



**FAST FOCUS, MONDAY, AUGUST 28, 2017  
FASTING INSTRUCTIONS**

**WE WILL FAST from 6:00 AM MONDAY MORNING 6:00 PM MONDAY  
EVENING**

**WE WILL OBSERVE THE FAST BY ABSTAINING FROM RED MEAT  
AND FRIED FOODS**

**PLEASE DEVOTE THIS TIME TO READING YOUR BIBLE AND  
PRAYER AS TIME PERMITS**

Please consult your physician if you are insulin dependent, an expectant or nursing mother or if you have a pre-existing medical condition. While fasting is a spiritually fulfilling exercise, God would not command a physical exercise that would harm His people physically or emotionally.

**365 Days of Coverage**

**When I am afraid, I will trust in you.  
In God, whose word I praise, In God I trust;  
I will not be afraid. What can mortal man do to me?  
Psalm 56:3-4**

It is a given that humankind learns best by association and repetition. This is a known fact in the sales industry. It is believed the television commercials that are broadcast with the greatest amount of frequency have the most lasting effect on consumers.

When we think of car insurance, we recall the commercial on Liberty Mutual with the view of the Statue of Liberty in the background. This gives the idea of freedom. For home insurance, our mind recalls Allstate and the assurance that we are in “good hands.”

There has been much study on phrases or themes, which appear with great frequency throughout the Bible. One phrase or theme is repeated more than 365 times. This phrase or theme is “Fear Not.”

The above referenced scripture was penned by David who was running for his life. David felt sandwiched between his enemies and trouble. Saul was on one side and the Philistines were on the other. However, even in the midst of his troubles, David was able to say, “In God have I put my trust; I will not fear what flesh can do unto me.”

Daily we are bombarded with news and hourly occurrences that fall into several categories. These situations are seemingly orchestrated to shake our faith, make us lose our footing or to place us in doubt and fear that we will not be delivered.

As Saints of God, we are prompted to have a different view of difficulties. We are not to fear, be dismayed, intimidated, or live in doubt that things will not work out for our good and God's glory.

The more we focus on the Word of God and the awesomeness of God's love for us, we become well aware of the expected end planned for us.

In Jeremiah 29:11, “For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future.”

Each day God gives us assurance of his presence in our lives. God, being a God of order, has worked out every detail, every planned outcome, for our lives.

Twenty-four hours a day, seven days a week, God is operating in our lives with his “expected end” already in place. We are not to fear. With over 365 times where the phrase or theme of “Fear Not” is found in the Bible, we have divine coverage for each day of the year.

As we face the coming days, we are admonished to follow a plan that promises peace and joy.

**Daily Plan of Action:**

1). "When I am afraid of \_\_\_\_\_,  
"I will trust in you, O Lord."

2). During my time of peace and rest, I will continue to pray and focus on ways to take refuge in the Lord when turbulent times present themselves.  
"I will trust in you, O Lord."

3). As my surroundings change and feelings of unrest try to invade my peace, I will seek the scriptures that remind me of God's divine coverage of protection and repeat them with confidence. "I will trust in you, O Lord."

### Prayer

Oh God, our God, God of the universe. Our God who is greater than any problem we can ever face. Thank you for your endless love, your divine protection, and your unfathomable power you show us every day. Help us to put all our trust in you in spite of the challenges we may face in our finances, on our jobs, in our homes or in our health. Remind us to Fear Not for you are forever with us and promise to keep us, no matter what. We pray this prayer in the Mighty Name of Jesus Christ, Amen.

### Scripture References:

Psalm 56:3-4, Psalm 23:4, Joshua 1:9, Isaiah 43:1, Isaiah 43:5, Jeremiah 29:11  
There are multiple references can be found throughout the Bible: II Timothy 1:7, Hebrews 3:6, I John 4:18, Genesis 15:1, Exodus 14:13-14, Judges 6:10, Psalm 27:3, Psalm 46:2, Psalm 78:53, Psalm 118:6, Matthew 10:26, Acts 27:24, Romans 8:15

Submitted by Pastor Nadolyn Woody-Dunigan