



LENT PRAYER & FASTING
DEVOTIONAL
2011

THE INVITATION

Lent is a season of being invited by God in a deeply personal way. "Come back to me, with all of your heart," our Lord beckons. "We will," we respond, but we aren't quite ready yet, our hearts are not prepared. We want to squirm, evade, avoid. Our souls are not yet perfect. We are not ready for God to love us.

Yes, of course we want to have a deeper relationship with God, we tell ourselves earnestly. And we will....*soon*. God calls to us again: *Come back to me, with all of your heart*.

Ok, ok, I really will. Just a few more things to do at work. Let me spend a little more time in prayer first. Let me get to Reconciliation. Let me clean my oven, tidy my closets. Sell my yoke of oxen. Check a field I have purchased....

Come back to me, with all of your heart.

It is an extraordinary invitation to each one of us. To *me* in a personal, individual way. God invites me to drop the defenses that I hold up between myself and God. All God wants is for me to realize that *my* standards, my way of judging and loving are so very different from His way, and so much smaller. God offers an entire Lent season, an entire lifetime, of loving me unconditionally, no matter what I have done or how much I think I have hidden from God.

From the first day of Lent, the Ash Wednesday readings make God's call to us clear: "Return to me with your whole heart."

"A clean heart create in me, O God," Psalm 51 offers. "Give me back the joy of your salvation." That is exactly what our loving God wants to give us, the joy of salvation.

But, wait... What stops us from this great reunion? What keeps us from accepting this invitation to something deeper in our lives with God? We feel in our hearts that there are things we should say first: "wait...but...if only" and finally, "If God really knew about me..."

It doesn't matter. None of it matters. Only the joy that we have turned to God and that like a loving father or mother, God is smothering us with embraces and joyful cries. We have returned!

Our acceptance of this call, this appeal to our hearts is simple if we can only get beyond the fear. All we have to do is say to our Lord, "I'm here. Where do I start? Yes, I want to be with you." Our hearts have been opened and we have taken the first step toward the rejoicing parent on the road. No explanations are necessary, only to pause and picture in our hearts the joyfully loving and unblinking gaze of God that falls on us.

That is the invitation of each day of Lent. Today is the day to accept it.

WHAT IS LENT?

Lent is a forty-day liturgical season that initiates the most sacred part of the Christian year. Lent actually begins on Ash Wednesday for some denominations and concludes on the Saturday before Easter. It means to lengthen and stands for the time in spring when the days are longer. It starts six weeks before Easter Sunday. Lent is an opportunity for us to discipline ourselves to spend time with God and to reconnect with Him through the disciplines of prayer and fasting. In other words, for spiritual renewal; while praying and fasting we should focus on the Passion (suffering and death) of Jesus and what it cost our Savior to save us.

To help us get started, we can start by examining our lives according to the Ten Commandments and as the Holy Spirit reveals to us whatever sin may be hindering our walk with Christ, we can repent where necessary, and then move on from there.

Exodus 20

1. Thou Shalt Have No Other Gods Beside Me
2. Thou Shalt Not Worship Any Graven Images
3. Thou Shalt Not Take the Name of the Lord Thy God in Vain
4. Remember the Sabbath Day to Rest and Keep it Holy
5. Honor Thy Father and Thy Mother
6. Thou Shalt Not Kill
7. Thou Shalt Not Commit Adultery
8. Thou Shalt Not Steal
9. Thou Shalt Not Bear False Witness
10. Thou Shalt Not Covet Anything That is Thy Neighbor's

You are encouraged to meditate and participate in prayer and fasting, however, it is totally up to you and how much you want to sacrifice for Jesus' suffering for you. It is voluntary.

PLEASE, PLEASE, PLEASE

If you are on medication or have some illness, please follow your physician's directions. There are more ways to fast other than going without food, e.g., television, radio, games, sweets, SHOPPING, GOLFING, eating out...

TERMS AND DEFINITIONS

What is a Fast?

The Hebrew word for fasting means "to cover the mouth." The Greek word for fasting means "not to eat." Simply put, fasting means to abstain from food. Fasting involves turning away from foods that the body craves in order for the inner person to concentrate on God in worship, service, and praise.

Fasting has been a part of Christianity through ages. It is a form of spiritual and scriptural sacrifice. Fasting does not change or impress God. Fasting changes us. Through fasting, Christians are empowered to discipline their daily relationship with the Lord.

The fast will consist of abstaining from food. In other words, you are fasting if you are not eating food. The primary method of fasting will be one (1) meal each day.

Why Should We Fast?

The benefits include:

1. Having a closer relationship with God, our Father, who created us.
2. Focusing on Jesus, the Supply, and supplier of your benefits and blessings;
3. Becoming more sensitive and responsive to the Holy Spirit;
4. Presenting the opportunity for you to spend more time waiting on the Lord;
5. Intensifying your prayer life;
6. Aiding in removing unbelief;
7. Breaking yokes of bondage;
8. Sharpening your intellect, skill, discernment, and understanding;
9. Aiding in clarity of spiritual hearing when guidance or a decision is needed from the Holy Spirit;
10. Hastening emotionally, spiritual, financial, and physical healing for both individuals and the Community;
11. Fostering personal discipline.
12. Demonstrating (to yourself) an act of scriptural obedience.

Who Should Fast?

John Wesley, the original organizer of the Methodist Movement, fasted. In fact, he fasted twice a week. More importantly, Jesus Christ fasted! We fast as a church family because God's blessings reside in our unity. This special time encourages us to be "like-minded, having the same love and being of one accord and of one mind" (Philippians 2:1-3).

Prayerfully each member will participate in the Church Family Fast. Please consult your physician about your fasting if: (1) you are pregnant; (2) you are on prescribed medication; (3) you are under a doctor's care; (4) you have experienced illness on a previous fast; (5) or you do not normally eat anyway.

Your physician's orders take precedence over this fast! Follow your physician's orders!!!

How to Start a Fast?

Let's walk before we run.

If you have not been following this discipline, please do not try to start going without food and/or water for a full day in the beginning. You may want to do a partial fast for the 24 hours duration, say from lunch to lunch or from 6 a.m. to 6 p.m. Whatever works for you, just do it in moderation until you get to your desired level of fasting.

How to Fast

The primary method of fasting for the Annual Church Family Spiritual fast will be one (1) meal each day after 6:00 p.m. Meals should be completed within 75 minutes from the moment you put food into your mouth.

Fasting Options for those who are inexperienced at fasting, under a doctor's care, or experiencing health problems include:

1. **"Veterans"** – Veterans are those members who have participated in the Annual Church Family Spiritual Fast for two or more times.
2. **"First Round draft Choices: - (First Rounders is those persons who have never fasted or have only in a Church fast one time.)** First Rounders will eat two (2) meals per day, one at breakfast before 6:00 a.m. and one after 6:00 p.m. Be consistent; eat the breakfast meal at a routine hour. Please complete your meals within 75 minutes from the moment you put food into your mouth. Please pray for prayer petitions during the time of the skipped meal (lunch meal) and during your regular prayer time for the day.
3. **"Special Teams"** - consist of persons who are under a doctor's care, pregnant, or unable to miss a meal for health reasons. Special Teams should eat regularly scheduled meals. Participation in the Church Family Spiritual Fast will consist of abstaining from foods such as sweets, carbonated beverages, breads, meats, or any food that you feel "you must have at least a little of everyday."

***It is important for the Church Family to be of one mind and heart. Please fast in accordance with the above listed instructions. Other fasts such as a "cleansing fast," "grapefruit fast," and others are not appropriate during this special time.**

Requirements for Fasting

1. **No nibbling!** If you feel hungry (that's expected and mental), drink water and pray.
2. **No sweets (including sweeteners), chips, candy, chewing gum, soft drinks, or any other junk food should be eaten at any time during the fast by Veterans, First Rounders, or Special Teams.**
3. If you experience **headaches, fatigue, or weakness, faint feelings, nausea, fever, and /or extreme hunger**, eat a piece of fruit, slice of bread, crackers, or vegetables (preferably raw).
4. **Water Only!** Please restrict your liquid intake to water. No sodas, juices, fruit juices, lemon water, or flavored water. If you are on an absolute fast (no food), please drink at least 64oz-84oz of water each day. Raw vegetable juices are also permitted if you are on an absolute fast.
5. If you experience **"blackouts"** while exerting energy, please eat a light, nutritionally balanced meal.
6. If you are eating once a day, it is recommended that you do not exercise during your fast.
7. As 1 Corinthians 7:5 tells us, no love-making for married folk! (Single Christians are already abstaining.) Both spouses should agree to the fast as a sacrifice of consecration to the Lord. If one of the spouses is not in agreement with 1 Corinthians 7:5, then do not abstain. There must be agreement between marital partners.
8. Prayer times for each day are 6:00 a.m. and after 7:00 p.m. If your schedule does not allow for these hours, please adjust your schedule to include a Morning Prayer time and an Evening Prayer time.
9. If you "fall off" the fast, get back on. Do not allow the devil to condemn you. Ask your prayer partner for help.

Spiritual Fasting

Fasting also applies pressure to the flesh, and, you may be appalled at how much the flesh will squirm. But it is high time that the flesh is removed from the role of God, dethroned and placed under the foot of your will. It is the creativity of a freed will which lifts us above animal instincts and releases us from the cages of empty routine. Fasting accomplishes two purposes. First, it will reveal how much the flesh has taken control of your emotions. And secondly, it will serve in breaking the flesh's hold upon the will.

To help us through this season, below are suggested scriptures and prayers

PREPARATION FOR LENT

MAR. 6 READ AND MEDITATE for Preparation
Deut 30:1-20

When you read these scriptures, which one of them were most meaningful in your life right now?
What changes need to be in your life?

As a household: On this calendar, write in the names of people whom you want to contact during
lent with a special greeting.

PRAYER: As you go through this fast, truly seek God’s face. Pray to know His ways as a nation that is seeking
to live righteous and holy.

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MAR. 7 READ AND MEDITATE for Preparation
Isaiah 58

Set your spiritual goals: Set your house in order. Set aside extra time to pray and write the prayer
times in this journal.

Start thinking about how you will spend time spiritually with God and as a household.

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MAR. 8 READ AND MEDITATE for Preparation
Joel 2:12-18; Psalm 139:23-24

PRAYER: Recognizing that we are sinners opens us to God’s grace. Ask the Lord to prepare your heart to
receive from Him and Him only!

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PRAYER: As you go through this fast, truly seek God’s face. Pray to know His ways as a nation.

FAST BEGINS

MAR. 9 Jonah 3:1-4:11
What will your focus be on, God or possessions?
Repent and make your confessions known to God.

Fasting begins today 6:00 a.m. – 6:00 p.m.

MEET FOR PRAYER AT HWY6 LOCATION FROM 6 TO 7 P.M.

MAR. 10 **2 Corinthians 5:20-21** Therefore, we are ambassadors for Christ, as though God were making an appeal through us; we beg you on behalf of Christ, be reconciled to God.

PRAYER: Thank God for allowing us to be ambassadors of His kingdom.

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MAR. 11 **2 Corinthians 6:1-2** for He says, "AT THE ACCEPTABLE TIME I LISTENED TO YOU, AND ON THE DAY OF SALVATION I HELPED YOU." Behold, now is "THE ACCEPTABLE TIME," behold, now is "THE DAY OF SALVATION".

PRAYER: During this time of fasting believe the present time is the proper season to accept the grace that is offered as tomorrow is not promised. Make a list of persons that you know need salvation and pray from this list.

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MAR. 12 **Matt. 6:1-2** "Beware of practicing your righteousness before men to be noticed by them; otherwise you have no reward with your Father who is in heaven.

PRAYER: No one needs to know that you are fasting. Let your countenance appear as radiant as the sun. As you go through this fact truly ask God to reveal areas in your life that is not pleasing to Him. Without confrontation there is no transformation.

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MAR. 13 **Pastor C. F. Hartwell and Family**

Thank You for giving him vision according to your will and strengthen him as he press to perfect what you have purposed for his life. We pray for continuous favor and blessing for him and his family, Katrina, Kristian, Destiny, and Charity and that You supply all their needs as well as protection. In Jesus name, Amen.

MAR. 14 **Matt 6:16-17** Whenever you fast, do not put on a gloomy face as the hypocrites do, for they neglect their appearance so that they will be noticed by men when they are fasting. Truly I say to you, they have their reward in full.

PRAYER: What are the temptations you face? Where are your plans for spiritual growth during the Lent season? Write them down and pray.

Pray that God will strengthen you mentally and physically as you abstain from desires of the flesh.

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MAR. 15 **Matt 6:18-21 so that your fasting will not be noticed by men, but by your Father who is in secret; and your Father who sees what is done in secret will reward you.**

PRAYER: Let us not be afraid that our hearts can be concealed from God; but let us fear lest He perceive them to be more desirous of the praise of men than they are of that glory which comes from Him.

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MAR. 16 **Psalms 51:1 Be gracious to me, O God, according to Your loving kindness; According to the greatness of Your compassion blot out my transgressions.**

PRAYER: Thank God for the blood of Jesus - through Him our rebellion has been forgiven and blotted out for eternity.

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MAR. 17 **Psalm 51:7 Purify me with hyssop, and I shall be clean; Wash me, and I shall be whiter than snow.**

PRAYER: Thank God for purifying your heart and mind and for the spiritual cleansing.

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MAR. 18 **Psalm 51:10-11 Create in me a clean heart, O God, and renew a steadfast spirit within me.**

PRAYER: Thank God for His spirit of perseverance.

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MAR. 19 **Psalms 51:12 Restore to me the joy of Your salvation and sustain me with a willing spirit.**

PRAYER: Thank God for being a strong high tower that gives us strength to endure, the patience to withstand and the power to finish this race.

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MAR. 20 **PRAYER FOR THE BODY OF CHRIST AND LEADERS**

Father I come confessing Your Word over the Body of Christ and the leaders. I pray that they will be filled with knowledge of Your will in all spiritual things. I pray that they would live and conduct themselves in a manner worthy of You, doing what is pleasing to You-bearing fruit along the way. I pray that the Body of Christ and the leaders will be strengthened with all power according to the might of Your glory to perform Your will. Father, let the Word of Christ make its home in their hearts and minds that it may dwell in them richly as they teach and train each other. I pray that whatever they do in Word or deed it will be done in the name of Jesus, giving praise to You. Thank You Lord!

MAR. 21 **Joel 2:1-5 Blow a trumpet in Zion, and sound an alarm on My holy mountain! Let all the inhabitants of the land tremble, for the day of the LORD is coming; surely it is near.**

How does the idea of God's discipline make you feel, loved or fearful?

PRAYER: God will not send us where He is not present. Praise the Lord for His presence. Praise Him for keeping His word, that He will never leave nor forsake us.

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MAR. 22 **Gen. 9:8-17 "I establish My covenant with you; and all flesh shall never again be cut off by the water of the flood, neither shall there again be a flood to destroy the earth."**

Give God glory for the covenant which He established between Himself and all flesh that is on the earth.

PRAYER: In days of tribulation You are our refuge, our safe shelter. Help us to trust that you will keep the covenant you have made with us.

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MAR. 23 **2 Cor. 5:20 Therefore, we are ambassadors for Christ, as though God were making an appeal through us; we beg you on behalf of Christ, be reconciled to God.**

How is God calling me to fast from the excesses of the world? How is he requesting me to be a better leader? Am I a disciplined believer of Jesus Christ?

PRAYER: Ask God to grant us courage, to find and remove the splinters from our souls so that we may thrive for His glory.

NOTES: _____

MAR. 24 **Psalms 25:16-17 Turn to me and be gracious to me, for I am lonely and afflicted. Relieve the troubles of my heart, and bring me out of my distress**

When we face old wounds, we experience the healing that comes from God.

PRAYER: Ask God to grant us courage, to find and remove the splinters from our souls so that we may thrive for His glory.

NOTES: _____

MAR. 25 **Nehemiah 1:1-11 [Emphasis on v. 4] Nehemiah] sat down and wept, and mourned for days, fasting and praying before the God of heaven.**

Where can I serve God by caring for those in need? Starting with Iraq and Haiti.

PRAYER: Sometimes we feel we can do so little to ease the pain of so many. Today ask God to guide you to a place where your gift(s) can do the most good; where you can serve Him best and His suffering children.

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MAR. 26 **1 Peter 3:21-22 who is at the right hand of God, having gone into heaven, after angels and authorities and powers had been subjected to Him.**

Everything is at Jesus' feet. It is in His authority. Take everything to Him in prayer.

PRAYER: Thank God for the blood of Christ, for by His blood we are pardoned and cleansed so that we can come before him boldly.

NOTES: _____

MAR. 27 **Mark 9:1-15 And He was in the wilderness forty days being tempted by Satan; And He was with the wild beasts, and the angels were ministering to Him**

PRAYER: As we pass through the wilderness and are tempted by desires of the flesh, begin to thank the Lord for the Holy Spirit and His ministering spirits (angels) who helps to order our steps in the path of righteousness for His name's sake.

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MAR. 28 **Marriages and Families**

Father, in the name of Jesus, I pray for marriages everywhere. Your Word says that the Holy Spirit who is within us sheds love abroad in our hearts. I pray that Your love be displayed and expressed in truth in all marriages. Lord, Your Word says You work things together for Your good according to Your will, and works in that which is pleasing in Your sight. So, Father, for those couples who have committed themselves to live in mutual harmony and on accord with one another, I pray that You will strengthen their marriage that it may grow stronger day by day--that it be rooted and grounded in Your love. I thank you in advance for the performance that is taking place even now. In Jesus' name.

MAR. 29 **Exodus 20:1-17 "I am the LORD your God, who brought you out of the land of Egypt, out of the house of slavery."**

PRAYER: Meditate on the Ten Commandments.

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MAR. 30 **Psalms 19-7 The law of the LORD is perfect, restoring the soul; the testimony of the LORD is sure, making wise the simple.**

Sometimes we are overwhelmed by everyday trials, but God is not only an instructor but a restorer. When may be overwhelmed but God is not.

PRAYER: Lord, help us to feel your presence when we are overwhelmed. Open our eyes to see the simple things. Forgive us for not leaning on You for help and hope.

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MAR. 31 **Psalms 19:14 Let the words of my mouth and the meditation of my heart be acceptable in Your sight, O LORD, my rock and my Redeemer.**

PRAYER: Ask the Holy Spirit to govern and sanctify you with God’s words and thoughts; to preserve you from sins that constantly challenge you. Thank the Lord for being your Rock (strength) and your Redeemer who is able to deliver you from the power of guilt and sin.

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Mark 11:24 (NIV) Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours.

Faith starts prayer to work—clears the way to the mercy-seat. It gives assurance, first of all, that there is a mercy-seat, and that there the high priest awaits the prayers and the prayers. Faith opens the way for prayer to approach God. But it does more. It accompanies prayer at every step she takes. – E.M. Bounds

PRAYER: Thank the Lord as He is faithful even when we are faithless.

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APR. 1 **Haggai 1:1-11 [Emphasis 4-7] Is it time for you yourselves to dwell in your paneled houses while this house lies desolate?" Now therefore, thus says the LORD of hosts, "Consider your ways! "You have sown much, but harvest little; you eat, but there is not enough to be satisfied; you drink, but there is not enough to become drunk; you put on clothing, but no one is warm enough; and he who earns, earns wages to put into a purse with holes." Thus says the LORD of hosts, "Consider your ways."**

Am I spending so much time for myself, that I am neglecting the things to build God’s kingdom?
...for my family....

PRAYER: Ask God to forgive us for putting other things before Him. Help us to do what needs doing without letting it interfere with our walk with Him. Pray that the Lord will give us the zeal to promote His glory, and to keep His worship pure.

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APR. 2 **Philippians 1:6 For I am confident of this very thing, that He who began a good work in you will perfect is until the day of Christ Jesus.**

God wants us to have a "now" faith -- to love, to praise, to worship now. It is on this side of heaven that our words and actions count with those around us. Have I shown my love for God, family, and friends today?

PRAYER: Ask God to strengthen us to speak words of love to those around us; and to let us live and love in the present time. Ask the Holy Spirit to reveal to you the ones you have neglected. Make a list and pray to be forgiven and/or reconciled.

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APR 3 **COMMUNITY**

Father, I have the confidence that you hear my prayers and if you hear my prayers you will answer. Father, our communities and families are being challenged everyday. I ask that you would help us get rid of the things that hinder us from coming closer to our neighbors. Father, bring into our lives friends who also love you so that we may strive together to help build a better community. Help us to encourage each other daily while it is still day. Father, let our deeds, words and thoughts be in charity. Let our hearts grow and encompass the whole world so that all may know and love you. Father as Abraham and Noah built that which brought glory to you, let us have that same victory to build you kingdom in communities in which you have assigned to us. We ask this with confidence in the name of the precious blood of Jesus-the victory has been won and now it is ours to claim. In Jesus' name, amen.

APR 4 **Isaiah 6:1 In the year that King Uzziah died, I saw also the Lord sitting upon a throne, high and lifted up, and his train filled the temple.**

It is impossible to behold the Lord's glory when we are filled with self-love and are pursuing our own will and way. When self-exaltation and self-will die, then we will see the Lord.

PRAYER: Pray, asking the Lord to remove ourselves and obstacles out of the way so that we may hear His voice.

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APR 5 **Numbers 21: 4-9 And Moses made a bronze serpent and set it on the standard; and it came about, that if a serpent bit any man, when he looked to the bronze serpent, he lived.**

Past experiences cannot be taken into the newness God has planned for you.

PRAYER: Ask the Lord to help you walk out of your past so that you may experience your future.

NOTES: _____

APR 6 **Psalm 107:1-3 Oh give thanks to the LORD, for He is good, For His loving-kindness is everlasting.**

Just bless the Lord today!

PRAYER: Let the redeemed of the LORD say, “blessed is he who the Lord has redeemed from the hand of the adversary.”

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APR 7 **Lost Souls**

Father, Your Word says that we should admonish and urge that petitions, prayers, intercessions and thanksgivings be offered on behalf of all men. So, Father, I come before You, praying for those that are lost-man, woman, boy and girl from the north, south, east and west. I am interceding and believing, by faith that even now, many this day will have the opportunity to make You Lord over their souls. Father, Your Word says that You give sight to the blind. It says that whatsoever is bound on earth is bound in heaven. By faith, I bind Satan’s blinding spirit of darkness and loose any assignment against those who have the opportunity to make You Lord today. I confess that those who do not know Jesus will see and understand who Jesus is-that they shall come out of the snares of the enemy into the marvelous light. In Jesus’ name.

APR 8 **Psalm 107:17-22 He sent His word and healed them, and delivered them from their destructions.**

There isn’t anything that you are going through, been through or facing that God cannot handle.

PRAYER: Thank You Lord for when we cried out to You in our time of trouble, You delivered us out of despair.

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APR 9 **Ephesians 2:1-5 Among them we too all formerly lived in the lusts of our flesh, indulging the desires of the flesh and of the mind, and were by nature children of wrath, even as the rest.**

PRAYER: Praise the Lord for He is rich in mercy and because of the great love He has for us, even when we were dead in our transgressions, through grace He made us alive together with Christ.

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APR 10 **Ephesians 2:5-10 For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand so that we would walk in them.**

Do I look on salvation as a gift or as a personal accomplishment? Has my baptism - my sharing in the life of Christ - made any difference in my life today?

PRAYER: Give thanks to God for we have been saved from sin and we are made partakers of the Spirit of holiness.

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APR 11 **John 3:16-18 "For God so loved the world, that He gave His only begotten Son, that whoever believes in Him shall not perish, but have eternal life."**

Let us begin today to meditate on verse 18; "He who believes in Jesus is not judged however; he who *does not* believe has been judged already, because he has not believed in the name of the only begotten Son of God."

PRAYER: Let us pray for many more to believe on the name of Jesus. Make a list.

NOTES: _____

APR 12 **Nehemiah 2:18 I told them how the hand of my God had been favorable to me and also about the king's words which he had spoken to me. Then they said, "Let us arise and build." So they put their hands to the good work.**

The monies that you would have spent for lunch today, give it to the Dream fund to continue to build God's kingdom.

PRAYER: Pray

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APR 13 **Matthew 6:19-21 Do not store up for yourselves treasures on earth, where moth and rust destroy, and where thieves break in and steal But store up for yourselves treasures in heaven, where neither moth nor rust destroys, and where thieves do not break in or steal for where your treasure is, there your heart will be also.**

Jesus paid it all. He can help us to overcome life's trials and move in ways we can never think of. God's grace has paid our debts.

PRAYER: Ask God to renew you each day and help you overcome your shortcomings. Lay aside your treasure that you would have spent for lunch this week. Ask the Holy Spirit to reveal to you whom to give it to.

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APR 14 **Philippians 2:6-11**

Jesus emptied himself for us. As you read this passage what strike you most? Give something to someone that you would like to keep for yourself.

PRAYER: Ask God to reveal to you the things you have not emptied of yourself.

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