

The River Fast 2019

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21 Days - VICTORY!

NAME _____

WEEK 1 - BODY CLEANSING

Sickness, Disease or Physical Disciplines _____

Choose a strategy _____

Choose scriptures to read aloud _____

Choose foods and drinks to abstain from -suggested: dairy and beef

Choose foods and drinks to add _____

Choose times set aside to pray _____

Choose a day of total fasting _____

Songs that minister to me _____

WEEK 2 - SOUL (mind, will and emotions)

Habits, Mindsets, Thoughts, and Attitudes _____

Choose a strategy _____

Change my vocabulary _____

Choose scriptures to read aloud _____

Choose foods and drinks to abstain from -suggested: bread and sweets

Choose foods and drinks to add _____

Choose times set aside to pray _____

Choose a day of total fasting _____

Songs that minister to me _____

BODY

Daniel 1:8-9 KJV

[8] But Daniel purposed in his heart that he would not defile himself with the portion of the king's meat, nor with the wine which he drank: therefore he requested of the prince of the eunuchs that he might not defile himself. [9] Now God had brought Daniel into favour and tender love with the prince of the eunuchs.

SOUL

3 John 1:2-4 KJV

[2] Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth. [3] For I rejoiced greatly, when the brethren came and testified of the truth that is in thee, even as thou walkest in the truth. [4] I have no greater joy than to hear that my children walk in truth.

WEEK 3 – SPIRIT

Spirits that are enemies to me, my family and my church

Choose a strategy _____

Choose scriptures to read aloud _____

Choose foods and drinks to abstain from- suggested: meat and drinks other than water

Choose foods and drinks to add _____

Choose times set aside to pray _____

Choose a day of total fasting _____

Songs that minister to me _____

SPIRIT

The purpose of this last seven days of fasting is to get things that have been rehearsed and practiced in our head to settle in our hearts.

Our labor must be not in vain but from a heart filled with love for God and His children. Our careers and our ministry to family and church will weary us unless it is from the depths of our souls. If we are spirit led then love becomes the motivation.

Read 1 Corinthians 13 through each day of this third week.

Saints,

Our theme this year is VICTORY!

We have been given a fresh reminder and mandate that we are to make disciples. We have strategies in place to fulfill that calling and to grow up in Christ this coming year. I am so excited and thankful when I think about how far we came last year as a church. We saw God do some amazing and powerful things through our efforts at The River and in our community. I believe we are doing a lot of the right things for the right reason. I am pressing in to insure that what we multiply is pure and that the truth of The Gospel is what we pass on as we make disciples. We must make sure that the next generation is portraying a double portion of the message of Love and Truth that got us here.

The Truth of The Gospel is that God has given us power over sin, disease, addiction and every other enemy of our souls. If we are not walking in victory then we are falling short of the fullness of The Gospel and what Jesus really died to bring.

As we put aside the things that our flesh so desires let us seek God to have victory and the Truth that makes free. Let us join together and believe that what we have confessed with our mouth is in perfect unity with what is in our hearts and what God has spoken for our lives.

Romans 10 is a good chapter to read regularly throughout the fast.

I am calling upon us as a church family to fast from January 9-29 “desired” foods and at least one day (24 hour period) with water only.

Some variation of the Daniel fast is a good way to start. It is mainly vegetables and water. It is not recommended that you fast if you have diabetes or other diseases where special diets are required without consulting your physician.

I the words of our worship leader, Hannah “do the work”.

Winning with you in 2019,

Pastor Paul