

## A CALL TO FASTING AND PRAYER

The Crossing Church has one of the longest histories of any thriving church in Alaska. We have experienced both seasons of great challenge and seasons of great growth. Now that we have maximized our property and are no longer legally allowed to build more square footage at this location, it is time for us to start dreaming BIG- not about moving, but about ADDING another church to The Crossing family.

But there is an even more important reason for fasting and prayer. It is for FREEDOM- for spiritual breakthrough in your own life! Be honest- would you say that you are filled to the 'measure of all the fullness of God"?

Ephesians 3:17b-18 And I pray that you, being rooted and established in love, 18 may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ.

Most Christians have things in their lives that they would love to be FREE of. For example, worry, stress, selfishness, lust, anger, or unforgiveness. Do any of these resonate with you? Take heart! During this time of fasting and prayer I believe that the Lord WILL set you FREE!

Is This for Me? Can I Do It?

YES!!! There are many ways to fast, and every single person can benefit from fasting and do great good through praying!

Why Fast?

Because it is a clear expectation of Jesus that we WILL!

Matthew 6:16 "When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full."

Note that Jesus said "WHEN" you fast, not "IF" you fast. He expects His followers to fast.

## WHEN DOES IT START?

Thursday, March 8 at 6 PM (Eat dinner early that day)

When Does It End?

Good Friday, March 29 at 6 PM (We will break our fast together with communion and a 'fellowship meal' at 6 PM at The Crossing.)

## The Goal of Fasting

The ultimate goal of fasting is to bring your flesh under the control of the Holy Spirit so that you can have a deeply personal encounter with the Living God.

That said, people fasted in the Bible for many different reasons. The primary purpose of their one-day weekly fast was to worship God through obedience.

But we also see many 'special' fasts (like the one we are doing now).

Receiving Revelation from God	Exodus 34:27-28
For Help in Battle	Judges 20:26
To Strengthen One Facing Great Trials	Esther 4:16
Mourning	Daniel 10:1-3
Repentance	Jonah 3:5
Preparation to Overcome the Flesh	Matthew 4:2
Spiritual Power Over the Enemy	Mark 9:29
Commissioning People to Ministry	Acts 14:23

### How to Be Successful

Have a clear goal and daily schedule in mind. Are you facing a difficult situation? Are you looking for spiritual guidance? Do you need healing? Are you hungry for a deeper relationship with Christ?

# BEFORE YOU MAKE A COMMITMENT

Consider what kind of fast you are willing to undertake. Pray about this. (Look at the 'types of fasts' on this page.)

How physically active is your work? Are you pregnant or nursing? Do you have medical conditions to consider? How much time are you willing to devote to reading God's Word and to prayer?

### Types of Fasts:

Complete Fast (the pattern of fasting in your Bible)

- \* Abstain from all food.
- \*Drink only water (may include non-calorie drinks)

#### Solid Food Fast

- \* Abstain from all solid foods.
- \* May drink juices or broth.

### Partial Fast (Like the Prophet Daniel)

- \* Abstaining from certain foods (meat, sugar, carbs, etc.)
- \* Eating only one or two meals per day
- \* Alternating days of fasting with days of eating regular meals
- \* 7 days fast, 7 days meals, 7 days fast
- \* 3 days fast, 3 days meals, 3 fast, 3 meals, 3 fast, 3 meals, 3 fast

### Alternative Fast

\* Abstaining from the use of social media, television, video games (or any other habitual activity that consumes an unhealthy amount of your time). This is especially helpful if done in conjunction with one of the food fasts.

"I've Chosen My Type of Fast, What Next?"

# PREPARE YOUR HEART

Repentance and Honesty with God are critical at this point. Don't hide things. Confess and allow God to forgive all of your sins. Fully surrender your heart and life before you begin, and ask God to speak to you.

### Ways to Prepare Your Heart

- \* Ask the Holy Spirit to reveal any unconfessed sin. Often He will show you something that you have forgotten or were not aware of.
- \* Confess all sin and ask God's forgiveness.
- \* Make right every wrong. Have you offended someone? Have you sinned against them? Did you borrow and never repay? Seek their forgiveness.
- \* Confess and release all unforgiveness you hold toward another person. This is sin, and must be dealt with in order to move forward spiritually.

### Prepare Your Body

- \*Contact your physician if you have any medical concerns/conditions that may impact your ability to fast.
- \*Pregnant women and nursing mothers should NEVER enter a fast that limits essential calories or nutrients.
- \*Allow your body to dictate your level of strenuous exercise during a fast. You may need to eliminate or tone down some workouts.
- \*Be ready to experience several days of sharp hunger, and perhaps headaches as well. Your body is cleansing itself and will rebel when not getting what it wants.

## DAY ONE

Scripture Memory Verse

Galatians 5:1 It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.

Truth that Matters

The blood of Jesus Christ was shed to save a lost humanity. With His blood he purchased TWO (not 'one') gifts for the church:

1) Freedom from the Penalty of Sin

This is the gift universally recognized by true Christians. Having been saved through faith in Christ, our sins no longer condemn us. We have been forgiven, and are now truly and experientially heaven-bound children of God.

2) Freedom from the Power of Sin.

Romans 6:7 (NLT) For when we died with Christ we were set free from the power of sin.

This freedom is seldom received by Christians, largely because the church has stopped teaching the truth about FULL salvation. Friends, you HAVE BEEN SET FREE from the penalty of sin. You CAN BE set free from the power of sin! Do you desire this gift?

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<sup>\*</sup>Rest as much as your schedule allows.

# DAY TWO

Scripture Memory Verse

1 John 1:9 If we confess our sins, he is faithful and just and will forgive us our sins and cleanse us from all unrighteousness.

Truth that Matters

The defining word in our memory verse today is "IF." IF we confess our sins....

What sins in your life need confessing? What sins need forgiveness in order for God to 'cleanse' you?

Do you harbor bitterness or unforgiveness toward others? Confess! Is lust a problem in your life? Confess! Are you selfish? Impatient? Unkind? Does unwholesome speech come out

Are you selfish? Impatient? Unkind? Does unwholesome speech come ou of your mouth? Confess!

Friends, the cleansing power of the blood of Christ is only applied IF we confess our sins seeking His forgiveness.

Get your life right and keep it that way! Do it now!

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"IT IS FOR FREEDOM THAT CHRIST HAS SET US FREE." -GALATIANS 5:1

# DAY THREE

Scripture Memory Verse

Isaiah 61:1 The Spirit of the Sovereign Lord is on me, because the Lord has anointed me to proclaim good news to the poor. He has sent me to bind up the brokenhearted, to proclaim freedom for the captives and release from darkness for the prisoners.

Truth that Matters

The above verse, written 700 years before Christ, was read and fulfilled by Christ during his time on earth. But get this- it also applies to you and to me. In fact, it applies to every born-again follower of Jesus Christ.

YOU (not 'someone'), but YOU have been anointed by the Holy Spirit to preach good news to the spiritually poor in the world who are without Christ.

YOU (not 'someone'), but YOU have been anointed to bind up the broken hearted, to proclaim freedom for the captives of the world's empty way of thinking and living, and to proclaim a 'release from darkness' upon all who accept Christ as Savior.

ARE YOU DOING IT?

Make today about sharing your faith with another person- perhaps a family member or friend- perhaps someone else.

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## DAY FOUR

### Scripture Memory Verse

Ephesians 6:10-12 Finally, be strong in the Lord and in his mighty power. 11 Put on the full armor of God, so that you can take your stand against the devil's schemes. 12 For we wrestle not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.

#### Truth that Matters

It is critically important for Christians to remember that people are not our true enemies. Yes, people may oppose us, ridicule us, mock us or even harm us, but they have been taken captive by spiritual forces of evil who are intent upon destroying them.

When we remind ourselves to hold this view (because it's true), we begin to see people differently- to love them and pray for their deliverance. This will also allow you to 'live above your circumstances,' so that worldly opposition does not rob you of peace and joy.

When Jesus said, "Love your enemies and pray for those who persecute you," HE MEANT IT!!

Apply this truth to your present circumstances. Small changes pay big dividends!

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## DAY FIVE

Scripture Memory Verse

Romans 3:23 For all have sinned and fall short of the glory of God.

Truth that Matters

One of Satan's great tools to keep Christians in bondage is that of 'comparison.' He continually wants us to measure ourselves against those who outwardly appear better than us in one area or another.

Perhaps you feel called to teach, but you think that (compared to others) you are unqualified. Or perhaps you've led a sinful life, and don't think you measure up to those 'good' Christians.

Friends, 'ALL' means ALL. ALL have sinned, from the pastor in the pulpit to the convict just released from prison. As a forgiven, redeemed child of God, STOP comparing yourself to others! God has given you unique gifts in order to fulfill a unique role in His kingdom here on earth.

Not sure what it is? Then don't just sit there, TRY SOMETHING!

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# DAY SIX

### Scripture Memory Verse

Matthew 6:25-26 "Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? 26 Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they?"

### Truth that Matters

Worry. It's little more than the useless expenditure of emotional energy. Yet it's so easy to fall into that trap, isn't it? We worry about what the doctor 'might' say, about what our lost children 'might' do, about a relationship that 'might' deteriorate, or what the loss of this job 'might' mean.

On occasion, everyone is hit with worrisome thoughts. That's not the question. The question is, "How do you deal with those thoughts?" Do you allow them to consume you? Do you allow them to impact your nerves and your health? Do you allow them to impact the way that you interact with the people you love?

Or, like Christ, do you immediately surrender those worries to your Heavenly Father, raise the shield of faith, CHOOSE to put a smile on your face and a spring in your step, and live today in the victory that is yours in Christ?

Dear friend, worry is SIN. Don't do it. Reject it. The Lord is WITH you!

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# DAY SEVEN

Scripture Memory Verse

John 8:31-32 To the Jews who had believed him, Jesus said, "If you hold to my teaching, you are really my disciples. 32 Then you will know the truth, and the truth will set you free."

### Truth that Matters

TRUTH, in and of itself, never set anyone free. Freedom is found in the 'knowing.' And this is not the 'I read it somewhere and remember it,' or the, 'I memorized that' kind of knowing, it goes much deeper. This is an experiential knowledge that brings a rock-solid to the death conviction regarding the truth.

Jesus IS the Truth. KNOWING the Truth (Jesus) will set you free. Why, then, do so many believers still live in bondage? Simple- they refuse to release their chains. Is that you? Are you holding onto things that are keeping you in bondage? Ask the Holy Spirit to reveal to you anything that prevents you from experiencing true freedom in Christ.

Now, write those things down, and release them one-by-one.

Pray: "Lord Jesus, you have revealed to me that I am holding onto
\_\_\_\_\_\_\_\_, and I know that it is keeping me in bondage.

Here and now, by FAITH, I am releasing \_\_\_\_\_\_\_\_, and by FAITH, I will never pick it up again.

## DAY EIGHT

Scripture Memory Verse

Galatians 6:8 Whoever sows to please their flesh, from the flesh will reap destruction; whoever sows to please the Spirit, from the Spirit will reap eternal life.

#### Truth that Matters

Mmmm. Sowing to please the flesh. What does that mean? Well, let's list an obvious few:

- \*Overeating
- \*Refusal to Exercise
- \*Laziness Regarding Household Tasks
- \*Drug/alcohol consumption
- \*Preoccupation with Pleasure Seeking
- \*Sexual Sin
- \*Refusal to Get Up Early Enough to Spend Quality Time in the Word and in Prayer

Wow. Sow to please the flesh and you will be lustful, overweight, lazy, unspiritual, and consumed with desires for self-pleasure. Uggh!

But sowing to please the Spirit? That's an entirely different matter. Bible study, prayer, serving in ministry, giving and actively caring for the needs of others, sharing your faith... These lead to a STRONG, PEACEFUL, HAPPY you!

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## DAY NINE

Scripture Memory Verse

Colossians 1:13-14 For he has rescued us from the dominion of darkness and brought us into the kingdom of the Son he loves, 14 in whom we have redemption, the forgiveness of sins.

Truth that Matters

Note two things from your memory verse:

- 1) He HAS RESCUED us; and,
- 2) He HAS BROUGHT us into the kingdom of the Son He loves.

These two statements should profoundly impact the way that you view both the Lord and yourself.

Those most in need of a rescue are those WHO WILL DIE without it! That was YOU. That was ME. And HE- not anyone else- JESUS- has rescued us. Wow. You were dying out there and only a single heartbeat from the hell that you deserve, and Jesus rescued you.

But he didn't just rescue us and leave us wet and shivering on some distant shore. He rescued us and brought us into the Kingdom- as fellow heirs with Christ of eternal life. You are sons and daughters of the Royal Family. He rescued you, adopted you, and brought you IN to the royal family of God!

Praise His holy name!

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# DAY TEN

Scripture Memory Verse

James 4:7 Submit yourselves, then, to God. Resist the devil, and he will flee from you.

### Truth that Matters

Child of God, Satan has lost the battle for your soul. Now he wages war against your testimony- against your 'usability' for kingdom work. You see, he doesn't want you to lead others to Christ, he doesn't want you waging war against his kingdom of darkness. Wo what does he do? He unleashes the forces of hell against you in the form of every temptation known to man.

But here's the deal- "He who is in you is GREATER than he who is in the world." Because God the Holy Spirit lives in you, you have HIS power to resist temptation. When you do this, Satan will seek out more promising prospects- he will flee from you.

Don't cave, my friends, don't cave. ALL of the strength of Christ, ALL of the power of Christ- simply waits for you to call upon His name in times of testing. You CAN resist the devil, and he WILL flee from you!

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# DAY ELEVEN

Scripture Memory Verse

1 Corinthians 15:57 But thanks be to God! He gives us the victory through our Lord Jesus Christ.

#### Truth that Matters

Imagine playing on a basketball team, and with one minute left in the game your opponents are crushing it. They are in your face on defense, moving the ball with lightning-quick precision on offense, and in general giving you the fight of your life.

But also imagine that your team is ahead, and the score is 100 to 4. Tell me, are you stressed because of their tenacity at this point in the game? Are you discouraged because they are, at times, making you look bad? I think not! You are rejoicing because with one minute left the victory has already been won!

In very much the same way, the devil is battling us hard right now. But we cannot be stressed and we cannot be discouraged. Why? The victory has already been won! Our team can't lose! Therefore, we labor with thankful hearts and joyful spirits- even when (or especially when) the battle is the hottest!

A thankful heart is the identifying mark of mature believers. Think about it. Be thankful!

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## DAY TWELVE

## Scripture Memory Verse

Isaiah 59:19 From the west, people will fear the name of the Lord, and from the rising of the sun, they will revere his glory. For he will come like a pent-up flood that the breath of the Lord drives along.

#### Truth that Matters

Jesus commanded his disciples (that's you and me) to take the gospel to 'the ends of the earth.' At The Crossing, we take that very seriously. And what has been the net result? "From the west people fear the name of the Lord, and from the rising of the sun they revere His glory."

It's true- the gospel of Jesus Christ is 'the power of God unto salvation for them that believe.' Guess what? You have people that live both east and west of you (and north and south). YOU are God's instrument in this generation to share the gospel with the world. Are you doing it?

GIVE to missions. GO on a mission trip (maybe to Africa, maybe to your grocery store). GATHER others to hear the gospel proclaimed. Write someone an invitation to come to church with you this Sunday- by letter, email or social media- and do it TODAY!

## DAY THIRTEEN

### Scripture Memory Verse

2 Corinthians 10:4-5 The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. 5 We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

#### Truth that Matters

One of Satan's favorite battlegrounds is your thought life. He will insert at will even the most disgusting and depraved thought in an attempt to get you to linger- to fantasizing or 'chasing' that thought to its sinful conclusion.

Praise be to God, we are not helpless victims. We know the enemy's tactics. We are able to say in the moment he attacks our thought life, "I rebuke you Satan in the name of Jesus!" In that moment we take that thought captive-we do not give it free reign in our minds, and we actively turn our thoughts to Christ through quoting Scripture, praying[praising out loud, or singing a worship song.

Don't EVER allow Satan to take a foothold in your thought life. He doesn't belong there, so kick him out! (again and again and again)

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## DAY FOURTEEN

Scripture Memory Verse

Colossians 3:3-5 For you died, and your life is now hidden with Christ in God. 4 When Christ, who is your life, appears, then you also will appear with him in glory. 5 Put to death, therefore, whatever belongs to your earthly nature: sexual immorality, impurity, lust, evil desires and greed, which is idolatry.

#### Truth that Matters

In the same way that you 'put away' the dishes after washing them, in the same way that you 'put away' your clean laundry, God has given you the power to 'put away' things that may bring short-term pleasure, but that ultimately will destroy you. More than even putting them 'away,' He has given us the power to 'put them to death.'

God has never been a 'God of rules.' In fact, His rules are given for two reasons:

- 1) to protect us from harm; and,
- 2) to point us to our need for grace and forgiveness- our need of a Savior.

We do not put those things to death for the purpose of 'following rules,' but rather because we trust our loving Father to guide us to what is best. You WILL meet Jesus very, very soon. The days pass quickly. Therefore, examine your life. By faith, put to death those things that are harming you.

death the following things	now, in obedience to your command, I put to	Jesus, here and	"Lord	Pray:
death the following times	•	lowing things	the fol	death

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# DAY FIFTEEN

Scripture Memory Verse

1 Peter 5:8 Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour.

Truth that Matters

The devil is not simply a liar, he is 'the father of lies.' For that reason, he is able to package his lies in a way that make them sound true. For example, a Christian woman who was abandoning her marriage and family said to me, "I know God wants me to be happy."

What did that divorce 'cost?' She personally trainwrecked the faith of two teenage sons, actually encouraging them to walk away from the church as she had done. All three have experienced more than a decade of hardship and heartache- literally seeing their lives 'devoured' by Satan himself.

Test everything you hear, test everything you read, test everything you are thinking- against the Word of God to see whether or not it's true! THIS is what it means to be 'alert and sober-minded.'

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# DAY SIXTEEN

## Scripture Memory Verse

Hebrews 2:14-15 Since the children have flesh and blood, he too shared in their humanity so that by his death he might break the power of him who holds the power of death—that is, the devil— 15 and free those who all their lives were held in slavery by their fear of death.

### Truth that Matters

A fear of death is absolutely contrary to the Christian faith. Listen- the moment that your heart stops beating on this earth will be followed by the very BEST moment of your life!

We DO NOT fear our own death, and we DO NOT fear the death of our Christian spouse, children, parents or friends. Why? Because THEY ARE NOT DEAD! Death for a Christian is simply saying, 'Until we meet again.' True- we experience sorrow. True, we miss those who are gone. Yet we rejoice that they are very much alive with our Savior!

So get rid of that fear of death. It holds no power over you. Release it NOW by faith, and repel the enemy if he tries to reclaim that ground!

# DAY SEVENTEEN

Scripture Memory Verse

John 8:36 So if the Son sets you free, you will be free indeed.

#### Truth that Matters

Free indeed. In other words, actually- literally- truthfully- practically- and in all other ways- FREE! There is a freedom to enjoy life- to be THRILLED by life- to be UTTERLY JOYFUL in this life- that is available only through Jesus Christ.

#### THAT FREEDOM IS YOURS!

Make a list of ten things that you are thankful for- things that you rejoice over- and give God praise and thanks for each one!

1)	2)	
3)	4)	
5)	6)	
7)	8)	
9)	10)	

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## DAY EIGHTEEN

## Scripture Memory Verse

2 Corinthians 7:1 Therefore, since we have these promises, dear friends, let us purify ourselves from everything that contaminates body and spirit, perfecting holiness out of reverence for God.

### Truth that Matters

When God said, "Be holy as I am holy" it was not a suggestion or a request, it was a command. This 'holiness' is a gift to be received, but as with salvation, it is conditional. The conditions to receive the free gift of salvation are 1) Faith; and, 2) Repentance. The conditions to receive this gift of 'holiness' are that you must be 1) Clean; and, 2) Empty.

By 'clean' we mean that you must have confessed and forsaken every known sin and made right every wrong. Ask the Holy Spirit to reveal everything that keeps you from being clean.

By 'empty' we mean that your life must be fully surrendered to God. This is the spiritual equivalent of signing over the title of your life to God. Now it is no longer your life, but HIS. This means it is not your money, your property, your time, your talents, your family, etc..., but HIS. It's all HIS, and thus you must faithfully surrender each day to him.

Pursue holiness and you will unlock spiritual potential that has been dormant. God is waiting to bless you above all that you could think or ask.

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# DAY NINETEEN

Scripture Memory Verse

Joel 2:32 And it will come about that whoever calls on the name of the Lord will be delivered.

### Truth that Matters

Deliverance from many things is needed in your life. Deliverance from many things is promised for your life. But have you received it? Only you and the Lord know the deliverance you need. Call out to him by faith and receive it!

He is waiting for you to call- eagerly looking forward to the day you call upon him to deliver you. WILL you receive it?

## Things I Desire to be Delivered From

1	4
2	5
3	6

(e.g. worry, stress, depression, lust, anger, bitterness, unforgiveness, etc)

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# DAY TWENTY

### Scripture Memory Verse

Matthew 10:7-8 As you go, proclaim this message: 'The kingdom of heaven has come near.' 8 Heal the sick, raise the dead, cleanse those who have leprosy, drive out demons. Freely you have received; freely give.

#### Truth that Matters

We have been given a great gift- a FAR GREATER gift than was given to ancient Israel's worshipers of God. We have been given God Himself- The Holy Spirit- to take up residence inside our bodies.

This means that God's purity, God's perfection and God's power reside within you. He has made you a vessel to unleash HIS power into the world around you. We are to pray for the miraculous healing of all we encounter, and we are to exercise authority in driving out demons from those being afflicted. But why? To validate the MESSAGE and the MESSENGER so that the GREATEST POWER can be unleashed in the hearts of men and women and children.

Romans 1:16 I am not ashamed of the gospel, for it is the power of God unto salvation for everyone who believes.

Unleash the power of the gospel- allow it to flow through you into this lost and dying generation! Who can you share with today?

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# DAY TWENTY-ONE

Scripture Memory Verse

Matthew 12:28 But if it is by the Spirit of God that I drive out demons, then the kingdom of God has come upon you.

### Truth that Matters

It's true- there are demons all around us. They enter our homes, our schools, our places of business, and, yes, even our churches. But YOU, my friends, have AUTHORITY to drive them out.

This is not some 'mystical' or 'magical' process, it is simple faith being exercised in accordance with Christ's clear teaching.

Simply take authority over those demons and command them to leave IN THE NAME OF JESUS. They MUST go- they MUST. 'Christ in you' has authority over them. When you sense (or know) that a demon is exerting influence in a particular situation, command him to be silent and to depart IN THE NAME OF JESUS!

Ephesians 6:10-12 Finally, be strong in the Lord and in his mighty power. 11 Put on the full armor of God, so that you can take your stand against the devil's schemes. 12 For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.

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