here tear. I did not mean for you to fall. Oh no, now another tear is following you. Lord, now here comes a whole bunch more. I guess I can't control everything in my life. So tears, I am going to let you fall. All I know is that I will not fall.

Tears I know I gave you permission to fall but now you are turning into a gushing stream. I can't hide this downpour God. My tears are bearing witness to what is inside. I cannot hide anymore. I am exposed.

#### *Response to Tears*

I need you to understand I am a necessary function for your survival. Do you think I can actually reverse my path and flow back into your very being. Would you really want me to leave your covering, expose myself to the impurities of the world and retract back into your soul? I think not.

Don't try to recapture me. I flow from you for a reason. I am a source of your protection, your cleansing and your healing. Biologically I secrete when foreign substance irritates your eyes. I provide the vital lubrication for the health of your eye. Your inner being, your soul, your heart and your mind, however triggers my flow. So do not tell me not to fall. Instead, pray that God receives your tears and deposits them into a reservoir of hope, faith, and peace. (SandraCabrinaJenkins © All Rights Reserved)

## Season Four Scriptures and Prayers ♦ Fears, Tears, and Grace

### TODAY: TEAR REAPING

Psalms 126:5 They that sow in tears shall reap in joy. (KJV)

*Prayer for the Journey:* God I am about to dehydrate from the loss of all these tears. Sometimes I think I am just crying to be crying. Actually, God you know why the tears fall. I do not want to deny what is going on inside of me. I do find joy in your word today. Help me to trust you with my grief, my fears, and my pain. I thank you for my cleansing. In Jesus name, I pray. Amen <sup>25</sup>

### TODAY: I KNOW

Psalms 42:3 My tears have been my meat day and night, while they continually say unto me, Where is thy God? (KJV)

*Prayer for the Journey:* God why is it that people want to intervene and criticize my life and even my God? I know “they” cannot understand the power and authority of the most high and sovereign God. Father, you are my “I am”, “the Alpha and Omega”, “the beginning and the ending”, “the which is, and which was, and which is to come”, “the Almighty”! I know “they” cannot possibly understand who I am in Christ. I know that you have taken care of me all these years. I trust that You will continue to keep me. I thank you for your grace. Amen. <sup>26</sup>

### TODAY: WHEN EVIL COMES

2 Chronicles 20:9 If, **WHEN** evil cometh upon us, **AS** the sword, judgment, or pestilence, or famine, we stand before this house, and in thy presence, (for thy name **IS** in this house,) and cry unto thee in our affliction, then thou wilt hear and help. (KJV)

*Prayer for the Journey:* Lord it grieves me that I am not exempt from the spirit of evil. I do understand that Satan’s agenda is to kill my very soul. Increase my faith so that I do not fall into confusion or mistake that when evil comes, it is from you. Strengthen me Father so that I do not submit to evil. I pray this prayer in faith Lord because I know and believe that you will save me from all evil. Amen. <sup>27</sup>

### **TODAY: FULL OF GRACE AND TRUTH**

John 1:14 And the Word became flesh and dwelt among us, full of grace and truth; we have beheld his glory, glory as of the only Son from the Father. (RSV)

*Prayer for the Journey:* Most Holy God, all glory, honor, and praise belongs to you. Only the God of the heavens and the earth, can inhabit corruptible flesh and yet not be corrupted. Only a God that speaks life into existence can become flesh in order to preserve the life of his creation. Guard my mind and my heart from evil. I thank you for your grace. I thank you for a love that can never be duplicated. Amen.

28

### **TODAY: EVIL IS THE INTENT, BUT...**

Psalms 21:11 For they intended evil against thee: they imagined a mischievous device, **WHICH** they are not able **TO PERFORM**. (KJV)

*Prayer for the Journey:* Lord my enemies are revealing themselves more and more. Lies have been spun to assassinate my character. You have protected me through it all. I will forever carry today's word in my heart. I thank you Father that their plots against me will never destroy me. By the blood of Jesus Christ, I am covered. Amen.

29

### **TODAY: PROTECTION FROM DESTRUCTION**

Isaiah 11:9 They shall not hurt or destroy in all my holy mountain; for the earth shall be full of the knowledge of the LORD as the waters cover the sea. (KJV)

*Prayer for the Journey:* God thank you for reassuring me that any attempt to inflict pain or destruction upon me is not of you because you rebuke and abhor evil. Lord your command in Isaiah is true for me today. I will walk this day with confidence in your power and authority over all creation. I shall not be destroyed. I thank you Father for your protection. Amen.

30

### **TODAY: THE COMPLETE PACKAGE**

Colossians 2:9 For in him dwelleth all the fulness of the Godhead bodily. And ye are complete in him, which is the head of all principality and power:

*Prayer for the Journey:* I thank you that I am complete. I often pray that you make me whole. I many times pray that you restore me and strengthen me. I thank you for the revelation of your word today. I understand now that afflictions, trials and tribulations do not diminish the fact that I am complete. May the power of the Holy Spirit that dwells within me continue to reveal to me the nature and power of my completeness! Only your grace makes me whole. God you are all that I need. Amen.

31

### **TODAY: NO HARM, JUST POWER**

Luke 10:19 Behold, I have given you authority to tread upon serpents and scorpions, and over all the power of the enemy; and nothing shall hurt you. (KJV)

*Prayer for the Journey:* God Your word has reminded me that there is nothing that can hurt me. I have been hurt before Lord, but it was not a hurt that damaged or destroyed my soul. Increase my faith Lord so that I may courageously walk in the power of my salvation. Amen.

32

**This concludes Season Four: Fears, Tears, and Grace  
October 31, 2015**

### *Benediction*

2 Timothy 4:22 The Lord be with your spirit. Grace be with you. *Amen*

## Season Five Introduction ♦ That which is Holy, that which is Righteous, I Seek

We are entering our final season. This is our prayer for you:

***“That which is Holy, that which is Righteous, SEEK AFTER.”***

I do not know where this prayer came from, but I find it rising in my soul every so often. I could be sitting, walking, in the midst of a crowd and this prayer rises.

***“That which is Holy, that which is Righteous, That I seek after.”***

When I contemplate the story of Job and consider his fast, furious, and probing questions to God, ***“how can man be in the right before God?”*** The prayer continues to flow from my heart:

***“That which is Holy, that which is Righteous, That I seek after.”***

I question why do I seek what appears to be the unattainable considering the biblical power-houses I’ve studied and admired over the years. How can I desire to seek the Holy one when I consider Isaiah's scorched lips because of his confession that he is a man of unclean lips? And what about the poor Prophets that were probably afraid to fall asleep and dream dreams for fear of God speaking all truth that man is not ready to receive; ***yet***

***I still seek after that which is Holy, that which is righteous.***

In this final season, you are invited to seek after ***that which is Holy, that which is righteous*** **BECAUSE:**

**The wisdom of Proverbs tells us:** He that followeth after righteousness and mercy findeth life, righteousness, and honour. (Proverbs 21:21 KJV)

**As sages of God's word we are comforted by the words of the prophet Isaiah:** And the work of righteousness shall be peace; and the effect of righteousness quietness and assurance forever. (Isaiah 32:17 KJV)

All truth is found in that which is holy and that which is righteous. God's truth is Holy. God's truth is righteous. Seek after that which is Holy, that which is righteous.

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### TODAY: IT'S NONE OF MY BUSINESS

1 Corinthians 2:11 For what person knows a man's thoughts except the spirit of the man which is in him? So also no one comprehends the thoughts of God except the Spirit of God. (RSV)

Prayer for the Journey: Father your word today just reinforces that what others think about me is none of my business and I need to stop lying on you! Forgive me for falling into the temptation of “guesstifying” about you. It is my desire to grow closer and to have the mind of Christ Jesus. You created us a little lower than the angels. Help me father to increase my discernment of your will as I deacease in my will. In Jesus’ name, I pray. Amen.

33

### TODAY: DIVINE STRUCTURE

Isaiah 45:19 I did not speak in secret, in a land of darkness; I did not say to the offspring of Jacob, 'Seek me in chaos.' I the LORD speak the truth, I declare what is right. (RSV)

*Prayer for the Journey:* God I know sometimes I come to you in a chaotic state of mind. I am your creation Lord and I want my life to evidence your character. Teach me Lord how to have structure and order in my life. Teach me how to walk in my divine purpose. Increase my discipleship dear Lord. This is your humble servant’s prayer. Amen.

34

### TODAY: STOP THINKING FOR GOD

Isaiah 55:9 For as the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts. (RSV)

*Prayer for the Journey:* Have mercy on me Lord, I have been thinking for you for a long time. Deliver me Lord. The word says seek and I will find, knock and the door will open. I confess I do not always seek your counsel or knock at the heavenly gates. Help me Father to increase my trust in you. In Jesus name, I pray. Amen.

35

### **TODAY: SINGLE MIND**

1 Chronicles 29:18 O LORD, the God of Abraham, Isaac, and Israel, our fathers, keep for ever such purposes and thoughts in the hearts of thy people, and direct their hearts toward thee. (RSV)

*Prayer for the Journey:* Father, may my thoughts always be towards you. May my witness exemplify uncompromised faith. Let my mouth, my heart, and my mind be on one accord always. Allow my steps to be quick towards your Holy purpose. This is my prayer. Amen. 36

### **TODAY: GET OVER YOURSELF**

Psalms 92:5 How great are thy works, O LORD! Thy thoughts are very deep! (RSV)

*Prayer for the Journey:* God when I attempt to comprehend GOD, I just shake my head and laugh at myself the times I had the never to take myself too seriously. The only reason I am who I am is because of GOD. There are no great works that I can take credit for. I give you the honor and glory for using me as an imperfect being to do a perfect work in your Kingdom. There is no “deepness” in me just because you have anointed and gifted me. You created me. I just want Holy thoughts. Purge my mind that I never possess the mind of a reprobate. I want to always be found as your righteous one. This I pray. Amen. 37

### **TODAY: CAN'T HIDE YOUR THOUGHTS**

Psalms 139:2 Thou knowest when I sit down and when I rise up; thou discernest my thoughts from afar. (RSV)

*Prayer for the Journey:* Heavenly Father, no words can express what is in my heart today. Only the power of your Spirit in my home last night allowed me to rest peacefully. All the “stuff” I took to bed last night is gone. This morning you gently awakened me. My thoughts are clear. My heart is not racing. I am at peace. Anoint me with the spirit of calmness and peace this day. I love you Lord. I thank you for your grace. Amen. 38

## TODAY: SPIRIT OF UNITY

Matthew 12:25 Knowing their thoughts, he said to them, "Every kingdom divided against itself is laid waste, and no city or house divided against itself will stand;

***Prayer for the Journey:*** God forgive me for falling into the snares of Satan. You have WARNED of tricks of the devil attempting to divide God's kingdom. Keep me from slipping into that snare. I rebuke in the name of Jesus all deceptive spirits that hinder the unity of the Body of Christ. Give me discernment of spirit so that I may recognize when Satan is attempting to use me as an instrument of division and destruction in God's Kingdom. In Jesus' name, I pray. Amen. 39

## TODAY: THOUGHTS OF PEACE NOT EVIL

Jeremiah 29:11 For I know the thoughts that I think toward you, saith the LORD, thoughts of peace, and not of evil, to give you an expected end. (KJV)

***Prayer for the Journey:*** Lord, forgive me if I have ever confused the evil in my life as a pre-ordained plan by you for the purpose of making me stronger through suffering. I rebuke the thought process that "*I had to suffer this, that and the other*" so that you can use me as your witness. I cast that lie into the pits of HELL. I am stronger because you kept me in those situations, but I know it was not your plan or design to destroy and take me out! Clarify my thoughts and my discernment of your word and the very nature and character of you as the Sovereign God, the God of Peace, the God of my Salvation. I thank you for keeping me and delivering me from hellish situations. I am grateful that the end plan the prince of darkness had for me is not the end that you have ordained for your servant. ALL GLORY, ALL HONOR, ALL PRAISE BELONGS TO YOU ALONE. Thank you for healing and delivering me. Amen.

40

*This concludes our Journey*

## *Benediction*

Thank you for joining us during this season of prayer and fasting! We have unbelievable and incredible love for you.

Acts 20:32 And now I commend you to God and to the word of his grace, which is able to build you up and to give you the inheritance among all those who are sanctified. (RSV)

*Pastor Charles J. Southall, III and FEBC Ministerial Staff*

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Sunday, 7:30am  
Tuesday, 6:00pm—Church School  
Tuesday, 7:00pm Bible Study

### Baton Rouge

Sunday, 12noon  
Wednesday, 6:00pm - Church School  
Wednesday, 7:00pm - Bible Study

*Dr. Charles J. Southall, III,*  
*Executive Pastor*

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