

2024 Fasting Journal

Daily A.R.R.O.W.S.

Applying Rhema Revelation Of
Wisdom from Scripture



Prepare to supercharge your prayer life, reignite the fire of your faith, and believe God for more than you could ever anticipate, as we begin the Draw The Circle: 40-Day Prayer Challenge. This book, by New York Times Bestselling author, Mark Batterson, builds upon some of the most profound key points from his book The Circle Maker, and invites us along for 40 days of prayer that will elevate our belief in God for the seemingly impossible.

If you need a recommitment to daily prayer, fresh vision for future direction, a miracle, a blessing, or an answered prayer that is beyond your capability and needs supernatural intervention... This challenge is for YOU!

Join us for the 2024 Draw The Circle: 40 -Day Prayer Challenge! Check our website at: www.stjohnsdowntown.org/draw-the-circle-2024 or click [here](#) for more information.

Happy New Year, Family!

It is indeed a privilege to have the gift of your presence here at St. John's Downtown Church.

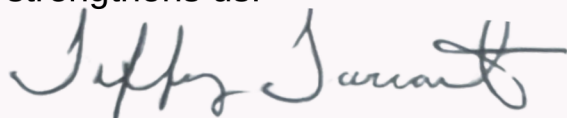
As we journey into this new year, we are inviting each one of you to do so with intentional precision. To gain clarity, focus and direction, it is important to set aside a time of consecration, devotion, prayer and fasting.

For the next 31 days, we will embark upon what I believe will be a transformative path. These Daily A.R.R.O.W.S. (Applying Rhema Revelation Of Wisdom from Scripture) will offer ways for us to sharpen our ability to discern the leading of the Holy Spirit as we determine to hit the mark where God is leading us with supernatural precision.

Let us embrace this invitation to draw nearer to our God, gain revelation for His perfect plan, and apply wisdom from scripture to the circumstances we will face each day. It's our time to reclaim our joy, renew our focus and recommit to pursuing our purpose in 2024!

Special "thank you" to my Executive Assistant and the SJD Community Engagement Director, Ivana Monique, for writing the devotionals for the fast.

As we move forward into this new year, let us never forget that we can do all things through Christ Who strengthens us!

A handwritten signature in blue ink that reads "Tiffany Tarrant". The signature is fluid and cursive, with a large initial 'T' and a long, sweeping underline.

In Love,

Pastor Tiffany Tarrant

FOOD TIPS

Pamela Atkins, MD and Floyd Atkins, DPM

*FASTING FROM TOXIC FOODS

- No Flour (bread, pastry, cake, pasta, etc.)
- No Sugar (candy, soda, ice cream, cookies)
- No Bad Fats (fried foods, red meat)
- No Processed and Fast foods

*FASTING FROM PROCESSED FOODS

- No Flour (bread, pastry, cake, pasta, etc.)
- No Sugar (candy, soda, ice cream, cookies)
- No Bad Fats (fried foods, red meat)
- LET FOOD BE YOUR MEDICINE
- Eat 50% Raw - Vegetables/Fruits (organic)
- Brown Rice, Beans, Fish and Poultry
- Drink spring or purified water
- Avoid dairy products

Center for Wellness and Healing

3730 Kirby Dr. Suite 1200

Houston, TX 77098

713.520.9611

www.centerforwellnessandhealing.com

What To Expect:

Each day, there will be **Daily A.R.R.O.W.S.**

What are **Daily A.R.R.O.W.S. (Applying Rhema Revelation Of Wisdom from Scripture)**? A devotional consisting of a scripture focus, devotional or word of encouragement, and “*Target Practice*”.

Target Practice is where you can reflect upon the focus of the day, write down your key take aways, and record how you will personally apply the Word of God to your day, situation and/or circumstance.

January

1

Discerning The Path

Proverbs 3:6 (NLT)

"Seek His will in all you do, and He will show you which path to take."

CLARITY... DIRECTION... PURPOSE. We've all asked for it at some point when we want to make the right decisions, and need to know that the choices we make will benefit our lives and those we love.

God is concerned about what concerns us, so when we come to Him and ask Him for HIS will, He gets excited! Whether we're seeking His will for our jobs, family, relationships, friendships, finances or some other situation, His Word says that He will show us the path to take.

When we pray for things like clarity, direction and purpose, we are, essentially, praying for access and access denied. In praying for His will, not only does He provide the path, but He also cuts off access to the wrong path. As we continue to trust Him, He begins to make sense of it all.

God delights in showing us which decision is best because He has given us free will, and when we exercise that free will to CHOOSE HIS WILL, He will answer with an undeniable response!

January

2

Make It Make Sense

John 13:7 (NLT)

Jesus replied, "You don't understand now what I am doing, but someday you will."

There are days where we might wish to skip to the end of what we may be experiencing. Sometimes it's due to a lack of patience, and we grow tired of hearing 'you're closer than you think' or 'you're closer than you've ever been before'. Phrases like, 'Hold on just a little longer because the promise is right around the corner' can become almost meaningless when the wait starts to take its toll on our hope and expectation.

Jesus knew that we would have moments where our circumstances wouldn't make sense, and we would question the reason for having to go through some of the situations we experience. The process is where we develop what we need to sustain us once we reach the fulfillment of the promise.

God's desire for us is that we not only grow in the process toward our promise, but that we learn to fully trust His plans for us and His heart toward us.

January

3

Evenly Distribute The Fruit

Galatians 5:22-23 (NLT)

"But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. There is no law against these things!"

A new year requires evaluation of our lives in many aspects. One of those aspects is the way we allow the power of the Holy Spirit to show up in our lives. The fruit spoken of in Galatians 5 sounds healthy, helpful, impactful, life-giving, strengthening, and building.

If you were to ask the people closest to you which of the fruit of the spirit were most evident in your life, would you be found deficient and in need of a boost or would you be overflowing in sweet, delicious abundance?

God desires us to exhibit every Fruit of the Spirit, and for those characteristics to be evident in every interaction.

Let's take a moment today to invite the Holy Spirit to cultivate the Fruit of the Spirit in our lives.

Storm Shelter

Psalm 107: 28-30 (NRSVA)

"Then they cried to the Lord in their trouble, and he brought them out from their distress; he made the storm be still, and the waves of the sea were hushed. Then they were glad because they had quiet, and he brought them to their desired haven."

Some of my absolute favorite moments are the quiet times I can get away with God in nature and marvel at His creation.

I took some photos while on a cruise of a storm brewing across the Atlantic. It was incredible to watch the storm from a distance... to see the downpour of the rain, to watch the lightning strike, to see funnel clouds form from above and then dissipate... but, where I was located, we experienced nothing more than a brief rain shower. Passengers on the other side of the ship weren't even aware of the magnitude of the storm because they were unable to see it from their viewpoint. Less than an hour later, we arrived at the port where the sun was shining, the ground was dry, and the weather was amazing.

God began to speak about how He continuously shields us from so many storms of life. He sees what's coming, and He knows how to navigate us through whatever we face. Whether God chooses to allow us to avoid the storm completely or takes us through the storm, we can rest in knowing the Captain never leaves the ship or His people.

January

5

Trust

Romans 8:28

"We know that all things work together for good for those who love God, who are called according to his purpose."

What do you do when you experience hurt or disappointment? When you apply for a job that you really want, and they don't choose you? When that relationship you desire ends? When that friendship you've tried so hard to mend falls apart? When the promise you've been believing God for just doesn't seem to be coming to pass? When your prayers seemingly go unanswered?

Closed doors hurt. The word "no" isn't easy to hear, and rejection stings. People walking away when we've done nothing to deserve that treatment is painful. But, the Word tells us that every situation is working for our good and bringing us closer to living out the purpose and plans that God has predestined for our lives.

The surrender of our will and decision to trust God is not a one-time deal. It's a moment-to-moment decision. As often as we need to realign our hearts and our spirits with the will of God, He stands with arms open, ready and willing to receive our surrender and excited to rejuvenate our strength as we trust Him.

January

6

R.E.S.T.

John 16:33 (NLT)

"I have told you all this so that you may have peace in me. Here on earth you will have many trials and sorrows. But take heart, because I have overcome the world."

Rest... "ease work or movement in order to relax, refresh oneself, or recover strength".

When we take time to rest instead of exerting our energy trying to understand a reason, purpose or explanation for everything happening around us, we allow ourselves an opportunity to obtain momentum and strength to endure what lies ahead.

Learning rest provides recovery from the words, events and actions that have drained us, injured us emotionally, mentally, financially, spiritually, and physically. It teaches us equanimity, which is the ability to have composure and an evenness of temper - specifically in difficult situations.

Learning to rest brings solace, so we can find comfort and peace in the fact that Jesus Christ has overcome the world. Finally, learning to rest provides a sense of tranquility... the kind that the psalmist spoke about in Psalm 23:2 (NLT), "He lets me rest in green meadows; he leads me beside peaceful streams."

We will not always be given an explanation or reason for why situations and circumstances occur in our lives. But we never need to allow our peace to be disrupted or our rest to be disturbed. Instead, we can choose to find our own **recovery, equanimity, solace, and tranquility** even when we do not understand.. and rest until the moment passes.

January

7

Heart Motives

Psalm 139:23-24 (MSG)

"Investigate my life, O God, find out everything about me; Cross-examine and test me, get a clear picture of what I'm about; See for yourself whether I've done anything wrong—then guide me on the road to eternal life."

We have reached day 7 of the fast in our time of consecrated prayer and meditation. One of many beautiful things about spending time in the Presence of God is the way He begins to show us our spiritual reflection in the mirror of His Word.

Part of that reflection is showing us what's in our hearts. Why do we pray for the things we are praying for? Why do we desire the things we desire: Why do we pursue certain goals and achievements? Those answers are found and made clear in the Presence of our God.

As we progress on this journey, and continue seeking His face for direction in this new year, let us take a moment to pray this scripture found in Psalm 139:23-24, and allow God to investigate our lives, get a clear picture of what we are all about, reveal the motives of our hearts, and guide us on the road to eternal life.

January

8

Wise Counsel

Proverbs 11:14 (NLT)

"Without wise leadership, a nation falls; there is safety in having many advisers."

There is a major difference in seeking wise counsel and listening to the opinions of others.

Wise counsel seeks the face of God on a consistent basis in prayer, intercession and fasting. Those who provide wise counsel can remove their emotions, and how they feel about you personally so they can hear directly from Heaven concerning your situation and provide scripture-based insight to help you make the best decision for where God is leading.

When the Lord gives you a dream, vision, purpose, plan, or desire in your heart, it is imperative that you pray for wisdom regarding when and with whom to share what God has placed within you. It is equally as important that you guard it from the opinions of others. Opinions will cause you to question the validity and authenticity of what God said. Opinions can plant seeds of doubt and despair, causing you to abandon the Word God gave you

Listening to the opinions of others can cause you to forfeit your destiny and the blessings that God desires for your future. by killing the seeds of your harvest while it is still covered and planted in what was meant to be good soil.

Identify the wise counselors in your life, and partner with them in prayer as you progress through this fast.

January

9

God's Timing

Ecclesiastes 3:1, 11 (GNT)

"Everything that happens in this world happens at the time God chooses. He has set the right time for everything..."

There is a quote that says "God's timing may happen much sooner than you expect... so, get ready and stay ready."

Sometimes we can hear cliché sayings so much that they begin to lose their significance. The timing of God; however, is something in our lives that should never lose its significance, nor should our anticipation, expectation and excitement waiver.

Allowing ourselves to become complacent and dismissive of waiting for God to move can cause us to be in a place of scattered scrambling and neglecting the time God is allowing us to prepare for what He has in store for us.

When God decides that it's time for something to happen, may we find ourselves in a place of preparedness, so we are able to immediately obtain the blessing

How can you use this present moment more effectively and wisely to prepare for what you are believing and praying for God to provide?

January

10

Wanting God's Will

Mark 26:41 (TLB)

"Keep alert and pray. Otherwise, temptation will overpower you. For the spirit indeed is willing, but how weak the body is!"

When it comes to the will - that thing which is desired or ordained - which one is the loudest in your life... your will or God's will for you?

What happens when our own will is louder than the will of God? In short: disaster. It is possible to receive a word or promise from God, then link or attach our will to a thing, person, or situation and call it the will of God.

When God's will is the loudest, He brings clarity, direction, assurance, peace, hope, overflowing joy, favor, blessing, enjoyment and fulfillment. There will be times that we experience trials and difficult situations when we're in God's will. But, amid those trials and difficult situations, we will still maintain a God-given peace, clarity and assurance that we are covered, protected and cared for.

When God is leading us instead of our own decisions and desires, we can rest in His understanding, spend time listening to His voice, and allow ourselves to be guided by the Holy Spirit. That's when we see a change in our perspective, the position of our heart and growth in our level of trust in the Lord.

January

11

The Power of Your Story

Psalm 107:2 (NIV)

*"Let the redeemed of the Lord tell their story—
those he redeemed from the hand of the foe..."*

God values the power of our story. We can gather this truth from the numerous times He uses stories to communicate important lessons and revelation in the scripture.

Clarence Avant, known as *The Black Godfather* in the entertainment industry, made this statement in the 2019 Netflix documentary: "You don't know anybody that can tell my story."

The same is true for us. People may know things about our history, our testimony or the story that has brought us to this point in our lives. But, no one can tell our story for us the way we are equipped to tell our own.

Psalm 107 encourages believers to tell the story of how the Lord redeemed us from the hand of the enemy. Why not share your story with someone today... it could be just what they need to unlock the freedom of their destiny.

January

12

Bearing Fruit

James 15:1-2 (NKJV)

"I am the true vine, and My Father is the vinedresser. Every branch in Me that bears no fruit, He takes away. And every branch that bears fruit, He prunes, that it may bear more fruit."

Fruit is Spirit-cultivated, and it is evidence of the Holy Spirit at work in our lives. Our fruit benefits the Body of Christ. Fruit is what manifests when our heart and our actions are in alignment with what God has called us to do.

When we bear fruit, the Lord prunes us, so we can bear even more fruit. In the natural world, pruning is a process that allows air and sunlight to reach inside of a vine to provide the sunlight, air flow and nutrition needed for the vine to grow and thrive. So spiritually, when we are pruned by the Lord, He trims away things in our lives that hinder us from receiving His life-giving breath so we can grow, thrive, and produce what's glorifying to Him. Fruit becomes evident in the lives of those who are not only in right relationship with Christ, but whose hearts are positioned to hear direction from Him and whose response to that direction is obedience.

God will add His super to our natural when we choose to surrender to allowing the Holy Spirit cultivate fruit in our lives. What God requires of us may not be easy, but He will give us all we need to accomplish what He has called us to do. Today, let us choose to cultivate and operate in God-pleasing fruit.

January

13

Remaining Fruitful

John 15:4-5, 7 (TPT)

"So you must remain in life-union with me, for I remain in life-union with you. For as a branch severed from the vine will not bear fruit, so your life will be fruitless unless you live your life intimately joined to mine. I am the sprouting vine and you're my branches. As you live in union with me as your source, fruitfulness will stream from within you- but when you live separated from me, you are powerless. But, if you live in life-union with me and if my words live powerfully within you - then you can ask whatever you desire and it will be done."

Our ability to remain fruitful is directly connected to our level of intimacy with our Creator. The more intimately connected we remain to Christ, the more our lives reflect the life-giving Source of our Lord and Savior.

As you meditate today, think of the ways you see consistency in the fruit you have been bearing in your life. In what ways can you become more intimately connected to God in order to see even greater fruit blossom from your life?

January

14

Maintain The Course

Proverbs 4:25 (TPT)

"Set your gaze on the path before you. With fixed purpose, looking straight ahead, ignore life's distractions."

Psalms 37:5 (EASY)

"Let the Lord be your guide into the future. Trust in Him and He will help you."

We are 14 days into this new year, on this path of precision.

Although life is happening, and new challenges may be awaiting us, as we continue to surrender our will and seek the Presence of God, He will help us maintain our course.

When distractions come, we can remain sure-footed as long as our gaze is fixed on the path the God has laid out before us. He is our Guide, He is our Help, and He can be trusted to cover and carry us as we continue to walk in our purposed path.

January

15

Find The Good

Genesis 1:31 (EASY)

"God looked at everything that he had made. He saw that it was very good. Evening passed. And then it was morning."

Romans 8:28 (TPT)

"So we are convinced that every detail of our lives is continually woven together for good, for we are his lovers who have been called to fulfill his designed purpose."

There are situations and circumstances we may face in life that make it a little harder to see how God is working things together for our good.

The truth of the matter is: What is good for us won't always feel good to us, but we can rest assured that if God allows it, it's because He knows it will bring out the best in us.

Even in the moments where we cannot see the good, we can still believe there are good things being worked out for us, and choose to find *something good* to keep us encouraged.

Take a moment to reflect on the good things God is doing in this new year, and challenge yourself to find the good at the end of each day, and thank God for those things.

January

16

Prepare For Harvest Season

Psalm 138:8 (GNT)

You will do everything You have promised; Lord, Your love is eternal. Complete the work that You have begun."

Winter is the time for our hearts to prepare for an upcoming season of harvest: a season of receiving the fullness of what God planted (or is currently preparing the ground of our lives to receive the seed He will plant). He will complete the work He has begun. He will do everything that He promised, and the end result will amaze you.

The harvest that God sends will be an overwhelming increase. The key is that we trust Him, prepare, and leave it in His perfectly capable hands.

What has God promised you that He is inviting you to prepare for right now, so you will be ready for the harvest of manifestation?

January

17

Guard Your Heart

Proverbs 4:23 (TPT)

So above all, guard the affections of your heart, for they affect all that you are. Pay attention to the welfare of your innermost being, for from there flows the wellspring of life."

Our lives are like gardens. Seeds are planted, and whatever seeds we allow to take root in our hearts will be what flows through the wellspring that waters the seeds. Once those seeds are watered and nurtured, what blossoms will be the garden of our life.

Be diligent to guard your heart from things and people that come to taint the wellspring nurturing your garden.

Spend time with people and on the things that will plant seeds of purpose, beauty, love, joy and blessings. Nurture your life from a wellspring that will keep you growing and thriving in your purpose throughout every season.

The Father's Love

John 17:23 (TPT)

"You live fully in Me and now I live fully in them so that they will experience perfect unity, and the world will be convinced that You have sent Me, for they will see that You love each one of them with the same passionate love that You have for Me."

Everyone has different ideas and thoughts of what is reflected when it comes to a father's love, but this particular passage of scripture conveys our Heavenly Father's love in a beautiful way.

Earlier in the book of John, it reads, "For here is the way God loved the world—he gave his only, unique Son as a gift. So now everyone who believes in him will never perish but experience everlasting life." (John 3:16 TPT)

Then, in Chapter 17, Jesus sums up the magnitude of the Father's love in this manner, (*paraphrased*) "God, the Father, loves us with the same passionate love that He has for His Son, Jesus."

Take time to reflect today on what it means to you to be loved by God, The Father!

January

19

Purposeful Focus

Proverbs 4:8 (GNT)

"In conclusion, my friends, fill your minds with those things that are good and that deserve praise: things that are true, noble, right, pure, lovely, and honorable."

Whatever we focus on is what we will become our reality because our thoughts create our habits, and our habits create the patterns that build our lives.

When we know the Creator intimately, we learn to love and embrace who He has created us to be. We develop confidence that His Word concerning us and our future is true, because we learn more about His character, and trust His character implicitly.

God is good, deserving of our praise. He is true, noble, right, pure, lovely and honorable.

Once we focus on the truth of Who He is, Who He says we are, and what He said He will do, we begin to see evidence of that truth reflecting in our lives.

January

20

Prayers of Praise

Philippians 4:6-7 (MSG)

"Don't fret or worry. Instead of worrying, pray. Let petitions and praises shape your worries into prayers, letting God know your concerns. Before you know it, a sense of God's wholeness, everything coming together for good, will come and settle you down. It's wonderful what happens when Christ displaces worry at the center of your life."

God understands our humanness. Our humanity is designed to worry, fret, and try to "help" God out with a solution to the problem we're facing. God's desire is to increase our faith and our dependability upon Him in every aspect of our life.

Although His ways don't always make sense when we're in the midst of a situation, we can always trust that the outcome will be for our highest good, in our best interest and filled with more joy and fulfillment than we could have ever planned for ourselves. His plans are SO MUCH GREATER. His purpose is SO MUCH BETTER. Trust Him, rest in Him, obey Him.

Whatever is keeping us up at night or causing us stress during the day... let this be the moment that we choose to turn it into a prayer of praise, and watch what God does & how He comes through.

January

21

Unwaivered Belief

Ephesians 3:20 (TPT)

"Never doubt God's mighty power to work in you and accomplish all this. He will achieve infinitely more than your greatest request, your most unbelievable dream, and exceed your wildest imagination! He will outdo them all, for his miraculous power constantly energizes you."

God is calling us to not only believe Him for what we've been praying for, but to be prepared to receive it when it happens. We should ALWAYS be in a posture of expectation when it comes to God answering the prayers of our heart that align with His will. He's seeking people who will genuinely take Him at His Word, stand on His promises and trust that He is EXACTLY Who His character says He is.

There is no in between. He CAN do ANYTHING... but He WILL only do what we allow Him to do ACCORDING TO OUR FAITH.

Trust His consistency. Trust His character. Trust His timing. Trust His Will. Trust His Hand over your future. Trust His covenant blessings and promises over your life. Trust what He said. If it doesn't come with peace... don't hesitate to release. If it doesn't look like what God promised, IT IS NOT what He promised. God is trustworthy and faithful to do EXACTLY what He said He would.

January

22

Arrow Focus

Psalms 40:1-3 (NLT)

"I waited patiently for the Lord to help me, and he turned to me and heard my cry. He lifted me out of the pit of despair, out of the mud and the mire. He set my feet on solid ground and steadied me as I walked along. He has given me a new song to sing, a hymn of praise to our God. Many will see what he has done and be amazed. They will put their trust in the Lord."

I was watching a movie, when one particular scene caught my attention. There was a field that had been burned to nothing but ashes, and a time-lapsed video showed life beginning to burst through the ashes in warped speed, as a bright green plant started to bud and stretch its leaves to the sky. The timeframe was a span of a little over a year, but the time-lapse brought the results of that year to fruition within seconds!

It was a reminder for me that the wait may seem long, and our circumstances may seem incapable of resuscitation, but God specializes in breathing life back into what appears to be lifeless. He restores hope where things appear to be hopeless, and He whispers His promises to us in the most desolate of times. All we have to do is wait patiently for Him. He will create beauty from the ashes of our lives that will be a testimony to others of His faithfulness, goodness & trustworthiness.

January

23

Word Meditation

Joshua 1:8 (NLT)

"Study this Book of Instruction continually. Meditate on it day and night so you will be sure to obey everything written in it. Only then will you prosper and succeed in all you do."

The Word of God is our guide for every decision that impacts our lives and the lives of those connected to us. Direction and instruction for any choice we will ever need to make in this life can be found within these sacred pages. The more we meditate on these words, we increase our ability to make decisions that reflect the will of God, and grant us success in our everyday lives.

What are some areas, situations and decisions you can search the scriptures and meditate on to provide you with the answers you need today?

January

24

Respond vs React

Ecclesiastes 7:9 (EASY)

"Control your angry thoughts. Only fools allow their anger to continue."

Personal reflection moment: Do you react or respond when something or someone incites anger? Is it ever worth it to let people or situations take us to a place where we react instead of respond? What is the difference between responding and reacting?

Reacting is when we allow the circumstances around us to dictate our words and actions. Responding, on the other hand, takes the control away from outside circumstances, and provides us the opportunity to evaluate and choose our actions and words in any situation.

We never have to react because our circumstances should never control our actions, feelings, words or emotions. Prayer can always be our response because talking to God should be how we choose to approach any and every situation, no matter how great or small before we proceed.

We can choose to pray before we respond, and then choose to respond in love.

January

25

Choosing Love

1Peter 4:8 (TPT)

"Above all, constantly echo God's intense love for one another, for love will be a canopy over a multitude of sins."

Love is ALWAYS a choice. In our humanness, with our flaws, shortcomings, and imperfections, we will ALWAYS make mistakes, fall short, disappoint, cause pain, and miss the mark in some way (or multiple ways). Yet, when we choose to love, we are choosing to win the battle over hatred, strife, anger, unforgiveness, distrust, resentment, bitterness, grudges, trouble, and a multitude of things that would try to take root in our hearts and our lives.

When we choose love, we choose to release a canopy of grace that exposes our hearts to the kind of beauty which ushers in a freedom that can only be found in unconditional love.

Continue choosing love and being the example of what God's intense love for others should look like.

January

26

Forgiveness

Matthew 5:44 (TPT)

"However, I say to you, love your enemy, bless the one who curses you, do something wonderful for the one who hates you, and respond to the very ones who persecute you by praying for them."

The gift of forgiveness is one of the greatest displays of grace you can offer of your own free will. Yes, there are many gifts we can offer of our own free will such as love, trust, honor, and respect... the list could go on.

But, what happens when one of those things are betrayed? Do we revoke the gift we once offered in our free will? Or can we use our free will and choose to extend grace by showing unconditional forgiveness?

No one- absolutely no one- is beyond mistakes if you have human blood running through your veins. But everyone- absolutely EVERYONE- is deserving of forgiveness.

So, let's pray for people to heal. Those who hurt us, lie to us, lie about us, betray us, steal from us, hate us, covet, gossip, judge and curse us need prayer and healing... not ill will. They can never stop God's plan for your life, but prayer can combat the plan of the enemy in theirs.

January

27

Connecting Dots

Psalms 37:23 (CEV)

"If you do what the Lord wants, He will make certain each step you take is sure."

Life. Every experience has molds us and chips away at the worst of us to expose God's greatest in us. Every person we encounter transforms us, and teaches us to love unconditionally, forgive inexhaustibly and live with never-ending gratitude for the grace that covers us.

In the same way an artist only reveals a work in progress to those with very special privileges, God allows those closest to us to see the progress we make in secret before He unveils us to the world.

Document EVERY part of your journey- the mountain top and valley experiences, every encounter, every conversation, every feeling, every judgment, every person who doubts you, every person who supports you, every interaction, every love, all the magic, every heartbreak, the illusions, the growing and learning moments, the lessons, mistakes, failures, and successes.

ABSOLUTELY NOTHING is ever random. Every dot will eventually connect once you look back and see how every event of your life... every experience... was bringing you to THIS moment. Your moment.

January

28

Arrow Focus

Ephesians 2:10 (TPT)

"We have become His poetry, a re-created people that will fulfill the destiny He has given each of us, for we are joined to Jesus, the Anointed One. Even before we were born, God planned in advance our destiny and the good works we would do to fulfill it!"

God plants ideas, desires, purpose and vision within us. Good seed cannot be planted where there is no accessible soil. The Bible tells us that we were created to fulfill a purpose that existed before we did.

It's okay if no one else "gets it". It doesn't even matter if it feels awkward as you're walking it out. Just be obedient. As long as you're in the will of God and doing what He has called you to do, He will reward your faithfulness. HIS pleasure is all that matters.

January

29

Intimate Trust

Numbers 23:19 (EASY)

"God is not human. He does not tell lies. He does not change his thoughts. If he promises to do something, it happens."

There's a phrase that says, "to know you is to love you." This concept not only applies to our friendship and relationship connections in this life, it also refers to our eternal relationship with our Heavenly Father.

Our ability to believe what God's Word says about us is true and what He says to us is accurate is directly related to how much we trust Him. Our level of trust in Him, is directly related to how well we know Him. If God is a stranger to us, we will have no reason to trust Him, and likely won't. If we have only a casual acquaintance with Him, we may want to believe Him, but don't know Him well enough to be sure He is trustworthy.

If, however, we are as close to Him as a best friend, or as intimate as a lover, then we know we can trust the truth of His Word because of the history built through time and circumstances.

How can you begin cultivating an even more intimate connection with Him today?

January

30

Peace

Psalm 29:11 (NCV)

"The Lord gives strength to his people; the Lord blesses his people with peace."

I'm an advocate of protecting peace... by any means necessary. The focus of this scripture is such a beautiful reminder that despite what's going on in the world around us, or in our own individual circumstances, God desires to give us a gift of peace—so that nothing is missing, nothing is broken, and we are fully and completely whole.

Having peace comes from trusting God—completely. The Hebrew word for peace is *shalom*, which means "nothing missing, nothing broken," or "to be whole." That kind of peace has always been God's plan for us.

Today, let's commit, or recommit, to embracing this beautiful plan for our lives.

January

31

Planting For Harvest

Galatians 6:7-10 (ESV)

"Do not be deceived: God is not mocked, for whatever one sows, that will he also reap. For the one who sows to his own flesh will from the flesh reap corruption, but the one who sows to the Spirit will from the Spirit reap eternal life. And let us not grow weary of doing good, for in due season we will reap, if we do not give up. So then, as we have opportunity, let us do good to everyone, and especially to those who are of the household of faith."

Just as a farmer cannot plant watermelon seeds, and expect to harvest cucumbers, we cannot expect to invest our time, money, and energy focusing on selfish ambitions and reap the blessing and favor of the Lord in our lives.

John Wesley said, "Do all the good you can, in all the ways you can, to all the souls you can, in every place you can, at all the times you can, with all the zeal you can, as long as ever you can."

These are such beautiful words by which to live our lives, so let's actively seek ways to plant seeds of faith that will yield a harvest of God's favor and blessing throughout 2024!

Father God,

Teach us how to be people who CHOOSE to find the miracles that each day has hidden. May we CHOOSE to be positive and reject negativity. May we CHOOSE to focus, and not be distracted. Help us CHOOSE to have joy and be joyful in every situation and circumstance we face.

May we CHOOSE to love every person we encounter- even and especially the ones who seem to be incapable of loving in return. Let us CHOOSE generosity with every treasure You place within our hands and CHOOSE to forgive every offense.

Empower us to CHOOSE to grow through moments of adversity, live in our purpose and leave a legacy that will bless future generations. Let us CHOOSE to be grateful every single day as we count our blessings & never take the people who walk this journey with us for granted. May we CHOOSE to receive, display and freely give to others the very best gifts this life has to offer: faith, hope, and love.

May we CHOOSE to trust You with the path You have chosen for our destiny, and never give in to going the way we think is best - because as long as we're on Your path, we will always be on the right track.

May we CHOOSE to keep my eyes on the One Who is forever prepared, ready, capable and willing to carry us victoriously through all that 2024 will bring, knowing the outcome is one of victory in Christ.

In Jesus' Name... Amen!

2024 Fasting Journal

