



Get F.I.T. 2023

Faithful. Intentional. Talking.

Book of
LUKE

Chapter
9

Verses
23-24



Prayer & Fasting Guide

Welcome To Our Get F.I.T. Fast

There is a flower called the Evening Primrose. I accidentally stumbled upon this flower while researching some things online. I was blown away by what I learned about this flower. The Evening Primrose is an incredibly special flower. It is a beautiful flower. The Evening Primrose has this amazing yellow color that's flattering to the eye.

Not only is it beautiful but it's also medicinal. There is an Evening Primrose Oil that's believed to be good for nerve damage caused by diabetes. It is also good for osteoporosis. It has been proven to help build bone density in elderly people.

However, the fact that it's beautiful and medicinal is not what makes it special. What makes it special is that it's also nocturnal. The Evening Primrose only blooms at night and that is mind blowing to me. That indicates that this flower is at its best in dark places. It looks its best and it produces its best in the dark situations.

This is proof that God can bring the best out of you in your darkest hour. Anything can bloom in the sunshine, but it takes something special to bloom in the dark. It is my prayer that the next 3 weeks of fasting and prayer will prepare us to shine brightly for God in every aspect of our life in 2023.

Get F.I.T. (Faithful, Intentional, Talking) Guide will provide information about fasting and encouragement through daily devotion while you fast. I am asking that you commit to the following:

- Commit to attending Sunday Service in person or virtually
- Commit to a full, partial, or absolute fast.
- Commit to personal prayer daily and corporate prayer every Monday at 6am.
- Commit to the devotional reading Monday-Friday.

The guide is designed to be used every day. How does this guide work?

- Sunday is aside for sermon notes and application.
- Monday – Friday provides daily devotions.
- Saturday is for rest and reflection on the week. We are asking that you write down which daily devotion spoke to you the most. Write down any answered prayers and prayer request for the upcoming week. We are also asking that you write down the names of anyone that is not saved or that is out of fellowship. Pray for them daily.

Pastor Eric D. Lee

What Is Fasting?

Fasting is defined as the abstinence from food and/or drink as an element of private or public religious devotion.¹ Food and drinks tend to represent the material things of life that can satisfy us physically but distort our view of life spiritually. It is easy to become dependent on and driven by the physical and material cares of the world and forget about the one who holds the world in His hand. David writes, “I humbled my soul with fasting” (Psalm 69:10). The goal of fasting is to separate ourselves from the physical and material things of the flesh and draw near to God spiritually.

What Are the Types of Fasts?

There are several types of fasting. The one you choose should challenge you. Remember that this is between you and God. It’s about spiritual discipline and drawing closer to God. Honor God with your best effort.

Type one—a **Full Fast**. Drink only liquids. Food is not permitted.

Type two—a **Partial Fast**. A partial fast is when you limit what food or liquids you eat or drink or limit the time you that you eat or drink. The Daniel Fast is considered a partial fast. You can combine the partial, full, and absolute fast. You can decide not to eat or drink from sunup to sundown or from sundown to sunup. The partial fast is flexible.

Type three—an **Absolute Fast** is not eating or drinking anything for a specified time. You should consult your family physician before beginning a fast.

If there are severe medical reasons that will limit your ability to fast from food or water, you should not attempt to do this. Rather, look for other ways that you can fast or participate, such as limiting how much time you spend watching television or surfing the Internet.

The Daniel Fast. Eat fruits and vegetables, and drink water and juice. **No** meats, sweets, or bread. The website <https://draxe.com/daniel-fast/> provides information about the Daniel Fast.

¹ Merrill, E. H. (1996). [Fast, Fasting](#). In *Evangelical dictionary of biblical theology* (electronic ed., p. 245). Baker Book House.

Week One: Faithfulness

Day 1

Sermon Topic _____

Scripture _____

Sermon Points _____

Day 2

God Is Committed to You

Romans 8:31-32

What then shall we say to these things? If God is for us, who can be against us? He who did not spare His own Son, but delivered Him up for us all, how shall He not with Him also freely give us all things?

Martin Luther King stated, “The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy.” This is one of my favorite quotes because it challenges us to respond properly when we face adversity. How we respond to difficulties in life matters because of who our God is. Romans 5:3-5 says, “And not only that, but we also glory in tribulations, knowing that tribulation produces perseverance; and perseverance, character; and character, hope. Now hope does not disappoint, because the love of God has been poured out in our hearts by the Holy Spirit who was given to us”.

Now, we do not glory, because we are going through tribulation. No one likes to experience tribulations in their life. We glory because God can bring something good out of our tribulations, and He never leaves us or stop loving us through our tribulations.

A few months ago, I dropped my brand-new iPhone. I am a very tall guy, so it was a really long and hard fall for my iPhone. The moment it fell I knew that my screen was shattered, and that my phone probably would not work. Surprisingly, when I pick my phone up, my screen was not shattered, and my phone was working fine. I forgot that I had a protective case on my phone and a screen protector for my screen. I could see cracks in my screen, and I could see scratches and scrapes on the phone, but my phone did not fall apart and stop working because it was protected.

Long and hard falls in our lives can make us forget that we are protected. Falls may leave scars and scratches but don't allow them to shatter your faith and cause you to fall apart. Our devotional scripture on today tells us that God loves us so much that He did not spare His own Son from death and torture when saving us from hell. God did not allow His Son to die for you so that He can turn around and leave you during difficult times. God loves you too much for that. God is committed to you.

Prayer

Heavenly Father, thank you for your commitment to us through your Son Jesus. Please remind us to look to the cross whenever our days are dark and hard and find encouragement. In Jesus name, Amen.

Day 3

The Best Possible Answer

2 Corinthians 12:8-9

Concerning this thing I pleaded with the Lord three times that it might depart from me. And He said to me, “My grace is sufficient for you, for My strength is made perfect in weakness.” Therefore most gladly I will rather boast in my infirmities, that the power of Christ may rest upon me.

Tests always gave me anxiety regardless of how prepared I was for them. I would stress myself out because I wanted to do my very best on the test. I remember preparing for the ACT test. This test would determine if I could go to college and play Division I basketball my freshman year. I sought out tutors for the test and asked friends that had successfully taken the test for advice. Some of my friends told me to choose “C” for any of the questions that I did not know the answer to. They told me to do so because “C” was the most common answer. Now, I’m not sure if that was true or not but I did score high on the test.

Sometimes we feel that “yes” is the most common answer that God gives us. Or, maybe we feel that yes is the only answer that God should give us when we pray. In our devotional text, Paul says that he asked God three times to remove the thorn from his flesh, but God said no. God told Paul that His grace was sufficient and that His strength was made perfect in Paul’s weakness. God has the right to say no, and it is right for God to say no. I would suggest that you read verse 7 as well. Paul understood that the “no” from God was the best thing for him because it kept him from being built up in pride. Sometimes God has to tell us no to protect us from dangers and devastation that we can’t see.

Find comfort in this. God told Paul no and never removed the thorn from his side, but God never moved from Paul’s side either. He covered Paul with grace, and He gave him the strength to overcome it. God is faithful to us whether the answer is yes, no, or wait. Make peace with the things that God said no to even if it was something you really wanted. No may not be your ideal answer, but it may be God’s best answer for that situation. Romans 8:28 says, “And we know that all things work together for good to those who love God, to those who are the called according to His purpose”. Trust God.

Prayer

Heavenly Father thank you for always having our best interest at heart. We do not always understand but we trust You. We realize that it’s Your grace and strength that’s keeping us in our times of weakness. We love you Father, In Jesus name, Amen

Day 4

Don't Come Down

Nehemiah 6:1-4

Now it happened when Sanballat, Tobiah, Geshem the Arab, and the rest of our enemies heard that I had rebuilt the wall, and that there were no breaks left in it (though at that time I had not hung the doors in the gates), that Sanballat and Geshem sent to me, saying, "Come, let us meet together among the villages in the plain of Ono." But they thought to do me harm.

So, I sent messengers to them, saying, "I am doing a great work, so that I cannot come down. Why should the work cease while I leave it and go down to you?" But they sent me this message four times, and I answered them in the same manner.

The first two days of our devotion focused on God's faithfulness to us. On today we want to switch our focus to our faithfulness to God. How often does a quick peek at Facebook turn into an hour-long journey through posts and stories on Instagram and TikTok? Time is wasted and tasks are incomplete because a quick peek turned into an hour-long distraction. Distractions are all around us. Have you ever watched the Kentucky derby or some other horse race? Trainers put blinkers or blinders on the eyes of racehorses to keep them focused on what's in front of them and not on the things going on around them. They want them to have a singular focus, because that gives them the best chance to be successful and win the race.

Nehemiah had a singular focus, and we should have the same if we are going to fulfill our God given purpose and reach our goals. At times it is necessary to put on binders and block things, people, and places out so that you can focus. Like Tobiah and Sanballat, distractions will not always present themselves as such. Distractions will disguise themselves as being something good, something needed or even something reasonable. Practice dealing with distractions just as Nehemiah did. Recognize them, avoid them, and stay focused on your goal. Don't allow anything to cause you to cease the work you are doing for God.

Prayer

Heavenly Father we thank You for all that You allow us to do for You. Thank You for keeping us from dangers seen and unseen. Father help us to stay faithful to the work before us. We want to honor You with our life and work on today. Guard our mind and hearts today. In Jesus name, Amen

Day 5

Stronger Together

Ruth 1:16-17

But Ruth said:

“Entreat me not to leave you,
Or to turn back from following after you;
For wherever you go, I will go;
And wherever you lodge, I will lodge;
Your people shall be my people,
And your God, my God.
Where you die, I will die,
And there will I be buried.
The LORD do so to me, and more also,
If anything but death parts you and me.”

In 1941 Winston Churchill declared, “united we stand and divided we fall”. That statement resonated with people all around the world. The truth is we are stronger together and that we need each other. Christ said that people will know that we are His disciples by the way that we love one another. 1 John 4:20 says, “If someone says, “I love God,” and hates his brother, he is a liar; for he who does not love his brother whom he has seen, how can he love God whom he has not seen? God expects us to have a vertical relationship with Him and horizontal relationships with each other.

Ruth shows us what it means to stick by someone as a loving friend. Ruth was faithful to Naomi. Naomi was in a terrible state of grief because of the death of her husband and her two sons. Naomi was bitter because of all she had gone through. She did not feel that she had anything to offer anyone, especially a daughter-in-law. She urged Ruth to leave her and go back to her homeland, but Ruth refused. Faithful and loving friends are not concerned about what you can offer them. Faithful friends are concerned about what they can offer you. Naomi needed love, compassion, and someone to walk with her through the most difficult time of her life. Ruth was there for Naomi and it changed Naomi's life. Do not underestimate the impact your presence has in the life of others. God rewarded Ruth's faithfulness to Naomi and he will do the same for you. Blessings often come when we are a blessing to others. Focus on being faithful and Godly friend to someone that is going through a difficult time.

Prayer

Heavenly Father thank You for being a faithful friend to us. Now Father we are asking that you help us to be a faithful friend to each other. We want to be empathetic, compassionate, kind and loving to those that are hurting or in need. Help us to be more like you. In Jesus name, Amen.

Day 6

Stick To the Plan!

Joshua 6:15-16;20

But it came to pass on the seventh day that they rose early, about the dawning of the day, and marched around the city seven times in the same manner. On that day only they marched around the city seven times. And the seventh time it happened, when the priests blew the trumpets, that Joshua said to the people: "Shout, for the LORD has given you the city! ; So the people shouted when the priests blew the trumpets. And it happened when the people heard the sound of the trumpet, and the people shouted with a great shout, that the wall fell down flat. Then the people went up into the city, every man straight before him, and they took the city.

I played with the Harlem Globetrotters and I loved every minute of it. I personally feel that Harlem Globetrotter show is the best family show ever. Most people that I meet have a Harlem Globetrotters story, even if it's just seeing the Globetrotters on Scooby Doo. Playing for the Globetrotters was simple and fun. All you had to do was stick to the plan, and the show would be a success. We always won! Likewise, success is imminent when we stick to God's plan for our lives.

Joshua was given a plan for God's people to conquer Jericho and the land that God had promised to them. Joshua was told to march around the walls of Jericho once a day for six days and seven times on the seventh day. Then they were to blow the trumpet and shout and the walls would fall down. The walls of Jericho were massive, and had never been penetrated, but everything happened exactly as God said. It was a strange plan, but it worked. Archaeologists have found pieces of the Jericho walls, so we know that this Biblical story is true. Impossible and amazing things can, and will happen when we are faithful to God's plan.

Sticking to God's plan requires faith, trust, and obedience. It might not make sense to you but trust God and keep moving. I encourage you to do whatever it is that God has told you to do and how He told you to do it. Remember that God's ways are not our ways, and His thoughts are not our thoughts. Stay faithful to His plan and watch the difficult walls begin to fall in your life.

Prayer

Heavenly Father, we know and understand that Your way is the best way for our lives. Father make Your plan clear to us and then provide what we need to follow it. Give us the faith we need to trust You blindly. Manifest Your promises in our lives. In Jesus name, Amen.

Day 7

Rest, Reflections, Prayers

Take time to rest and reflect on today. Escape the business of the week and do something you enjoy on today.

1. Which daily devotion spoke to you the most this week?
2. Who are you praying for this week?
3. What are your prayer requests for the week?
4. What prayers were answered this week?

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