

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

Giving God 40 Days

OCTOBER 2, 2018 – NOVEMBER 11, 2018
(MIDNIGHT) (MIDNIGHT)



A Prayer Fasting Journal

"THE CHURCH WITH A VISION AND THE FAITH TO ACT"
Proverbs 29:18 James 2:18



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Books of Wells



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BOOK TWO	<i>Well of Beerlahairai</i>	October 6-11
BOOK THREE	<i>Well of Esek</i>	October 12-17
BOOK FOUR	<i>Well of Sitnah</i>	October 18-23
BOOK FIVE	<i>Well of Increase</i>	October 24-29
BOOK SIX	<i>Well of Bethlehem</i>	October 30-November 4
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Reference Guide to Giving God 40 Days

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Book One

Wells of Life



October 2-5, 2018

Book One

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To help you start planning for the Journey, here are a few suggested supplies. To help defray costs of printing, we minimized the number of pages. We were not able to add the note sections at the end of each day or book. You will definitely need pen and paper this year!

Plan and calendar your prayer and meditation time. Consider listing people, things and situations that stress you. Begin praying for discernment of God's will for the fast.

Journal/Notebook
Pens/Pencils
Highlighter
Study Bible
Bible Research App

Calendar
Water
Kleenex
Humility
Faith

Obedience



Inform your doctor that you will begin a 40 day fast. Discuss any health concerns you may have. As God reveals to you how to proceed in the fast, write it down. Research. Go to the Library, a bookstore, or online to learn about healthy food choices and responsible practices during a prolonged period of fasting.



Nine 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 132nd year of our existence, 29th year of my Pastorate, and in the 9th 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.

When a fast is called by the man of God, it is God that has given the vision. I have shared the vision God has given for the year of 2018. It is the vision statement for First Emanuel Baptist Church- *The Church with Vision and Faith to Act*. When we contemplate the vision of the church, we need to remember that the church is within us. The building is not the church. No matter where we are, the vision of the church remains the same. God allows us to operate in the church; we do not have ownership. God has entrusted us with the most critical part of what he gave us; connecting Jesus with the world. God chose us to connect Calvary with everyone else. We are now adding the fasting component to our commitment to faithfully walk in and execute the vision Jesus declared for the church:

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. 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 16:18-19

Do not take this call to fast lightly. To enter into a period of fasting is a vow between you and God (*Numbers 6:2*). A fast is Holy and sacred before God. In Isaiah 58, God rejected the fast of the people. God found their fast was lacking in sincerity and Holiness. God resented that the people took for granted the power and authority of a fast. God revealed that He honors fasts and the yokes of oppression and poverty are broken through fasting. (*Isaiah 58:5-7*)

To that end, I enter into this season of 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



Fasting is a discipline of the mind, body and soul. Our fasting and prayer **Journal** serves as a helpmate. The **Journal** is a 40 day accountability partner. If there are days where you are struggling for direction, the journal offers guidance. The sacredness of the **Journal** is that we are on one accord reading scripture, praying, studying and fasting.

This year we will *REVISIT Wells of Life*. Please do not mistake revisiting the wells as simply a *REPEAT*. Think about it; we read and study scripture over and over again. God reveals newness and freshness to us when we revisit scripture. Your experience at each well will not only invoke different emotions, thoughts and prayers, but your experience one year later at the same well may be at an entirely new level. Please do not check out before you start this journey because things look familiar. Trust the Holy Spirit to minister to you at the wells. Remember you cannot experience *Truth* if you just *show up* and are not *be present*. Day 3 will explain the difference between *showing up* versus *showing up and being present*.

This **Journal** is made up of Seven Books. In Books Two through Seven we journey between six wells in the bible. Starting this journey can be a challenge. We ease you into the journey in Book One by offering an *Introduction to Fasting and Prayer*. Book One consists of four days only. Day 1 concentrates on prayer while Days 2 through 4 explain the vision for our journey of the *Wells of Life*. Days 2 through 4 also begin our self-assessments about the *Wells of our Lives*. On Day 5, we move into Book Two where we journey to our first well, *the well of life, the well of vision, and the well where God reveals God, the Well of Beerlahairoi*.

This year we have added a section entitled “**JOURNAL FOCUS**” to the daily meditation. This is offered as a reminder and encouragement to journal. It may be helpful if you have your 2017 journal notes near. In the Journal Focus we pose questions, suggest prayer or meditation focus and offer direction. Healing, cleansing, and breakthroughs may occur when it is brought back to your memory where you were last year in this journey and where you are now. Be present and prayerful as you engage in the self-assessments and reflections by answering questions, writing, and “digging deep.” Pray for God to give you wisdom, knowledge, and discernment about the journey.

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).

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. **AMEN**

Min. Sandra Cabrina Jenkins, M.Div.

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INTRODUCTION TO FASTING & PRAYER

Fasting raises three common questions – how to, when to, and what to? The most simplistic answer for all attempts to define fasting is discipline. It is the discipline of denying the flesh and nurturing our spiritual man/woman. Discipline of the flesh will never contradict any definition of fasting. Whether you are of the opinion that fasting is limited to food, or eliminating and sacrificing certain pleasures

of life, it is all about your commitment to separate from anything that hinders a more perfected relationship with God. The separation will allow you to better hear the voice of God. Only God can answer those three common questions – how to fast, when to fast, and what to fast?



Engaging in a period of fasting and prayer is intentional and purposeful. This means you have to be in tune with the physical body and with your spiritual being. God ordains your fast. God will confirm for you the food, object, or activity from which you are to abstain from. In a fast, your flesh no longer has authority to control your appetite, actions, or thoughts. The Holy Spirit is in charge. The Holy Spirit

reveals all truth to us. The absence of the power and authority of the Holy Spirit in your fast will diminish this to nothing more than a 40 day crash diet.

Consider starting this process by giving yourself *permission to be selfish*. In the days and hours leading up to the fast, shamelessly make it all about you, that is, *you and God*.

Many of us are oblivious to the fact that we are experiencing a spiritual deficit. We have created a routine of prayer whereby we plunge into praying for everyone but ourselves. If we allow ourselves to constantly be *exhausted by saying "Yes"* to everyone but self and God, we miss out on the Holiness of separation unto our God. Commit to memory **Numbers 6:8** "*All the days of his separation he is holy unto the LORD.*"





The life of Christ yields innumerable examples of the importance of separation in order to maintain that pre-ordained relationship with God (*Luke 6:12 and John 6:15*).

Jesus understood His position and purpose in life. Jesus knew the destructive nature of sin and, therefore, always maintained a constant position of prayer and obedience to the Word. As you prepare yourself to enter into this 40 day fast, ask these questions: (1) Am I in position? (2) Are the relationships or activities that I have allowed myself to be entangled with damaging my relationship with God? (3) Are any of my relationships or activities hindering my spiritual growth? And, (4) Have I forsaken my “*living soul*” for the temporary pleasures of my “*live flesh*?”

Sin separates us from God. We have to separate ourselves from sin. In the beginning, on the sixth day, God created man as “*a living soul*” **not** *live flesh*. This shell of the body houses our soul. The soul preserves LIFE and defies DEATH. God foreordained the process by which our very soul would be incubated from death and destruction. It is by the blood of the lamb that we are able to 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)*

JOURNEY OF Faith

God is calling for a consecrated time of prayer and fasting for First Emanuel. We are a body of Baptized believers with a specific assignment from God. As the Body of Christ our mission is Kingdom

building. As a disciple of Christ, God has chiseled out a specific purpose for us in Kingdom. This is why the discipline of fasting and prayer is critical in a Christian's spiritual development and growth and ultimately the ministry that God has ordained for our lives. We need to be able to discern the voice of God as God instructs us to move and as God moves in our lives. 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.



Day 1

YOU ARE PRAYER



*After this manner therefore pray ye: Our Father which art in heaven, Hallowed be thy name.
(Matthew 6:9)*

Contemplate what prayer is to your life. Prayer is about you and God. The model prayer Jesus taught to the disciples is a sufficient guide to prayer. *(Matthew 6:5-13)*

JOURNAL FOCUS

Prayer has no boundaries and prayer has no formula. Many of us have a routine for prayer. We pray before we leave home in the morning. We pray before we go to bed. During this consecrated period of fasting and prayer make it a point to spend more time in prayer than you normally spend.

Today concentrate on being intentional with your periods of prayer. Ask God to show you how to set yourself apart mentally, spiritually and emotionally. Seek the guidance of the Holy Spirit in your prayer. Let God know that you desire to hear his voice. Hearing from God does not always happen in that same prayer session.

Ask the Holy Spirit to teach you how to pray. As a living soul, that God part of us is always desirous to commune with God. Scripture tells us that the Holy Spirit intercedes for us:

*²⁶Likewise the Spirit also helpeth our infirmities: for we know not what we should pray for as we ought: but the Spirit itself maketh intercession for us with groanings which cannot be uttered. ²⁷And he that searcheth the hearts knoweth what is the mind of the Spirit, because he maketh intercession for the saints according to the will of God.
(Romans 8:26-27)*

Finally, our spirit woman/man is praying even when we are unaware. We are prayer. We breath and exhale prayer. Sincere prayer leaves our heart before it departs your lips.

Consider writing a prayer to God today. If you typically pray silently, consider praying out loud today. God honors our prayers!

Prayer: Father in Heaven, I believe today is the start of something miraculous in my life. Help me to understand how to be in position to receive during this period of fasting and prayer. I pray for wisdom, Lord. I pray for understanding of your will for my life. Teach me how to set myself apart from the distractions of my mind and my heart so that I may hear your voice. I thank you for hearing and answering my prayer. **Amen.**

Day 2

THE SOURCE

Water is a source of life. Without water we perish. In ancient times, people gathered at wells to draw water. Water was also drawn from springs and rivers. There was no elaborate water system as we know it today. You had to **show up** at the source of life in order to draw. Our body typically signals us that we need to replenish the source that sustains our very being. Sometimes we allow ourselves to dangerously run low of that life sustaining power. Life cannot exist without the opportunity to draw from the source.

Book One is our common well. All of us need to draw from the same source of life, our Lord and Savior Jesus Christ. Jesus invited us to come to him that we may experience the rivers of living water. (**John 7:37-38**) Our issues of life are diverse; however our source and sustainer of life is identical. All of us have been on the mountain top, and then slipped into a dry place in the desert or a valley. Sometime we are somewhere in between the valley, a desert and the mountain top. That is when life is really beyond complicated. Be encouraged! God told his prophet Isaiah: *I will open rivers in high places, and fountains in the midst of the valleys: I will make the wilderness a pool of water, and the dry land springs of water.* (**Isaiah 41:18**)

During our period of fasting we are going to encounter wells that have run dry, wells that have been shut up by the enemy; wells we have to dig out and repossess and wells flowing with our increase. When God spoke to the prophet Isaiah, God promised that he would take care of the poor and the needy and that he would not forsake them. God wanted Israel to know that their deserts will now overflow with streams of water. (**Isaiah 41:17-18**)

The same promises God made to Israel through his prophet Isaiah belongs to us.

JOURNAL FOCUS

Are you willing to show up at the well? ☐ Yes ☐ No ☐ I hope so, I will try.

What does showing up at the well look like for you?

When you show up, will you be present? Being present means positioning yourself to hear and receive direction from God. ☐ Yes ☐ No ☐ I hope so, I will try.

What are you going to do to prepare yourself to be present? Are there distractions in your life that prevent you from entering into a time of consecrated prayer and fasting? If so, write down the distractions.

What is your status right now?

<input type="checkbox"/> mountain-top	<input type="checkbox"/> valley	<input type="checkbox"/> desert
<input type="checkbox"/> between mountain top & valley	<input type="checkbox"/> coming out of the desert	<input type="checkbox"/> just struggling
<input type="checkbox"/> climbing up the mountain	<input type="checkbox"/> hanging on for dear life	<input type="checkbox"/> running laps of joy

Prayer: God, I know that wherever I am, you are there also. Sometimes, I need you to find me because I cannot always find or feel you near. Teach me how to be in your presence. **Amen.**

Day 3

SHOW UP AND BE PRESENT

Consider the practices of our ancient ancestors, Abraham, Isaac, and Jacob. Digging wells was the first order of business when they entered into any territory. Abraham dug wells in a land in which he was a resident alien. Resident aliens were not property owners. Abraham had no ownership interest in the land yet he dug the wells and claimed ownership of the wells. King Abimelech, a ruler in the land of the Philistines, found favor in Abraham and granted Abraham permission not only to inhabit the land, but to choose that portion of the land that Abraham and his family wanted to dwell in. (*Genesis 20: 15;21:22-24*).

One day King Abimelech's servants seized the well that King Abimelech previously granted Abraham permission to dig by virtue of granting Abraham permission to possess land in his kingdom. Because of the relationship between King Abimelech and Abraham, the well was eventually restored. The significance of the repossession of the well and the eventual restoration of the well is directly connected with the promise God made to Abraham.

When God promised Abraham that he would possess the land, Abraham asked God how would he know that it is the land that he is supposed to possess. (*Genesis 15:8*). God explained to Abraham that his offspring (4th generation) would possess the land. (*Genesis 15:16*) God mapped out for Abraham the boundaries of the promise land that his offspring would possess. (*Genesis 15:18*)

Abraham, the father of many nations, had an awesome responsibility to preserve the land that he, himself, was not going to possess. Abraham knew that if he lost that well that it was the beginning of the end of generations to follow. If the land died from lack of water the people died. If the people died then the promise of God could not be fulfilled.

JOURNAL FOCUS

Are you willing to ask God some tough questions? Do you possess the Spirit of Discernment?

Discernment simply means that you are in tune with God. It also means that you recognize the voice of God and realize when God is moving and speaking in your life. If you are going to ask God questions, make sure you wait for the answer. Pray for discernment.

Are you willing to reclaim the wells in your life that have been altered, dried up, or even unrecognizable? You can only reclaim a well in your life by showing up and being present. Being present requires humble submission to the living Spirit of God. Review your answers from yesterday to help you with this question.

Prayer: *It is my prayer that your love may abound more and more, with knowledge and all discernment, so that you may approve what is excellent, and may be pure and blameless for the day of Christ, filled with the fruits of righteousness which come through Jesus Christ, to the glory and praise of God.*(*Philippians 1:9-11*NRSV) **Amen.**

Day 4

WE ARE HOLY VESSELS

For my people have committed two evils; they have forsaken me the fountain of living waters, and hewed them out cisterns, broken cisterns, that can hold no water. (Jeremiah 2:13)

Since we are going spend to the next 36 days traveling between wells, we need to discuss the appropriate container to bring to the well in order to receive the water. In our scripture focus today, the people are admonished about the condition of the “cistern” they brought to the well. A cistern can be either a waterproof receptacle or vessel for holding water. The cisterns are obviously cracked because they are described as not being able to hold water. How can one draw if the vessel lacks the capacity to receive?

We are Holy vessels unto God. We have a choice daily of how we are going to nurture our vessels. We decide what we will allow into our hearing and what we will view or read. Because God is a fountain of living water, all we have to do is receive. We do not have to filter this water. There will never be a need to boil this water to rid it of contaminates. It is us, the vessel that has to purge so that we may receive the full benefit the source offers.

JOURNAL FOCUS

Tomorrow we visit our first well. In preparation for our visit to the well, make mental notes or journal about how you spent your day preparing for experiencing the presence of God:

Was it easy to block out time for prayer and meditation? ____ Yes; ____ No

What song, if any, was in your heart today? _____

Did you hear the voice of God today? ____ Yes; ____ No

Welcome Into this Place, by Well Morgan

*Welcome into this place
Welcome into this broken vessel
You desire to abide in the praises of Your people
As we lift our hands
And we lift our hearts
As we offer up this praise unto Your name*

Prayer: Lord our God, our families are in trouble. We keep praying for the healing of our family, but things are not getting better. We are struggling to make it. The pressures of life are weighing us down. We love each other, but the enemy keeps interfering and pits us against each other. There are so many broken, chipped, and shattered vessels in our family. Lord our God, have mercy. I do not know how we are going to realize and receive the promise if we continue in confusion and chaos. Have mercy on our souls. **Amen.**

Book Two

Well of Beerlahairoi

*“Well of life... well of vision, where one sees
God and yet lives”*



October 6-11, 2018

Book Two

Well of Beerlahairoi

*Well of life... well of vision, where one sees
God and yet lives*

Genesis 16:14

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Day 5

WHERE ARE YOU GOING?

Do you feel like running away sometimes? Run! God is going to meet you at your destination. If you choose to run away be ready to answer God's questions: "*where have you come from*" and "*where are you going?*" (*Genesis 16:8*) If your responses to God's questions are "I am running away from ..." or "I have no definitive plans, just running..." be ready to run back. (*Genesis 16:9*) You will return by way of the **Well of Beerlahairoi**. At the **Well of Beerlahairoi** you will experience the presence and wisdom of God. At the **Well of Beerlahairoi** God will pour into you and give you vision. At the **Well of Beerlahairoi** God will give instruction on how to endure what you thought you could not survive. Hagar is the run-away today.

Typically, all we hear about Hagar is that she had Abram's baby and that Hagar and Sarai had serious issues with each other. We muddle over the part that God was with Hagar during her tumultuous time as the woman who carried another woman's husband's child. We traditionally do not consider where God is in Hagar's life. God was there. God came looking for the run-away Hagar. God found the run-away in the *wilderness* by a *spring of water*. God revealed the promise of a son, her son's name, and her son's destiny. In reverence and honor to God, Hagar named her God: *So she named the Lord who spoke to her, "You are El-roi"; for she said, "Have I really seen God and remained alive after seeing him?"* ¹⁴*Therefore the well was called Beerlahai-roi; ...*" (*Genesis 16:13-14 NRSV*)

JOURNAL FOCUS

Exactly one year ago, today, we asked you the questions below. Were you running last year? ____ Yes; ____ No. Please answer the questions below. Consider comparing your answers to your responses last year.

Imagine that God is asking you the following questions. Take your time and answer God.

_____ "where have you come from?"

Place your Name Here

_____ "where are you going?"

Place your Name Here

_____ "what are you running from?"

Place your Name Here

Prayer: God, our Father, I am tired of running. Re-direct my path back to you. I want to be released from the fear of defeat, fear of success, fear of rejection, and fear of failure. Help me Lord, for I am weak. **Amen.**

Day 6

OPEN YOUR EYES

While Hagar was pregnant with her son Ishmael, she was so focused on running away that she gave no thought as to where she was running to. We know this because it is recorded that God found Hagar by a spring in the wilderness. The wilderness is typically a place that does not offer the comforts of life. Hagar did not care that in the wilderness she had to figure out shelter, food, and survival from the elements and dangers of the wilderness. Hagar was running from oppression and pain. She was desperately seeking relief. In the wilderness, however, is where God ran after Hagar.

Hagar had a second wilderness experience. After Ishmael was born, Hagar was kicked out and she wandered back into the wilderness. Once Hagar's water supply was depleted she feared for her son's life and cried. The baby was in distress and cried as well. (*Genesis 21:15-16*). This time, God's angel from heaven spoke to Hagar. Again, God questioned Hagar. God asked, "What troubles you, Hagar?" (*Genesis 21:17 NRSV*). God comforted Hagar by acknowledging that he heard the cry of her son. Then God opened Hagar's eyes and she saw the well of water. (*Genesis 21:19*)

Hagar is proof that a wilderness experience is not always a negative experience. If Hagar had not been in the wilderness she may not have experienced the awesome presence of God. Only a God can release you from your pain and open your eyes to all that life has to offer in your wilderness.

JOURNAL FOCUS

Are your Eyes Open? Take time today to reflect on situations in your life where God provided you with what you needed in your wilderness.

God promises that he is a God of provision: *They shall not hunger or thirst, Hot wind and sun shall not strike them; he will guide them to springs of water. (Isaiah 49:10 NRSV)*

Offer a prayer of Thanksgiving to God for always being our God of Provision (*Jehovah Jireh ~ Genesis 22:14*):

Prayer: God Almighty, I am grateful that you are my Creator; that man can never take credit for the blessings in my life. Thank you for keeping me and encouraging me through my wilderness journeys. I bless your Holy name. **Amen.**

Day 7

GOD IS...

The Hebrew translation for Beerlahairoi is “well of life, of vision, where one sees God and yet lives.” The Well of Beerlahairoi represents Hagar’s encounter with God. This portion of scripture is silent on how Hagar understood that “no man can see God face to face.” But God’s Holy Word unveils through Moses’ encounters with God why God showing up and speaking to Hagar in her wilderness was so extraordinary.

¹⁸He said, “Oh, let me behold Your Presence!” ¹⁹And He answered, “I will make all My goodness pass before you, and I will proclaim before you the name Lord, and the grace that I grant and the compassion that I show. ²⁰But,” he said, you cannot see My face, for man may not see Me and live.” (Exodus 33:18-20 NRSV)

Hagar revered and honored God by naming her God. Hagar identified what God meant to her in her wilderness.

JOURNAL FOCUS

Can you name your God? What does your God mean to you? “God Is” by Ricky Dillard & New G. describes a Hagar kinda God:

*God is the joy and the strength of my life
He moves all pain, misery and strife
He promised to keep me, never to leave me
He'll never, never come short of His word*

*I've got to fast and pray, stay in the narrow way
I'll keep my life clean every day
I want to go with Him when He comes back
I've come too far and I'll never turn back*

*God is, God is
God is, God is
God is my all
God is my all and all.*

<http://www.metrolyrics.com/god-is-lyrics-ricky-dillard-new-generation.html>

Prayer: Holy Spirit, take control my life today. I need to feel the Power of the Presence of God. God, You are everthing to me. God, I thank you for guiding and protecting me in my dark moments. **Amen.**

Day 8

SAY YES TO THE VISION

We have a few more days at the “*Well of Life, Well of Vision.*” Over the next three days commit to seeking God for discernment and wisdom about God’s vision for your life.

Many times we prematurely draw conclusions about how we are going to accomplish that which God has given us. The manifestation of the **vision** cannot always be calendared. Our responsibility to God is to say yes to the **Vision**; diligently seek God for guidance; and walk in faith trusting God that the **vision** will come to pass. It is not our business when the vision will come to pass, all we know is God gave the vision and we are the vessel God wants to use for his Glory.

Life will distract and discourage you. You cannot abandon a God given vision. Do not allow the vision to rot or fail in your heart because you are tired. We have to release all that garbage that satan had deceitfully dumped into us. We need to be healed and released from the confusion, mess, depression, oppression, guilt and pain. God wants to move in your life so that others may witness the move of God in your life.

JOURNAL FOCUS

Dedicate this day of fasting and prayer to seeking God’s strength. Ask God to increase your faith. Ask God to release negative thoughts or thoughts of doubt.

Search *YouTube* for Kurt Carr’s song, *I Almost Let Go*. Kurt speaks about being on the *edge of a breakthrough, but could not see* the breakthrough. At the Well of Vision, God opens eyes so that we may see. If you do not have access to the internet here are excerpts of the lyrics:

I Almost let go; I felt like I just couldn’t take life anymore; My problems had me bound; Depression weighed me down; But God held me close; so I wouldn’t let go; God’s mercy kept me so I wouldn’t let go. I almost gave up. I was right at the edge of a breakthrough, but couldn’t see it...

God honors and blesses periods of fasting and prayer. A fast ordained by God will “*unlock fetters of wickedness, untie the cords of the yoke; free the oppressed; and break off every yoke.*” (*Isaiah 58:6 ~ The Jewish Study Bible*). Our fast has been ordained by God. Our breakthrough is available to us.

If you have your notes from last year, check to see where you were emotionally at this time last year. After you answer the questions, check to see if your responses are different this year.

Please respond to the questions below:

Confess to God where you are emotionally? Are you tired? ____ Yes; ____ No

Are you experiencing depression? ____ Yes; ____ No. Is your mind confused to the point where you cannot see the vision anymore? Talk to God today.

Prayer: Lord God have mercy on me. Lamb of God, who takes away the sins of the World, have mercy on me. Thank you Lord for hearing and answering my prayers. **Amen.**

Day 9

WATER REVERSES DESERT SITUATIONS

On the Banks, on both sides of the river, there will grow all kinds of trees for food. Their leaves will not wither nor their fruit fail, but they will bear fresh fruit every month, because the water for them flows from the sanctuary. Their fruit will be for food, and their leaves for healing. (Ezekiel 47:12 NRSV)

Tomorrow is our last day at the **Well of Beerlahairoi**. Today we will meditate on the fountain of life that is available to all of us. Hagar thought she and her son were going to die in the wilderness. She could not see the source of life available to her because of her fear and grief. The Well of Life helps us overcome that spirit of defeat and hopelessness.

In Ezekiel Chapters 40-47, God gave his prophet the vision for God's New Temple. In Chapter 47 God shares the vision for the water that is to flow from the temple. Our focus-scripture today reveals that in the water that flows from the sanctuary there is life. Water from the sanctuary reverses desert situations. The flow of water from the sanctuary produces fruit. Water from the sanctuary provides all that we need.

If you know someone that has given up, encourage your brother or sister. Let them know there is hope. Water flows from the sanctuary today. If you are reading this and you are not a part of a Body of Christ (church), ask God to direct you on where to go to experience the flow from the sanctuary. Receive life today.

In our focus-scripture today, God told Ezekiel that the water that flows from the sanctuary will grow trees that produce leaves of healing. Today pick all the leaves you need for healing of self, family, friends, co-workers etc. Assign a name to every leaf you pick. Write the names below:

- | | | |
|----------|----------|----------|
| 1. _____ | 2. _____ | 3. _____ |
| 4. _____ | 5. _____ | 6. _____ |
| 7. _____ | 8. _____ | 9. _____ |

In our focus-scripture today, God also told Ezekiel that the water that flows from the sanctuary will nurture and grow trees that bear fresh fruit every month. God said the fruit will not fail and the fruit is for our food. There are many that are hungry because they have never eaten the fruit nurtured by waters from the sanctuary. Introduce family, friends, co-workers to this fruit. Bring them to the sanctuary to receive life. Buy a box of blank note cards. Write a personalized note to each person you want to invite to the sanctuary.

Prayer: Father, we thank you for the flow from the sanctuary. Increase our discipleship that we may witness to those that are lost. Create in us an urgency to share the good news of Jesus Christ. **Amen.**

Day 10

ARE YOU STILL RUNNING?

Today concludes our time at the Well of Beerlahairoi. Today is a day of reflection. Hagar's experience with God is a great example of how God loves and accepts all of us. It did not matter to God that Hagar was a slave-girl. God shows no partiality. (**Romans 2:11**) God heard her cry and God answered.

Sometimes we disqualify ourselves from the blessings of God. We measure our worthiness by the world's standards. Man did not create us. Man did not endure the ultimate sacrifice of the cross. The end result of man's blood dropping to the ground is a permanent stain on the earth. We are redeemed by the blood of lamb which grants us the opportunity to eternal life. (**1 Peter 1:18-19**)

JOURNAL FOCUS

Reflect on your week at the Well of Beerlahairoi.

When we arrived at the well, God asked you a few questions. Answer God today and compare your answers to your first day at the well.

_____ "where have you come from?"

Place your Name Here

_____ "where are you going?"

Place your Name Here

_____ "what are you running from?"

Place your Name Here

On Day 2 of our journey, you were asked to commit to being present, but first you had to define what being present looked like in your life? Review your answers from Day 2 before you answer the same question today.

Were you present each day? ____ Yes; ____ No.

Now that we have been on our journey for 10 days, do you notice any difference between Day 1 and now? Is there any one day that you want to revisit? ____ Yes; ____ No

God has entrusted you with a Vision. Do you trust yourself to fulfill the vision for the Glory of God?

During our 2017 prayer and fasting period, we asked you the questions below. If you can, go back to your notes. Have you visited this well since your last visit in 2017? ____ Yes; ____ No.

Please answer the questions below. Upon completion of the questions check to see if your responses are different today?

Will you return to the well? ____ Yes; ____ No

Will you encourage others to visit the well? ____ Yes; ____ No

Father, the names below are those that I present to you for a **Well of Beerlahairoi experience**.

- | | |
|----------|----------|
| 1. _____ | 4. _____ |
| 2. _____ | 5. _____ |
| 3. _____ | 6. _____ |

Book Three

Well of Esek *“Well of Contention”* *Genesis 26:20*



October 12-17, 2018

Book Three
Well of Esek
“Well of Contention”
Genesis 26:20

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DAY 14 Focus Scriptures	Monday, October 15, 2018 REAFFIRM & ESTABLISH YOUR LEGACY <i>Genesis 26:16; Genesis 26:17</i>	26
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Day 11

DIG, CLAW, AND SCRATCH

The herders of Gerar quarreled with Isaac's herders, saying, "The water is ours." So he called the well Esek, because they contended with him. (Genesis 26:20 NRSV)

There are times in our lives where we are forced to fight for what is rightfully ours. Our fight is to **reclaim**, replace or substitute that which has been confiscated, stolen or destroyed.

Abraham's son, Isaac, finds himself in such a situation. Envy, jealousy, and strife has stepped in and destroyed all the wells that Isaac's father (Abraham) had dug. The enemy could not handle the abundant blessings God poured into Abraham's life. The tragedy for the enemy is that they did not understand that once God promised prosperity to Abraham's posterity, there is no one that can alter or defeat that promise. The enemy figured now that Abraham is dead (**Genesis 25:11**) they had the power to bury the promise. The enemy literally filled Abraham's wells of spring water (life) with dirt. (**Genesis 26:18**) Instead of claiming the wells as a source of life for their families, the enemy chose to destroy the source of life by clogging the flow of water.

The well for this next phase of our fasting and prayer journey is *Esek*. The translation for *Esek* is *contention*. (**Genesis 26:20**) Basically, Isaac's people had to argue, fuss, and fight over the wells they had dug up. *Esek* is not one of the wells of Abraham, but a new well that was established by Isaac. Isaac eventually **reclaimed** all of Abraham's wells and dug and **established new** wells.

JOURNAL FOCUS

At the well called Esek we will get a little dirty. Our time here will be labor intensive. Are you ready to dig, unclog, and reclaim? Your inheritance and the legacy left by your ancestors are at stake. The enemy is threatened and fears your very existence. The enemy fears you so much that they will stop short of nothing to destroy you. Shovel after shovel of dirt and debris has been dumped into your well.

What well/area in your life has been restricted by debris or trash? Was the debris or trash deposited by the enemy or are you responsible for the trash and debris that is clogging your path to blessing and breakthrough? Is there something a grandparent, parent, uncle, aunt, Godmother/father left to you for a specific purpose and you have failed to pay the taxes on it or allowed dust, spider webs, and mildew to grow on it? ____ Yes; ____ No. If yes, what is that something you need to reclaim?

If you had to prioritize all the things you have to reclaim, what are the top three (3)?

(1) _____; (2) _____; (3) _____.

Prayer: Father, resurrect all things in my life which others have declared dead or I have declared unsalvageable. Lord give me the strength to dig, claw, and scratch through the rubble until I receive my blessings and breakthrough. I rebuke the enemy that is trying to alter or defeat the promise. Finally Lord, I know that your Word tells us there is no condemnation in Christ Jesus; release me from self-condemnation.

Amen.

Day 12

EVACUATE AND RELOCATE

Isaac sowed seed in that land, and in the same year reaped a hundredfold. The Lord blessed him, and the man became rich; he prospered more and more until he became very wealthy. (Genesis 26:12-13 NRSV)

Isaac, like his father, finds himself in a foreign land. Not only is it a foreign land, but it is hostile territory. This is not of Isaac's doing. There was a natural disaster in his hometown. There was a famine in Beerlahairoi. Beerlahairoi is where Isaac settled after his father's death. (**Genesis 25:11**) It is in Beerlahairoi where God made his presence known and spoke to Isaac. God did not want Isaac's evacuation plan for his family to be random. God was very specific with Isaac as to the territory he was **not** to evacuate and settle in. God forbid Isaac to evacuate to Egypt. God gave Isaac specific instructions to settle in Gerar as an alien. (**Genesis 26:1-3**) God promised Isaac that he would be with him and bless him in this foreign territory. (**Genesis 26:3**)

In obedience, Isaac evacuated and relocated. Once Isaac arrived, it was obvious it was hostile territory. In spite of the circumstances, the hostility, the disrespect to his father's legacy and posterity, Isaac in obedience "sowed" into the land and God blessed!

God has called us to move to unknown and sometimes uncharted territory. Sometimes if the territory is hostile we mistakenly dismiss the voice of God because we cannot believe God would uproot and plant us in the middle of a struggle. When we reject or innocently mistake God's voice to move, we run the risk of not receiving the promise. God does not withdraw the promise; it's just that we are not in position to receive because we are not in compliance with the will of God.

JOURNAL FOCUS

Have you taken the easy route and selected an "Egypt" and ignored the voice of God to move/relocate to a less familiar territory? _____ Yes; _____ No

Our scripture focus tells us that Isaac "sowed into the land". This means Isaac cultivated, nurtured and invested in the territory God relocated him to. The challenge was that Isaac had no ownership interest in the land because he was in a foreign land with no property rights; yet he "sowed" seed into the land. Sometimes we do not nurture, cultivate, or invest in hostile territory because we cannot overcome the hostility! For example, we take the attitude, "I am here for my check, I will do what I need to do and go home." If God placed you in the midst of the hostility, God has willed it to be so that you are blessed in that foreign and hostile place.

God is faithful to bless us in a foreign and hostile territory. Are you willing to invest and sow seed in this territory? Are you ready to prosper and "reap a hundredfold"? Pray for increase in faith. Pray for obedience to the Word of God so that you may nurture, cultivate, and invest in the various territories God has placed you in. This is exactly what Isaac did.

Prayer: Father, when I find that my increased territory is hostile territory, I will give thanks and praise your Holy name for blessing me. Give me the courage to ignore the fiery darts of satan and to cultivate, nurture and invest in my new territory. **Amen.**

Day 13

OBEDIENCE IS A THREAT TO THE ENEMY

Now the Philistines had stopped up and filled with earth all the wells that his father's servants had dug in the days of his father Abraham. And Abimelech said to Isaac, "Go away from us; you have become too powerful for us." (Genesis 26:15-16 NRSV)

The spirits of jealousy, strife, and envy have overtaken King Abimelech. Isaac is banished from the land because he is perceived as having too much. Isaac's wealth is a threat to power. Isaac's obedience to God is so disturbing to the King that he reneged on the vow he made with Abraham. On Day 3 of our journey we witnessed the respect King Abimelech extended to Isaac's father. Typically, we never want to appear paranoid that everyone is against us or jealous of us; because of "who our people are," but this is what is going on here.

Abimelech knew this was Abraham's son. Abimelech witnessed and acknowledged the blessings of God during Abraham's life and now he is disturbed that Abraham's son is wealthy and blessed by the God of Abraham. Typical of a "hater" is his/her selfishness and arrogance about their "stuff" and family. When Abimelech had to concede that Abraham was a man of God because of the abundant blessings he witnessed in Abraham's life, Abimelech made Abraham take a vow to respect his family and the land. Here is the vow:

"God is with you in all that you do; now therefore swear to me here by God that you will not deal falsely with me or with my offspring or with my posterity, but as I have dealt loyally with you, you will deal with me and with the land where you have resided as an alien." And Abraham Said, "I swear it." (*Genesis 21:22-24*)

Abimelech does not extend the same courtesies and respect to Abraham's son, Isaac.

What do we do with this? All of Abraham's investment for his seed, Isaac, has been taken. Isaac just left. Isaac understood he was in hostile territory. He knew what God had promised. He did not have time to ponder the hypocrisy of Abimelech. It may be hard to see with the naked eye, but this is all in the divine plan of God.

JOURNAL FOCUS

Consider as your prayer focus today "obedience;" obedience in spite of what you see. Your first impression of what happened in this scripture may lead one to think that Isaac should fight for those wells; after all, his father and people invested man-power, sweat and time to dig out those wells. It's very easy to get turned around when the enemy has accelerated their game to distract and destroy. There is and always will be a divine plan for your life. The enemy cannot alter that plan; you, however, can allow yourself to be derailed from Gods' plan because of disobedience.

Prayer: God it is very painful to witness others treat my children, grandchildren, and family with disdain as if they were dirt on the ground. Take away from me the bitterness and anger and replace it with the fruits of the Spirit, humility, love, and peace. Teach me how to walk in obedience in spite of what I see with the naked eye. It is in the name of Jesus that I pray this prayer **Amen.**

Day 14

REAFFIRM & ESTABLISH YOUR LEGACY

And Abimelech said to Isaac, “Go away from us; you have become too powerful for us.”(Genesis 26:16 NRSV)

Today we will continue with Abimelech’s banishment of Isaac. Are you curious where Isaac ended up? Isaac relocated to the valley of Gerar. (**Genesis 26:17**) If we can take you back to October 29, 2016, Day 26 of our 40 day fasting and prayer journal, we described the “valley.”

Geographically, valleys are typically at the bottom of mountains and located near rivers (streams of water). Valleys are a source of water with plenty of nutrients for fertile soil. The walls of valleys block wind and severe weather. Valleys provide a safe place for settlement and make invasions difficult.¹

It is important to note that Isaac did not run away in fear; Isaac simply followed the voice of God and relocated to another portion of the land that God led him to. Isaac was sent to the exact same portion of land where his father dwelt. In the valley is where Isaac reopened the wells the enemy had filled with dirt. Isaac reclaimed the wells by giving the wells the same names his father had given the wells. (Genesis 26:18) Isaac reaffirmed and established his legacy and the legacy of his seed to follow.

JOURNAL FOCUS

What if God wanted to send you back to reclaim something? Will you go? On Day 11 we asked you to write down the top three things that you want to reclaim for your life. Revisit the list. As your prayer focus today, talk to God about those priorities. Seek God as to whether this is his will that you reclaim what is on your list. Once God answers (and the answer may not come today) move as God gives you instructions, utterance, and wisdom for restoring that which was taken.

Prayer: Lord have Mercy, Christ have mercy. God my Father, keeper of my soul, I give thanks that you are the source of my strength in a valley. Father, I understand that the path to reclaim my legacy, my inheritance, my peace, and my sanity, may lead me to a valley experience. I am willing to go through the valley because I know that wherever I am, you are with me. Release any fears I may have about the valley. I trust you Lord for all things in my life. **Amen.**

¹ Briney, Amanda, “an Overview of Valley Formation and Development,
<http://geography.about.com/od/physicalgeography/a/valleyformation.htm>

Day 15

IT GETS DIRTY IN THE VALLEY

Isaac dug again the wells of water that had been dug in the days of his father Abraham; for the Philistines had stopped them up after the death of Abraham; and he gave them the names that his father had given them. (Genesis 26:18 NRSV)

While you are in the valley you will work. Remember, when we introduced you to this well you were warned that you may have to get dirty and that it was going to be labor intensive. Now it's time to labor. Tie up your head, put on your steel toe boots, gloves, and protective eye gear. Let's get to work!!!

JOURNAL FOCUS

Every shovel of dirt you dig and remove is a symbol of life being restored. As you lift that dirt from your well you will pray. Follow this example:

Shovel #1 Prayer: Father, I rebuke the spirit of defeat from my husband's life. For so many years everyone has dumped on him and torn him down because he cannot seem to break the yoke of addiction. My husband's name is not addict or crack-head. I call his birth name out to you Lord. You created him for a divine purpose. I reclaim my husband in the powerful healing name of Jesus. **Amen.**

Now you pray for all that you seek God to restore and reclaim as you dig out your well:

Shovel #1 Prayer:

Shovel #2 Prayer:

Shovel #3 Prayer:

Shovel #4 Prayer:

Shovel #5 Prayer:

Keep shoveling and praying. God sees you; God will answer you. It is not time to get tired.

Prayer: God in your Word you promise to restore health, to heal wounds and to preserve your people. Today Lord, manifest those promises in my life and my family's life. **Amen.**

Day 16

NEVER GIVE UP ON THE PROMISE

But when Isaac's servants dug in the valley and found there a well of spring water, the herders of Gerar quarreled with Isaac's herders, saying, "The water is ours." So he called the well Esek, because they contended with him. (Genesis 26:19-20 NRSV)

Here we go again! These people just will not leave Isaac and his blessings alone. Lord have mercy. Isaac was kicked from one portion of land and God led him to the valley and now the valley trolls are trying to create confusion and snatch a blessing.

We are going to always be confronted with challenges in life. All we have to do is call it for what it is. Isaac observed the arguing, fussing, and fighting between his herders and the herders of Gerar. Typical, of trolls and haters, to try to slide in after all the work is done and create havoc and mess so that they can confuse the truth. The truth here is that Isaac was obedient to God. Isaac moved when God said move. Isaac and his people put in the work and reclaimed and named their inheritance.

Isaac could have given in to the herders who wanted to claim the well, but he did not. Isaac refused to give up on what he knew was the promise of God. He did not even think about compromising and throwing a well to the trolls just to make peace. God did not instruct Isaac to relinquish anything to the enemy, trolls and haters. This is not selfishness or greed. Isaac had the vision to dig a new well to add to his legacy and to his children's legacy. That is why we cannot compromise and give in to anything that is contrary to the will of God for our lives. It does not matter how tired you are of fighting. God has you. God has ordained all blessings for your life. Reclaim your life and legacy.

JOURNAL FOCUS

Keep this song in your heart when it gets really crazy and you are exhausted from the bickering, backbiting, and hate. *"God is able to do just what he said he will do...don't give up on God cause he wont give up on you; he's able..." (Lyrics Deitrick Haddon, He's Able)*

Prayer: Father in Heaven, forgive me for falling into the snare of the enemy and limiting your blessings for my life. Teach our children how to celebrate and honor you for their blessing and successes. Guard them from the temptation to diminish their gifts for the sake of fitting in with their friends. Grant them the wisdom to understand that they do not have to apologize for their gifts, successes and blessings. **Amen.**

Book Four

Well of Sitnah “Well of Strife”

Genesis 26:21



October 18-23, 2018

Book Four
Well of Bitterness - Well of Life"
Genesis 26:21

<u>Day</u>	<u>Date</u>	<u>Page</u>
DAY 17 Focus Scriptures	Thursday, October 18, 2018 DON'T BE MAD AT ME! Genesis 26:21; Isaiah 54: 15-17	31
DAY 18 Focus Scriptures	Friday, October 19, 2018 HOSTILITY CHECK Genesis 1:26; Romans 8:7-8	32
DAY 19 Focus Scriptures	Saturday, October 20, 2018 ANIMOSITY CHECK Leviticus 19:17; Romans 8:6	33
DAY 20 Focus Scriptures	Sunday, October 21, 2018 REFLECTION Psalm 51:10; Psalm 73:26	34
DAY 21 Focus Scriptures	Monday, October 22, 2018 IT HURTS; BUT GET BACK IN POSITION Ephesians 6:11; Lamentations 1:2	35
DAY 22 Focus Scriptures	Tuesday, October 23, 2018 RELEASE FOR THE INCREASE Romans 4:20-21	36

Day 17

DON'T BE MAD AT ME!

Then they dug another well, and they quarreled over that one also; so he called it Sitnah.
(Genesis 26:21)

Sitnah is translated as enmity. Enmity means *hostility, animosity, or a deep-seated dislike or ill will towards another*. Enmity comes from the Anglo-French word meaning "enemy". Enmity suggests true hatred, either *overt* or *concealed*. *Hostility* implies strong, open enmity that shows itself in attacks or aggression. *Animosity* carries a sense of anger, vindictiveness, and sometimes the *desire to destroy* what one hates.²

This is what Isaac was hit with once he dug another well; spirits of hostility, animosity, vindictiveness and the enemy's desire to destroy. Hostility, aggression and vindictiveness are not qualities that God deposited in us; therefore these spirits are **not** of God. We cannot even use as an excuse that "it's just my personality" to be vindictive and desirous of ill will towards others. These foul spirits cannot linger in the same body that houses your soul.

The people of the Valley of Gerar had the same opportunity to dig wells and experience the flow of spring water as Isaac. Yet, they chose not to dig, but to settle for the status quo - *the state in which I am in is fine; I want no more or no less*. The anger and hostility the people of the Valley of Gerar are inflicting upon Isaac and his people is misdirected. If there be any anger or hostility by the people of the Valley of Gerar, it should be directed towards whatever obstacles existed in their lives that blinded them to the opportunities and blessings under their feet.

JOURNAL FOCUS

Unfortunately, there are people in our lives that get mad when God opens doors for us. There are some that allow the spirits of hate, jealousy, and strife to inhabit their hearts when they observe us walk out on faith and receive the promise. Today consider as your prayer focus family members, friends, and total strangers that envy you or allow satan to stir in their heart plans to destroy you. In Isaiah 54:15-17 God reminds us that he knows what's going on. God comforts us by reminding us that he is the creator of the one that is devising traps and causing turmoil in your life. God assures us that all will be well. The attempts to hurt or harm you exist, but the attempts will only be attempts and will fail:

¹⁵Behold, they shall surely gather together, *but* not by me: whosoever shall gather together against thee shall fall for thy sake. ¹⁶Behold, I have created the smith that bloweth the coals in the fire, and that bringeth forth an instrument for his work; and I have created the waster to destroy. ¹⁷No weapon that is formed against thee shall prosper; and every tongue *that* shall rise against thee in judgment thou shalt condemn.... (Isaiah 54: 15-17)

Prayer: Lord, I promise I am going to stop crying about "why people do what they do to me." Heal me Lord of my pain. Position me to pray for those that spitefully use me and abuse me. Cleanse the hearts and minds of those that plot my demise. Have mercy on their souls. Lord, I do not fear what man can do to me; I just get tired of the battles. Strengthen me Lord. I trust you Lord and thank you for keeping me. **Amen.**

² <https://www.merriam-webster.com/dictionary/enmity>

HOSTILITY CHECK

There was nothing hostile about our creation. So why do we on occasion exhibit fits of hostility? God very carefully created us with love from the dust of the earth. (**Genesis 1:26**) God perfected us by pouring His character of Holiness within us. Holiness and hostility do not mix! At the well of Sitnah, we will search for any evidence of *Sitnah* in our hearts and minds.

The Apostle Paul reminds us that the flesh wars with the Spirit of God: *For this reason the mind that is set on the flesh is hostile to God; it does not submit to God's law – indeed it cannot, and those who are in the flesh cannot please God.* (**Romans 8:7-8**)

Relationships sometimes turn hostile after the one we trusted and loved committed an act of betrayal. The natural emotional response to betrayal is withdrawal and refusal to further nurture and develop the relationship. What we have to guard against is resorting to acts of hostility towards others because of our hurt and pain. We can divorce and remove ourselves from abusive and failed relationships; however, God does not give us permission to resolve and settle our pain with hostility. The danger of this toxic emotion of hostility is that sometimes we lash out on those that are innocent and have nothing to do with our pain.

JOURNAL FOCUS

Today consider performing a *hostility check* on your life. It is not about anyone, but you. Ignore those that are hostile towards you and search your heart for any hostility you may be harboring. Below is a *Hostility Check* you can run on yourself that will help jump-start this process:

Check all that apply. Do I exhibit hostility towards...

☐ Ex-husband? ☐ Ex-wife? ☐ Father of your child? ☐ Mother of your child?
☐ Parent? ☐ Sibling? ☐ Friend? ☐ Co-worker? ☐ Self? ☐ Other

Do you recall the specific act of betrayal or when you severed the relationship for whatever reason.

☐ Yes; ☐ No. If yes, what was the act?

Is this a relationship you desire to restore? ☐ Yes; ☐ No. If no, why are you allowing the spirit of hostility to create a shadow of darkness in your life?

Prayer: God remove, purge, and release me from any foul spirit. I desire to be free from the bondage of pain and hurt from failed and abusive relationships. Help me Lord to recover.

Amen.

Day 19

ANIMOSITY CHECK

You shall not hate your brother in your heart, but you shall reason with your neighbor, lest you bear sin because of him. (Leviticus 19:17)

Yesterday we performed a *Hostility Check*. Hostility, if left unchecked spins into animosity. Enmity between yourself and another breeds animosity. *Animosity* carries the sense of anger, vindictiveness, and sometimes the ***desire to destroy*** what one hates. It is a powerful and active dislike or hostility; enmity.³

The danger with allowing animosity to be deposited in your heart and mind is that it creates the corruption of sin. God said hate is sin: *You shall not hate your brother in your heart, but you shall reason with your neighbor, lest you bear sin because of him. (Leviticus 19:17)*

Hate is such an unnecessary sin. The enemy wins when you allow your emotions to rise to the level of animosity, anger and vindictiveness. The enemy's sole mission is destruction. Why let the enemy win? In God's word it is written: *To set the mind on the flesh is death, but to set the mind on the Spirit is life and peace. (Romans 8:6)*

JOURNAL FOCUS

Do you carry animosity towards another in your heart and mind? You may naturally and quickly respond *no that's not me* and deny harboring a spirit of animosity towards anyone. The spirit of animosity, which is sin, camouflages and blocks the truth. It's time for an *animosity check*. Review our definition for animosity before you begin the process. Do you fit into any of the categories below?(check all that apply):

- ___ When _____ walks in the room I walk the other way.
___ No this is not me, but I will pray for family and friends that I know struggle with this.
- ___ When _____ name is mentioned you say (or think) *I detest him/her*.
___ No this is not me, but I will pray for family and friends that I know struggle with this.
- ___ I do not hate _____, but I strongly dislike him/her. I will not intentionally hurt her/him, but as long as I have breath in my body, I will never go out of my way and sacrifice for him/her again.
___ No this is not me, but I will pray for family and friends that I know struggle with this.

Is it your desire to be in position to receive the promises of God? God cannot elevate you to the next level and trust you to dig new wells in new territory if you are allowing the sin of animosity to be fueled by your toxic words, toxic thoughts, toxic emotions, and toxic acts of animosity. Release yourself from this unnecessary sin of animosity. If you have not fallen captive to this spirit of animosity, please pray for others that are overwhelmed and burdened by this sin.

Prayer: Lord, my God, have mercy on me and hear my prayer. I have struggled with anger towards people that have gossiped, lied, and disrespected me to my face. My love for you Lord is greater than my desire to respond with the same venom that was spewed upon me. I refuse to allow someone that does not even love me to cause me to sin. Release me Lord from any spirit of anger or animosity that may be hid in my heart. **Amen.**

³ <https://www.merriam-webster.com/dictionary/enmity>

Day 20

REFLECTION

Commit thy way unto the LORD; trust also in him; and he shall bring it to pass. (Psalm 37:5)

We have reached the half-way mark in our fast. If you are tired, ask God to renew and refresh you. If your fasting has not gone so well, ask God to restore you to a place of obedience and discipline. Continue to talk to God. Sit, wait, and listen with your whole being for the voice of God. **Do not** just show up for the day and not be present. Disable auto-pilot in your life. Embrace every breath and heartbeat and offer each inhale and exhale as a prayer of thanksgiving to God for your very existence. Continue to be real and transparent with yourself. If you still have layers to peel off before the true you is revealed, keep peeling. God is patiently waiting for you. If you feel like you really need to start over with the fast, you can have another first day. If you have a day you want to revisit, do so.

JOURNAL FOCUS

Allow this day to be one of reflection, meditation and prayer. We offer two prayers and scripture to guide you in your reflection and meditation today.

Scripture Focus: *Psalm 51:10*

Create in me a clean heart, O God; and renew a right spirit within me.

Prayer: Lord our God, in spite of my sin, in spite of my transgressions, you bless me. I humble myself before you and ask your forgiveness of sin. Create in me a clean heart and renew a righteous spirit within me. Teach me to walk worthy of the call you have ordained for my life. Grant me the wisdom to understand your divine plan for my life. In the blessed name of Jesus, I pray. **Amen.**

Scripture Focus: *Psalm 73:26*

My flesh and my heart may fail, but God is the strength of my heart and my portion forever.

Prayer: God I want to be obedient to your word. I have fallen to temptation during my fast. I do thank you for releasing the impruities from my body, mind and heart, but I know I need to purge deeper. Give me the strength to continue this consecrated time of prayer and fasting. I surrender this day to you Lord. **Amen.**

IT HURTS, BUT GET BACK IN POSITION

She weeps bitterly in the night, tears on her cheeks; among all her lovers she has none to comfort her; all her friends have dealt treacherously with her, they have become her enemies. (Lamentations 1:2)

Today our focus shifts. Manipulation is the focus, more specifically, people in your life that attempt to control and manipulate your emotions.

Generally, people in your circle, out-side of your circle, and sometimes in your created inner-circle lack knowledge about who you really are. They do not know you because (1) they have not taken the time to know you; (2) they are strangers looking in and casting judgment; (3) they are the enemy plotting your demise; or (4) they are agitators who have agendas and want to add storylines to your life. The people in the valley of Gerar who fought Isaac fit into these categories. What has not been revealed to us yet, is how Isaac reacted. We know Isaac named the well based on the hell he went through, but the next verse (which reveals the next well) tells us that Isaac moved on.

It is time to move on. We have two more days at Sitnah and we have the rest of our lives to live for the Glory and honor of God.

There have been times in our lives where we have allowed people that do not love us and only mean us harm to control and manipulate our emotions and mental well-being. They do not know our backstory, the challenges, the chase, the delay, or even God's promises and blessings in our lives; yet, we give them power when we react to their foolery.

JOURNAL FOCUS

Fighting and lashing back can be costly especially when we fail to shield ourselves with the armor of God. (***Ephesians 6:11***) The enemy is not the man or woman that is inflicting the pain. The enemy is satan. The agitators in your life have fallen to temptation by allowing themselves to be used as instruments of darkness. As disciples of Christ, we cannot afford to be distracted from the divine plan of God. Remember, sin is enmity against God. Get back in position; God wants to increase your territory. God has not altered the plan for your life. Do not abandon your position and do not abort God's plan.

Prayer: Father, heal me from this broken heart. Father I need you to train my mind to focus on the promise in spite of the pain. Forgive me for allowing the enemy to manipulate my emotions. Restore me to my position. Open my mind and my heart so that I may hear you.

Amen.

RELEASE FOR THE INCREASE

No distrust made him waiver concerning the promise of God, but he grew strong in his faith as he gave glory to God, fully convinced that God was able to do what he had promised. (Romans 4:20-21)

Our scripture focus reveals how Abraham grew in his faith as he waited for the promise of a son. Abraham's doctor and Sarah's OB/GYN would have cautioned this elderly couple to not get their hopes up too high for a child. First, the doctors would have counselled on the impossibility of impregnation and second, on the health risk to the child.

Abraham's faith grew in spite of the odds of him impregnating Sarah. Abraham, however, trusted God for the Promise. Isaac, like his father, was a great man of faith. He had no other choice than to walk in faith because he is an heir of the promise. In spite of being banished to the valley, Isaac's faith never failed. Isaac restored his legacy and began his journey into new territory in the midst of Sitnah.

It is time! Sitnah is behind Isaac. Isaac's release of himself from the toxicity of Sitnah positioned him for the increase.

JOURNAL FOCUS

Can you release yourself from Sitnah? If you forgot the definition of Sitnah go back to Day 17 to review before replying to the question. ____ Yes; ____ No

Have you taken steps to restore your inheritance? ____ Yes; ____ No

Are your wells unclogged? ____ Yes, all of them; ____ I am still digging; ____ No, I have not begun to dig.

Can God trust you with new territory? ____ Yes; ____ I hope so; ____ No, I am not ready.

Are you in position to receive? ____ Yes; ____ No. If no, do you know how to get in position?

Finally, spend time today in prayer for discernment on how to release yourself from the toxicity of Sitnah so that you may be positioned for the promise.

Prayer: Lord, your word admonishes us that it is impossible to please God without faith. I confess that my faith gets a little shaky when things are closing in on me and it appears that everything is falling apart. Grant me the faith of Abraham. Increase my faith Lord. I want to walk in obedience of your word. Detox me of Sitnah. **Amen.**

Book Five

Well of Rehoboth *“Well of Increase”* *Genesis 26:22*



October 25-30, 2018

Book Five
Well of Rehoboth - "Well of Increase"
Genesis 26:22

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DAY 28 Focus Scriptures	Monday, October 29, 2018 LORD INCREASE MY FAITH <i>Genesis 26:32; Romans 4:13-17; 1 Chronicles 4:9-10</i>	44

GOD I DON'T KNOW HOW TO DO THIS!

He moved from there and dug another well, and they did not quarrel over it; so he called it Rehoboth, saying, "Now the Lord has made room for us, and we shall be fruitful in the land." (Genesis 26:22)

Isaac has walked away from *Sitnah*. Isaac did not allow himself to get entangled in the snares of the enemy. Isaac did not worry about the fact that he had put in the labor to dig a new well; Isaac was done!

Do you have the courage to walk away? It is hard to walk away when we have invested time, love, and money. It is even more of a challenge to walk when you are uncertain of what is ahead or what will replace what we are leaving behind. This is where our Faith and Trust in God outweighs our uncertainties. If God has instructed you to walk away, then walk. God is rushing you into new territory.

We know it is the voice of God instructing Isaac to move because *Sitnah* represents hostility, animosity, hatred, mess, and foolishness. These are not spirits of our true and living God. Where the spirit of the Lord is there is no hostility, animosity, hatred, mess, or foolishness. Where the spirit of the Lord is there is Liberty. (2 *Corinthians 3:17*). If you are confused as to whether or not you should walk away, test the atmosphere for the Spirit of God. If the Spirit of God cannot abide in that situation, then you have your answer - move, walk, run quickly!

JOURNAL FOCUS

Consider focusing your prayer in this manner today:

God, train my Mind ...

Walking in faith means you may not see in advance where God is leading you. You really have to ***train your mind*** to ignore the unknown. Pray this prayer: ***God increase my faith.***

Father, calm my heart ...

We cannot always trust our emotions. Instead, trust the ***voice of God***. Pray this prayer for God to calm your fears: ***Father, I am afraid and anxious about this move; help me begin this journey.***

God, show me how ...

Sometimes it is easy just to stay right where you are. We begin to reason with ourselves:

- The house is paid for.
- "I do not know how I am going to live on one income."
- "I can retire in five years, why start over?"
- I just do not want to start over.

Prayer: I desire to be obedient to the direction and the path you want me to take. God it is scary to start over sometimes. It is not that I do not trust you God. I just don't know how to do this. Help me Lord. **Amen.**

Day 24

GET OUT OF THAT MESS

He moved from there and dug another well, and they did not quarrel over it; so he called it Rehoboth, saying, "Now the Lord has made room for us, and we shall be fruitful in the land." (Genesis 26:22)

Isaac immediately acknowledges that this is a move of God. No one is fussing and fighting over this well. Isaac recognizes that God has opened the door for them to be fruitful. After all that tunneling through his father's clogged wells and digging new wells only to be confiscated by the enemy, this well had Isaac's name on it exclusively. The manifestation of the promise is beginning to unfold – increase!

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 include, but are not limited to:

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

Sadly, there are times in our lives when God begins to move and we miss it. We cannot see it because of our toxic environments. If we cannot see it, then we cannot personally acknowledge that God is moving in our lives. God wants to deliver the promise; but if we are entangled in chatter, clutter, and chaos, we are in danger of missing it.

JOURNAL FOCUS

Take time today to inventory your heart and soul. Do not delay receiving all that God has for you.

- 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?
- Are you continuing in relationshipS because it is what is comfortable, familiar, and safe?
- Are we fearful of change and rejection
- Is the situation you are in slowly killing your spirit woman/spirit man?
- Are you ready for the truth?

Prayer: Father, forgive me; but I am still struggling with this. I need your help. I really do have faith God; however, I am so deeply entangled in this trap that it may take a minute to release myself. God I need miracle. Have mercy on my soul. **Amen.**

GOD I DESIRE TO HEAR YOUR VOICE

And that very night the Lord appeared to him and said, "I am the God of your father and will bless you and make your offspring numerous for my servant Abraham's sake." (Genesis 26:24)

God immediately confirms Isaac's declaration that *God has made room for he and his offspring to be fruitful in their place of promise*. Isaac's open acknowledgment of the move of God in his life positioned Isaac to experience the presence of God that night.

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 hear and receive from God. God has a place of promise for all of us. God wants to elevate and increase our territory. Increased territory cover all aspects of our lives.

JOURNAL FOCUS

Check off all the areas in your life in which you desire increase:

- _____ Spiritual
 - _____ Health
 - _____ Financial
 - _____ Prayer Life
 - _____ Wisdom of God
 - _____ Discernment of God's Holy Word
 - _____ Other
-

Identify areas in your life for which you have prayed for increased territory. Write it down. Be specific so that you may revisit your request to God. Spend time today really talking to God about your desire for increased territory. When you go to God, expect that God will answer. Wait to hear the voice of God.

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.**

Day 26
OTHERS FEED OFF YOUR FAITH

So he built an altar there, called on the name of the Lord, and pitched his tent there. And there Isaac's servants dug a well. (Genesis 26:25 NRSV)

Immediately Praise God ... Do not Hesitate

Isaac immediately praises the Almighty God! Right where God met him is where Isaac glorified and honored God. There was no hesitation. He did not wait until 7:30 a.m. service; 10:00 a.m. service or 12 noon. He did not wait until the Sabbath. He did not have a meeting with the elders and ask for permission to build an altar. As soon as Isaac experienced the visitation of God and received the promise, without hesitation, Isaac built the altar and called on the name of the Lord.

Your Faith, increases the Faith of others

You may not know this or want to accept this, but there are many that follow your Spiritual lead. Isaac's servant's trusted Isaac's relationship with God. Isaac's servants learned how to trust God by watching Isaac. Why do you think they understood to dig the well at the altar? The Word does not say that Isaac instructed them to dig the well; they understood to dig the well. They knew that rivers of living water flow from the altar.

JOURNAL FOCUS

The spiritual well-being of your child, your brother, your sister, your mother, your father, your nephew or your niece may depend on your faith walk. Let them see you honor and praise God for the promise. Be transparent about your spiritual growth by letting them know that you were not born with the level of faith you possess today. Encourage them to pray for God to increase their faith. Dedicate this day of fasting and prayer to your family and friends. Ask God to continue to remove the scales from their eyes so that they may witness God's grace and mercy.

What is your prayer for your family? Is it the same prayer for your friends? If not what is the prayer for your friend?

Prayer: Lord, have mercy on my family. Strengthen me as I continue to lead my family in your truth. Let me exhibit Christ-like characteristics to all that I encounter each day. Thank you Lord for hearing and answering my prayer. **Amen.**

INVITE THE ENEMY TO THE TABLE

And they said, We saw certainly that the LORD was with thee... thou art now the blessed of the LORD. (Genesis 26:28-29)

God is a consistent God. Just as God made King Abimelech acknowledge the move of God in Abraham's life, God is making King Abimelech acknowledge the God of Isaac. (Genesis 26:28) Of course King Abimelech has selective amnesia and lies by stating that he sent Isaac away in peace and caused him no harm. All you have to do is revisit the well called Esek and the well named Sitnah to know that King Abimelech is lying. Isaac speaks truth and acknowledges that King Abimelech hates him and banished him to the valley. Once Isaac sets the record straight; he exhibits the spirit of hospitality and prepares a feast for his the enemy. (Genesis 26:30)

JOURNAL FOCUS

With promise, comes increased humility. Can you prepare a feast for the trolls at Esek or Sitnah? Try!

An exercise of humility

Prepare a dinner party for those that have caused you agitation and grief. Please follow the instructions below:

First, create your guest list. Invite everybody that is not your friend! Isaac did it for Abimelech...

Second, create your menu; make sure you confirm food allergies in advance

Third, select a precious stone that you will gift to your guests. Assign a precious stone to each guest

Draft a covenant between you and your guest acknowledging the past and committing to leaving the past behind.

Prayer: God, do we really have to acknowledge our enemy's existence? It is hard to be around people that mean me and my family no good. I am not like Isaac. I cannot sit and dine with someone that hates me. Father, I thank you for your word today. Help me to receive and understand the specific message in your word today. I thank you Father for hearing and answering my prayer. **Amen.**

LORD INCREASE MY FAITH

That same day Isaac's servants came and told him about the well that they had dug, and said to him, "We have found water!" (Genesis 26:32)

Again, we see the evidence of the move of God in Isaac's life. After Isaac prepared a feast for his enemy and allowed them to sleep in his territory, the very next day, the living water began to flow from the well. Isaac and his family were blessed with the life sustaining flow of water from the well. Isaac's actions are a great example of faith.

JOURNAL FOCUS

Today is our last day at the well of increase; but increase in our lives does not stop today. You may have prayed the prayer of Jabez (*1 Chronicles 4:9-10*) for years, and have not experienced what you consider the increase. It is coming.

Commit 1 Chronicles 4:9-10 to memory and pray from your heart trusting and believing that God will answer just as he answered Jabez's prayer for increase. One critical portion of Jabez's prayer is his request that God protect him from harm and evil. (*1 Chronicles 4:10*) Only wisdom led Jabez to ask for protection while waiting for the increase. Jabez recognizes that the attack of the enemy will rise up against him in his new territory.

Write a prayer today asking God with specificity for protection. Seek God for protection while you are waiting for the increase. Seek God for protection once you are in your new territory.

Prayer: Lord, sometimes I have a hard time asking you to increase my territory. I have guilt about what I am doing with what I have now. I desire increase for me and my family. I confess that I am not like Isaac. It would have been hard to watch someone walk over me and my family and take what belongs to me. Help me Lord to understand how to walk in my faith and exercise the power and authority of my salvation. I want to be ready to receive the increase. I first ask you Lord to increase my faith. **Amen.**

Book Six

Well of Bethlehem

“Well of the Place or House of Bread”

2 Samuel 23: 15



October 31 - November 5, 2018

Book Six
Well of Bethlehem - "Well of the Place or House of Bread"
2 Samuel 23:15

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WHEN THE ENEMY IS BLOCKING

“O that someone would give me water to drink from the Well of Bethlehem that is by the gate!”(2 Samuel 23:15 NRSV)

Our mentor for this well is King David. Visitation to this well will take some strategic planning. David was born and shepherded his father’s flock in this City called a “House of Bread” and now David is prevented from going home to receive water from the “**Well of Bethlehem.**” The enemy is present and has captured David’s hometown. The Philistines are lying in wait in Bethlehem. **(2 Samuel 23:13)** The enemy is blocking David’s travel to his home. David will mentor us on surviving an attack of the enemy.

We find King David in a cave in this portion of scripture. After all the hell, pain and victories in David’s life, David is back in “the cave.” This is the exact cave David retreated to shortly after God anointed him King and his victory over Goliath. **(1 Samuel 22:1)**

David retreated to a familiar place for refuge from the enemy. David returned to a place where he previously experienced God’s protection from the enemy. This cave was David’s “stronghold” **(2 Samuel 23:14 NRSV).**

JOURNAL FOCUS

God has protected us from the enemy since birth. God will always cover and protect us. (Psalm 144:1-2) describes God as our protector: *Blessed be the Lord, my rock ... and my fortress, my stronghold and my deliverer, my shield he in whom I take refuge...*

Do you have a physical place of “stronghold?” ____ Yes; ____ No. If yes, describe your “stronghold.” If you do not have a place of “stronghold,” and you desire a “stronghold,” create one. Describe it.

Today reflect on how God shelters your children, family, and friends from danger; dangers known and unknown. Focus your prayer on the many “close calls” of devastation and destruction in the lives of your family. Thank God for his grace and mercy.

Prayer: Lord, my God, you are my strength. Thank you for shielding me from dangers that I did not even know existed. I thank you for your my covering. **Amen.**

LORD I NEED TO GET OUT OF THIS

Attend unto my cry; for I am brought very low: deliver me from my persecutors; for they are stronger than I. Bring my soul out of prison, that I may praise thy name: the righteous shall compass me about; for thou shalt deal bountifully with me. (Psalm 142:6-7)

It's not always easy to confess to God that we are struggling and in a dark place. Here is David, the King, the great warrior, the favored son of Jesse, the anointed one of God, hiding in a cave. David, however, has no shame in letting God know that he is in hiding and that he needs to be delivered. With all humility, David confesses to God that the enemy is too strong for him. David acknowledges his weakness. David understands that without God he is powerless. David tells God that he can't even praise God because his soul is in prison. How can King David's soul be in prison?

JOURNAL FOCUS

Sometimes life gets so heavy and complicated that we are entangled in darkness. It is temporary! We cannot afford to allow ourselves to remain in that state of being. Many times we may prolong this status of darkness because we seek solutions from those that have no power, authority, or vision for or over our life. We have no obligation to confess to others how we ended up in a situation. Our obligation is to confess to God our need for deliverance. Ask God to release your soul from prison. Praise God for your deliverance in advance. Surround yourself with those that believe in a miracle working God.

Today, lift those that find themselves in a Psalm 142 situation.

Prayer: Lord, God have mercy on me. I need your strength Lord to maneuver through the course of life. I want to truly live life and not simply coast through life. Lord sometimes I find myself in situations that even surprise me. Deliver my soul from the pit. Holy Spirit fill me with your power and truth. In Jesus name I pray, **Amen.**

Day 31

THEY CAN'T BLOCK THE ANOINTING

"...the oracle of David, son of Jesse, the oracle of the man whom God exalted, the anointed of God of Jacob, the favorite of the Strong One of Israel:" 2 Samuel 23:1

We have ten days before our journey ends. We have overcome many temptations and fallen to a few temptations on our journey. It is not by coincidence that God has us at the Well of Bethlehem at this juncture in our journey. Each day that we draw nearer to the end of our covenant with God it becomes more of a challenge to stay on course.

The 23rd Chapter of 2 Samuel serves as a testament to us on how God views *sinners saved by grace*. On Day 29, we identified David as our mentor for this well. David is an imperfect being perfected by a perfect work in God. David struggles with lust of the flesh and with the same family issues that are unfortunately typical in the world today (those struggles are more fully outlined tomorrow). In spite of David's flaws, God does not reject David as his servant. Our scripture focus reminds us that David is *the man whom God exalted, the anointed of God of Jacob, the favorite of the Strong One of Israel. (2 Samuel 23:1)* God does not celebrate David because of his sin, but loves David because of his obedience. Sin is disobedience, but walking in the will of God is obedience.

The imperfect David came out of Bethlehem, *house of bread*. David was anointed King in Bethlehem. The tribe of Judah settled in Bethlehem. Out of the tribe of Judah is born our Lord and Savior Jesus Christ, in Bethlehem. Jesus, unlike David, was flawless. Jesus, unlike David, was the Son of God born of a virgin. Jesus, unlike David, was sinless; the Lamb of God without blemish. Jesus, unlike David, served as the ultimate living sacrifice for our sins.

Our legacy is found in Bethlehem. The anointing is in Bethlehem. The bread of life is in Bethlehem. God exalts us in our imperfections. God anoints a perfect work in us in spite of us. We are all sinners saved by grace. God has greater works for us to perform. That is why the enemy is blocking the gate to the city of anointing and bread of life.

JOURNAL FOCUS

Do you recognize the block from the enemy? Are you allowing self or anyone else to block you from walking in the anointing power of God? Call out the obstacle(s.) Write it down. Seek God for direction, strength and courage to walk in your anointing.

Prayer: God of mercy, God of heaven and earth, God of all that is seen and unseen; you are the awesome ruler of my life. I exalt you Lord. I magnify your Holy and Righteous name. I am humbled that you esteem me; a sinner saved by grace, a little lower than the angels. I submit Lord, I submit. **Amen.**

RELATIONSHIP PRESERVES SANITY

I remember the days of old, I think about all your deeds, I meditate on the works of your hands. I stretch out my hands to you; my soul thirsts for you like a parched land. Answer me quickly, O Lord; my spirit fails. Do not hide your face from me, or I shall be like those who go down to the Pit. (Psalm 143:5-7)

David has history with God. David experienced great victories and suffered the infliction of deep wounds. David has survived personal family tragedies (**2 Samuel 13:21-22; 28-29; 18:5, 12-15**). God has delivered David from the executioner's spears, (**1 Samuel 18:10-11; 19:9-11**). David has conquered territory after territory in the name of the Lord (**1 Samuel 5:9-10**). God continued to fulfill the promise in the midst of all of David's wounds. David continues, in the midst of his wounds, to be the obedient servant and maintain God's divine plan for his life.

When you examine David's tragedies, one cannot help but wonder how David maintained not just his sanity, but his intimate relationship with God. Here is a run-down of only a few tragic episodes in David's life:

- David endured his son, Amnon, raping his daughter, Tamar.
- David survived his son, Absalom, murdering his brother, Amnon, for raping Tamar.
- David lived through Absalom plotting with David's enemy to usurp his authority as King.
- David had to bear the grief of his military leaders murdering his son Absalom.

David's mental, emotional, and spiritual stress had to be almost unbearable; yet David continued to follow the voice of God and God continued to bless and use David. David's prayer and cry out to God in Psalm 143 is evidence of David's intimate relationship with God. David reminds God of their relationship when he reminisces about what God has done for him in the past. David said, *remember the days of old, I think about all your deeds, I meditate on the works of your hands. (Psalm 143:5)*. David's prayer is a desperate cry to God for help. David sounds like he is trying to maintain his sanity in the midst of all his family crises and the attempts of the enemy to take his life. David ends his prayer in Psalm 143 by asking God to preserve his life and to bring him out of his trouble.

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In your prayer focus today consider lifting families that are in crises. Ask God to comfort, heal and deliver families. Ask God to preserve the emotional, spiritual, physical, and mental health of families. Ask God to increase their faith.

Prayer: Father, save me from my enemies; preserve my life; don't let me lose my mind Lord. This is difficult. The enemy seeks to crush the very breath out of me. I know Lord that you will not allow this to happen. Teach me the way to go. I lift my soul to you Lord. Hear my prayer Lord. It is in the miraculous name of Jesus that I pray this prayer. **Amen.**

Day 33

TRIUMPH OVER TRAGEDY

My wounds grow foul and fester because of my foolishness; I am utterly bowed down and prostrate; all day long I go around mourning. For my loins are filled with burning. And there is no soundness in my flesh. I am utterly spent and crushed; I groan because of the tumult of my heart. (Psalm 38:5-8 NRSV)

On yesterday, we studied David's triumphs over his tragedies. We too have triumphs over our tragedies. We have experienced great victories and suffered the infliction of deep wounds. In our victories it is easy to invoke the presence of God through prayers of thanksgiving and praise. However, grief and pain often mask our awareness of God's presence. It is not that God is not with us; it is that the spirit of grief and pain is overwhelming us. We have to fight hard to overcome the pain and allow the healing power of God to overtake us.

Do you have wounds in your life that have not healed 100%? Open wounds are an invitation to infection. Wounds untreated can result in amputation of the infected part or death of the entire body. Surrender to God's wound care unit. When David was wounded, David surrendered to God. Surrender today! You will not be in position to experience your healing unless you surrender to God. David teaches us how to surrender.

First, David was honest with God and acknowledged to God his present state of being: *"My wounds grow foul and fester because of my foolishness; I am utterly bowed down and prostrate; all day long I go around mourning. For my loins are filled with burning. And there is no soundness in my flesh. I am utterly spent and crushed; I groan because of the tumult of my heart."* (Psalm 38:5-8 NRSV)

Second, David confessed sin: *"I confess my iniquity; I am sorry for my sin."* (Psalm 38:18 NRSV)

When we were taught to pray, we were taught that we had to ask God to forgive us of our sins. What was not emphasized for many of us was to say "God, I am sorry for my sin." To say **"God I am sorry"** is a sincere and complete act of surrender.

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God I am sorry for _____	God I am sorry for _____
God I am sorry for _____	God I am sorry for _____

God is aware of our emotional and mental state before we confess it. We, however, are in denial at times about our emotional and mental well-being. In Psalm 38, David opens up to God about his state of being. Can you acknowledge to yourself your present state of mind and your emotional well-being? Once you are open and transparent with yourself; acknowledge to God your emotional, spiritual, physical, and mental well-being.

Prayer: Create in me a clean heart. Purge me Lord of my sinful thoughts. God I am sorry for my transgressions. I am broken hearted that I have sinned against you. I thank you for your grace and mercy. **Amen.**

WARRIORS RENDER ENEMIES POWERLESS

Then the three mighty men broke through the camp of the Philistines, and drew water out of the well of Bethlehem which was by the gate, and took and brought it to David. But he would not drink of it; he poured it out to the LORD, and said, "Far be it from me, O LORD, that I should do this. Shall I drink the blood of the men who went at the risk of their lives?" Therefore he would not drink it. These things did the three mighty men. (2 Samuel 23:16-17)

The Bible describes David's emotions when he "thinks out loud" about the **Well at Bethlehem** as "longingly." David strongly craves that which is familiar to him. David is careful to describe the exact well from which he wants his drink of water; the well that is by the gate of the *House of Bread*. !"(2 Samuel 23:15 NRSV)

David was surrounded by real men. Real men **do not** fear strong leaders. We see the ultimate respect and honor the three warriors had for David by their actions. They went into enemy territory to satisfy David's thirst. We then witness the ultimate respect and honor of a leader. David recognizes the danger the three warriors put themselves in by going into enemy territory and elects not to accept the water but instead to offer it as a sacrifice to God: "...But he would not drink of it; he poured it out to the LORD," (2 Samuel 23:16)

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The ultimate warrior for us is a crucified and risen savior. Jesus went into the enemy's territory and stripped the enemy of any authority in our lives. Jesus has authority and power over the dead and can and will call the dead from the grave. *Verily, verily, I say unto you, The hour is coming, and now is, when the dead shall hear the voice of the Son of God: and they that hear shall live. (John 5:25).* Jesus holds the key to our freedom. Jesus said, *I am he that liveth, and was dead; and, behold, I am alive for evermore, Amen; and have the keys of hell and of death. (Revelation 1:18).*

Make sure you are walking in your freedom. Examine your life and ask the question "*am I allowing anyone that has no power or authority over my life to exercise rule and dominion over me?*" Consider whether you have handcuffed yourself to a situation that is limiting your freedom to walk in your purpose and promise. When we get entangled in darkness, we limit our ability to answer the call in Matthew 28:19. There are too many men, women, boys, and girls that do not understand the freedom, power, and authority of salvation. You are free; share it!

Finally, lift up the lost. Ask God for discernment on how to approach the lost.

Prayer: Lord I want to honor your command to GO. Before I GO Lord, prepare my mouth and my heart. May your Holy Spirit rest upon those that you lead me to. Have mercy upon your people. In the name of Jesus I pray, **Amen.**

Book Seven

Jacob's Well *"The Supplanter"* *John 4:6*



November 6-11, 2018"

Book Seven
Jacob's Well - "The Supplanter"
John 4:6

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Day 35

Pause ... Catch Your Breath ... Rest

Now Jacob's well was there. Jesus therefore, being wearied with his journey, sat thus on the well: and it was about the sixth hour. (John 4:6)

Jacob's well is our 7th and final well on our journey. We meet Jesus at this historical well. Jesus is described as being weary from a journey. Jesus has to pause to catch his breath so he sits down to rest.

There are a multitude of lessons to edify our souls from this one verse. We will begin with the simple lesson to "pause ... catch your breath ... rest."

Jesus, who is God in the flesh, (*John 1:1; John 1:14*) was physically tired and had to take a break from his journey. Jesus was traveling from Judaea with a final destination of Galilee (*John 4:3*). Jesus' body signaled to him that he had to pause before reaching his final destination. Jesus paused to rest in territory where his ancestors once owned land. (*Genesis 33:18-19; Joshua 24:32*)

On the 35th Day of a 40 day fast it is only natural that your body is feeling fatigued. Our prayer focus for you today is the 41st day and thereafter when you are not in a consecrated period of fasting and prayer and your body is signaling that you need to "pause ... catch your breath ... rest."

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What will happen if you pressed pause in your life? When you answer this question remember a pause is temporary and not necessarily permanent.

SUGGESTIONS ON HOW TO PAUSE ... CATCH YOUR BREATH ... REST

PUT YOUR LIFE ON PAUSE TODAY

- Unplug from the chatter
- Create your own spa experience

JUST BREATHE

- Breath out your prayer
- Inhale truth and discernment
- Release all that is restricting your ability to inhale and exhale

REST YOUR BODY

- Remove yourself from everything that prevents your body from resting.
- Go to bed at a reasonable hour.
- Be intentional about when and what you eat
 - eat at intervals that will allow your food to digest prior to your periods of rests
 - create the physical emptiness of the body so that your Holy vessel may have room to receive the pour from God

Prayer: Lord, I thank you for creating a perfect me. Teach me how to honor my body. Help me to follow the example of Jesus and listen to my body. **Amen.**

Day 36

YOUR ASSIGNMENT: SPECIFIC & PERSONAL

He must increase, but I must decrease. (John 3:30)

Yesterday there was no mention as to why Jesus was traveling from Judaea to Galilee. That was intentional. It was necessary for us to pause, catch our breath, and rest so that we can be in position to receive what God has for us at Jacob's well. Jesus has set the stage for us to receive.

This is the backstory. There were agitators trying to pit John the Baptist against Jesus. John was approached by instigators (religious leaders) who said, "...*Rabbi, the one who was with you across the Jordan, to whom you testified, here he is baptizing, and all are going to him.*" (**John 3:25-26 NRSV**). And this is how John the Baptist responded: "*He must increase, but I must decrease.*" (**John 3:30**)

Can you imagine preachers accusing another preacher of stealing a candidate for baptism from another church or criticizing another church for baptizing too many people? This in effect is what the agitators and instigators were doing. It is not that the religious leaders respected John's calling or ministry; they hated Jesus and attempted to use anyone to take Jesus down. Jesus was a threat to their order. Jesus was gaining popularity in their eyes.

John the Baptist stayed his course. God ordained John from birth to be the "forerunner" for Jesus. John did not even know what Jesus looked like but he stayed the course and continued to declare the coming of "*the lamb of God who takes away the sin of the world*" (**John 1: 29-33**)

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If God gave you an assignment to sacrifice self and promote another, can you do it?

___ Yes; ___ No

John the Baptist understood that his role as the forerunner of Jesus Christ was limited and that it was not about him, but about the Savior that was to come. Which of the examples below represent decreasing self so that another can be increased?

- ___ Working in the background and supporting the leader and the leader's vision
- ___ Serving as the leader to make sure things get done even if it means doing it yourself
- ___ Serving as leader who delegates responsibilities and in the end the leader gets all the credit for the work

Are you ready to decrease so that God may increase in your life?

Prayer: Father in heaven, I desire that my will decrease. Thy will be done in my life. **Amen.**

UNAPOLOGETIC & UNCOMPROMISING

He left Judea and started back to Galilee. But he had to go through Samaria. So he came to a Samaritan city called Sychar, near the plot of ground that Jacob had given to his son Joseph. (John 4:3-5)

Yesterday we witnessed religious leaders' attempt to discredit and redefine the move of God through the hands of John the Baptist and the disciples. Jesus, understanding the intent and motives of the religious leaders (Pharisees), elected to leave Judea. (**John 4:1-3**) It is not that Jesus was fearful of the Pharisees; Jesus chose to exclude himself from an environment that was attempting to discredit or redefine who God created him to be. Jesus was very clear and non-apologetic about his purpose. Jesus made his purpose known to all that would hear: *Jesus said to them. "My food is to do the will of him who sent me and to complete his work."* (**John 4:34 NRSV**)

We are three days out from exiting our journey. Instigators and agitators will not respect that you just completed 40 days of prayer and fasting. ***There are those who want to define and redefine your destiny.*** Scripture tells us to have the mind of Christ Jesus. (**Philippians 2:5**) If you have the mind of Christ Jesus, then you possess characteristics of Christ. Embrace your heavenly heritage! It was not in the character of Christ to apologize or compromise his purpose. Jesus told the crowd, *"I must preach the good news of the kingdom of God to the other cities also; for I was sent for this purpose."* (**Luke 4:43NRSV**). Be unapologetic and uncompromising in your commitment to do the will of God. ***It is our prayer*** that you ***allow the Holy Spirit to embody you and that you mirror the image of Christ.***

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THERE ARE THOSE WHO WANT TO DEFINE AND REDEFINE YOUR DESTINY

Are you clear that God has a defined destiny for your life? ____ Yes ____ No

God gives us free will. What is/are your choice(s)?

____ Man's will for my life	____ My will for my life
____ Total Surrender to God's will	____ Rejection of all that is contrary to God's will

Beginning today and continuing through the rest of your life, when God reveals your purpose, work, and destiny in the Kingdom of God, WRITE IT DOWN; TRUST GOD; WALK IN IT

"The Vision" by Patrick Love

Write the vision; Make it plain; That they may run and not faint; Though the vision is only for a while
It shall speak and not lie; For if the Lord said it; You can count on it; He will do just what He said

Write the vision; Make it plain; That they may run and not faint; Though the vision is only for a while; It shall speak; and
not lie; For if the Lord said it; You can count on it; He will do just what He said;

It is so Yes, it is so He will do just what He said It is so Yes, it is so He will do just what He said It is so Yes, it is so He
will do just what He said It is so Yes, it is so It is so Yes, it is so It is so Yes, it is so It is so Yes, it is so It is so Yes, it is
so It is so Yes, it is so He will do just what He said Write the vision He will do just what He said

<https://www.musixmatch.com/lyrics/Patrick-Love/The-Vision>

Prayer: Lord it is my desire to be unapologetic and uncompromising in the purpose you have ordained for my life.
Teach me and guide me in your truth. **Amen.**

BENEFICIARIES OF THE PROMISE

A Samaritan woman came to draw water, and Jesus said to her, “Give me a drink. (His disciples had gone to the city to buy food.) (John 4:7-9)

At some point in our life, if we have attended Sunday morning service, Sunday school, church school, or mid-week bible study, we have heard the story of the woman at the well. You know the story. Jesus reveals to the woman that he knows that she has had 5 husbands and that the man she was currently with was not her husband. But, there is something about this woman that is often overlooked. The woman at Jacob’s well is a woman of the promise. She called Jacob her ancestor. Innocently, the woman asked Jesus this question: “*Are you greater than our ancestor Jacob, who gave us the well, and with his sons and his flocks drank from it?*” (**John 4:12**)

A whole religious sect had discounted people of Samaria. They treated the Samaritans as if they were nothing and unworthy to even be acknowledged. (**John 4:9**) Jesus did not turn his head or pretend that the Woman at the well did not exist. He understood the cultural barriers between the ancestors of his Jewish heritage and his ancestors of the promise.

The seed of Abraham, Isaac and Jacob are beneficiaries of the promise. (**Genesis 26:24; Genesis 48:3-4**) The woman at the well is in line to receive the promise. We, like our sister at the well, are the seed of the promise. Sadly, there is “*Modern Day Samaria.*” Society, and in some instances the church, has turned their backs on the oppressed and the marginalized of the world. Oppression and being treated as if invisible creates brokenness. Jesus is the only true source to restore the brokenness and satisfy the thirst. Jesus is the only one that can bring the broken pieces back together as a whole. Jesus promised life to the woman at the well. Jesus said, “*but those who drink of the water that I will give them will never be thirsty again. The water that I will give will become in them a spring of water gushing up to eternal life.*” (**John 4:13 NRSV**)

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The fountain of living water is here and available to all today. Lead “*Modern Day Samaria*” to Jacob’s well. If you lead them to the well, they will have the same opportunity as you had to draw. They can draw from the Living Water our Lord and Savior promised to the lost. In your leading, please do not concern yourself with whether or not they have the proper vessel to receive. God’s instruction to you is simply LEAD. Write words of encouragement to “Modern Day Samaria.” Speak truth into their lives.

Prayer: Father, lead me to the chipped, shattered and broken vessels so that I may witness to them about the healing power of the living water that restores all brokenness. Give me utterance to speak with power and authority about a thirst that only You can quench. **Amen.**

Day 39

TRUTH REVEALED

The woman said to him, “I know that Messiah is coming” (who is called Christ). “When he comes, he will proclaim all things to us.” Jesus said to her, “I am he, the one who is speaking to you.” (John 4:25-26 NRSV)

During the 2017 Mayoral election for the City of New Orleans, there was heightened excitement surrounding the possibility of the first female mayor in the 300 year history of the City. The excitement for many intensified after the primary election when it was evident that the City of New Orleans was going to elect its first African American woman mayor. Media across the country covered the story. Articles were published outlining the contributions of women of color in the City’s 300 year history. The history of the candidates’ ancestry was even offered for our consideration.⁴ Politicos, feminist, womanist, and others rejoiced that the glass ceiling had been tapped if not broken for women as leaders of the City of New Orleans.

Jesus broke societal norms by engaging in conversation with the Samaritan woman. Watch the reactions of the disciples when they returned from grocery shopping: *Just then his disciples came. They were astonished that he was speaking with a woman, but no one said, “What do you want?” or, “Why are you speaking with her?” (John 4:27)* Jesus shattered man’s arrogance of who is worthy of eternal life by his revelation to a Samaritan that he is the Christ.

All barriers and ceilings were shattered at Jacob’s well. It is true that people of color, the poor, and other groups have suffered institutional and societal oppression for centuries; but these barriers were not placed there by God. God, through his son, eradicated, shattered and removed all barriers to eternal life through the streams of living water at Jacob’s well. By the mercies and grace of God, our ancestors have tunneled out of oppression, racism, sexism, and numerous other “isms.” As we continue to fight the “isms” of today, be mindful of the spirits that fuel oppression and “isms.” *For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places. (Ephesians 6:12)*

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We can’t let this day pass without being honest that at times we have created our own *isms*. We do this by adopting a mind-set that we are limited in what God can do in our lives. We somehow adopt the belief that we are unworthy to receive all that God has for us and box ourselves in. God has called us to Liberty. We are to “[s]tand fast therefore in the liberty wherewith Christ hath made us free, and be not entangled again with the yoke of bondage.” **(Galatians 5:1.)** Seek God to deliver you from a mind-set of slavery and bondage. If this demon has not attacked you, lift up others that struggle with self-inflicted bondage.

Prayer: Father, thank you for keeping us during our fast. It is our prayer that our fast will accomplish that which you have ordained: *“to loose the bonds of injustice, to undo the thongs of the yoke, to let the oppressed go free, and to break every yoke.” (Isaiah 58:6) Amen.*

⁴ <https://thehayride.com/2017/11/batiste-desi-charbonnet-represents-new-orleans-complicated-past/>

Day 40

RECEIVE THE OVERFLOW

Then the woman left her water jar and went back to the city... Many Samaritans from that city believed in him because of the woman's testimony... (John 4:28; 39)

Our 40 day fasting and prayer journey concludes today. We offered you a space to travel the **WELLS OF LIFE** in a short consecrated period of time. All that God revealed to you at each well is real. The wells of life are not fictitious. We may not refer to our challenges, valleys, victories or mountain top experiences in life as wells, however, the source of life and strength that is drawn from the wells we traveled over the past 40 days is the same.

GOD'S REVELATION

Throughout this journey God has revealed that He is always present in our lives and will open our eyes so that we may see. We have collectively and individually prayed for God to **increase our faith and territory**. We have told God we are sorry for our sin and confessed our sin. We learned, without hesitation or reservation, obedience to the voice of God. **We believe** that when God instructs us to *walk away* and/or *leave behind*, God is leading us to new and increased territory. **There are no** barriers or ceilings that God has not already shattered and destroyed.

WORK...TESTIFY...LOVE

It is time to go to work. Your testimony, like the woman at the well, will save lives. Many will be converted. Put down your cisterns, your water bottles, jugs or whatever you brought to draw from the well. They cannot hold the overflow of blessings and the promises Jesus offers us at Jacob's well. That which flows from Jacob's well is all that we need. Speak life, hope, and the Love of Jesus Christ into someone's life.

GO IN PEACE WITNESS

THE GOOD NEWS OF JESUS CHRIST

Prayer: Now to Him, who by the power at work within us is able to accomplish abundantly far more than all we can ask or imagine, to Him be glory in the church and in Christ Jesus to all generations, forever and ever. **Amen** (Ephesians 3:20)

Farewell

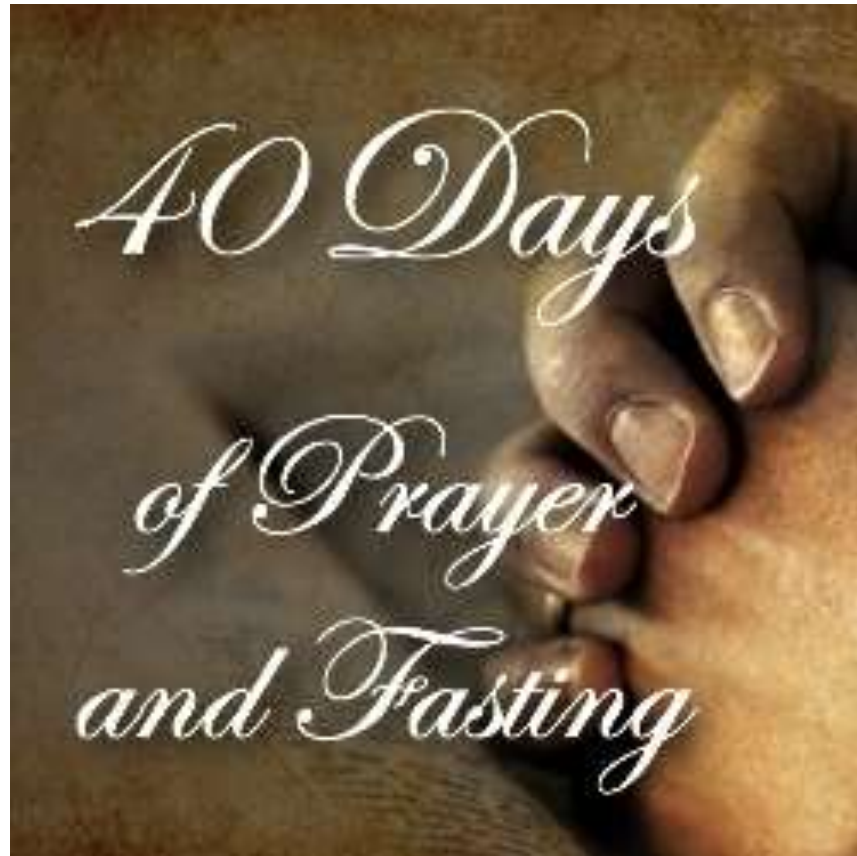


Thank you for joining us during this season of prayer and fasting!
We have unbelievable and incredible love for you.

*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. (Acts 20:32 NRSV)*

*Rev. Dr. Charles J. Southall, III, D.Min.
Min. Sandra Cabrina Jenkins, M.Div.
First Emanuel Baptist Church Family*

Fast Begins:
Tuesday, October 2, 2018
(Midnight)



Fast Ends:
Sunday, November 11, 2018
(Midnight)

Visit our church website for more information on the
Church with the Vision and Faith to Act!
www.firstmanuelbaptistchurch.org