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A PRACTICAL GUIDE TO FASTING

WHY FAST?

Fasting is a spiritual tool God uses to advance his kingdom, change the destiny of nations, spark revival, and bring victory in people's lives. Every Nation churches and campus ministries begin each new year with five days of prayer and fasting to humble ourselves before God, consecrate ourselves to him for the upcoming year, and corporately agree for breakthroughs.

Jesus fasted.

Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. And after fasting forty days and forty nights, he was hungry. MATTHEW 4:1-2

And Jesus returned in the power of the Spirit to Galilee, and a report about him went out through all the surrounding country. LUKE 4:14

Jesus knew he was going to need spiritual strength to fulfill his purposes. Fasting makes us spiritually strong and prepares us to do God's work.

Fasting is an act of humility and consecration.

Then I proclaimed a fast there, at the river Ahava, that we might humble ourselves before our God, to seek from him a safe journey for ourselves, our children, and all our goods. EZRA 8:21

As we humble ourselves, through prayer and fasting, we receive God's grace and have access to his heart.

Fasting helps us become sensitive to the Holy Spirit.

While they were worshiping the Lord and fasting, the Holy Spirit said, "Set apart for me Barnabas and Saul for the work to which I have called them." ACTS 13:2

When we deny ourselves of natural cravings and worldly distractions, we become more sensitive to God's voice. Then we are better able to focus on God and submit to his will.

Fasting brings revival.

... if my people who are called by my name humble themselves, and pray and seek my face and turn from their wicked ways, then I will hear from heaven and will forgive their sin and heal their land. 2 CHRONICLES 7:14

Throughout history, God has brought revival and delivered nations from destruction in response to prayer and fasting. Fasting helps us prevail in prayer and intercession.

Fasting is healthy.

Fasting cleanses your digestive system from toxins. Doctors consider fasting a cure for certain allergies and diseases. The discipline of fasting helps break unhealthy addictions in our lives.

PLANNING YOUR FAST

Then Joshua said to the people, "Consecrate yourselves, for tomorrow the Lord will do wonders among you." JOSHUA 3:5

Pray—Spend time reading the Bible before the fast. Ask the Holy Spirit for guidance in your prayers. On pages 7–9, write down your faith goals and specific prayer requests for your family, friends, church, and nation.

Commit—Pray about the kind of fast you will undertake and commit to it ahead of time. Record your plan on page 5. Ask God for grace to help you follow through with your decisions.

Act—Start eating smaller portions a few days before the fast. Avoid food high in sugar and fat. Plan to limit physical and social activities for the week of the fast. Ask someone to be your prayer partner throughout the fast and have that person sign page 7.

NOTE: Consult a physician, especially if you are pregnant, nursing, or taking medication. If your situation does not allow you to do a full fast, determine what will work best for you.

WHILE FASTING

[Jesus] answered, "It is written, 'Man shall not live by bread alone, but by every word that comes from the mouth of God." MATTHEW 4:4

Focus—Set aside time to work through the devotionals. Be ready to respond to God's Word and the leading of the Holy Spirit.

Pray—Join at least one prayer meeting in your local church. Intercede for your family, church, pastors, nation, campuses, and missions throughout the week.

Replenish—During mealtime, read the Bible and pray. Drink plenty of water and rest as much as you can. Be ready for temporary bouts of physical weakness and mental annoyances like impatience and irritability.

BREAKING THE FAST

And this is the confidence that we have toward him, that if we ask anything according to his will he hears us. And if we know that he hears us in whatever we ask, we know that we have the reauests that we have asked of him. 1 JOHN 5:14-15

Eat—Reintroduce solid food gradually. Your body will need time to adjust to a normal diet. Start with fruits, juices, and salad, then add more vegetables. Eat small portions throughout the day.

Pray—Don't stop praying! Trust God's faithfulness and timing. Carry your newfound passion for God throughout the year. Be in faith for God to answer your prayers.

MY PLAN

AY 1 DAY 2		
Fasting Options:	Fasting Options:	
□ Water only□ Liquid only□ One meal only□ Other	□ Water only□ Liquid only□ One meal only□ Other	
Prayer Meeting(s) to Attend:	Prayer Meeting(s) to Attend:	
DAY 3	DAY 4	
Fasting Options:	Fasting Options:	
□ Water only□ Liquid only□ One meal only□ Other	□ Water only□ Liquid only□ One meal only□ Other	
Prayer Meeting(s) to Attend: Prayer Meeting(s) to Attend:		
DAY 5		
Fasting Options:		
□ Water only□ Liquid only□ One meal only□ Other		
Prayer Meeting(s) to Attend:		

MY PLAN 5

I AM THANKFUL TO GOD FOR...

Answered Prayers

List highlights, answered prayers, and lessons learned in 2019.

IN 2020, I AM BELIEVING GOD FOR...

Personal Faith Goa	oals
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Spiritual Revival	• Physical Healing	• Prosperity and Abundance	• Rich Generosity
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My Family

Restoration of Relationships • Household Salvation ...

My Education/Career

Excellence • Promotion ...

My Ministry

Small Group Growth • Salvation of Colleagues and Classmates...

... if two of you agree on earth about anything they ask, it will be done for them by my Father in heaven. MATTHEW 18:19

My Prayer Partner: _____

MY PLAN

I AM COMMITTING TO PRAY FOR...

Name Request(s)

I AM COMMITTING TO PRAY FOR...



Church Leadership • Provision • Discipleship Ministry...

My Community

Campuses and Educational Institutions • Local Government • Outreach Opportunities . . .

My Nation

Government Officials • Spiritual Revival • Economic Prosperity • Peace and Order...

MY PLAN 9

EVERY NATION

Jordan

PRAY FOR MORE CHURCHES TO BE PLANTED.

Ask of me, and I will make the nations your heritage, and the ends of the earth your possession. PSALM 2:8

Every Nation has work in thirty-one of the fifty most dangerous countries to be a follower of Christ. Many of the nations Every Nation has yet to plant churches in fall in this list. Please pray in faith for the persecuted believers of these nations, and for the perseverance of church planters who will obey God's call to make disciples of all nations.

*This list of nations has been gathered from Open Doors' World Watch List. Nations in *bold italics* currently have an Every Nation church.

Afghanistan	Kazakhstan	Palestinian Territories
Algeria	Kenya	Qatar
Azerbaijan	Kuwait	Russia
Bangladesh	Laos	Saudi Arabia
Bhutan	Libya	Somalia
Brunei	Malaysia	Sri Lanka
Central African Republic	Maldives	Sudan
China	Mali	Syria
Colombia	Mauritania	Tajikistan
Egypt	Mexico	Tunisia
Eritrea	Morocco	Turkey
Ethiopia	Myanmar	Turkmenistan
India	Nepal	UAE
Indonesia	Nigeria	Uzbekistan
Iran	North Korea	Vietnam
Iraq	Oman	Yemen

10 AMAZING GRACE

Pakistan

PRAY FOR MORE MISSIONARIES TO BE SENT.

"... therefore pray earnestly to the Lord of the harvest to send out laborers into his harvest."

MATTHEW 9:38

Jesus instructed us to pray earnestly for more workers to go to the harvest field—in our case, campuses and cities around the world.



Take the 9:38 Challenge

Set your alarm for 9:38 a.m. (or p.m. if you prefer). Every time your alarm rings, take a quick moment to pray that God would send campus missionaries and church planters to boldly proclaim the gospel to the ends of the earth.

PRAY FOR THE 2020 EVERY NATION CAMPUS CONFERENCES.

Each year, students gather at our global Every Nation Campus Conferences to be equipped as ministers of the gospel. In 2020, our conferences will focus on God's amazing grace. Students around the world will receive an understanding of grace that will deepen their relationship with God as well as empower them to share this life-transforming grace on their campuses.



MY PLAN 11



"Amazing Grace" is one of the most well-known and beloved hymns in the world today. Written in 1772 by John Newton, the lyrics were an autobiography of sorts. Though raised as a Christian, Newton renounced his faith as a young man and his life became increasingly more sordid and shameful. But by the grace of God, while working on a slave ship in the Atlantic Ocean, Newton repented of his sins and put his faith in Jesus Christ as his Savior. Years later, after becoming a clergyman for the Anglican Church, he wrote the lyrics for this treasured hymn. John Newton was able to pen the beautiful words to "Amazing Grace" because he had experienced this grace firsthand. Though a wretched sinner who had done nothing to deserve God's favor and love, God called him out of his darkness and saved him.

Another man who experienced God's amazing grace was Abraham. In Genesis 12:1, God called Abraham from all the men of the earth and initiated a relationship with him. There was nothing about Abraham that merited such exceptional favoritism. In fact, Joshua 24:2 tells us that he was a worshipper of other gods. But God chose

Abraham and brought him into a covenant relationship with himself, not based on Abraham's merit, but because of his grace. As part of this relationship, God promised to bless Abraham and to make him into a great people. Though he and his wife were childless, God fulfilled his promise and gave them a son, Isaac.

Abraham's descendants, the Israelites, continued to multiply until they were a great people. But there was a problem: they were slaves in Egypt. So, God revealed his amazing grace again when he delivered them from slavery with his mighty hand and brought them into the Promised Land (Exodus 1–14, Joshua 1–5). Like Abraham, the Israelites had done nothing to deserve God's favor. In contrast, they were a stiffnecked and disobedient people. Instead of responding to God's grace with love and faithfulness, their hearts turned to other gods. When God would discipline them, they would repent and turn back to him, but this repentance was always short-lived. Something more was needed to change the hearts of God's people.

And so, God showed his amazing grace once again when he sent his own Son to bring salvation. And this salvation was not just for the Israelites, but all the people of the earth.

Like Abraham and the Israelites, we do not receive God's favor and salvation because of our merit, but it is by God's grace when we put our faith in Jesus Christ and what he has done for us in his life, death, and resurrection to save us. And this grace that we receive through Jesus not only saves us, but it transforms our hearts from the inside out. This week, as we reflect on the amazing grace that we receive through Jesus Christ our Savior, we will explore how it empowers us to live a Christian life. Because of his amazing grace, we are saved, and because of his amazing grace, we can walk in faithfulness and obedience to Jesus.

PREPARATION FOR THE FAST:

ABUNDANT GRACE

READ ROMANS 5:15–21

JOHN 1:14-18; 1 CORINTHIANS 15:20-26; REVELATION 22:1-5

For if, because of one man's trespass, death reigned through that one man, much more will those who receive the abundance of grace and the free gift of righteousness reign in life through the one man Jesus Christ.... so that, as sin reigned in death, grace also might reign through righteousness leading to eternal life through Jesus Christ our Lord.

ROMANS 5:17, 21

When Avengers: Endgame was released last year, it brought in USD 1.2 billion in its opening week, revealing that people all around the world love a good hero story. But this is not just a recent phenomenon. Throughout history and in every culture, people have been enamored with heroes, men and women who overcame great odds to triumph over evil. There is something about the epic hero that speaks to us. We all hope that there is something in us that resembles these heroes, while deep down knowing that we are the ones who need saving.

In Romans 5:17, Paul says that at one time sin reigned in our life, but because of the abundance of grace, we now reign in life with Christ. When we first come to know Christ, we experience the joy of this abundant grace, as we are forgiven of our sins and welcomed in as a child of God. But what we learn pretty quickly as we begin to follow Jesus is that the battle against sin is far from over and that grace is not just needed for the forgiveness of sins, but for this battle against sin.

In verse 21, Paul goes on to say that this grace that is given to us in Jesus does not just abound to us, but that it reigns over us. Grace reigns over our sin, it reigns over our temptations, it reigns over our weakness, and it reigns over our despair. Often we try to overcome our sin, weaknesses, or despair in our own strength. We want to be the hero of our own story. But it is not by trying to be our own hero, but by acknowledging that we need a better hero that grace will abound to us.

In this chapter of Romans, Paul demonstrates how Christ has triumphed over Adam's sin, becoming the ultimate hero who has overcome and defeated sin and

death. This grace that abounds to you and reigns over you through Jesus Christ is greater than the power of sin and death that once reigned. And as we trust and surrender to Jesus, we can walk in the victory that is his.

Because of Christ's abundant grace, you will reign in life.

NOTES	

REFLECT



Therefore, as one trespass led to condemnation for all men, so one act of righteousness leads to justification and life for all men. ROMANS 5:18

Lord, thank you for your gift of abundant grace. Your grace has not only saved me from sin but now reigns over me through Christ's righteousness. Thank you for paying the ultimate sacrifice that I may come into relationship with you. Help me to live in your victory over sin and death. I claim your righteousness over my life and thank you that your grace is stronger than my failures. In Jesus' name, I pray. Amen.



JUSTIFYING GRACE



READ TITUS 3:3-7

ROMANS 3:21-31; GALATIANS 3:15-21; PHILIPPIANS 3:7-11

... so that being justified by his grace we might become heirs according to the hope of eternal life. TITUS 3:7

In this verse, Paul says that we are justified by grace. When Paul says this, he is referring to justification. Justification is the legal declaration where God declares that our sins—past, present, and future—are forgiven and where he declares us righteous in his sight. This declaration of righteousness is not based on any righteousness within ourselves. Instead, when we put our faith in Jesus, his righteousness is credited to our account.

If you've ever had someone deposit money into your bank account, then you can understand this. Just as another person's money is credited to your bank account, Christ's righteousness is credited to your spiritual bank account through justification. And this justification is by grace, because it is not based on anything we have done, but on what Christ has done for us.

Paul goes on to say that having been justified by grace, we have also received a new inheritance, the hope of eternal life. As we begin this week of prayer and fasting and explore the riches of God's grace, it is important to begin here. The gift of eternal life which is ours in Christ Jesus is not based on our good works, but it is based in Jesus and what he did in his life, death, and resurrection to save us. It is a gift of grace received by faith.

In Titus 3:3 Paul says, "For we ourselves were once foolish, disobedient, led astray, slaves to various passions and pleasures, passing our days in malice and envy, hated by others and hating one another." This is who we are without Christ, and this is who we would still be if not for his grace. As you begin this week of consecration, offer God praise and thanksgiving for the grace he has shown us in salvation.

Because of Christ's justifying grace, you have eternal life.

NOTES

REFLECT

Reflect on a time where someone gave you a valuable gift you didn't have to earn.
How does that make you feel?
,
What does it mean to be justified by grace?
What are some ways today that you can express gratitude to God for his unearned,
justifying grace?
J ,



... so that being justified by his grace we might become heirs according to the hope of eternal life. TITUS 3:7

Lord, without your grace I would not be able to call you my heavenly Father. Thank you for justifying me and giving me a new hope—eternal life and life with you. Your grace has put me in right standing with you despite my past. I repent of those sins that still have a hold on me, knowing that I can come before your throne and you hear my prayers. You have freely given me Christ's righteousness, a righteousness I could never have earned on my own. I give you the praise and honor that only you deserve. Help me to remember the grace by which you have justified me. In Jesus' name, I pray. Amen.

INVITING GRACE

READ HEBREWS 4:12-16

EPHESIANS 3:7-13; HEBREWS 7:15-19; HEBREWS 10:19-25

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

At any given time, there are over a million people flying in airplanes all around the world. They may be traveling for business or pleasure, but there is one thing that they all have in common—they all have a ticket. Without a ticket, it is impossible to even get through security, nonetheless on an airplane. Commercial airplanes are simply off-limits for those who do not have a ticket.

For Israel, the place that was off-limits was the Most Holy Place, the inner sanctuary within the tabernacle. This holy place where God's presence dwelled was separated from the rest of the tabernacle by a veil, and only the high priest could enter through the veil on the Day of Atonement when he would offer sacrifices for the people's sins. In Hebrews, the author says that Jesus has become our great high priest. Because of what he has done for us on the cross, the veil has been torn in two, allowing all who have put their faith in Jesus to come boldly into God's presence. Jesus has become our "ticket," granting us entrance to the place that was once off-limits to us. And he grants us so much more than passage to an airplane, but access to a relationship with God himself.

However, there are often circumstances in our lives which keep us from taking advantage of the access we have to God's presence. It may be the shame of a lingering sin or the disillusionment caused by acute suffering. Or sometimes, we become so focused on the mission that we stop running to God and spending time in his presence. This is the enemy's scheme, to keep us from running to God because he knows that it is here that we will receive mercy and grace to help us in our time of need. It is by communing with God and receiving grace from him that we can resist temptation, persevere in suffering, and accomplish his mission.

Because of Christ's inviting grace, you can draw near to God.

NOTES	

INVITING GRACE 23

REFLECT

Children express their needs without limit and seek out their parents without
hesitation. How often do you approach God with childlike faith?
What are a so leading a second and a sixth that are because from a south
What are some beliefs you may struggle with that can keep you from accepting
Christ's invitation? Write down the truthful, biblical responses to some of
those thoughts.
What are some practical ways that you can draw near to God?



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

Heavenly Father, you grace has made a way for me to have a relationship with you. I declare that the shame of my past and the worries of who I once was will not stop me from coming into your throne room. You victoriously conquered death so that I could be invited into your presence. Lord, you know what my struggles are and call me to come close to you. Help me to hear your voice and confidently draw near to you, in the darkest times and in my joyful moments. In Jesus' name, I pray. Amen.

SANCTIFYING GRACE



READ TITUS 2:11–14

1 CORINTHIANS 6:9-11; 1 THESSALONIANS 4:1-8; PHILIPPIANS 2:12-13

For the grace of God has appeared, bringing salvation for all people, training us to renounce ungodliness and worldly passions, and to live self-controlled, upright, and godly lives in the present age ... TITUS 2:11-12

Life coaching has become an international phenomenon. The International Coaching Federation reported in 2012 that there are 47,500 life coaches in 140 nations, charging an average of USD 229 per hour, coaching people to discern what is the right thing to do. A coach helps his or her client to take responsibility by asking questions that bring greater clarity and by encouraging and affirming positive goals.

We too have a life coach for our Christian walk: the grace of God. The word translated "training" means "child trainer," but a more contemporary idea might be "life coach." Grace "coaches" us to "renounce ungodliness and worldly passions, and to live self-controlled, upright, and godly lives in the present age."

Titus was in Crete when he received this letter from Paul. Crete had once been a great civilization. But it had become morally corrupt, and in this atmosphere, the concept of grace was distorted among the Cretan believers. They probably reasoned like this: "Salvation was by grace alone and we added nothing. If our behavior had nothing to do with our salvation, then we can live how we want and expect God to overlook our sins." Paul attacked this view vigorously in this letter and in his other writings.

The Bible teaches us that just as it is grace that saves us, it is also grace that empowers us to say "no" to sin and to live a holy life. This is the process of sanctification.

Sanctification is a work of God's grace, and we are called to participate in this work. Just like in coaching, we must take responsibility and participate in the process. Grace is at work right now in your life, "coaching" you to renounce sin and to live a godly life.

Because of Christ's sanctifying grace, you can say "no" to sin.

NOTES

REFLECT

Do you think it is important to have someone who will ask questions, bring clarity, and encourage and affirm your positive goals? Why?
and encourage and animity our positive godier villy.
How does God, through grace and the process of sanctification, "coach" us to live the Christian life?
The grace of God guides us and corrects us so that we can be more like Christ and say no to sin. How have you seen sanctification at work in your own life?

PRAY

For the grace of God has appeared, bringing salvation for all people, training us to renounce ungodliness and worldly passions, and to live self-controlled, upright, and godly lives in the present age ... TITUS 2:11-12

Heavenly Father, thank you that your grace saves me and changes me. You give me the power to follow you, obey you, and live a godly life. Teach me to give up the way I acted and spoke before I came to know you. Transform my desires to fit into your design for my life. Jesus, I thank you for walking with me every day, so that I may become more and more like you. I pray that your salvation will work in me to bring you honor and glory. In Jesus' name, amen.

ENRICHING GRACE



READ 2 CORINTHIANS 9:6-11

PROVERBS 11:24-25; LUKE 6:30-38; PHILIPPIANS 4:17-19

And God is able to make all grace abound to you, so that having all sufficiency in all things at all times, you may abound in every good work.... You will be enriched in every way to be generous in every way, which through us will produce thanksgiving to God.

2 CORINTHIANS 9:8, 11

John Wesley, the founder of the Methodist Church, was a man committed to generosity. In 1731, Wesley's income was thirty pounds while his expenses totaled twenty-eight pounds. Instead of using the remaining two pounds for himself, he decided to give it away to the poor. Shortly after, when Wesley's income doubled, he continued to live on twenty-eight pounds so that he could give even more generously to the poor. Even when his income was in the thousands, he continued to live on twenty-eight pounds and give the rest away. God greatly enriched Wesley's life, but he understood something important: he was enriched by God's grace that he may bring God's blessing into the lives of others.

In 2 Corinthians 9, Paul is taking up a collection for the poor in Jerusalem, and so he explains the biblical principle of generosity. Whether we have little or an abundance, we are exhorted to be cheerful givers. This is a pretty simple principle to understand, but much more difficult to practice. The love of money can have a grip on our hearts for different reasons and in different ways. It is so easy to put our trust in money to provide us with a sense of security, significance, or power.

However, things begin to change when we encounter the God of the Bible—the one who gave his own Son, the one who makes all grace abound. As we learn to trust in this generous God, he enriches every area of our lives, allowing us to experience the fullness of his grace. With God's grace, the grip that money has had on our hearts begins to loosen and we can be generous. God, who has already given so generously, will continue to enable us to abound in good works.

Because of Christ's enriching grace, you can be generous.

NOTES

REFLECT

Think of a time when you gave cheerfully. Why was it a cheerful process for you?
The grace of God is evident in his ability and willingness to save us and provide for us. List some ways God has provided for you.
How do grace and giving relate to one another?

PRAY

You will be enriched in every way to be generous in every way, which through us will produce thanksgiving to God.

2 CORINTHIANS 9:11

Lord, I praise you because you have been generous to me in countless ways. I have done nothing to deserve your kindness and blessings, but you make them abound to me. Even the works of my own hands are produced because of your power. Thank you for your heart for me! I pray that your grace would alter my heart to reflect your generosity. Help me to see that the blessings you have given to me are to share your generosity with those around me. I pray that you will help me to sow in faith, believing I will reap greatly so I can be more generous. In Jesus' name, I pray. Amen.

SUFFICIENT GRACE



READ 2 CORINTHIANS 12:1-10

ISAIAH 40:27-31; ISAIAH 43:1-2; MATTHEW 5:2-11; 2 CORINTHIANS 3:3-7

But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me. 2 CORINTHIANS 12:9

Banana bread, an easy-to-make, cake-like bread, was developed in the United States as a way to utilize overripe bananas. Overripe bananas are mushy and rotten-tasting, but when combined with butter, sugar, and flour, they turn into something delicious. The same can be true when we have trials.

Our trials are the workroom of God's grace. Whether in this life or in view of our future hope, God is at work turning the rotten and painful things in your life into sweet and beautiful things. He is always working all things together for your good.

In 2 Corinthians 12, Paul tells his readers that a thorn was given in his flesh. When he pleaded with the Lord to take it away, the Lord responded with: "My grace is sufficient for you, for my power is made perfect in weakness." Countless hours have been spent trying to determine what Paul's "thorn" was, but it's possible he kept it ambiguous so that Christians throughout history would read this and be able to put themselves in his shoes. We all have our thorns, circumstances, and trials that cause us great pain and suffering. But the good news is that these words that the Lord spoke to Paul are the words he speaks to you: "My grace is sufficient."

This is because the one who allows thorns to enter your life is the one who wore a crown of thorns on the cross as he bore your sin. The one who entered into the world's suffering in order to redeem it is the same one who now walks with you through your suffering. Whatever your thorn, Christ's grace is sufficient for you in the midst of the fiercest trials and the deepest of pains. It is sufficient today and it will be sufficient tomorrow.

Because of Christ's sufficient grace, you can persevere in suffering.

NOTES

REFLECT

How do you respond to difficulties in life?
What does Jesus' response to Paul show you about grace?
How does this understanding of God's sufficient grace change how you respond to difficulties?

PRAY

But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me. 2 CORINTHIANS 12:9

Heavenly Father, none of my pains and sufferings go unnoticed because you see me. I can trust you because you have never left my side in the midst of troubles. Your grace is sufficient for me. Remind me that your power is made perfect when I am weak. Lord, if I boast too much in my own power and strength, humble me to see how far you have carried me. I pray that your name would be praised in all seasons of my life. To you be the honor and glory and power. In Jesus' name, amen.

BREAKING THE FAST:

OVERCOMING GRACE

READ ROMANS 6:12–18

2 CORINTHIANS 5:17; COLOSSIANS 3:5-10; 1 PETER 2:24-25

For sin will have no dominion over you, since you are not under law but under grace.

ROMANS 6:14

In the game of Monopoly, players go around the board trying to buy as many properties as possible to get as much money as possible. One of the great frustrations of this game is getting sent to jail where you could spend several turns. But sometimes, if you are lucky, you draw a "get out of jail free" card which, when played, gets you a free pass out of jail.

Sometimes we present the gospel like a "get out of hell free" card. When we do this, we minimize the salvation that is offered to us in Jesus. While salvation is certainly deliverance from hell, it is also so much more than that. Charles Spurgeon, when preaching a message on Romans 6:14, said this: "What we mean by salvation is this—deliverance from the love of sin, rescue from the habit of sin, setting free from the desire of sin." Therefore, the salvation that is offered to us in Jesus is not just deliverance from hell, but deliverance from the power of sin itself.

The law never had the power to do this. Instead, the law just reveals to us how much we are still in bondage to our sin by showing us how far we fall short of God's standard of holiness. It is only the gospel of Jesus Christ, a gospel of grace, that liberates us from the power of sin. What we have explored this week is that the gospel is a gospel of grace from first to last. However, that does not give us the license to live as we please. Instead, grace is a disciplining power. Because of God's grace, we are freed from the dominion of sin and are empowered to live a righteous life.

Because of Christ's overcoming grace, you can live free from sin.

NOTES

REFLECT

God's grace disciplines and empowers us to live the Christian life, free from the power of sin and with the strength to overcome temptation. What are some things						
in your life that you need God's grace to overcome?						
After this week of prayer, fasting, and consecration, how has a new perspective of						
God's grace changed your life?						
How would you explain God's grace to someone else?						

PRAY

For sin will have no dominion over you, since you are not under law but under grace. ROMANS 6:14

Lord, you have set me free from the power of sin, and I choose to live obediently in your grace. You have overcome the grave, sin, and death, giving me the ability to live as one who has been brought from death to life. Lord, put a passion within me to live in your grace that has changed my life and changes my desires. I thank you that your free gift of grace has overcome sin, bridging the gap between you and me. I rest in your grace, knowing that you are shaping me to be like you. In Jesus' name, I pray. Amen.





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