



**FAST FOCUS, SATURDAY, DECEMBER 9, 2017  
FASTING INSTRUCTIONS**

**WE WILL FAST from 6:00am morning Saturday until 12:00pm Noon Saturday afternoon.**

**We will observe the fast by abstaining from all foods except water, juice and fruit.**

**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.**

**“But there is a God in heaven...” | Daniel 2:28**

“But there is a God in heaven...” are powerful words uttered by Daniel to King Nebuchadnezzar in response to his request that his dream be interpreted after he could not figure out the dream’s meaning. King Nebuchadnezzar summonsed the wise men of Babylon to interpret his dream, and anyone who could not offer an interpretation was to be executed. After inquiring about the king’s decree, Daniel basically tells the king that there is no one who can honor his request, but there is a God in heaven that reveals mysteries; God can tell him everything he wants to know. This phrase that Daniel declares is good news because it houses an assurance that has the power to change everything.

Just like King Nebuchadnezzar, there are times when we find ourselves staring in the face of uncertain circumstances, wondering if anyone can help us. We reach

out to our “connections”, we seek the counsel of advisors, we make phone calls, and send emails and text messages to those who we think can help us. We even seek the help of family and friends as a last resort, but ultimately, we are faced with the reality of human limitations. But then we find hope... When all of our earthly resources have been exhausted, we look to God in heaven to come to our rescue. Sometimes, we are guilty of making God our last resort instead of our first option. When we seek God first and ask for what we need, we can be endowed with celestial resources to help us. It is only because of the sufficiency of God’s power that we are able to execute God’s plan and vision for our lives. We cannot, in our own strength, face the ins and outs of life, but there is a God in heaven! There IS [present-tense] a God in heaven who stands ready and willing to engage in the details of our lives. Not only is there a God in heaven, that same God is present with us here in the earth.

When we are tempted to make unreasonable demands on ourselves and others, may we be reminded that there is a God in heaven who is all sufficient. God is omniscient, omnipotent, and omnipresent. God is...

### **Prayer:**

Lord, in your sovereign wisdom and infinite power, you have given us a record to remind us that you are in time, out of time, and on time. Daniel said out of his mouth that “there is a God in heaven”, and we can make the same bold declaration today. You ARE in heaven, you were in heaven, and you will be in heaven. We thank you, God, that we can call on you to be present with us. Thank you that you cannot be impeached or dethroned. Your reign is without end. We thank you that no matter what time it may be in the earth realm, it can always be accurately stated that there IS a God in heaven. So help us, oh God, to acknowledge you in all of our ways. Remind us that we are not on this walk of life by ourselves. You sit high and look low, and You send support from Zion. Thank you that you are and forever will be.

In Jesus name...

### **Plan of Action**

- Reflect on the last time you made God a last resort instead of a first option. Think of how differently things could have gone if you had sought God first.
- Make a commitment to seek God sooner rather than later.
- Take **intentional** time each day to thank God for being present, in heaven and in the earth.

Submitted by D.I.T. Shun Davenport