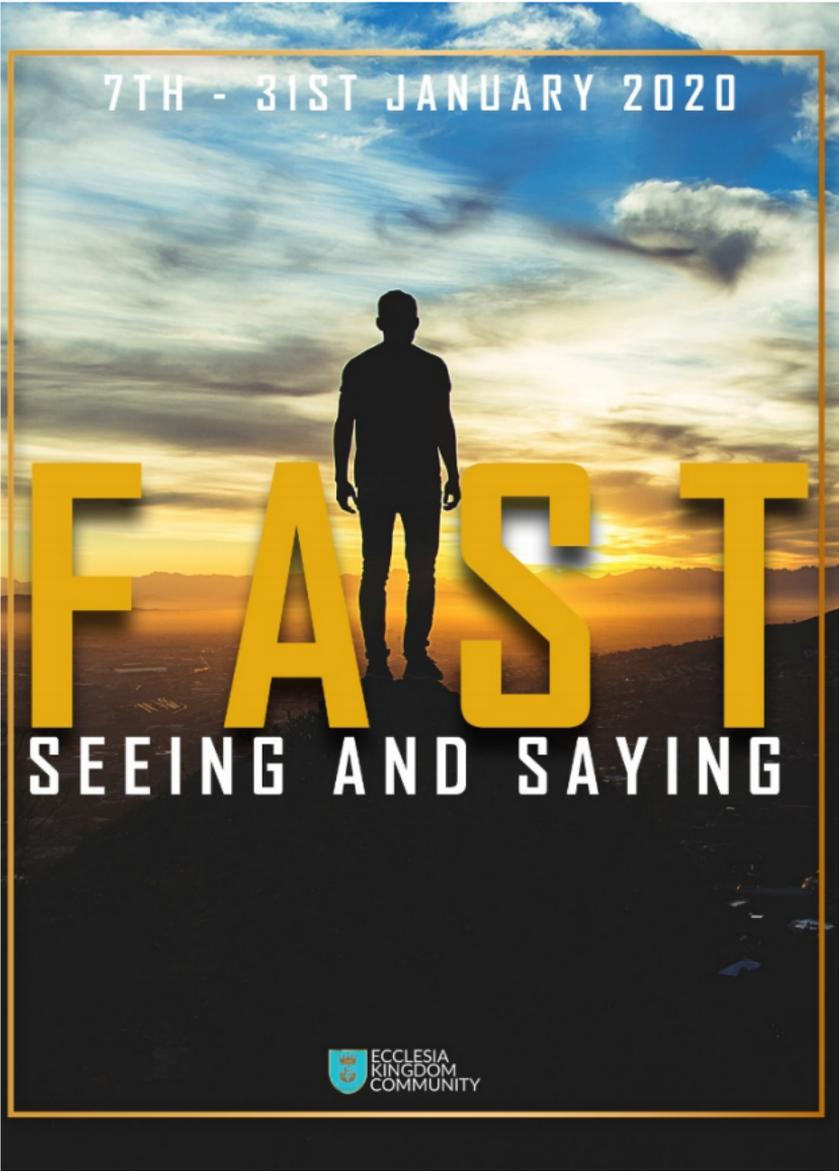


7TH - 31ST JANUARY 2020



FAST

SEEING AND SAYING

 ECCLESIA
KINGDOM
COMMUNITY

Kingdom Academy

The 2020 Devotional

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Unless otherwise indicated, quotations from the Bible are taken from the Kings James Version and where other versions are used it is indicated.

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My dear brothers and sisters,

As the Ecclesia we have for the last 10 years set aside 21 days at the beginning of every New Year to dedicate the first and best to God through prayer and fasting. As you know by now, the first redeem the rest. It is my conviction based on scripture that if we offer up the month of January for prayer and fasting, that God will redeem all the other months. This is a first fruit principle that brings tremendous blessing to our lives. I believe that we can reap a great harvest of blessing more than any other year if we offer up our sacrifice of prayer and fasting unto Him! Fasting works! Because God has commanded us to fast. The scripture does not say if we fast but when we fast. This is certainly our WHEN right now.

When you obey God through prayer and fasting, He has promised blessings of provision, success, good health, restoration, deliverance, victory over enemies and more (Deuteronomy 28). God is faithful and He is waiting for us to bring our hearts before Him. My wife, Christine and I have personally seen God's hand at work in our own family with blessings of healing, provision and more. The more is something like wonderful relationships, good health and answered prayers, because some demonic oppression does not leave except through prayer and fasting. We know that God will do the same for you and your family.

I want to encourage you to prepare your heart and mind for all that God wants to do in your life in 2020. We can make a difference together. It all starts with our obedience through prayer and fasting.

We love you and hope that you will join us in prayer and fasting.

Donovan and Christine Jacobs

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Introduction

Background To Our 2020 Period Of Fasting And Prayer

“Seeing and Saying”: 2020 EKC FASTING SCHEDULE

The next 10 years is all about seeing and what the Word is saying. Not only does God want you to perceive well, He also wants you to speak well. Put differently, He wants you to say what you see. Your miracle is in your mouth. You have to declare what God has decreed. God does the decreeing, we do the declaring.

A Breakdown of the Prophetic Meaning of the Hebrew Year 5780 (Our year 2020)

The period from 5770-5779 was the decade of the '70s.

1. The number 70 is represented by the Hebrew letter *Ayin* (׀), which is symbolic of the all-seeing eye of God.
2. Now we enter into the decade of the '80s, represented by the Hebrew letter *Pe* (פ), which is symbolic of the mouth, which is the picture as shown above.

Now is a time to speak as Zion— the mature son , not just Israel, not just Gentiles, but those mature in the spirit, neither Greek nor Jew anymore, but one new man. This one new man must speak what the Spirit is decreeing. That is what we must declare. The time has come for the mature to arise and speak the Logos of the Father.

- There is only Zion, the mature sons in THE Son.
- The mature must rise up and speak what God is saying through His logos.
- The time for speaking inaccurately has come to an end.
- There will be a marked difference in speech from those that are mature and those that refuse to mature.

This is the background to this fast that we are entering in. It is time for the mature sons to take their place and not keep themselves busy with the unfruitful endeavours and words of the immature. The Father has decreed and we must declare the decree.

If you will commit to fasting at the beginning of 2020, I believe God is going to show up in your life like never before and **open your eyes** to His divine provision, direction and protection for your life and your loved ones. Your part is all of this is to **say what God is showing you**.

God wants you to see your future in hope, faith and love. In 202 as you're fasting and praying, may God open your eyes to His provision, spiritual provision, natural provision, material provision and financial provision. That's what fasting does; it opens your spiritual eyes. The natural things are temporal, but the spiritual things are eternal. For us as a congregation we are going to the next level in God.

God is always concerned with extending/enlarging His Kingdom and therefore that must be our mission too. His mission is our Commission. May God open your eyes in 2020 to all that He has for you and your family. May He enlarge you spiritually so that you can enjoy the feeling of leading a soul to Him. May you enjoy the feeling of discipling a soul into maturity. May you see and say what God is saying for your life. If you do what is on God's heart, He will certainly give you the desires of your heart.

We will start on the 7th of January until the 31st of January 2020.

What is fasting? Abstaining from a food source to connect to The life-source – God.

Matthew 17 vs 21: *"This kind does not go out except through prayer and fasting"*

Prayer: Allows you to communicate at a higher level than your earthly problems.

Fasting: Allows you to detach from the outside world and eat from the bread of Heaven.

Fasting Schedule:

Week 1: 7th to the 12th of January (Social Media Fast)

Week 2: 13th to the 19th of January (Soul Fast)

Week 3: 20th to the 26th of January (Fasting for the Souls of FRANS)

Week 4: 27th to the 31st of January (Fasting for mature disciples 1-3-12)

Next Steps:

1. **Prepare today to go off social media tomorrow.** Nothing in this world should be more important to you than connecting to God.
2. **You have this week to get your physical appetites in order.** From the 13th we are starting to fast and pray, complete fast, partial fast, as your faith and health can handle.
3. **Every day from the 13th a devotional will be sent out to help you to: "See and Say"**

Fasting 101

What is fasting?

Biblical fasting is giving up specific foods and drink for a specified number of days. You are giving up a life source to connect to The Life Source. The type and length of the fast you choose is between you and God, and should not be determined by what anyone else is doing.

Fasting, prayer and reading God's Word, the Logos go hand in hand. When you fast, also pray for God's purpose and plan for your life to

be revealed. Fast and pray about every major decision in your life. It is time to come separate and give God the time to speak to you, to direct you and to allow His Spirit to form you.

Fasting is a way to overcome the physical appetites and allow the spirit in you to have rule over your belly. The Bible says that some of us has made our bellies our gods. Are you one of them? I am sure that you will do what is right and place your appetites and desires on the altar. Some of us have not looked in a mirror in a long time and still think that we look like we looked when we were in high school. How foolish we can get, that we can't even see how deformed our bodies have become. Let's get our form back. Let's operate in the supernatural again. Fasting opens the door to the supernatural activity of God in your life. When you deny your body, you feed your spirit and grow closer to the Lord.

Why fast?

In Matthew 6, Jesus gave us specific direction on how to live as a child of God. You have heard me speak about this for a long time now. When you do something, the Father will reward you. There are three very specific duties of a Christian: **Giving, Praying and Fasting**. Jesus said, "*When you give,*" "*when you pray,*" "*when you fast.*" He made it clear that fasting, like giving and praying, was a normal part of Christian life. The bonus is a reward from God, Jesus says that when you fast, when you pray and when you give, the Father shall reward you. Now who would not want to be rewarded by the Father?

When all three disciplines—giving, praying and fasting—are at work in your life, you release the complete power of God. What can be better than the blessing of God operating in your life? More blessing of course.

Types Of Popular Fasts

Full Or Complete Fast

This is when you only drink liquids, mainly water during your fast. This is very extreme and you need to do this in agreement with your family and your doctor. This is water only for 21 days.

Broth and vegetable/ juice fast on this type of fast you take in clear broth and 100 percent fruit or vegetable juices in order to maintain your strength. You establish the number of days for your fast in your prayer time. This is important, so make sure you have agreement from your accountability partners. Be sure to consult your doctor.

Partial Fast

There are many options for partial fasts. Below are just a few for you to select from:

- **Daniel fast:** This seems to be the most popular one amongst us. The example of a partial fast is found in Daniel, chapter 10, the Daniel Fast is a fast from meats, sweets, breads and any drink, except water, for a specific time period (Daniel 10:2-3). The easiest way to think of this fast is you should eat vegetables, fruits and drink only water. Be sure to consult your doctor, especially if you have any medical condition.

Jentezen Franklin who is arguably the modern authority on Christian fasting encourages his church to consider different types of partial fasts. The following are examples of other types of partial fasts that he has made popular. He always says and I concur with his sentiments that the type of fast you select is what you and the Lord agree upon. Fasting is private, we don't fast to be noticed by man but we fast to be noticed by God.

Selective Fast

- Give up one item of food or drink such as caffeine, coffee, soft drinks or sweets or give up one meal. Fast for a specific number of days . . . one day, three days, so on.
- Choose to fast from 6 a.m. to 3 p.m. or from sun-up to sundown. When doing this type of fast, consider your work and sleep schedule.

Corporate Fast

A Corporate fast is a joint fast of believers for a specific purpose that can yield powerful results. Although this fast involves others, it is also very much a “private and personal experience.” Esther called all of her people to fast for protection against danger (Esther 4:16). Samuel declared a fast for national revival (1 Samuel 7).

Our specific reasons for fasting I have outlined already and has to do with:

1. **Our mastery over social media:** It would appear that we have become obsessed with people ‘liking’ us. We have so many Facebook friends and we are so very much wanting our pictures and comments to be liked by people that we sometimes forget that the only person that we must really please is God.
2. **Our mastery over our souls:** If we don’t have rule over our souls, we are like a city with broken down walls. The enemy comes in and plunder us. It is my hope that as you fast, that Father God will deal with us and our soulish issues, our insecurities, our gossip, slander and the like.
3. **Our desire for souls:** Jesus has commanded us to proclaim His Gospel. This fast is to bring us to a place that we can again

experience the joy of soul winning. It is my sincere hope that every one of us will win a soul for Christ this year. John the Baptist and his disciples fasted often, according to Matthew 9. He was on the Nazarite diet, which fasted alcohol all the time. Because of John the Baptist's constant fasting, He had a greater testimony and influence on the lives of people in His generation than any other man (Matthew 11 vs 1, John 1 vs 6-7).

If you and I want to win the lost in our communities, in our nation and around the world, we must do spiritual warfare through fasting and prayer. When we deny ourselves and focus on God's will through prayer and fasting, He will begin to open doors of evangelism in our lives.

4. **Making disciples.** In our congregation, we have mostly mature believers. What we don't have is the mature amongst us that are discipling the younger ones. This is an absolute must to fast and pray about.

The following concerns are raised every year and I have drawn upon the work of Jentezen Franklin to help answer these concerns.

What about the children?

The best way to show your children the power of fasting is to lead by example. If they want to participate in fasting or if you want to have a family fast, consider letting them fast a meal or let them give up sweets, desserts or cool drinks. Now the big one that you can ask them to give up for a season is computer games and especially the TV. Let them use that time to read the Word or spend time praying.

What if I have a medical condition?

Consult your doctor before starting any fast. Decide together with your doctor what is possible. If your health condition prohibits you

from fasting food, try fasting something else and concentrate on prayer and Bible study.

Please note: Some of you have asked me if they can do something else instead of fasting because you are already so lean and afraid of losing body fat. To you I say, pray more than fasting or fast something other than food. Let the Holy Spirit guide you in this.

Please note: Individuals who are underweight, struggling with weight gain, pregnant or who are breastfeeding should not attempt fasting as they need sufficient calories on a daily basis for proper development.

You should avoid fasting altogether if you are at risk of an eating disorder.

Can I exercise whilst fasting?

Exercise is good, just make sure that you don't overdo it. Moderate exercise is good. If you are on a complete fast, you may not have the energy for a high level of exercise. But it is best to always consult a doctor about fasting and exercise, especially if you are going to choose the complete fast.

Can I fast whilst doing manual labour?

If you have a job that requires you to exert a lot of physical energy, you may want to consider a partial fast that allows you to receive enough nutrition to perform your job. We have a lot of workers in our church that work a hard-manual job and still fasts. Like I said before the method for your fasting is between you and the Lord. You two decide how you fast in the next 25 days.

What about having sex with my partner during fasting?

I know that some of the brethren and the sisters like to fast to avoid being intimate with their partners. That is wrong and extremely spiteful. Please read 1 Corinthians 7 vs 2-5, especially verse 5,

which says “**do not deprive one another** (of sexual intimacy) **EXCEPT WITH CONSENT**, for a time . . . that you may give yourselves to fasting and prayer”. **So the answer is yes.** Yes you can have sex during fasting if you and your partner agree on it.

Some technology to measure the fasting period.

I like to measure and manage activities. With fasting it is no different. I utilise an app called Zero to measure my fasting schedule. You can find the IP address here: <https://www.zerofasting.com/>. Knowledge is power, especially when it comes to fasting. That’s why Zero is such a great resource. There are studies, articles, videos & podcasts from industry expert’s right in the app to help you live a healthier lifestyle.

Pick from popular fasting types or create your own custom fast.

- Choose between multiple popular fasting regimens, or customize your own fast up to 7 days long.

Log your activity and post-fast notes

- After ending a fast, you’ll have a chance to edit your start and end times, track how you feel at the end of each fast, and add relevant notes.

Keep tabs on your goals and long-term progress

- Check out the complete history of all your fasts and helpful stats like your average fasting length and current streak.

Hope you will use It.!

Week 1: Day 1
Mastery Over Social Media

Subject: Conformed To Christ by Donovan Jacobs

I love using social media, when I have the time. We have this technological ability to connect with friends and family, from all around the world. I use the technology as a form of spreading the good news of God's love and mercy. At times though it has been more about how many likes I got for my posts or who gave me best comments. When this happened, I knew that I had to re calibrate and consecrate myself again to Him. I had to learn not to give everyone access to my life. Facebook does not know everything about me! I chose to say no to some things, so that I can say yes to the best things. I choose to consecrate myself to Him and not to be conformed to the standards of this world. Are you conformed to social media or to Christ? Is social media an addiction or can you walk away from it anytime?

Scripture: Romans 12 vs 1: *"Do not be conformed to the standards of this world, but be ye transformed by the renewing of your mind".*

Supplication: Lord Jesus, I choose you over any social media platform.

Lord Jesus, I consecrate myself again to you. Please sanctify me so that I can use social media to glorify You. You are all the likes that I need in my life. You have all access to my life. Only You can satisfy me. Nothing else can. Lord help me that I don't mis-represent You and Your Kingdom and my brethren on social media. Today I choose You over social media for my validation and acceptance.

Next steps: Search me Oh Lord and know my heart today. I will make sure that social media is a tool to glorify God and not myself. I choose to go off social media for a season to consecrate myself to God.

Week 1: Day 2
Mastery Over Social Media

Subject: Sanctify Yourself by Christine Jacobs

The people of Israel were about to enter into the destiny that God had created them for. They were about to enter and possess the Promised Land, a land flowing with milk and honey. And just like you, God had more in store for them than they could ever imagine. And Joshua gathered them all together and said, *“Sanctify yourselves, for tomorrow the LORD will do wonders among you.”*

God is saying the same thing to you and me, His church today. He wants you to enter into your promises, but He wants you to enter them pure and holy. Only God must get the glory for your victory. Sanctify means to set yourself apart for the process of becoming pure and holy, just as God is pure and Holy.

God has got a new level for your life to enter into. He’s going to enlarge your vision, enlarge your purpose. But first, before these wonders will come, He says *“Sanctify yourself.”* That is what we are doing with the social media fast, we are sanctifying ourselves so that God can give us the victory in this year. He is going to do wonders amongst us!

Scripture: Joshua 3 vs2-5 *“...And Joshua said to the people, ‘Sanctify yourselves, for tomorrow the Lord will do wonders among you’*”

Supplication: Lord Jesus, I choose You over any social media platform.

Lord Jesus, I sanctify myself to You. I ask You to sanctify me as I pull away from Social Media, even the TV so that I can read Your Word during this period of fasting. Give me courage to cut off the works

of the flesh. Cut them off so I can be used for Your glory. Lord, I want to feel your conviction again.

Next steps: Sanctify my eyes and my ears again. I have seen and heard and even participated in wrong conversations on social media. Lord I repent and I give my eyes and my ears to You again. I want to be a witness for You on social media. I will delete every site, every post and every group that does not bring honour to You.

Week 1: Day 3
Mastery Over Social Media

Subject: Shift Your Focus So You Can Hear And See Again by Bianca Brandt

We have so many distractions in our lives, I believe that the enemy puts distractions on our path so that we can lose focus and sight of God's purpose for our lives. I believe Father God allows these distractions so that we can be tested in the areas that need testing and allow Him to draw our hearts back to Him again.

Social media can become a huge distraction. Social media has at times been a tool for me to hurt, to heal, to encourage, to discourage, to brag, to do business etc. Until recently I realised that growth is eminent and in order to grow you need to let go of that which causes you to be distracted and lose focus. Social media, when used maturely and for the right reasons can most certainly bring glory to Father God. However, how can we truly hear and see properly if we are constantly engaged in updating statuses, viewing statuses and checking news feeds to stay updated about other people's lives.

Having social media is not bad, but it should not become an idol and fill the time our Father so desires to spend with us in His word and in His presence. God wants to speak to us and reveal His secret things to us but He can only do that if we get focused enough on the right things so that we can hear what He wants to say and reveal the things He wants us to see through the power of His Holy Spirit at work within us.

Scripture: Hebrews 12 vs 2 "Looking unto Jesus, the author and finisher of our faith..."

Supplication: Lord Jesus, I choose you over any social media platform.

Lord Jesus, I pray against every distraction that I have allowed in my life that has caused me to lose focus on what You want to say

to me and show me through Your Holy Spirit. I pray that You would reveal these distractions to me so that I can once and for all let go of them and focus on bringing You glory in every part of my life. Forgive me for using this platform to dishonour You and my position and purpose in You.

Next steps: Turn my attention on You Father. To recognise that at times social media has been a tool to distract me. I have to make a concerted effort to spend less time on social media talking and more time in prayer and in Your Word doing what Your Word instructs me to do.

Week 1: Day 4
Mastery Over Social Media

Subject: See The Way God Sees by Alfonso Page

The funny thing about social media is that it creates this world within a world where people appears to be perfect. The posts are always inspirational, the pictures perfect and the places being visited magical! Oftentimes when we look at these things we fall into the temptation of comparing our lives with the lives of the people in the posts. We look at our life through the lenses of someone else's creation and we begin to feel insecure, at times incompetent and sometimes even less content with our lives.

How many times have we also looked at outward appearances on social media or projected a "lie" with our social media appearance to obtain the all-important like or love or even judged people based on their social media profiles?

That is why I am so glad that God does not see the way man sees. When He looks at us He does not look at our appearance but rather the content of our hearts.

Today I want you to stop the temptation of comparing your life with that of someone else's social media profile but that you rather begin to seek the Lord to work a work in your heart so that you can be separated for your election into the eternal purposes of God!

Scripture: 1 Samuel 16 vs 7 *"...For the Lord does not see as man sees; for man looks at the outward appearance but the Lord looks at the heart"*

Supplication: Lord Jesus please help me not to be moved by the outward appearances. Let me see the way You see.

Lord Jesus I repent for seeing the way man sees. I repent for projecting outwardly what was not truly me inwardly. Search my

heart and motives and allow me to use my social media profile for your glory. Look into my heart and change those things in my heart that does not glorify You. Remove every sign of pretence from my life.

Next steps: Search me, Oh God and know my heart, try me and know my thoughts. I commit to not compare my life with those on social media. I will be content with what The Lord has brought to me. I will strive to always have a contrite heart so that the Lord can be well pleased with me.

Week 1: Day 5
Mastery Over Social Media

Subject: Redeem Your Time by Claudette Page

At a click of a button, our lives can be controlled by what we see and read. Almost any information is at the tip of your fingers. Social media gives us the illusion of being up to date, current and relevant, but only to a certain extent. The unspoken pressures of always knowing what's trending or viral has become the norm to a point where you are put to shame for not knowing the latest and newest meme, hashtag challenge, viral videos, etc.

I find that social media does not encourage time for reflection or meditation. There is a constant push towards current and upcoming information. It does not stop. It does not want us to stop! We are continually watching how many likes we get, who's viewing my content or shares from my page. Our priorities gets shifted.

One thing that I've learnt is that the world will go on without my posting, commenting or sharing. My time is precious and God has ordained each moment for me. I cannot allow the latest update or trend to steal my time. My time with God is far more precious than a post. I am only interested in the commenting and intimate moments with Him, not social media.

Scripture: 1 John 2 vs 17 *"And the world passeth away, and the lust thereof: but he that doeth the will of God abideth for ever".*

Supplication: Lord Jesus, I choose You over any social media platform. I ask that your Spirit will help me to spend more time with you frequently. The time that I have on earth belongs to you, so please Lord, teach and show me your ways.

Next steps: Be more considerate with your time. Commit to limiting your time on social media. Commit more time cultivating true and authentic relationship with God, family and friends.

Week 2: Day 6
Mastery Over The Soul

Subject: Bless The Lord Oh My Soul by Alfonso Page

The soul is the part of the body which hosts your will, emotions and your intellect. As you know it is often these three things that causes us to be tripped up in our relationships with God, friends and family.

We often struggle to relate correctly – vertically to God and horizontally to our fellow man based on what we are experiencing in our will, emotions and intellect.

The scripture is however clear that everything about us – body, soul and spirit – was created to worship God.

We have to find ways to worship and honour God with our will, emotions and intellect in spite of how we feel, think or have otherwise purposed in our hearts.

After all we were created to worship Him!

Scripture: Psalm 103 vs 1 *“Bless the Lord, O my soul, and all that is within in me, bless His holy Name”*

Supplication: Lord Jesus please help me to worship you in spite of how I feel, think or experience. Lord I acknowledge that I was created to worship You and that my soul knows very well. Please help me to always bless and honour You with every fibre of my being. I declare today that my soul will magnify You Lord. Search my innermost parts and remove everything from me that is not blessing You.

Next steps: Allow your will, emotions and intellect to bless God. I commit not to let my emotions determine whether or not I will

worship God. I commit to bless Him in and through everything that I experience. I commit to allow Him to place His finger on areas in my will, emotions or intellect that does not glorify Him.

Week 2: Day 7
Mastery Over The Soul

Subject: Have Confidence in Your Heavenly Father by Garth Greybe

There are many Christians who pray and are ultimately frustrated in their prayer life due to unanswered prayer. Why is this the case? I've come to realise that God is not like a "genie in a bottle" that will grant all your desires according to your hearts content.

God is not forced to answer every prayer He receives. He only responds to answering prayers when it's *IN HIS WILL*. Once I've discovered this biblical truth many years ago, I dedicated one of my Bibles in highlighting in that particular Bible, *ONLY GOD'S WILL IN EVERY CHAPTER* of the Bible.

This in turn has changed the way I pray and I pray it will do the same for you too as you continue being a disciple for Jesus Christ.

Scripture: 1 John 5 vs 14-15 *"And this is the confidence that we have in Him, that, if we ask anything according to His will, He hears us: And if we know He hears us, whatsoever we ask, we know that we have the petitions that we desired of Him."*

Supplication: Lord Jesus, I choose to place my confidence in you according to your Word. Lord Jesus, I know that I have asked amiss at times in prayer and experienced great frustration in the past partly due to my own selfish desires and personal wants. Help me to see every situation through Your eyes and heart by searching the scriptures and praying Your will back to you in those situations. Holy Spirit, lead and teach me as I exercise my prayer life through the lens of the scriptures.

Next steps: Develop a fresh hunger to read the scriptures and focus on the will of God as you read and study every book of the Bible this year.

Week 2: Day 8
Mastery Over The Soul

Subject: Let the Word of God Heal You by Garth Greybe

As a medical doctor practising clinical medicine for the past 16 years, I have come to the conclusion countless times that there are medical conditions which manifest physically but have its origins spiritually.

Even with the advent of modern technology and scientific breakthrough in research, every medication made in laboratories for various medical and health condition comes with a host of side effects.

I believe it was Gods intention not for you to be healed, but for you not to get sick in the first place in an ideal world. As we live in a fallen world, sickness and disease are all around us.

King Solomon writes in the Book of Proverbs that we will be wise to meditate on the Word of God as it is a healing medicine to your body.

Scripture: Proverbs 4 vs 20-22 *“My son, give attention to my words .Incline your ear to my sayings. Do not let them depart from your eyes; keep them in the midst of your heart. For they are life to those who find them. And health to all their flesh”.*

Supplication: Lord Jesus, I choose to prioritise Your Word in my life. Lord Jesus, I realise the healing benefits of reading and meditating on Your Word so that the healing benefits can flow through me according to Your Word.

Next steps: Develop in me a fresh desire to prioritise Your Word daily. I repent Lord Jesus of failing to read and study Your Word daily as recommended in Joshua 1 vs 8. Help me to be disciplined

and follow the leading of Your Holy Spirit as I meditate on Your Word.

Week 2: Day 9
Mastery over the soul

Subject: Command Over My Soul by Sergio Brandt

As humans sometimes we become despondent, particularly in those times when we are alone with our thoughts. Sometimes when feeling alone we question everything we are doing in our life and its relevance and if what we do with our lives matter. These thoughts can weaken you to a point where you won't even open your mouth to speak.

Like David, we must take command over our soul and what we are feeling, because as someone said, "our feelings always lie to us". We must speak to our soul saying I will bless the Lord, I will boast in the Lord, I will magnify the Lord and be glad. His praise shall continually be in my mouth. The young lions do lack and suffer hunger: but they that seek the Lord shall not want any good thing- Psalm 34 vs 10.

Scripture: Psalms 34 vs 1 *"... I will bless the Lord at all times: His praise shall continually be in my mouth."*

Supplication: Father God, I know that when I seek You, You will hear me and deliver me from all my fears. Lord Jesus, I seek You today with my whole heart. I know You hear me and I know You are for me. Help me to command my soul to bless You in the difficulties I face this day.

Next steps: Bless the Lord, hallow His Name and lift Your praise. Command your soul to make boast in the Lord and be glad. Psalms 34 vs 11 says *"come, ye children, hearken unto Me: I will teach you the fear of the Lord."*

Week 2: Day 10
Mastery Over The Soul

Subject: Practice Metacognition By Bianca Brandt

Metacognition as defined in the oxford dictionary is “ to have awareness and understanding of one’s own thought process”. When I first heard this term I thought “wow”, we should all be doing that more often, only then will our souls be in better shape.

Why should we be aware of our thoughts? Because our thoughts determine our words and our words ultimately determine our actions. In life we sometimes experience moments of tremendous pain and trauma. These moments, if not dealt with correctly can dominate our thoughts, words and actions. It is during these moments that we are to be aware of what we think and how we think.

We can only positively affect the atmosphere around us by thinking about, speaking about and living out the word of God. This will change the fabric of our souls and most definitely change what happens to and around us.

God instructs us in His word to be intentional about our thought processes through only thinking about things that are virtuous and praiseworthy. Today, make a decision to not think about negative things but only those things that are virtuous and praiseworthy.

Scripture: Philippians 4 vs 8 *“Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things”.*

Supplication: Lord Jesus, Help me to be mindful about my thoughts. I ask forgiveness for each time my thoughts have led me

to speak and do things that were not pleasing to You. I pray that I will apply Your Word to my life and think on things that are pure, honest, lovely and just, not just for my myself, but for all those who I am connected to.

Next steps: Practice Metacognition. I commit to change my thought patterns to be more positive. I have the ability to recognise that I am overthinking and allowing myself to be controlled by negative thoughts. I need to take captive every thought that is not pleasing to God. If I do this daily, it will become part of me.

Week 2: Day 11
Mastery Over The Soul

Subject: Let Your Soul Rest in God by Claudette Page

When thinking about the word rest; we often picture a place of peace and tranquillity where there is no work and or any stressful environment.

While this may be true in the ordinary sense of the word, scripturally to be at rest, does not always denote a sense of peace and tranquillity but rather a trust in the fact that God has you covered. So while the storms around you may be raging and while everything may seem to be out of control, your will, emotions and intellect are not raging out of control because you know The One who is in control of all things.

Your soul is resting in the promises of God and not moved by the reality of situations and circumstances. You lose the need to be in control as the outcome is not dependant on you because God has you covered.

It is ok not to be in control of things. It is ok not to have it all figured out. It is ok not to know what is next. This is so because you are at rest in the truth that God is in control of your life. Today let your soul find its rest in God.

Scripture: Psalm 62 vs 1 (NIV) "Truly my soul finds rest in God..."

Supplication: Father today let my soul find rest in You. God, please help me not to be moved by my situations. Teach me how to find rest in You. Let my soul find its rest in You as I know that even though I can't see it, You are working things out for my good. You are turning things around. I know that I will make it as I know the Way-Maker. I rest in You God Almighty.

Next steps: Commit to let things be as they are, after you have given it to God. Do not be moved by your situations and circumstances. Keep on confessing the Word until your circumstances and situations lines up with the Word.

Week 2: Day 12
Mastery Over The Soul

Subject: Guard Your Heart by Alfonso Page

Have you ever heard someone say – I am heartbroken? My heart is in a mess? My heart bleeds? I am sure you have. I am almost certain that you may have also at some point in your life, like me, uttered these words.

The heart is such a powerful part of the human body. Some believe that the heart is the centre of all personal life. It is therefore no coincidence that the scriptures teaches us to *“guard our hearts for out of it flows the issues of life”* and that *“a man thinketh in his heart”*. An unguarded heart is therefore a very dangerous heart, it causes us to feel and think in ways which may not always be pleasing to the Lord. It is important for the purpose of peace and rest that we always watch what we feel and think in our hearts in order to ensure that our hearts are always contrite and pleasing to God. I encourage you today to *“guard your heart for out of it flows the issues of life”* because *“as a man thinketh in his heart so is he”*. What is your heart saying about you today?

Scripture: Proverbs 4 vs 23 *“Guard your heart with all diligence for out of it flows the issues of life”*.

Supplication: Lord Jesus, please help me to guard my heart. Today I acknowledge that at times my heart can be very deceitful and wicked. I pray that You will give me grace to guard my heart so that I am not unnecessarily exposed to the wrong feelings and actions. Create in me a clean heart and renew a right spirit within me.

Next steps: Check whether your heart has been left unguarded. I commit to guard my heart. I commit to only think in my heart on those things that are good and profitable for godliness. I commit to seek a clean heart every day and to have my spirit renewed.

Week 3: Day 13
Soul Winning

Subject: The Goodness of God Leads To Repentance by Alfonso Page

Imagine for a moment someone with whom you have had a disagreement or even a fight. See how the disagreement has caused you to live separate lives – bordering on being enemies. Now picture the very next moment how your “enemy” lavishes favour, blessing and goodness on you. I am sure that such type of actions will soften your heart and cause you to set aside your disagreement, right? Well this is the very thing that God did for you and I while we were yet sinners.

The scripture says that it is the goodness of God that leads men to repentance. It is not the yelling, the nagging or even the badgering nor is it the fighting, bickering or gossiping. No! It is the goodness of God that leads people to repentance.

Today I want you to think of someone whom you have trusted God to save. Think for a minute if there is anything good that you can do for them and do it. When doing it trust the Lord that through your actions they will see His goodness and so come to repentance and faith on the Son of God. We are His hands, feet and mouth after all!

Scripture: Romans 2 vs 4 *“The goodness of God leads you to repentance”.*

Supplication: Lord Jesus give me the ability to display Your goodness to others. Today I pray that You will give me an opportunity to show Your goodness and kindness to someone. I pray that as I am being good to them that they will see You in it and in so doing come to the saving knowledge of Christ Jesus. Allow me to be Your hands, feet and mouth displaying Your goodness in thoughts, words and deeds to everyone in need of salvation.

Next steps: Find someone to whom you can do good. Intentionally seek opportunities to do good to those not of faith. Speak words of blessing and be a blessing.

Week 3: Day 14
Soul Winning

Subject: God's Will Is For Everyone To Come to Repentance by Alfonso Page

Have you ever thought that someone is too far gone? That there is no hope for someone? That someone is not capable of being saved? I am sure that you, like me, have had these type of thoughts about some people, right?

This is why I am so glad that my thoughts are not God's thoughts nor are my ways His ways. The scriptures are full of people who, in our view, may have been too far gone but whom God has miraculously touched and saved. This is so because it's God's will for no one to perish but that all should come to repentance.

Sit back and think for a minute about the words "no one" and "all". This means that God is not willing for any person to perish, be it a drug addict, woman abuser, bad father or mother, criminal, business man or woman, politician or trust fund baby. On the contrary, it is His will, that all of the aforementioned type of people and everyone else should come to repentance.

Today I want you think about someone who you might believe is too far gone and begin to pray and fast for their salvation. Declare and see that God saves them and brings them back to life!

Scripture: 2 Peter 3 vs 9 ". The Lord is not slack concerning His promise;not willing that any should perish and that all should come to repentance".

Supplication: Father today let Your will become ours. Thank You that Your Word says that You are not slack concerning Your promises. Today I declare that everyone whom I come into contact with is a candidate for salvation as it is Your desire for no one to

perish and for all to come to repentance. I avail myself to be used as a vessel that brings others to repentance. Use me for Your glory.

Next steps: Think of someone you believe is far gone and develop a strategy of how you will get them into the Kingdom of God. Be intentional to share your faith with someone whether in deed or in word. Find someone who you think is far gone and pray for them. At the end of the fast invite them to service and trust the Lord that they would come to repentance.

Week 3: Day 15
Soul Winning

Subject: Obedience To The High Calling by Christine Jacobs

Obedience to God's Word is a high calling. God is always sending His messengers to us. He is a Father that speaks to His children continually. When we receive a Word from God, we are always so excited for what this Word will accomplish in our life. I believe this is the sweet part of chewing the Word. His Word will always be related to His Kingdom and the winning of souls for Him to extend His Kingdom.

There is a hunger inside of all of us to get to the more, we don't want to struggle, we want to know our future, we want to know that we will be sorted tomorrow. When we receive the Word, we have a choice to accept or ignore or even reject it.

When we receive the Word, the outworking of the Word becomes bitter in our stomach. This is the part where we have to be patient and let the Word work. This is the amazing part of being a child of God. Where He leads you, He will also equip you. Just be patient.

Scripture: Revelations 10 vs 10-11 *"...And I took the little book out of the angel's hand, and ate it up and it was in my mouth sweet as honey; and as soon as I had eaten it, my belly was bitter."*

Supplication: Lord Jesus, I submit to the High call of God in my life. When You call, I will follow Your Word. Help me to be excited for Your Word, but help me also to be patient for the outworking of Your Word in my life.

Next steps: Submit my heart in obedience to Your Word. I will be excited to receive Your Word. I will be patient as Your Word works within me.

Week 3: Day 16
Soul Winning

Subject: Sacrifice For A Soul by Sergio Brandt

If it costed God His only Son to save the world, what lengths will we go through to share the love of God with others? How glad are we to be saved and how desperate are we to share this salvation power with everyone or just the one person we meet?

I used these questions in this subject because the harvest is plenteous, people want an answer for their lives that are tormented and falling apart, but we have the answer. Yet Jesus says, *“the labourers are few”*. Are they few or are there just a few willing ones that care enough to share God’s only begotten Son with a lost friend, relative, acquaintance or neighbour.

Do we so love God that we will continue to give His Son to those we meet? Or has reaching out become too inconvenient in our busy schedules?

Scripture: John 3 vs 16 *“For God so loved the world that He gave His only begotten Son, that whosoever believeth in Him should not perish, but have everlasting life”*.

Supplication: Father God, break our hearts with the things that breaks Your heart. We don’t always have Your compassion for our family, neighbours and those lost. We ask Your grace and the wisdom to win souls for Your Kingdom.

Next steps: Matthew 9 vs 38 says *“Pray ye therefore the Lord of the harvest, that he will send forth labourers in His harvest.”* Commit to being intentional in sharing your faith to at least one person per day.

Week 3: Day 17
Soul Winning

Subject: See People As Souls, Not Flesh by Sergio Brandt

Learning to see people as a soul will take our focus off the offences and the rejection we receive from them. Because their outward response is only a reflection of the hurt in their soul. Having compassion and grace for people in this knowledge will help us love past their flaws and mistakes.

Outward appearances will fool us to think that everything is ok, but caring a bit more will lead to the most powerful question, How are you?

This is the way to people's heart, caring enough to wait for the answer to this question. Gathering souls is as important as taking care of our loved ones and gathering wealth.

Scripture: Genesis 12 vs 5 *"And Abram took Sarai his wife, and Lot his brother's son, and all their substance that they had gathered, and the souls that they had gotten in Haran; and they went forth to go into the land of Canaan; and into the land of Canaan they came."*

Supplication: Father God, help us in the winning of souls, even the ones closest to us and the ones that hurts us most. Place in us a burning desire to see that lost in Your care. Give us a desire to win a soul at any cost.

Next steps: Become more aware of people we meet in our lives, it's never an accident or coincidence. God's desire for us as His children is to win the lost and populate the kingdom of God. Be careful of your words and actions in this time as an uncommon amount of people will come speak with you, be wise to point to Christ.

Week 3: Day 18
Soul Winning

Subject: The Great Commission by Paul Noble

We are the answer to this world. If we are not doing the command of God then the world will step in to teach the lost souls how not to live for God. Our lives should display what God has done. He alone is the author and finisher of our lives.

In my experience, I find, it is easy to display Christ to our FRANS. They are the ones we interact with daily. It takes action from us to display Christ to the rest of the world and I can confirm, we will be amazed at how we influence our FRANS, even strangers by what we display. Remember, we are the Christ in the earth.

Scripture: Mark 16 vs 15 *“And He said unto them, Go ye into all the world, and preach the gospel to every creature”.*

Supplication: Dear God, please help me to remain in Your Word and Your instructions. I pray against every distraction that wants to direct my daily walk with You in a different direction. May Your Spirit guide and lead me to make disciples of all men. May I bring glory to Your Name in how I display my life.

Next steps: Being obedient to the Word of God by making disciples of all nations. This is a last command and instruction from Jesus before leaving the earth. We are the hands and feet of God in the earth, therefore we must create opportunities for lost souls to be ministered to and accept the Lord Jesus Christ as their personal Saviour.

Week 3: Day 19
Soul winning

Subject: The Life Of God by Alfonso Page

There is the life that we live and then there is the life that God has for us. Before people come to the saving knowledge of Christ, oftentimes they are living a life that is less than the one God intended for them. They may have money, cars, a beautiful house and a good family but a life without Christ is devoid of the purposes of God and consequently not the best life God intended for us.

The scripture teaches that Christ came that we may have life and have it more abundantly. Abundant life is therefore a life that is superior in quality and more abounding in quantity. This simply means that God wants everyone to live better for longer and we can only do this when we put our faith on the Son of God.

Like Christ came to give us abundant life so too the devil has come to steal, kill and destroy the very life that God intended for us.

Today I want you to commit to see people coming into the knowledge of the abundant life that God has for them. Do not allow the thief to steal from, kill and destroy the ones you love but commit to becoming the vessel that God will use to get them to the abundant life which He has for them.

Scripture: John 10 vs 10 *"The thief cometh not but to steal, kill and destroy but I have come that you may have life and have it more abundantly".*

Supplication: Father today let me experience the abundant life that You destined for me. Father I thank You that You've sent Jesus so that I and everyone connected to me can have abundant life. Today Lord, use me to introduce people to the life that You have for them. Let them see from my life that a life devoid of Your purposes is

meaningless and not Your very best. Through me let people see that You have a different life for them.

Next steps: Tell someone about the life of God. Walk in abundant life by pursuing the purpose of God for you. Tell someone who is in a dark place about the life of God.

Week 4: Day 20
Discipleship

Subject: 1-3-12 The Jesus Model by Donovan Jacobs

The Lord Jesus shared His life with 12 disciples. He taught them, trained them, and did life with them. The 12 disciples you would notice He would teach. The 3 disciples, John, Peter and James, He would train. Training is very different than teaching. They would experience more of Him and the supernatural than the others. Then there was John, he was the disciple that Jesus loved. Simply because John pressed into Jesus more. From arrogant and demanding - John was transformed into Love! That is the one that you impart more of your heart into.

Who is your 12 that you share life with? Who is the 3 that you share your home with? Who is the 1 that you share your heart with? This is the one that you expose your family to, Just like Jesus did for Mary, His mother, John took care of her.

Scripture: John 13 vs 23 *"Now there was leaning on Jesus' bosom one of his disciples, whom Jesus loved."*

John 19 vs 26 *"When Jesus therefore saw His mother, and the disciple standing by, whom He loved, He saith unto His mother, Woman, behold thy son!"*

John 19 vs 27 *"Then saith He to the disciple, Behold thy mother! And from that hour that disciple took her unto his own home."*

Supplication: Lord Jesus, help me to teach, train and love my disciples. I am not perfect and I trust Your Holy Spirit to help me. Show me who I must open my heart and family to.

Next steps: My family is very personal and private. I have to respect them. To the 12, I will interact with once a month at my table of 12.

To the 3, I will see bi-monthly. To the 1, I will open my heart and home.

1. Show me the 1
2. Show me the 3
3. Show me the 12

Week 4: Day 21

Discipleship

Subject: 1-3-12 You Don't Have To Be Perfect by Donovan Jacobs

Every culture is different around the world when it comes to discipling. Just so are we. We have to teach our disciples to observe the Word. That means that we have to show them how to obey the Word, so that they can do the same. You don't have to be perfect. Build anyway. You don't have to know everything. Build anyway. After all, Peter didn't get it right most of the time when he was around Jesus. He built anyway.

Many leaders in the early church needed correction. So do we. And even Paul would later confront Peter about his unwillingness to eat with Gentiles. And yet Christ chose to build the early church on Peter and Paul. Imagine that. Now know that God will build with you, with all your imperfections. Just be willing to observe the instructions of the Bible and your disciples will be willing too.

Scripture: Matthew 16 vs 18 *"I will build my church and the gates of hell shall not prevail..."*

Supplication: Lord Jesus, help me to build your church.

Lord Jesus, help me to build Your disciples. Help me to love them with their mistakes, with their sin. Help me to love them authentically with Your love.

Next steps: I am going to teach them to observe the Word. First, I am going to teach them to observe the Apostolic pillars for the church:

1. How to **Pray, Fast, Give and Serve** (Acts 2vs 42...)
2. How to read the **Word**
3. How to have **Communion**
4. How to be **Baptised**
5. How to do **Foot Washing**

Week 4: Day 22
Discipleship

Subject: 1-3-12: The Tools of Discipleship: Show Wisdom by Donovan Jacobs

The Bible has a lot of examples of how Jesus and the apostles taught disciples. Paul gives us some help: “**warning everyone and teaching everyone with all wisdom.**”

We must teach and train disciples with all wisdom. But don't forget to warn also. This means that when you are going to teach disciples, the best way is to show them how to do it. Not what to do, but how to do it. But this passage reveals that our responsibility is not only to teach those we disciple the right way, but also to **warn them** when they are going the wrong way.

Out of love for those we disciple, we must **not be silent** when they are living in opposition to the Bible. Any time we teach or warn, we must make sure we are doing so in submission to Him. And we have to do it with wisdom. How do you do it? Do you just teach? Or do you also warn?

Scripture: Colossians 1vs 28-29 “Him we proclaim, **warning everyone and teaching** everyone with all wisdom, that we may present everyone mature in Christ.

Supplication: Lord Jesus, help me to warn and teach with all wisdom. I want my disciples to mature in You. Help me not to be silent when they are sinning, but help me to correct them in love and humility. Give me wisdom to show them how to live.

Next steps: I am going to warn and teach with all the godly wisdom that I have. I will not be silent when my disciples do wrong, but I will correct them in love.

Subject: 1-3-12: The Tools of Discipleship: Apostolic Doctrine by Donovan Jacobs

We have to teach our disciples the apostolic doctrine. That is the proceeding Logos, the revelation from the scriptures. At some point we have to Break Bread, Fellowship, Pray and Evangelise those that the Lord sent us to. To your 12 you do: Foot washing and Communion and Prayer from your hands once a month.

To your 3, you do it bi-monthly.

To your 1, you open up the apostolic doctrine and the deep truths of scripture.

This is discipleship. Discipleship should be outward focused. We don't invest in someone only for the sake of that individual, but we do so with the others they will impact in mind. We proclaim Jesus to men and women who will go on to proclaim Jesus to the world.

Scripture: Act 2 vs 42 *“And they continued steadfastly in the apostles' doctrine and fellowship, and in breaking of bread, and in prayers.”*

Supplication: Lord Jesus, help me to apply the apostolic doctrine in my life and in the life of my disciples. Let me be steadfast in it. Show me the deeper revelation in scripture so that I can empower my disciples to make disciples.

Next steps: I am going to do the following to my 1-3-12.

1: Share my life with and impart deep scriptural revelation.

(As often as I can)

3: Share the Word, fellowship, communion and prayers.

(Bi - Monthly)

12: Share the Word, fellowship, communion, prayer and evangelism. As well as Foot-washing. (Once a month)

Subject: 1-3-12: The Ultimate Goal: Christ – Likeness by Donovan Jacobs

This is the whole deal. Your disciple must become Christ like. Not like you, but like Christ. The goal of discipleship, therefore, is not only to make converts that make converts, but for all believers to become increasingly like Jesus. Discipleship is a lot like raising children. It is okay to view yourself as a sort of spiritual parent to those you disciple. Seek to nurture and love those you lead. Seek to meet their needs and encourage them to live lives worthy of their calling.

Here is the temptation though. Don't try to own them. Don't feed them forever and don't make them dependant on you. Good parents don't hand feed their children forever, but train them to feed and take care of themselves. We have to allow our disciples to grow up and be independent but inter-dependent on us. We struggle with this one, because I like to feel needed.

Scripture: Colossians 1 vs 28-29

*“Him we proclaim, warning everyone and teaching everyone with all wisdom, **that we may present everyone mature in Christ”.***

Supplication: Lord Jesus, help me to make mature disciples. I don't want to own them nor do I want to dominate them. I want them to look like You, act like You , be like You.

Next steps:

1. I won't allow those that I disciple to be too dependent on me.
2. I won't be Jesus to them, I will do my best to point them to Jesus.
3. When it is time, I will release them from me, but I will maintain the relationship with them.

**Subject: 11-3-12: The Double Barrel Methodology Of Discipleship
by Donovan Jacobs**

Discipleship reveals the power of AND. What you catch with the left hand, you release with your right hand, so to speak. You have to **invite them** and then you have to **instruct them**. You have to **connect with them** and then you have to **correct them**. You have to **demonstrate** the kingdom and then you have **delegate** them to do the same. You have to **love them** and then you have to ask them to **leave** and do the same. Our problem is that we are good at the first part but poor with the second part. This is the process of maturity, not just for ourselves but for those that will follow us to make them like Jesus. Not like us. However, you must always keep the relationship. Your making is in your following.

Scripture: Matthew 4 vs 18-20 *“And Jesus, walking by the Sea of Galilee, saw two brothers, Simon **called** Peter, and Andrew his brother, casting a net into the sea; for they were fishermen. Then He said to them, ‘Follow Me, and I will make you fishers of men.’”*

Supplication: Lord Jesus, I know that my making is in my following. My following You. Help me to be mature enough to still follow You as well as allowing others to follow me as I follow You. Help me to make them fishers of men.

Next steps:

1. I will apply the power of AND.
2. I will invite and instruct
3. I will connect and I will correct
4. I will demonstrate and delegate
5. I will love them and I will ask them to leave me, when they are mature.

Final Thoughts

Final Thoughts As You Come To The End Of Your Fast

First things first. I want to congratulate you for keeping to your fasting. And that at the very beginning of the year when festivities are all around.

I know it was not easy but you prevailed. Whether you fasted complete, partial or just for a few days, it does not matter. You know why? Equal giving is not equal sacrifice. Similarly not everybody gives the same measure of sacrifice, all of ours is as the Lord Jesus Christ has directed us. It had to cost you and you paid the price. Now your reward is waiting for you. Jesus said in Matthew 6, that when you give, the Father shall reward, when you pray the Father shall reward. When you fast the Father shall reward. Your reward is coming. Sometimes it comes after the fast because Matthew 4 reminds us: *“Jesus returned in the power of the Spirit”* This happened after the fast. So, expect to see results after you have fasted.

I want to implore you to live a fasted lifestyle. Don't wait for the beginning of the year, but fast as often as you can. Daniel fasted like this. He lived in the spirit of fasting, so much so that when they threw him into the lion's den, that the lions could not eat him, you know why? Because the spirit of living a fasted lifestyle was so big that the lions themselves had to fast! They could not eat Daniel. May the same be said of you and I.

I want to release one more prayer to you as you go:

Prayer:

Lord Jesus, it's a new year and I'm ready for the new blessing in my life. Lord, You said, when you fast, the Father shall reward. Lord I have sacrificed my time, my body, my life for Your glory, in obedience to Your Word.

Lord Jesus Christ, I consecrate, I sanctify, and I surrender my life fully to You.

I ask You to reward me Father, as you declare in the scriptures. Please reward me as You see fit. Lord Jesus I do ask that you release, blessing, favour and grace and goodness over my life again. I ask for Your Mercy, I ask for Your grace, I ask for your goodness Lord, Hallelujah. Amen.

Receive the blessing from the Lord Jesus Christ

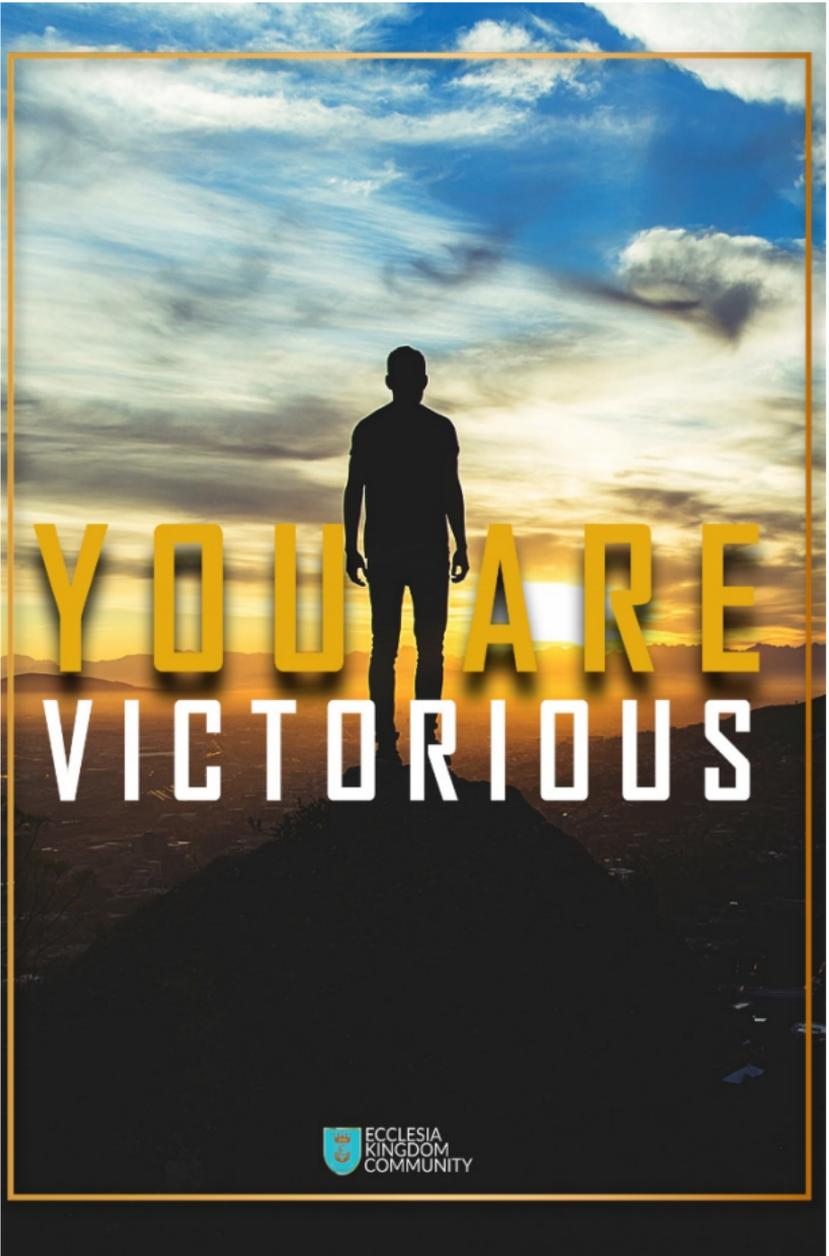
The LORD bless thee, and keep thee:

Numbers 6 vs 25 “The LORD make His face shine upon thee, and be gracious unto thee:”

Numbers 6 vs 26 “The LORD lift up His countenance upon thee, and give thee peace.”

Numbers 6 vs 27 “And they shall put My Name upon the children of Israel; and I will bless them”.

IN JESUS CHRIST NAME AMEN.



**YOU ARE
VICTORIOUS**

 ECCLESIA
KINGDOM
COMMUNITY