



**FAST FOCUS, SATURDAY, OCTOBER 7, 2017  
FASTING INSTRUCTIONS**

**WE WILL FAST from 6PM SATURDAY UNTIL MIDNIGHT SUNDAY  
MORNING**

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

**We will observe the fast by abstaining from all foods except JUICE, WATER  
AND FRUIT**

**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.**

A Fence of Protection  
Exodus 14:19-20 NIV

“Then the angel of God, who had been traveling in front of Israel’s army, withdrew and went behind them. The pillar of cloud also moved from in front and stood behind them, coming between the armies of Egypt and Israel. Throughout the night the cloud brought darkness to the one side and light to the other side; so neither went near the other all night long.”

Exodus 14:19-20

This passage gives the reader just one of the many instances where God delivered the children of Israel during their journey to the Promise Land. Following a fit of anger, Pharaoh had released the Israelites from Egyptian bondage. Pharaoh, the horrible leader, realizing he had lost free laborers, sent his army to return and again enslave God's chosen people. As Pharaoh's army pressed forth to capture the Israelites, God took action to protect His own by setting up a blockade to cover and keep them separated from their enemy.

Just like the children of Israel, today we are often pressed on every side while traveling this journey of life. Pressures are hurled at us from not just behind but also from numerous directions.

We live in a culture where confusion is seemingly the norm and many persons find themselves in a state of anger, fear, or protest. There are unending episodes of racism, sexism, classism, and many other “isms” publicly displayed by those who are elected, selected, or expected to protect us.

Many persons experience feelings of hopelessness in the face of storms (both physical and emotional), floods, fires, earthquakes, and other natural disasters. Threats of economic loss render many of us unable to meet the basic needs of our family. An on-going menial squabble between lawmakers could result in the loss of healthcare coverage for millions. Even worse, it could be a matter of life-or-death for many citizens.

All too often, we are subjected to the reckless behavior of individuals who seemingly have a total disregard for the “life, liberty and the pursuit of happiness” of others.

Neither time nor space would permit us to list all of the issues that are pressing each participant in this fast or those outside the community of faith. Our current state of affairs is clearly described in 2 Corinthians 4:8-9, “We are troubled on every side, yet not distressed; we are perplexed, but not in despair; Persecuted, but not forsaken; cast down, but not destroyed;”

Thus, we are not left without hope and God does hear our voices. The psalmist makes it plain in Psalm 34:17, telling us, “The righteous cry, and the Lord heareth, and delivereth them out of all their troubles.”

Despite the negative realities that we may face, as Christians we can do so with faith and confidence in the Word of God. While these realities cause us concern, we are not to live in fear. The Bible reminds us in 2 Timothy 1:7, “For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.”

Our confidence in the word of God reminds us that we have a shield, protector, and deliverer. Psalm 34:19 tells us, “Many are the afflictions of the righteous: but the Lord delivereth him out of them all.”

Given the confidence we have in the Word of God, we can operate in “Daring Faith.” We can find rest knowing that our trust in God has great benefits. We have the assurance of these benefits in 1 Corinthians 2:12, “Now we have received, not the spirit of the world, but the spirit which is of God; that we might know the things that are freely given to us of God.”

We can move forward in “daring faith” in the face of real or perceived issues that threaten our peace. We can use the power God has given us in our words. The Bible tells us that He uses words to “call those things which be not as though they were” (Romans 4:17).

Regardless of our circumstances, we are assured of the power found in God's name. Proverbs 18:10 states, “The name of the Lord is a strong tower: the righteous runneth into it, and is safe.”

Action Plan:

1. Begin each day with prayer, making your petitions to God about your situations.

2. Then turn your focus to the promises of God written in the word that reveal God's power and ability to protect and deliver.
3. Conclude your period of prayer and fasting by thanking God in advance for your deliverance and remain in a mode of thanksgiving throughout each day.

Prayer:

Dear Heavenly Father, you are our God who knows all, sees all, and controls all. We are forever confident in your power and grateful for your love toward us. Thank you God for being the ultimate parent that we need even though we do not deserve it. We thank you that no thing can harm or destroy us because you are our protector. May we continually rest in your grace that you extend to us. We thank you that each morning you provide us with brand new mercies that are suited specifically for that day. Help us Lord to daily walk in the way that you have ordained for us. We pray this prayer in the Name of Jesus. Amen

Scripture References:

Exodus 14:19-20, Psalm 18:2, Psalm 34:17, Psalm 34:19, Psalm 46:1-3, Proverbs 18:10, Lamentations 3:22, John 8:36, Romans 4:17, 1 Corinthians 2:12, 2 Corinthians 4:8-9, 2 Timothy 1:7, 1 Peter 4:12-16