



FAST FOCUS WEDNESDAY, SEPTEMBER 13, 2017

Fasting Instructions

WE WILL FAST WEDNESDAY, SEPTEMBER 13, 2017 from 6AM TO 6PM

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

We will observe the fast by abstaining from foods except vegetables, fruits, water and juice

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.

“Fix Your Focus on Jesus”

Matthew 14:29

He said, "Come." So Peter got out of the boat and walked on the water and came to Jesus. But when he saw the wind, he was afraid, and beginning to sink he cried out, "Lord, save me." Jesus immediately reached out his hand and took hold of him, saying to him, "O you of little faith, why did you doubt?" And when they got into the boat, the wind ceased.

Matthew 14:29

There is a lesson to be learned even in the simplest of events in our everyday life. These events are orchestrated to remind us of ways in which we can daily increase our faith walk.

As a part of the eye doctor's visit, a Visual Field test is frequently administered to check a patient's peripheral vision. It shows how well one can see objects that are outside our direct focal point. While seated at an apparatus, the instructions are given to look into the machine and to maintain focus on the object in the middle of the screen.

It is explained that during the test small lights would appear from time to time in various places around the screen. The patient is given a buzzer to press each time he or she notices the occasional lights around the screen. However, in the instructions given you are not to ever take

your eyes off the object in the middle of the screen. If your focus is taken off the object in the middle of the screen, the test would be invalid and it must be repeated.

Prior to this passage in Matthew 14, Peter and his fellow disciples had heard Jesus teach with great authority as well as perform many miracles. As a fisherman, Peter was well acquainted with the water and because of his profession he was skilled at traveling in boats.

However, in this passage the boldness of Peter was shown, as he trusted Jesus enough: (1) to get out of the boat and (2) to join Jesus in taking a stroll on the water. To walk on the water, Peter must have understood the instructions given in Proverbs 3:5-6 (KJV) which tells us, “Trust in the Lord with all thine heart and lean not unto thine own understanding. In all thy ways acknowledge Him and He shall direct thy paths.”

Initially, Peter was focused on Jesus who he had seen walking on the water and, in doing so, Peter walked on the water too. The trouble arose when Peter took his focus off Jesus. Fear raised its head when Peter placed his focus on the currents and waves that were beneath them. As a result, Peter began to sink.

The good news in this passage is Peter recognized his error in losing his focus. When Peter began to fall, he immediately refocused his sight on the only one who could save him – Jesus. Without any hesitation, Jesus reached out to save Peter first then questioned him about his lack of faith. With Jesus, it is always first things first. Jesus shows us how to prioritize our actions.

Jesus had given Peter permission to walk on the water with Him. The spoken word given by Jesus was and forever will be stronger than the all the gravity within the earth which could threaten to pull Peter or us down. So often, when we are faced with difficult life situations, we too, like Peter, tend to lose our focus. We lose focus of the one who is able to save us, sustain us and even deliver us from or in the middle of any calamity. No force is stronger than the Word of God. No problem can outlast the Word of God. The Bible tells us in Isaiah 40:8, “The grass withers, the flower fades, but the Word of our God will stand forever.”

When faced with sickness or an unfavorable diagnosis, we must focus not on the illness but on the one who is the healer of all our diseases. There is no disease that Jesus cannot heal.

When we are in financial distress, due to unemployment or underemployment, we must not put our faith or our focus on a bank statement, but focus on the statement made by the one who owns the cattle on a thousand hills. We must focus on the one who is able to provide all of our needs with limitless sources. A job is not our source, it is our resource. God is our source.

When in grief and mourning, remember that you are not ever left alone. For although we may not understand the ways of God, we must trust the Heart of God. Even in the midst of sorrow's valley, the psalmist reminds us in Psalm 23:4 (KJV), "Yea though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and staff they comfort me." God has given us His word in John 14:18 (KJV), "I will not leave you comfortless: I will come to you."

The Bible tells us, "For we walk by faith, not by sight." (2 Corinthians 5:7 KJV) Therefore, our faith is tied to Jesus, the one who is "the author and finisher of our faith" (Hebrews 12:2a KJV).

Action Steps:

1. Pray and Meditate on the Word of God daily. Everything else is only a distraction.
2. For every negative thought or event that attempts to invade your peace focus on a positive affirmation that God has given you in His Word. For every fear or concern, turn to God in prayer and allow the Holy Spirit to lead you to scriptures that speak of His amazing acts of power and force in overcoming every situation.

Example Affirmation: "I can do all things through Christ that strengthens me."
(Philippians 4:13 NKJV)

3. The key point to remember is to maintain your focus on Jesus. "Glance at the problem but Gaze at the Problem-solver."

Prayer

Dear God, We thank you for so many things that we cannot name them all. We thank you for your undying love toward us. We thank you for your Word that confirms your love for us and we thank you for your power to see us through every situation in our lives. We thank you for showing yourself to us through even the simple things to remind us of your presence. We thank you for supplying us with all our needs even when we lose our way. We thank you God for your hand which is forever near and available to us. Help us to keep our focus on you. It is in the marvelous and matchless name of Jesus we pray. Amen

Reference scriptures:

Matthew 14:29

Submitted by Pastor Nadolyn Woody-Dunigan