

40 DAYS OF

FASTING FROM WRONG THINKING

THE DEVOTIONAL



Week 6.

DAY 36.

Today we're fasting from **a negative attitude.**

Attitude IS everything. It is a mindset that takes precedence over all other facts. And I want us to obliterate negativity from our lives. You CAN control whether life is easy or hard, by your attitude. So many people look at things in a negative way, expect negative things to happen, and speak themselves into negative results. They never grow. So...

LET'S CHANGE IT TODAY

1. GOD IS A YES GOD.

2 Corinthians 1:20- "All the *promises of God are YES!*" He says YES to everything He has promised. He's a positive God. And you are made in His image.

2. CAN IT!

Success comes in CANS, not in cannots! Philippians 4:13 says, "I *CAN do all things through Christ which strengthens me.*"

3. GET RID OF THE NEGATIVE PSYCHIC IN YOU.

The "negative psychic" in you presumes you know what people are thinking about you and it's usually bad. "She thinks I'm an idiot"; "I can tell he's always judging me"...etc. The only person's thoughts that matter about you are God's, and THEY ARE GOOD.

4. STOP SEEING GIANTS AROUND YOU, AND START SEEING THE GIANT IN YOU!

Greater is He that is in you. Begin to see yourself conquering everything!

5. BE A THERMOSTAT, NOT A THERMOMETER.

A thermostat SETS the temperature. It doesn't read it. Set the thermostat of your attitude to "ABOVE ONLY" thinking. Deuteronomy 28:13 says, "*You will be ABOVE ONLY and not beneath.*" The NIV says, "*YOU WILL ALWAYS BE AT THE TOP*" Refuse to accept any other way of thinking or living.

6. MAKE YOUR GREATEST DISCOVERY TODAY!

The greatest discovery in life is that you can change your life by changing the attitude of your mind. In Mark 9:23, Jesus said, "**If you can *believe, all things are possible.***"

THINK IT AND SAY IT

My life is getting easier, not harder! I focus on the good things God has done in my life. I believe all things are possible! I look for opportunity to come my way because of my hope in Jesus. I'm above ONLY and not beneath. I am the head and not the tail. My attitude of faith and expectation in God takes precedence over all other facts... beginning today, in Jesus' Name!

DAY 37.

Today, we are fasting from the Fear **Of** Missing Out (the dreaded FOMO).

The biggest mistake that most of us make in life is that we try to consume too much information. We do this because we feel like we're missing something.

The constant search for what we don't have and what we're missing is the result of not truly understanding what matters and what doesn't.

LET'S CHANGE IT TODAY

1. TRUE HAPPINESS IS NOT FOUND IN HAVING OR KNOWING THINGS, BUT RATHER IN KNOWING THE PERSON, JESUS.

John 17:3 tells us true life that lasts forever is: knowing God. All of God's purpose in your life starts with hearing the voice of God and having an Intimate relationship with Him. How do you know the voice of God? Listen for the voice of love and delight. "*You are my dearly loved son. You bring me great joy*" (Mark 1:11; NLT).

2. MEET JESUS AS HE IS NOW.

You can know Jesus intimately when you are accurately informed about Him.

Revelation 1:4-6-"*Jesus Christ, the faithful witness, the firstborn from the dead, and the ruler over the kings of the earth. To Him who loved us and washed us from our sins in His own blood, and has made us kings and priests to His God and Father.*"

How beautiful and powerful is our Savior?! To be mistaken about Him is the saddest mistake of all. That's what "missing out" truly is.

3. AIM BIG. YOU CAN'T MISS "OUT" AND YOU CAN'T MISS "IT" WHEN YOUR TARGET IS GOD.

He's too big to miss. He's too present. He's too caring. He's too good to leave you behind. Jesus said, I will not leave you alone. I will not leave you comfortless. I will not leave you as orphans. I will come to you (John 14:18).

4. INVITE THE HOLY SPIRIT TO FILL YOU.

Jesus said in John chapters 14-16: *"I will ask the Father, and He will give you the Helper, the Holy Spirit. He will be in you. He will tell you everything you need to know. He will remind you of what I said."*

5. INVITE THE HOLY SPIRIT TO GUIDE YOU AND REVEAL WHAT YOU NEED TO KNOW.

John 16:13 says, *"But when He, the Spirit of truth, comes, He will guide you into all the truth; for He will not speak on His own initiative, but whatever He hears, He will speak; and He will disclose to you what is to come."*

THINK IT AND SAY IT

Heavenly Father I thank you that you are too big to miss. I seek true wisdom. in knowing You and knowing Jesus. I embrace Jesus as the Lamb and as the Lion. I receive all He paid for with His blood and I receive His power like a Lion. I invite the Holy Spirit to fill me and to guide me-and deliver me from the fear of missing out. I can't miss out when I have you living in me, fighting for me and leading me, in Jesus' Name!

DAY 38.

Today, we are continuing to "fast" from **the Fear Of Missing Out**.

There is an all-out assault by the enemy to get us paralyzed by fear and limited by the fear of missing out on something.

The "Thing" we think is eluding us, makes us afraid that by not having The Thing, we're missing out.

LET'S CHANGE IT TODAY

1. THERE IS NO THING THAT WILL FREE YOU FROM THIS FEAR, BUT THERE IS A PERSON WHO WILL!

God is love and He is perfect love (1 John 4:16). "Such love has no fear, because perfect love expels all fear. If we are afraid, it is for fear of punishment." For we who have accepted Jesus, there is no punishment coming. Let that calm your soul.

2. ALL OF GOD'S PURPOSE IN YOUR LIFE STARTS WITH HEARING THE VOICE OF GOD

Mark 1:11 tells us that the voice of God is the voice of Love. We are His dearly loved and celebrated sons and daughters! Listen for this voice.

3. YOU DON'T HAVE TO BE BRILLIANT. JUST DON'T BE STUPID.

Jesus said in John 6:67, "*Do you want to leave also?*" Peter said: "*Lord, to whom else will we go? You have the words of eternal life.*" See? Peter wasn't brilliant but he wasn't stupid. It's stupid to expect eternal worth from mere morals. Run to Jesus every day and tell Him "Jesus I love You. I trust You. I thank You."

4. TAKE ACTION.

God is love and when you know Him as such, you will take action. Daniel 11:32-"Those who know their God shall be strong and take action". One translation says: they will be strong and do EXPLOITS.

Exploits = "to have outstanding successes with significant impact."

5. EXPLOITS START WITH SMALL STEPS.

Action is more powerful than information. Start with one step in the direction of serving others. "*Through love serve one another*" (Galatians 5:13). Fulfillment comes from love. Find a need and meet it. Find a hole and fill it. Find a hurt and heal it.

THINK IT AND SAY IT

Heavenly Father, I thank You that You are love. And Your love banishes all fear. I will no longer fear punishment and I will no longer fear missing out. You have the words of eternal life. I listen for Your voice of love and I choose to take the next step in serving others with love. And I believe that I will do exploits in this life for Your glory, in Jesus' Name!

DAY 39.

We are so time-conscious. We allow time to limit us and define for us what we're capable of, or what God can do in our lives.

Today we're fasting from the thought that says, "**It's too late.**"

It's often ingrained in us that it's too late to change, too late to start a new career, too late to save your marriage, too late to recover from a terrible mistake, too late to start over again, or too late to have a second chance.

The truth is: It's never too late!

When you realize that it's not too late, you have hope. You take action. You move forward.

LET'S CHANGE IT TODAY

1. UN-DECIDE THAT IT'S TOO LATE FOR THESE THINGS TO CHANGE.

Un-decide that you can't recover. **Un-decide** that the damage is irreversible. It's NOT too late to turn your finances around, to recover from a tragedy or mistake, to surrender your life to God, to take better care of yourself, to change the way you see yourself, to apologize, or to break a bad habit.

2. MEDITATE ON THE FACT THAT GOD CREATED TIME AND HE CAN MULTIPLY IT.

The earth and sun stood still in Joshua 10:12-13. "*And Joshua said in the sight of Israel, 'Sun, stand still! So the sun stood still, and the moon stopped.'*" Joshua had control over time for God's purpose. We need to start thinking that way-that we have control over our time, rather than it having control over us!

3. THINK ABOUT THE GREAT CLOUD OF WITNESSES FOR WHOM IT WASN'T TOO LATE.

It wasn't too late for Abraham and Sarah to become parents at 99 and 90 years old (Genesis 21). It wasn't too late for Peter after he denied the Lord three times (Luke 22:61). It wasn't too late for the woman caught in adultery (John 8:1-11), the woman with the issue of blood (Mark 5:25-34), or the man who was lame at the pool of Bethesda for 38 years (John 5:1-10).

4. EMBRACE GRACE.

Lamentations 3:22-23 says, "*His mercy is new every morning.*" Hebrews 4:15 says, "*Come boldly to the throne of grace to receive mercy and grace in your time of need.*" Mercy is when God doesn't give us the judgment that we do deserve, and grace is when God gives us the goodness that we don't deserve.

5. RID YOURSELF OF EXCUSE-MAKING.

God doesn't accept excuses, but He gives lots of grace! We might feel low self-esteem or have a disability as Moses did. He had a speech impediment, but God gave him chance after chance to be used to deliver God's people.

6. ASK GOD FOR MORE TIME AND ANOTHER CHANCE.

Hezekiah did this in 2 Kings 20:1-6. When Hezekiah asked for a second chance, God told him, "*I have heard your prayer... surely I will heal you... and I will add to your days fifteen years.*" If he did it for Hezekiah, He will do it for you!

THINK IT AND SAY IT

It's not too late for things to improve in my life and radically turn around. I believe in the God of second chances. I can recover, and there is nothing that God won't turn around in my life. God created time, and He can multiply it for me. I am not controlled by time. By God's grace, I control it, in Jesus' Name!

DAY 40.

Today we are fasting from the thought that says, "**I'm limited.**"

Perhaps you've felt limited by your past, your upbringing, or your pain. We all have something we think may limit us.

LET'S CHANGE IT TODAY

1. GOD IS ABLE!

He will do above and beyond all you can ask or think. (Ephesians 3:20) He's not limited, and so neither are you, because you are made in His image.

2. MEET JEPHTHAH!

His past told him that he was the son of a prostitute. But God told him he was a mighty warrior (Judges 11:1)! Each one of us has conflicting voices telling us who we are. You must choose God's version of yourself, rather than people's version of you. Side with what God says about you.

3. LEAVE THE ROOM.

The father of faith, Abraham, felt confined and limited by his inability to have a child with his wife Sarah. So God brought Abraham out of the house, and told him to look UP and count the stars (Genesis 15:5). Whenever you feel limited, walk outside and look up. Look to God.

4. YOU CAN ONLY SEE STARS WHEN YOU'RE LOOKING UP!

Repeat step 3 above! Stop looking at the ceiling and start looking at the stars.

5. GET IN TOUCH WITH YOUR NEW SPIRIT.

Your spirit is your vertical window, giving you the ability to look up and see from God's point of view. Your flesh is your horizontal window, allowing you only to look around at your circumstance or to look back at your past limitations. Open your vertical window and look up, expecting God to do above and beyond all you can ask or think!

6. LIVING BEYOND YOUR WILDEST EXPECTATIONS AND DREAMS STARTS WITH SOME WILD EXPECTATIONS AND DREAMS!

Dream big. Ask big. Expect big! He will do infinitely above and beyond your highest thoughts and dreams!

7. DON'T LIMIT GOD.

Psalm 78:41 says, "*They limited the Holy One of Israel!*" (KJV) We limit Him when we think small, dream small, and ask small. Jabez prayed: ENLARGE MY TERRITORY. (1 Chronicles 4:9-10) Ask that

today.

THINK IT AND SAY IT

I side with what God says about me today. I am a mighty warrior. I will not be defined or confined by my past. I refuse to be limited by my failure, mistakes, or the limitations others have put on me.

I leave the room where the ceiling is, and I look up. I look up, expecting God to do exceedingly abundantly above and beyond my highest hopes, thoughts, desires, and dreams!

Today I ask God to bless me indeed and enlarge my territory. I refuse to limit Him, and therefore I will break through, in Jesus' Name!

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