

# Fasting Guidelines and Information

“Fasting begets prophets and strengthens strong men. Fasting makes lawgivers wise; it is the soul’s safeguard, the body’s trusted comrade, the armor of the champion, the training of the athlete.”

— Basil, Bishop of Caesarea (AD 330–379)

“Fasting... opens the way for the outpouring of the Spirit and the restoration of God’s house. Fasting in this age of the absent Bridegroom is in expectation of His return. Soon there will be the midnight cry, ‘Behold, the bridegroom! Come out to meet him.’ It will be too late then to fast and to pray. The time is now.”

— *God’s Chosen Fast*, Arthur Wallis

There has been a resurgence of fasting in recent decades, as God calls His people to regular fasting as part of a normal Christian lifestyle. We must prepare ourselves adequately so that the fast can honor God and fulfill its purpose. The following is a general overview of biblical precedent and guidelines for wise fasting to help and encourage you.

## Fasting Is Biblical

The practice of regular fasting as normal Christian behavior was taught by Jesus ([Mt. 6:16–17](#), [9:15](#)), exercised by the early church ([Acts 13:2](#)), and has been the regular discipline of believers throughout church history. The practice of fasting in Scripture usually includes, but is not limited to, abstinence from food ([Dan. 10:3](#)) and may be engaged in for varying durations—typically for no more than a few days at a time.

Abstaining from all food for extended periods of time is biblical, but was rare and unusual in Scripture ([Ex. 34:28](#); [1 Kgs. 19:5-8](#); [Lk. 4:2](#)), and thus should never be undertaken without counsel and appropriate supervision. The same standard applies to an absolute fast (Esther fast—no food or water for three days) of any duration ([Est. 4:16](#)). The maximum length of an adult fast that is biblically supported is forty days without food for a male adult in good health, and three days without water. The Bible does not speak of children engaging in fasting food.

## Fasting Is Always Voluntary

Though spiritual leaders may invite others to join in corporate fasting with a specific goal in mind and for a specific time, fasting can never be forced or made compulsory. We do promote and encourage it as a biblically and historically proven means of obtaining God’s grace in the context of commitment to prayer and to the Word ([Joel 2:15](#)). The level at which a person engages in fasting (particularly food) should be determined according to age and with regard to any physical limitations. Those with a known or suspected physical disability or illness, or those with any history of an eating disorder, should never fast, except in consultation with, and under the supervision of, a qualified doctor. Pregnant or nursing mothers should not fast food or drink

as it could negatively affect the health and development of their baby and their own personal health.

## **Minors/Children**

Minors are discouraged from fasting food and should never engage in fasting without express parental consent and oversight. Minors who desire to fast are encouraged to consider non-food abstentions, such as TV, movies, Internet surfing, video games, and other entertainment. If older teenagers do fast food under their parents' supervision, we encourage them to use juice and protein drinks to sustain them, out of consideration for their health and metabolism.

## **Fasting Regularly**

Participation in regular fasting as a lifestyle necessitates a healthy lifestyle on days when food is not being fasted, and should include exercise and a proper diet. A “fasted lifestyle” is a disciplined lifestyle, in which we steward our bodies and time with wisdom and diligence. Fasting is not only abstention; it is an exchange where we abstain from certain things in order to “feast” on God’s Word and prayer, whereby the abundance of His grace is made more readily available to us. When undertaken with this type of commitment, a fasted lifestyle is sustainable on a long-term basis, just as it was for Daniel and his friends ([Dan. 1](#)).

## **The Benefits of Fasting**

While the physical impact of fasting is real, the spiritual benefits of fasting are undeniable. Any fast undertaken must be done with spiritual wholeheartedness and wisdom when dealing with our physical body; we must count the cost honestly and honor the temple of the Holy Spirit. Whether we are partaking or abstaining, everything should be for the glory of God.

## **Physically Preparing for a Fast That Extends More Than Two Days**

- Prepare your body for the fast and prevent constipation during and after the fast by eating certain preventative foods at least two days beforehand (even longer before an extended fast), such as: fresh fruit and raw vegetables, fruit or vegetable juices, oatmeal, etc.
- Eat smaller meals a few days prior to the fast.
- Avoid high-fat and sugary foods before the fast.
- Make your commitment and determine the length. You can fast in many different ways. Pray and ask God what he will give you faith for in terms of the duration of the fast.
- A Daniel fast, with vegetables and water, is good for those carrying a heavy workload.
- A fruit or vegetable juice fast allows you to enter into fasting but still gives enough energy to function. Many people have done a 40-day juice fast. If you have sugar

sensitivities or problems (e.g. diabetes), consult your doctor before attempting this (or any other) fast.

- A water-only fast has been undertaken by many people. We would not encourage this for long periods of time without strong medical supervision, particularly in the case of young people. Depending on your weight and metabolism, you can go forty days on water alone.
- A total fast is without food or water. Do not go beyond three days without water. Discuss your plans with your doctor, church leaders, and spouse or parents. We do not encourage this type of fast without specific confirmation from the Lord through your church leadership or parents.

### **Helpful Hints for Your Fast (Physical)**

- Drink plenty of non-tap water. (Drinking at least half of your body weight in ounces of water per day is a good rule of thumb whether you are fasting or not.) Distilled water is most beneficial, but filtered and purified water also work well.
- It is wise to abstain from strong stimulants such as caffeinated and sugary drinks during a fast, including the artificial sweeteners found in diet drinks. Also, avoid soy protein drinks, which have been known to cause health problems during a fast.
- If you are on a juice fast, drink raw fruit juices such as apple, grape, and pineapple, which are excellent sources of necessary natural sugar to stabilize blood sugar and keep energy levels up. Orange and grapefruit juice are also good, but they are not recommended for arthritis or allergy sufferers. Monitor juice acidity carefully as it can cause canker sores (mouth ulcers). Raw vegetable juices such as carrot, celery, beet, or green vegetable combinations are excellent as well. Fresh fruit and vegetable juices can be made in a juice extractor or purchased ready-made (be sure to buy juices without any added sugars). Some of the benefits of drinking raw juice versus bottled are that it does not stimulate digestion (hunger) and it maintains all of its enzymes and nutritional value.
- Expect some physical discomforts because of the detoxification process, especially on the second day. You may have fleeting hunger pains or dizziness. Withdrawal from caffeine and sugar may cause headaches, but it is a part of the detoxification process. Physical annoyances may also include weariness, tiredness, nausea, and sleepiness.
- During a fast, four major areas of the body are going through a detoxification process. Take care to attend to each of these:
  - The bowels/colon/large intestines: During a fast of three days or more, taking an herbal laxative (inquire at your local health store) or an enema before bedtime will help eliminate solid waste products; these can cause headaches and sluggishness if left in the body during a fast. This should be done early during the fast and then intermittently throughout the rest of the fast. The body begins detoxifying during a fast, depositing the

toxins into the intestines. If you do not take a laxative or an enema, the toxins can hurt your intestines or reabsorb into your bloodstream, making you feel nauseous.

- The kidneys: Drinking fruit juices, vegetable juices, broth, or just plenty of water will remove many toxins via the kidneys.
- The lungs: If strength permits, walk half an hour during the day to help cleanse the lungs. Also do some deep breathing throughout the day by inhaling through the nose and exhaling through the mouth.
- The skin: Since one-third of the waste products eliminated during a fast are removed via the skin, adequate bathing is essential. Use a natural bristle body brush or loofah sponge on your skin prior to bathing, to help cleanse the skin.

### **Helpful Hints for Your Fast (Spiritual)**

- Seek advice and permission before the fast. Seek medical advice before the fast, especially if you have any existing medical concerns or conditions. If you are under 18 years of age, discuss your desire to fast with your parents. Spiritual covering, submission, and unity are important factors when fasting. Discuss your plans with your church leaders. Remember, fasting is an attitude of the heart! Ask them if they would consider fasting with you.
- Fast and pray in order to humble yourself and purify your worship. In fasting we are not trying to get something from God, but seeking to realign our hearts' affections with His. In fasting we can more readily say, "We love you, Lord, more than anything in the world." Lust of any kind is perverted worship, but fasting enables us to cleanse the sanctuary of our hearts from every other rival.
- Don't boast about your fast. Let people know you won't be eating only if necessary ([Mt. 6:16-18](#)).
- Do the fast with someone else. Two are better than one! We encourage parents and kids to consider fasting together. Several generations fasting together has a powerful impact.
- Have a clear target as your prayer focus. Without a vision (a clear, prophetic prayer goal), the people perish. Write down your vision, so you can run with it ([Hab. 2:2](#)).
- Take time to pray and read the Word. This may seem obvious, but busyness and distractions can keep you from devotions. Reading books with testimonies of victories gained through fasting will encourage you, too.
- Expect to hear God's voice in the Word. Daniel prepared himself to receive revelation through fasting ([Dan. 10:1-2](#)). There is a fasting reward ([Mt. 6:18](#)).

- Prepare for opposition. On the day of your fast you can bet that donuts will be at the office or in class. Your spouse (or your mom) will suddenly be inspired to cook your favorite meals. Press through. Many times you may feel more tension build at home. Satan tempted Jesus on the fast, and we must expect the same. Discouragement may come in like a flood, but recognize the source and take your stand on the victory of Christ.
- If you fail, don't give in to condemnation. The "to fast or not to fast" dilemma can be a major tool of the enemy. Even though you may fail several times, God always extends grace. Just hit the "delete" button and continue on your fast.
- Feel free to rest a lot and continue to exercise with supervision.
- Breakthroughs often come after a fast, not during it. Do not listen to the lie that nothing is happening. It is our conviction that every fast done in faith will be rewarded.

## **How to Successfully Break Your Fast**

- Break your fast gradually. At this point you will need to exercise watchful self-control. Break your fast on a meal that is light and easy to digest (i.e., a pound of grapes, a shredded apple, watermelon, or steamed vegetables).
- When breaking a fast of ten days or more, the break-in period should be extended one day for every four days of fasting.
- A fast of three days or more should never be broken by eating a normal meal (including animal proteins, bread, sugar, dairy, and processed foods) because these heavy foods put a severe strain and shock on the digestive organs which have been resting throughout the fast. Eating too heavily after a fast can produce serious discomfort (stomach cramps, nausea, and weakness) and can nullify the physical benefits of fasting; it can also cause serious irreversible complications or even death.
- After breaking an extended fast, continue drinking fruit or vegetable juices because the stomach is continuing to detoxify.
- During any fast exceeding two days, your stomach will shrink. Do not over-expand it again by overeating. If you have been prone to eating too heavily, guard against going back to this habit. If you train yourself to eat more lightly, your stomach will adjust itself accordingly.
- While continuing to drink fruit or vegetable juices, add the following:
- 1st–3rd day after the fast (increase amount of days for extended fast): Eat fruit and raw/steamed vegetables only. Example meals for the first few days are a pound of fruit, a baked or boiled potato without butter, steamed vegetables, or a vegetable-only salad

without oil-based dressing. Avoid bananas for the first few days; they have no juice in them and can easily cause constipation.

- Thereafter, you may return to heavier foods such as animal proteins, but maintaining a healthy diet after the fast will promote lifelong health and allow you to fast correctly in the future.
- Take extra care in breaking a water fast. Begin with drinking fruit or vegetable juices and gradually ease into eating fruit and steamed vegetables.
- It is important after a fast to begin to discern between real hunger and cravings so you do not feed your cravings.

### **Important Medical Information**

- Years of fasting incorrectly can cause permanent physical damage to your body. These negative effects are not typically felt at a young age, but they will accumulate after years of fasting. In their zeal, some people have begun fasting in an extreme way before understanding how fasting physically affects the body; increasing your understanding and taking care of your body while both fasting and eating will ensure your ability to live the fasted lifestyle for many years to come.
- Pregnant or nursing mothers should never fast all food and/or drink, as fasting could be very dangerous to their baby's development and health, and their own personal health. Pregnant or nursing mothers could engage in types of fasting such as giving up certain kinds of food. However, women who are nursing or pregnant must always maintain a balanced diet. Any kind of fasting which leads to detoxification could be dangerous to the baby as the toxins can affect the baby via the mother's milk or her bloodstream.
- People who have struggled with eating disorders in the past should undertake any fasting with wisdom and caution. Fasting should not be used as a motive for weight-loss; it is important to enter back into "normal" healthy eating after a long fast (as described in the previous section).
- If you have a diagnosed illness and/or are taking prescription medicine, fasting should only be done under the direct supervision of a doctor or healthcare professional.
- Some people have trouble fasting and become extremely hungry, dizzy, and nauseous because they have undiagnosed low blood sugar, so they should drink fruit and vegetable juices to help keep the blood sugar stable during short fasts. If the juice contains too much sugar for your system, dilute it by 50 percent with water or drink a "green drink" (made by juicing carrots, celery, spinach, and parsley). If these or any symptoms persist, you should stop fasting and seek immediate professional help from a doctor or healthcare professional.

- If you are having digestive trouble after breaking a fast (e.g., diarrhea), mix a cup of unsweetened applesauce with a cup of cooked brown rice. This should stop the diarrhea. Also, take digestive enzymes (inquire at your local health store) to aid your stomach's digestive transition.

### **This Handout Is for Informational Purposes Only**

The information in this handout reflects only the limited opinions, experience, and suggestions of Calvary Assembly and is not meant to substitute the advice provided by your doctor or other healthcare professional.

You should not use this information for diagnosing or treating a health problem or disease, or prescribing any medication. Additionally, this information is not intended to diagnose, treat, cure, or prevent any disease. These tips have been found to be helpful and successful, but they are no guarantee that you will fast without experiencing any difficulties. You will need to do your own research, talk with health experts and those experienced in fasting, and continually ask the Lord for increased discernment and wisdom concerning fasting and healthy living.

## 2015 Prayer Circles Fast Devotions

### Monday, January 5<sup>th</sup>

On each of the seven days of our "Prayer Circles Fast" we will focus on a particular target of prayer. Each day there will be a new devotion on the church website ([calvaryassembly.org](http://calvaryassembly.org)) that will define that days "prayer circle" and build your faith as you prepare to pray. This will provide an opportunity for our entire church family to pray in agreement each day ( Matt.18:18-20). Of course there will be specific prayer needs that you will be "circling" in your own life as well during the fast.

God has given Calvary a great vision and call to influence North Alabama for his glory and purpose. We are called to be a vessel to release his presence and life changing power to every one we meet. Every age, every ethnicity and every station in life.

Several years ago this church family reached a crossroads. Would we take the easy path and maintain a comfortable status quo or boldly follow God's direction to impact North Alabama both today and for the generations to come? We said yes to God and began the journey to relocate our main campus to our new property on Highway 20 (our Epicenter location).

Why? To position this church to fulfill every plan that God would have for us and to reach every person God would touch through us. God has done mighty miracles for and through Calvary over the years - and the best is yet to come!

Today church family agree with me in our "prayer circles" that God will give us possession of this great dream he has placed in our hearts. Let's agree for the sale of our Beltline campus or a financial gift of equal value.

Let's agree in our "prayer circles" that this is our year to "cross the river". I believe that God has chosen the perfect location from which Calvary can reach every home in North Alabama. Let's pray - let's "circle" this huge God-sized dream in prayer today and every day in 2015!

"Circling" With You,  
Pastor & Phyllis

# Tuesday, January 6<sup>th</sup>

## "Fasting For Connection"

(Acts 16 : 6-10) "6. Paul and his companions traveled throughout the region of Phrygia and Galatia, having been kept by the Holy Spirit from preaching the word in the province of Asia. 7. When they came to the border of Mysia, they tried to enter Bithynia, but the Spirit of Jesus would not allow them to. 8. So they passed by Mysia and went down to Troas. 9. During the night Paul had a vision of a man of Macedonia standing and begging him, "Come over to Macedonia and help us." 10. After Paul had seen the vision, we got ready at once to leave for Macedonia, concluding that God had called us to preach the gospel to them. "

From the beginning of creation God has intended for there to be connections in our lives. With Him first and with each other. But the enemy has done everything he can to bring separation between one another and our relationship with God. This is why we know Satan works in the gaps in our lives while God is always working in the connections.

Notice, in the beginning of our Scripture text, how Luke uses the pronouns "they" and "them" showing a disconnect between himself and the rest of the missionary team members. Then after Paul has the vision, Luke changes and begins to say "we" and "us" letting everyone know that he has bought into the vision as well. He's part of the Team!

Let me ask, have you been referring to Calvary and even the Body of Christ in general as "they" and "them"? If so, it's time God wants you Connected to His body of believers at Calvary and to the vision He has given and called us to through our Pastor. As you're fasting and more importantly praying and seeking God during this week, ask the Lord where He would have you get connected at Calvary? What has He called you to do to be a part of this great ministry team. He has given us an awesome responsibility in praying for and seeing this North Alabama region come to Jesus Christ!!

To see this fulfilled it is going to take ALL of us being connected, allowing God to work through us in those connections using our, your, unique gifts and talents. It may be Life Groups in Volunteer Teams at Calvary, FiveStarMan Huddles, Valley Girls Ministries, Elevate Youth and wherever else God may choose to use you. The time for being on the sideline watching is over. God has called you to be on the team, connected by filling a position allowing Him to work in and through you.

I'm convinced that as you sincerely pray and seek The Lord, He will show you where He has prepared a place for you!

Blessings,  
Pastor Tony

## Wednesday, January 7<sup>th</sup>

“Let us love one another.” 1 John 4:7-8

This week we are praying and fasting for breakthroughs. One of the areas we are praying for is our families. If asked, most of us would say we LOVE our families. But, listen to what the Bible says about love. Love is slow to suspect but quick to trust; slow to condemn but quick to justify; slow to offend but quick to defend; slow to expose but quick to shield; slow to reprimand but quick to empathize; slow to belittle but quick to appreciate; slow to demand but quick to give; slow to provoke but quick to help; slow to resent but quick to forgive.

There is a saying, I believe is true... “We often hurt the ones we love the most.” Family wounds can be the deepest.

Look at what 1 Corinthians 13:7 tells us.

- Love “Believes all things.” When someone you care about is called into question, love says, “That’s not the kind of person they are; that’s not what they meant.”
- Love “Hopes all things.” Love sees people not just as they are, but as they can be through God’s grace. And if you let Him, God will place that kind of love into your heart.
- Love “Endures all things.” The word “endure” is a military term. It means driving a stake into the ground and not giving up. It’s like saying, “I’ll stand my ground in loving you.”

God wants to heal and restore that which the enemy has tried to kill, steal, and destroy. Today as you are praying for your family, ask God to reveal any areas that need God’s restoration and be quick to do your part in the healing process.

Laura Stafford

# Thursday, January 8<sup>th</sup>

## ***See The Needs, Seed The Needs, Feed The Needs***

Family, as we draw closer and closer to the presence and the power of God through this corporate journey, I am truly honored to share this little download from The Lord that has helped me in the last 10 years in a MAJOR way. Honestly, it has revolutionized my perspective on how the Kingdom works.

As long as the earth exists and time keeps progressing, there will be needs. We all have them. Most often the need we see or feel is satisfied or settled by a resource or a supply of some sort that is connected to a stream of financial transactions. To satisfy our need to nourish our physical bodies, we have to either grow and harvest food, or go to the store and buy food. In order to protect ourselves from the elements, we have to cover ourselves by buying clothes. You get the picture. In the Kingdom of God, The Family of God, and the House of God there are needs. Those needs are not limited to, but include what may seem like basic needs. Then there are other needs that are more extensive. Each one of these needs is satisfied by a stream of financial transactions. I want to show another side of this concept. Before any of us ever invest in anything, there is FIRST a love for seeing all our needs or the needs of those we love being satisfied. It's a two-way street!!!

FIRST... We Love God... So We Honor God!!! SECOND... We Love What God Loves... So We Honor What God Loves Through Our Giving!!! By doing this we supply the needs of the world through the local church, and God supplies our needs because of our Love and Honor expressed to Him.

I am encouraging us all corporately to see the needs of a hurting world, Honor God with our financial seed, and feed [satisfy] these needs through The Lord's vehicle... The Local Church!!! In Philippians 4:19, Paul passionately reminds us "...And My God will give you ALL you have need of from the wealth of His Glory in Christ Jesus..." (From The Bible in Basic English) What I love about this scripture is the manifestation of the promise... Paul was expressing his thanks to Christians who took care of his needs while he was in a hard situation, and then said to them because you did this for me, God is going to take care of ALL YOUR NEEDS.

I pray as you read this, you will make this declaration with your household and with your financial seed... "Honor the Lord with your wealth AND the FIRST Fruits of your increase: So your store houses will be full of grain, and your vessels will be full of new wine." (Proverbs 3:9, 10)

I'm believing and decreeing by faith (and asking you to agree with me) that our entire church family will be known as the family that Loves and Honors God with ALL its wealth, and the FIRST Fruits of ALL our increase. By doing this we will have a FULL storehouse to meet ALL the Needs we see, and give God an open vessel to manifest His promise to meet ALL our needs, by the wealth of HIS glory through Christ Jesus!!! Make a new start in 2015!!! Let's ALL Live under an Open Heaven!!!

Be Blessed!!!  
Joey Richey

# Friday, January 9<sup>th</sup>

## SPIRITUAL ADRENALINE

I'm so excited about what God is doing in our church family through this time of fasting and praying together. One of my favorite television shows I watch every year is, "The World's Strongest Man Competition". It's a competition held in a different country every year in which strongmen from all over the world come to compete in events designed to test not only their strength, but also their heart. The signature and final event of the competition is called, "The Atlas Stones". This event often determines the winner and is a picture in the natural of what I believe we are doing this week in the spiritual realm. The Atlas Stones are five heavy, spherical stones about the size of a large beach ball which increase in weight from 220 to 352 pounds. They need to be picked up and placed on top of five chest high platforms that span a 16-33 ft. long course. Like these Strongmen we are putting our faith to the test this week. We're combining our physical and spiritual strength to lift our prayer stones or prayer circles up to the Lord. We are lifting our lost friends, lost family members, our co-workers and community before him with confidence that he hears us and will give us what we ask.

### **1 John 5:14-15**

***<sup>14</sup> This is the confidence we have in approaching God; that if we ask anything according to his will, he hears us. <sup>15</sup> And if we know that he hears us - whatever we ask - we know that we have what we asked of him.***

The Strongmen say they run out of power as they reach the last stone but their desire to finish causes an adrenaline rush which empowers them to lift the heaviest stone circle quicker than the light one. Today by us adding fasting to our prayer circle we are going to have a spiritual adrenaline rush of **FAITH!** What seemed impossible will become reality as we fast and pray for our lost loved ones! Fasting removes our unbelieving eyes and allows us to see them through the eyes of our Jesus! So today I want to challenge you, as you see them already saved, a finished work by faith, **CELEBRATE** and lift your **PRAYER CIRCLE HIGH!!**

VICTORY IS YOURS!

Pastor Mitch Hallmark

## Saturday, January 10<sup>th</sup>

Oh God, Creator of the heavens and the earth, It is You who sits above the circle of the earth and its inhabitants (Isa.40:22) Oh Father I pray today that You would send the spirit of Revival, that my prayers would draw Your attention from the ends of the earth. Lord help me hear and see the sound of revival, signs, wonders, and miracles. Oh God teach us to pray, teach us to seek You and You alone. Father You have sketched a plan for my church, for Calvary, Lord since the beginning of time to be a place of worship and adoration for You, a place for revival, for Your presence and for Your power. Lord reveal Yourself here at Calvary let the weight of Your glory rest here, restore, redeem, and renew our passion and faith in You. Jesus said, "I Thirst". Father you said, " If anyone thirst let him come to Me and drink and out of our hearts will flow rivers of living water (Jn. 7:37,38). Lord stir our hearts with revival and teach us to seek You and You alone, to desire You, to insist of You, to require of You, let our hearts burn with passion for You and say like Moses said, "I want to see You". Father give us grace to circle Calvary in prayer and fasting, with intercession and travailing. Oh God let it begin in me, in my heart. Lord create in me a pure and clean heart for you, renew a steadfast spirit in me Lord, restore the joy of my salvation and up hold me by your generous Spirit (Ps. 51:10-13). Lord awaken a desire in me to approach You with faith and pray for revival at Calvary, let us see Your glory manifested by signs, wonders, and miracles. The lame will walk, the blind will see, and the mute will speak again. Oh God I pray, I call out to you the God of all creation send the spirit of revival to our church. Lord will You not revive us again, that Your people may rejoice in You? (Ps. 85:6) I pray today oh Lord, I circle around Calvary today oh Lord, show us Your mercy and grant us the presence of Your Holy Spirit, revive us oh Lord. You look down from heaven and grant us what is good. Give ear, O God, to my prayers and attend the voice of my supplication for You alone are great and do wondrous things, You alone are God, you alone can revive us, you alone can resurrect our passion for prayer, you alone can ignite us with Your Spirit. Father you have promised the Spirit, the Spirit of revival unto all flesh, you said Lord "For I will pour water on him who is thirsty and floods on the dry ground; I will pour My Spirit out on your descendants and My blessing on your offspring" (Isa. 43:3) Lord let your Spirit fill each building, each ministry and each person that enters these doors at Calvary, let Your Spirit come like a flood. Father I circle our church with prayer for revival, awaken us oh God by Your Spirit, convict us of our sins and bring us to repentance. Create a new beginning of obedience, let our faith be restored, renewed and stir up our hearts with a burning desire for You and You alone. Oh God revive us and let Calvary be a resting place for your glory, for revival, for signs, wonder, and miracles. I pray with you today Calvary and agree with God's Word that He is stirring our hearts to seek him and Him alone, He is calling us to pray. With every great thing that god will do it must be preceded with the prayers of the faithful saints. As we pray for revival, signs, wonders, and miracles for our church believe for them in your life and in the lives of your loved ones.

Pastor Emilio Diaz Sanchez

# Sunday, January 11<sup>th</sup>

## 20 Seconds Of Insane Courage

2014 was an incredible year. Hundreds were baptized, thousands were saved, addictions broken, marriages restored, families fed, and the list goes on. **All because of people like YOU who have locked into the vision!** Vision, true, God-inspired vision, is audacious. *What makes a vision powerful is not that it's just a picture of the future, but the energy and the passion it evokes deep in one's heart.* –Bill Hybels

**Proverbs 29:18 Where there is no vision, the people perish: but he that keepeth the law, happy is he.**

**Vision without action lacks traction.** The big separator between dreaming and doing is one word—courage.

What is the next year of ministry going to look like?

- How many people will we see get saved?
- How many people will we see get baptized?
- How many people will we see begin to read their Bible daily and apply what God is teaching them?
- How many Dream Centers will be birthed?
- How many needs in our own communities will be met?
- How many families will be put back together?
- How many marriages will START the right way?
- How many addictions will be broken
- How many people will embrace generosity and do all that they can for others?
- WHO will be the next leaders that God will raise up in our church to do great things for Him?

**We serve an UNLIMITED God yet we LIMIT what He can do through us.**

I recently watched a movie titled “We Bought A Zoo.” A widower and his children buy a failing zoo. There is a scene where the father and son are sitting beside each other and the father challenges his son to take 20 seconds of insane courage. This statement stuck with me. 20 seconds of insane courage.

**ONE STEP OF FAITH , ONE DECISION, COULD CHANGE YOUR LIFE FOREVER!**

### 20 SECONDS OF INSANE COURAGE

1. Peter got out of the boat
2. David charged Goliath
3. Zacchaeus climbed a sycamore tree
4. The disciples decided to follow Jesus
5. We decided to relocate to meet a REGIONAL need in our community!!

Here at Calvary...If WE keep our focus on Jesus, keep living His commands, keep pursuing him with all our hearts, keep loving our communities, keep believing in God for BIG things, keep the GOSPEL our only agenda, keep ignoring the voice that tells us what we're doing will never work, keep desperately seeking Jesus for what's next and keep desiring to reach people that no one else wants to reach.

2015 is going to be INCREDIBLE!!!

Josh Wilbanks