

This guide is designed to offer a simple tool for those wanting to take the next step with Sunday's message. You can print this guide to study on your own, or use it in a group and experience transformation together.

Our hope is that the living, breathing words of truth that are revealed to you become a part of your everyday life. In the book of James, we read about a key to living life with God. We are told that if we ask for wisdom by faith then we shall receive it generously from our Father in Heaven. One of the best ways to receive this wisdom is by preparing to receive it. We invite you to pray this prayer prior to the message and the study guide:

“God, thank You for Your truth and wisdom. Help me to see what I need to see, hear what I need to hear, and know what I need to know. Holy Spirit, help me to understand in a way that shows me the Father’s true nature and heart. May this time help me to know You more and become more like Jesus. Amen.”

MESSAGE THEME

Praying connects us to God and fasting disconnects us from the world.

KEY CONCEPTS/TRUTHS

Man must not live on bread alone but on every word that comes from the mouth of God (Matthew 4:4).

God wants us to walk/talk with Him all day, every day.

Prayer is about fellowship, sharing our lives, being with God, enjoying God and talking with Him.

When we fast we are putting God first and disciplining our flesh.

There are lots of different ways that we can fast. You can cut out one meal a day, you could fast for 24 hours straight, you can do a Daniel fast, etc.

Which one truth do you already have evidence of in your life today? Ask the Lord for new ways to see even more of it for you and others around you. Write your answers out.

Which one truth is the most challenging or least existing in your life today? Why do you think this is? Ask the Lord if there are any beliefs or barriers that are keeping you from believing that particular truth. Write it out.

REAL-LIFE APPLICATION

We know that prayer is powerful. It draws us close to God and brings results and unity as we seek Him together. We are taking 21 days as we start the year to seek God FIRST with daily topics and verses, promises, and prayers that you can stand on in faith.

Application for prayer is really very easy.....just open your mouth. We encourage you to start with today's prayer focus and continue with where God's heart takes you from there:

DAY 11 (JAN. 15) • OUR CITY

Acts 1:8 & Matthew 5:14 / Jesus told His disciples to start with their home area and be His witnesses to the ends of the earth. We are to start here.

God, use us to shine Your light in our city -- a light that can't be hidden.

THIS WEEK'S DECLARATIONS

Life is released when your words are in agreement with God. Intentionally speaking life and biblical truth out loud is extremely powerful. In fact, you have that very life in the power of your tongue. These words below, when spoken out loud, will cause an acceleration of the reality of God's words in your life. We encourage you to speak the following with an expectancy to renew your mind and see God's fullness.

Prayer is not only conversation with God; it is how we confront the enemy. These prayers are very helpful in spiritual warfare.

"Lord, I thank You for my salvation. I confess that nothing can separate me from Your love. I stand today against all condemnation and corruption. Cover me with Your holiness and purity—defend me from all assaults against my heart. Lord, I put on the belt of truth. I choose to live a life of honesty and integrity. Expose the lies I have believed, and show me the truths I

need today. I choose to believe the truths of the Word of God. Truths that I will need to counter the traps of the enemy. Bring those Scriptures to mind today. Finally, Holy Spirit, I agree to walk in step with You in everything as I commune with You in prayer throughout the day.”

“Father, Your Word says that no weapon formed against me shall prosper (Isaiah 54:17). Therefore, I declare that no weapon formed against me shall prosper this day or any day to come in Jesus’ name. Your Word says that trouble will not arise a second time (Nahum 1:9). Therefore I declare that Satan cannot make trouble for me again in this manner in Jesus’ name. I declare this accomplished through faith and expectation in the name of Jesus.”

GREATER THINGS STRENGTH & COURAGE FOR TOMORROW

Fuel for Fasting

Instead of mourning the lack of temporary pleasures of comfort food, a cup of coffee, or a favorite show, press into the Comforter, Prince of Peace, and God of love. Refuse to be comforted by anything but Him!

Temporary comforts are just that—temporary. They are like fixing a leak with duct tape. We love duct tape because it will work for a while, but you will have to keep revisiting the issue because it can never be fully fixed.

Seeking the One who gives living water above a temporary fix requires something of you. It isn’t as easy as making a big bowl of chocolate ice cream or turning on your favorite show to tune out the stress, anxiety, or desire. Running after God requires you to deny distractions and seek Him over everything else. But God has created in us a desire to seek and find Him above all else!

As you shift your desires you will experience and know:

- He is the Comforter. He is the Supplier of our needs. He is the One we need.

“Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened.” Matthew 7:7-8

WHAT'S NEXT?

Now it's time to write down anything that the Lord has spoken to you. Praise Him, thank Him, and ask the Holy Spirit to help you walk this out.

Scripture References

The God Connection

Matthew 17:17-18 NKJV

Then Jesus answered and said, "O faithless and perverse generation, how long shall I be with you? How long shall I bear with you? Bring him here to Me. And Jesus rebuked the demon, and it came out of him; and the child was cured from that very hour.

Matthew 4:4 NKJV

Man shall not live by bread alone, but by every word that proceeds from the mouth of God.

1 Corinthians 9:27 NKJV

But I discipline my body and bring it into subjection, lest, when I have preached to others, I myself should become disqualified.

Acts 10:9-10 NKJV

Peter went up on the housetop to pray, about the sixth hour. Then he became very hungry and wanted to eat...

Daniel 10:2-3 NKJV

In those days I, Daniel, was mourning three full weeks. 3 I ate no pleasant food, no meat or wine came into my mouth...

Genesis 5:21-24 NKJV

21 Enoch lived sixty-five years, and begot Methuselah. **22** After he begot Methuselah, Enoch walked with God three hundred years, and had sons and daughters. **23** So all the days of Enoch were three hundred and sixty-five years. **24** And Enoch walked with God; and he was not, for God took him.

Revelation 3:20-21 NKJV

Behold, I stand at the door and knock. If anyone hears My voice and opens the door, I will come in to him and dine with him, and he with Me.

Habakkuk 2:4 NKJV

..the just shall live by his faith.

1 Thessalonians 5:17-18 NKJV

..pray without ceasing, in everything give thanks; for this is the will of God in Christ Jesus for you.

Luke 9:34-36 NKJV

While he was saying this, a cloud came and overshadowed them; and they were fearful as they entered the cloud. 35 And a voice came out of the cloud, saying, "This is My beloved Son. Hear Him!"

Revelation 3:20 NKJV

Behold, I stand at the door and knock. If anyone hears My voice and opens the door, I will come in to him and dine with him, and he with Me.

Luke 1:28 NKJV

.."Rejoice, highly favored one, the Lord is with you...

Ephesians 1:6 KJV

...he hath made us accepted in the beloved.

John 16:24 NKJV

Until now you have asked nothing in My name. Ask, and you will receive...

1 John 1:9-10 NKJV

If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.

1 Peter 1:25 NKJV

But the word of the Lord endures forever.

Luke 1:37 ASV

For no word from God shall be void of power.

Joshua 1:8 NKJV

This Book of the Law shall not depart from your mouth, but you shall meditate in it day and night, that you may observe to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success.

Proverbs 3:1-3 NKJV

My son, do not forget my law, But let your heart keep my commands; For length of days and long life And peace they will add to you. Let not mercy and truth forsake you; Bind them around your neck, Write them on the tablet of your heart...

Mark 4:28-29 NKJV

...first the blade, then the head, after that the full grain in the head.

1 Corinthians 3:6-7 NKJV

I planted, Apollos watered, but God gave the increase.

1 Peter 1:23 NKJV

...having been born again, not of corruptible seed but incorruptible, through the word of God which lives and abides forever...