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TRUTH INTERNATIONAL CHURCH MINISTRIES, INC.

JUDAH SOUTH (EXTENSION OF TICM, INC.)

AAWLIVE (AAW MINISTRIES)

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### **BIBLICAL FASTING**



AS WE FAST BEFORE THE LORD, WE STAND ON THESE PILLARS...

#### PRAYER (MT. 17:21).

"Howbeit this kind goeth not out but by prayer AND fasting" (Matt. 17:21)
.Biblical fasting in every occasion is connected with an intensified attention to prayer and fellowship with God. Fasting apart from prayer is not biblical fasting.

### CONFESSION OF SINS (DAN. 9:3-6).

"And I set my face unto the Lord God, to seek by prayer and supplications, with fasting, and sackcloth, and ashes: And I prayed unto the Lord my God, and made my confession, and said, O Lord, the great and dreadful God, keeping the covenant and mercy to them that love him, and to them that keep his commandments; We have sinned, and have committed iniquity, and have done wickedly, and have rebelled, even by departing from the precepts and from thy judgments: Neither have we hearkened unto thy servants the prophets, which spake in thy name to our kings, our princes, and our fathers, and to all the people of the land" (Dan. 9:3-6; see entire chapter).

Biblical fasting is directly connected with periods of special repentance and confession of sins.

#### SERVICE TO GOD (ISAIAH 58:6-8).

Biblical fasting is abstinence from food and perhaps other physical pleasures in order to focus on an evident spiritual problem or need. It is not a ritual to be performed in a superstitious manner, hoping that the act of abstaining from food would merit some form of blessing, but is a special time of devotion to God in prayer and withdrawal from normal pleasures for a definitive objective.

# RENEW 2020 FOCUS

PSALM 104:24-34 KJV

[24] O LORD, HOW MANIFOLD ARE THY WORKS! IN WISDOM HAST THOU MADE THEM ALL: THE EARTH IS FULL OF THY RICHES. [25] SO IS THIS GREAT AND WIDE SEA, WHEREIN ARE THINGS CREEPING INNUMERABLE, BOTH SMALL AND GREAT BEASTS. [26] THERE GO THE SHIPS: THERE IS THAT LEVIATHAN, WHOM THOU HAST MADE TO PLAY THEREIN. [27] THESE WAIT ALL UPON THEE; THAT THOU MAYEST GIVE THEM THEIR MEAT IN DUE SEASON. [28] THAT THOU GIVEST THEM THEY GATHER: THOU OPENEST THINE HAND, THEY ARE FILLED WITH GOOD. [29] THOU HIDEST THY FACE, THEY ARE TROUBLED: THOU TAKEST AWAY THEIR BREATH, THEY DIE, AND RETURN TO THEIR DUST. [30] THOU SENDEST FORTH THY SPIRIT, THEY ARE CREATED: AND THOU RENEWEST THE FACE OF THE EARTH. [31] THE GLORY OF THE LORD SHALL ENDURE FOR EVER: THE LORD SHALL REJOICE IN HIS WORKS. [32] HE LOOKETH ON THE EARTH, AND IT TREMBLETH: HE TOUCHETH THE HILLS, AND THEY SMOKE. [33] I WILL SING UNTO THE LORD AS LONG AS I LIVE: I WILL SING PRAISE TO MY GOD WHILE I HAVE MY BEING. [34] MY MEDITATION OF HIM SHALL BE SWEET: I WILL BE GLAD IN THE LORD.

PSALM 51:10-12
CREATE IN ME A CLEAN HEART, O GOD,
AND RENEW A STEADFAST SPIRIT WITHIN ME.
DO NOT CAST ME AWAY FROM YOUR PRESENCE
AND DO NOT TAKE YOUR HOLY SPIRIT FROM ME.
RESTORE TO ME THE JOY OF YOUR SALVATION
AND SUSTAIN ME WITH A WILLING SPIRIT.

PSALM 23:3

VERSE CONCEPTS

HE RESTORES MY SOUL;

HE GUIDES ME IN THE PATHS OF

RIGHTEOUSNESS

FOR HIS NAME'S SAKE.

ISAIAH 40:30-31
THOUGH YOUTHS GROW WEARY AND TIRED,
AND VIGOROUS YOUNG MEN STUMBLE BADLY,
YET THOSE WHO WAIT FOR THE LORD
WILL GAIN NEW STRENGTH;
THEY WILL MOUNT UP WITH WINGS LIKE EAGLES,
THEY WILL RUN AND NOT GET TIRED,
THEY WILL WALK AND NOT BECOME WEARY.



ACKNOWLEDGE GOD AS **CREATOR**ACKNOWLEDGE GOD AS **PRESERVER** 

ACKNOWLEDGE GOD AS **RESTORER** 

### THE COMMITMENT



#### WEEK 1

August 11 (starting at 7pm) - August 17 We begin with no meat (chicken, pork, beef) No fast foods (salads are an exception).



#### WEEK 2

August 18 - August 24 Same schedule as week 1 No Sweets | No sodas | No Pastas | No Rice



#### WEEK 3

August 25 - August 31 Same schedule as week 1 & 2 Eat Fruits, Vegatables and Water Only



7PM | AUGUST 11-31, 2020 | 7PM

stTHE LAST 24 HOURS WILL BE WATER ONLY FOR ALL THAT ARE ABLE TO DO SO



IF YOU HAVE ANY PRE-EXISTING MEDICAL CONDITIONS, OR IF YOU FEEL SICK, PLEASE CONSULT
A MEDICAL PROFESSIONAL OR SEEK MEDICAL ATTENTION. PLEASE ADHERE TO YOUR
DOCTOR'S INSTRUCTIONS AND CONSUME ALL PRESCRIBED MEDICATION GIVEN TO YOU BY
YOUR PRIMARY CARE PHYSICIAN



### THE CONNECTIONS

#### THE RENEW 2020 PRAYER AND INTERCESSION CALL

#### **NIGHTLY AT 9:00PM**

MONDAY - FRIDAY Saturdays at 7AM Only

Dial: 1-800-201-7439 (Toll Free)

407-205-0551 (Local)

Code: 168128#



Truth Nation Church Online Worship Experience Every Sunday 11:30AM | Every Thursday 7:00PM





WATCH LIVE HERE: www.truthorlando.com www.facebook.com/truthnation

Judah Church South Online Worship Experience Every Saturday 6:00PM

WATCH LIVE HERE: www.aawlive.com www.facebook.com/judahlivesouth





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### THE COMMUNION

As We Pray, we must, in detail target our prayers, and pray with intelligence. Intelligent prayers yield results. According to James 4 we must committ to:

- ·Ask that we may have!
- ·Ask appropriately that God may hear!
- ·Abandon the way of the World!
- ·Accept God's grace and embrace humility!

#### PRAY FOR SPECIFIC PEOPLE AND SITUATIONS IN DETAIL

#### I COMMIT TO PRAY FOR (LIST NAMES)

List those you need salvation or deliverance!

Name	Relationship:
Name	Relationship:
Name	Relationship:
Name	Relationship:

Praying daily for all who are impacted throughout the fast in the following areas:

Prayer for family who need salvation
Prayer for those having a health challenge
Prayer for those who are in bondage
Prayer for America and it's leaders
Prayer for financial provision
Prayer for RENEWAL in every area of life!



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My Praye	er Partner is	S:						
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I will commit to pray for them and I will ask them to hold me accountable.

### THE CONFESSION

As we stand on the Word of God, We know that the power of confession is a part of our faith commitment. Let's make this faith confession knowing that our words carry weight when coupled with Faith.

Father, I acknowledge you as CREATOR of all things. According to your word the earth is yours and all things in it. Therefore, you are not just creator but RULER of all things. You have established your works from the beginning and your mercy endures forever.

We are your people and thus we've been given the opportunity to function like you in the earth. I take my rightful place as created by God and I decree as I have been given authority, that My life is preserved by the God of preservation. I declare, that my mind is alert, my heart is yielded to God, and my body is subjected to the Will of God!

I boldly decree that the past is no longer a stumbling block and my future is secure because of the preserving power of God. I rightfully expect deliverance from bondage and freedom from fear and I speak RENEWAL over my entire existence.

I decree I shall be renewed, my family is renewed, my opportunities are renewed, my focus is renewed, my church is renewed and the Body of Christ is renewed in Jesus Name!

Finally, I boldly declare the restorative power of God is made known in my situations. Restored health, restored wealth, restored connections and restored purpose. As I acknowledge God as creator, He shall preserve me and restore me In Jesus Name, AMEN! It is so and it is finished!

\*During your time of fasting...an assignment to get you stirred spiritually would be to find scriptures to support the above confession. Search well and post what you find and tag our Senior Pastors (Andre Alan Williams)









dismayed, for I God.

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### THE CONCLUSION

Fasting is necessary to temper our desires. Simultaneously, we will be spiritually empowered. Many report better elevated spiritual clarity while on or shortly after an extended fast. Biblically accurate fasting is not a dieting process, missing a meal or two because we were too rushed to eat, or a hunger strike to get someone to do something. Biblically accurate fasting is a mental and vocal declaration of doing without food in order to achieve spiritual strength, answers and direction. It can and does often assist in the following: receiving the Holy Ghost (Acts 10:1-48); spiritual deliverances (Mark 9:29); and in obtaining skills, understanding and wisdom (Daniel 9:2-3, 21-22). Through fasting victories are won, power is received and deliverances are performed. Kings and commoners, priests and prophets, and cities and nations fasted in the Bible. Revivals and renewals are recorded as occurring during or directly after a fast. Paul fasted three days prior to his conversion experience and Cornelius was fasting when an angel appeared unto him, prior to his conversion. Jesus expected us to fast. He said that his followers would fast when the Bridegroom would no longer be with them and Matthew 6:16 records Him as saying, "When ye fast..." Clearly Christians are to fast. Christians should fast when the Holy Spirit prompts us. Fasting by inspiration is often the easiest time to fast, because we feel heavily "impressed" to do so. Christians should also fast by commitment. Dedication and consecration to God's cause strongly suggests that we fast simply because we are told to do so.

#### WHAT WE SHOULD DO WHILE FASTING.

- · Loose the bands of wickedness. We are to disengage ourselves from anything we are doing that displeases God.
- Undo heavy burdens. We should seek to lay aside physical & spiritual burdens to the extent possible. Our focus should be on God.• Let the oppressed go free. Give men freedom. Forgive and release others who have wronged or offended us. Treat others in a just manner.
- Break every yoke. Lay aside every weight & sin that besets us, breaking yokes that bind us & hinder us from being spiritual.
- Give of ourselves to those who are in need. Feed those who are hungry, cloth the naked, and do not hide ourselves from our fellow man who is in need.
- · Anoint head and wash face. Shower, put on perfume, fix your hair, and do not seek to appear sullen or physically weak.
- · Fast unto your Father which is in secret. Fast as discreetly as possible.
- \* TIP: If you accidentally break a fast, do not use it as an excuse to stop fasting altogether. Just pick up where you left off.