

40 DAYS OF

FASTING FROM WRONG THINKING

THE DEVOTIONAL



Week 4.

DAY 22.

Today we are fasting from the thought that says: **"I just can't forgive myself!"**

Who hasn't thought that at one time or another? The devil would love to keep us in self-condemnation for the things we have done or failed to do. He knows it paralyzes us and prevents us from making the impact that God intended for us.

LET'S CHANGE IT TODAY

1. REALIZE THAT WE ONLY DESERVE FORGIVENESS BECAUSE OF THE BLOOD OF JESUS.

It's not because our mistakes "never happened," or "it wasn't that bad." Give up rationalizations and excuses, and simply receive God's mercy and grace.

2. IT WAS THAT BAD, BUT GOD IS EVEN MORE GOOD!

James 2:13 says, "*Mercy triumphs over judgment.*" His mercy toward you TRIUMPHS over your self-judgment. In Luke 22:34, Peter denied the Lord three times, and Jesus forgave him. Later, Peter preached the first sermon after Jesus rose from the dead, and 3000 people were saved in a day! Peter was able to forgive himself when he knew Jesus had accepted him. In the same way, you too, have been accepted by God, no matter what you have done—simply by believing in His finished work on the cross.

3. GIVE UP YOUR RIGHT TO HOLD ANYTHING AGAINST YOURSELF.

God doesn't hold anything against you. Forgiving yourself is simply AGREEING with God. His standard is absolute perfection, and He forgives you. Psalm 103:12 says, "*As far as east is from west, so far has He removed our transgressions from us.*"

4. STOP REHEARSING WHAT YOU DID.

It's done. It's over. Now accept the second chance (or third or fourth...) that God offers. Philippians 3:13 says, "*Forgetting what lies behind, and reaching forward...*" Reaching forward starts in your thought

life.

5. BELIEVE THAT GUILT DOESN'T COME FROM GOD.

He doesn't impose guilt on you to try to get you to stop doing something. Romans 2:4 says, "It *is His* goodness *that* draws *us to* repentance." Since this guilt and shame doesn't come from God, there can be only one other source—the devil. James 4:7 says, "Submit *to* God, resist the devil, *and he will flee from you.*"

6. GIVE UP THE SELF-PUNISHMENT.

Some people think subconsciously: "I'll make myself feel bad to pay for what I've done." Why should we pay the price that has ALREADY been paid for what we've done wrong? Stop beating yourself up. By trying to "pay for what we have done," we are doubting and insulting the very blood of Jesus that HAS PAID the price in full. Accept His free gift.

THINK IT AND SAY IT

I receive mercy today, because of the blood of Jesus. Though I didn't deserve God proclaims over me, that I am "not guilty." Where I have failed, God's mercy triumphs over judgment.

I give up my right today to hold ANYTHING against myself. I deserve to be punished, but Jesus took THAT punishment for me. I forget what lies behind and press on, moving forward in my life with God, even though I feel like I have blown it beyond repair. I reject this guilt and self-condemnation that the devil is trying to put on me. God is the God of second chances. I will no longer try to make myself feel bad to pay for what I've done. The price for what I did or failed at has been paid in full by Jesus' blood!

DAY 23.

Today we are fasting from financial anxiety, and the thought that says: "I'm worried about my finances and what's going on in the world."

It's on my heart to share this because so many people are dealing with anxiety about their financial well-being.

Crisis hotlines and therapists are being flooded by the increase of anxiety, particularly over finances. There is an obvious connection between financial distress and emotional stress, depression, insomnia, migraines, and increased suicidal thoughts. Whether you are affected by the economy or not, ANXIETY MUST GO.

LET'S CHANGE IT TODAY

1. KNOW THAT GOD WANTS TO TAKE CARE OF YOU, AND TAKE THE CARE OFF YOUR MIND.

Cast your care on Him. How? Tell Him what you're anxious about. Ask Him to take care of it. Remind Him that He promised that He would. Praise Him for the answer. THEN, think only thoughts that are good, filled with expectation, faith and the answers God will give (that's my paraphrase of Philippians 4:6–8).

2. BELIEVE THAT HE WILL SUPPLY ALL YOUR NEEDS.

(Philippians 4:19) Sometimes, it's not "money" we need to solve a "money" problem. We need wisdom, ideas, insight. God will provide, whatever the need is. Trust Him and expect.

3. ASK GOD FOR WISDOM.

The Bible also says that wisdom is MORE VALUABLE THAN silver and gold (Proverbs 8:11; Proverbs 3:15). Ask God for it, and believe you have received it. "He gives to all generously, if they ask." (James 1:5)

4. MEDITATE ON THE PEOPLE OF SCRIPTURE WHO GOD PROVIDED FOR.

In Psalm 37:25 David said, "I was young, but now I am old, and I have NEVER seen the righteous forsaken or His children begging for bread." Also, Genesis 24:1 says "and the Lord blessed Abraham in ALL THINGS." Expect this blessing in all things in your life. Why? Because you are the seed of Abraham! (Galatians 3:29)

5. ASK GOD TO BLESS YOU!

Jabez did in 1 Chronicles 4:9-10. Pray like Jabez prayed: "O God bless me indeed. Enlarge my territory. Let Your Hand be upon me; and let me bring healing not pain. AND GOD GRANTED HIS REQUEST." If God granted his request, He will grant yours too!

6. SEE YOURSELF AS IRRESISTIBLE.

That may sound strange, but you are fearfully and wonderfully made (Psalm 139:14). Expect that people will want to hire you, keep you, or buy from your business. As a child of God, you have love, faith, and power on the INSIDE of you. You are made in the image of God. See yourself that way. You have what people need. Believe it. You have not been given the spirit of fear—2 Timothy 1:7

7. BELIEVE IN THE CREATIVITY OF GOD.

He is not limited to meeting our needs with just money or our job. He provided water out of a rock, manna out of heaven, fish from an empty lake! He is Jehovah Jireh—our provider (Genesis 22:8).

THINK IT AND SAY IT

I surrender my specific anxious thoughts to God. I believe God cares about my every need, and wants to meet ALL my needs. I may have a need, but He has a supply!

I receive the wisdom of God, and expect that wisdom to empower me more than silver or gold. I

receive the prosperity and provision of God.

I am VALUABLE, because I am fearfully and wonderfully made. I have the blessing and gifts of God on the INSIDE of me; and people are drawn to them. I have what people need; therefore I will always be in demand.

I believe God has countless ways to meet my needs, and I thank Him for providing.

I pray, O God bless me indeed. Enlarge my territory. Let Your Hand be upon me; and let me bring healing not pain, in Jesus' Name.

DAY 24.

Today, we're fasting from the thought that says, "**I don't deserve it...**" As our thinking ascends to God's way of thinking, worry dies.

LET'S CHANGE IT TODAY

1. STOP FOCUSING ON YOUR *WRONGS*, AND INSTEAD FOCUS ON HIS *RIGHTS*.

We've all done enough wrong in life to send us straight to hell. But God doesn't judge us based on our right or wrong; He judges us based on what Jesus did right. Believe it.

2. IT'S HIS CHOICE.

The first thing God did when He created man was He blessed them. That's His choice, because that's His nature. Embrace it. God has appointed you to be fruitful and blessed (John 15:16).

3. BLESSING FLOWS WHEN YOU BELIEVE YOU ARE FORGIVEN.

Romans 4:7 says, "*Blessed are they whose sins are forgiven.*" Putting your faith in God's forgiveness is the gateway to blessing in your life.

4. JESUS DESERVES TO BE BLESSED!

And since He's worthy of God's blessing, that makes you worthy to be blessed, IN HIM. 1 John 4:17 tells us, "...as *He* is, so are we in *this life*."

5. STOP CONDEMNING YOURSELF. STOP BEATING YOURSELF UP WHEN YOU MAKE A MISTAKE.

Romans 14:22 says, "*Blessed and happy is the man who does not condemn himself.*"

6. JESUS TOOK THE CURSE SO YOU COULD TAKE THE BLESSING.

Jesus deserves to see you blessed, because of what He went through to redeem you from the curse! In Galatians 3:13-14, Paul tells us that Christ redeemed us from the curse on the Cross so that the blessing of Abraham might come on us in Christ.

THINK IT AND SAY IT

I take my eyes off all that I have done wrong, and I put my eyes on all that He has done right for me. He blesses me, because He has chosen to. I choose to believe I am forgiven, and therefore BLESSING FLOWS. I belong to Christ, so I am blessed with Abraham. Genesis 24:1 says that Abraham was blessed IN ALL THINGS. Therefore, that's what I expect, in Jesus' Name!

DAY 25.

Today, we're fasting from negative imaginations and pulling down strongholds!

What we imagine within has the power to come to pass. Fear is simply a negative imagination that can then become a stronghold over your life. Seeing something bad happen in your mind before it happens is how fear works. Job said, "What I have feared [imagining his children failing] has come upon me" (Job 3:25).

LET'S CHANGE IT TODAY

1. RECOGNIZE YOUR IMAGINATION IS A GIFT FROM GOD.

You are a powerfully creative individual, made in the image of God (Genesis 1:28). 1 John 4:17 says, "As He is, so are you in this world." Amazing!

2. NEGATIVE IMAGINATIONS, LEFT UNCHECKED, BECOME STRONGHOLDS.

Fear-based imaginations give fear a stronghold in your life. Faith-based imaginations give faith and expectation a stronghold in your life.

3. CAST DOWN IMAGES—IMAGINATIONS OF FEAR AND PAST FAILURES.

(2 Corinthians 10:5) How? Flood your thoughts with the miracles of Jesus, the victories of God's people, and the vivid pictures that Scripture paints. As you fill your mind with Scriptural images, peace comes (Isaiah 26:3).

4. IMAGINATION IS A GATEWAY TO GOD'S POWER AND ABILITY.

Ephesians 3:20 (NIV) says, "Now to Him who is able to do immeasurably more than all we ask or imagine, according to His power that is at work within us..." Notice, God's power works within us through our imagination. What you can imagine, God can do.

5. OUR IMAGINATION IS THE EYES OF OUR SPIRIT.

2 Corinthians 4:18 says, "...For what is seen is temporary, but what is unseen is eternal and subject to change." As we look at the promises of God with our inner eyes, even though the promises haven't shown up yet, things will eventually change.

6. FILL YOUR IMAGINATION WITH THE UNLIMITED POSSIBILITIES OF SCRIPTURE.

As God's promises occupy your imagination, there will be no room for diseased fantasies or images, such as pornography, past mistakes, or sinful ambitions. Colossians 3:2 says to set your mind on things above.

7. LET YOURSELF THINK IMAGINATIVELY TODAY.

Expect a nudge from the Holy Spirit, a holy hunch, an idea that keeps coming to your mind; a vision; a godly dream. Act on those images if they don't contradict Scripture.

THINK IT AND SAY IT

I have the creative power of God working in me to solve problems and bring success. I cast down images in my mind—of fear, failure, or the expectation of evil. I set my mind on things above. I will allow the Scriptures to paint images in my mind of victory and success, in Jesus' Name!

DAY 26.

I have the creative power of God working in me to solve problems and bring success. I cast down images in my mind—of fear, failure, or the expectation of evil. I set my mind on things above. I will allow the Scriptures to paint images in my mind of victory and success, in Jesus' Name!

Today we are fasting from the thought that says, "I feel stuck."

We've all thought that at times, but it's a lie. There's always a way out of what you're in, or a way into what you've been kept out of.

The devil would love for you to believe you are stuck, and that there's no way out of the situation you're experiencing. He wants you discouraged, immobilized, and paralyzed.

LET'S CHANGE IT TODAY

1. BELIEVE IN THE MINISTRY OF THE HOLY SPIRIT TODAY.

Romans 8:26 says, "We don't always know how to pray as we should, but the Spirit intercedes for us." No matter what your situation is, the Holy Spirit knows how to bring about God's will for your life, as you ask and thank Him.

2. THINK THIS THOUGHT TODAY: PRAYER CHANGES THINGS.

There's nothing you can't impact through prayer. Prayer gets you unstuck. It gets you moving again. Prayer is powerful. "And all things, whatsoever you shall ask in prayer, believing, you shall receive" (Matthew 21:22).

3. BELIEVE THAT FAITH FINDS A WAY. WHENEVER I FEEL STUCK, I REMEMBER THESE WORDS: FAITH FINDS A WAY.

In Mark 2:1-5, the friends of the paralyzed man could not find a way into the house where Jesus was. They were stuck, but they believed there was another way. They went up on the roof and lowered him down through the ceiling tiles, and the man was healed. Why? Because faith found a way! If we don't think it, we won't look for it.

4. REMEMBER, JESUS IS THE 4TH MAN IN THE FIRE.

When it seemed like the three men in Daniel 3 were going to be burned in the fiery furnace, Jesus showed up! What was an impossible situation was made possible because Jesus was with them. And He is with you now!

5. JESUS IS YOUR WAY.

"I am the way, the truth, and the life" (John 14:6). He is the way when there just seems to be no way. He is your way out of whatever situation you are in. Expect Him to make a way.

6. JUST THINK NEXT STEPS.

When Jesus was tempted to not go to the cross, the Bible says, "He went forward a little..." (Mark 14:35, KJV). When you feel stuck, like there's nothing you can do, just take a step. Don't think about all the steps. Just take the next one. In a relationship, the first step may be just saying you're sorry. If it's finances, maybe it's just cutting one area of spending or giving one extra offering. Move forward a little!

THINK IT AND SAY IT

The Holy Spirit is interceding for me when I feel stuck. He is moving in me and through me. I think and believe there is always a way. Even when it seems like there is no way, Jesus is the Way. He is with me no matter what fire I'm facing. When I feel stuck, I will think about one step I can take that will move me towards healing, blessing, and God's will for my life, in Jesus' Name!

DAY 27.

In Mark 4, when the disciples tried to cross over to the other side of the sea in the boat, they were overwhelmed by the storm that struck their ship. They feared for their lives, bailing out water furiously. Have you ever been in a storm? The waters crash against you. You feel helpless. You feel alone. You cry out, "Lord, where are you? Don't you care?" The disciples forgot one small detail in the midst of their storm: Jesus was in the boat with them. There was nothing greater than His presence!

Let's overcome the thought that says, "I feel **alone**. Where is God when I need Him most?"

LET'S CHANGE IT TODAY

1. HE IS IN THE BOAT WITH YOU!

In Mark 4:36-40, Jesus was asleep in the boat. Someone asked me once, "How do we wake *Jesus up*, when He is asleep in *our* boat, in the *middle* of a storm?" Well, I said, "You don't wake Him up. You rest *with Him!*" If He's not worried, don't you worry. HIS PRESENCE calmed the storm then, just as it will do now.

2. THE DISCIPLES DIDN'T NEED JESUS TO AWAKEN.

They needed to awake to the fact that God was with them. When you know He is with you, there is nothing to fear. Psalm 23:4 says, "*Though I walk through the valley of the shadow of death, I will fear NO EVIL, for You are with me!*"

3. GREAT MIRACLE = JESUS CALMED THE STORM. GREATER MIRACLE = JESUS SLEPT IN THE MIDST OF THE STORM.

When you realize He is in your boat with you, you will have supernatural peace. Calming the storm is great; peace in the midst of it is greater!

4. DO NOT MISTAKE FIRE IN YOUR LIFE FOR GOD'S ABSENCE.

In Daniel 3:22-25, Jesus was the fourth man in the fire with Shadrach, Meshach, and Abednego. He was present in the middle of the fire. Just because you don't feel His presence, doesn't mean He isn't there. BELIEVE HE IS WITH YOU, and eventually, your situation will FEEL HIS PRESENCE!

5. PSALM 91:10 SAYS, "NO EVIL SHALL BEFALL YOU, NOR SHALL ANY PLAGUE COME NEAR YOUR TENT."

The next verse says, "*For He will give His angel(s) charge concerning you.*" There are many angels involved in our lives, but this is talking about HIS ANGEL. The Old Testament "Angel" is Jesus Christ himself. He is Lord; therefore He has charge concerning us!

THINK IT AND SAY IT

I am not trying to get in God's presence; I am already in, through the blood of Jesus. He is in my boat with me. He is not "over there." He is "here" right now-with me and in me!

I awake to the fact that He is with me. There is no separation. I can rest with Him, in the midst of any storm, I can walk with Him in the midst of the fire.

I am fearless because He is with me. Therefore, no evil shall befall me, nor shall any plague come near my dwelling place---my church, my home, my body, or my life-in Jesus' Name!

DAY 28.

When you look around at all the news and evil in the world-whether it's natural disasters, terror, shootings, rumors of wars, disease, depression, etc. it's easy for fear to creep in, and think we are sitting ducks for Satan or twisted people to strike at any time.

Of course, suffering exists but we cannot allow previous tragedies or current events to shape our expectations.

LET'S CHANGE IT TODAY

1. TAKE A DAILY PRESCRIPTION OF PSALM 91:10.

"No evil shall befall me, nor shall any plague come near my tent." (In fact, the Message translation reads, "Evil can't get close to you, and harm can't get through the door. He ordered His angels to guard you wherever you go.")

2. THE DELIVERER DELIVERS! EXPECT DELIVERANCE!

Job 5:19 says, *"He will deliver you from six troubles; in seven no evil shall touch you!"*

3. UNDERSTAND YOUR AUTHORITY... AND USE IT!

Jesus said: Behold, I give you the authority to trample on serpents and scorpions and over ALL the power of the enemy, and nothing shall by any means harm you (Luke 10:19). Believe it. Speak it!

4. RECEIVE PEACE AS A GIFT!

Simply accept it today! Jesus said: *"My peace I GIVE you, not as the world gives."* (John 14:27). We receive peace, not as something dependent on circumstances-it is a gift. Therefore, we don't have to be afraid.

5. MEDITATE ON GOOD NEWS FROM JOB

Job 5:19 says, *"He will deliver you from six troubles; in seven no evil shall touch you."*

6. REMEMBER WHAT YOU HAVE AND WHAT YOU "HAVE NOT!"

"God has NOT given you a spirit of fear; but POWER, LOVE, and a SOUND MIND" (2 Timothy 1.7).

7. UNDERSTAND THE POWER OF EXPECTATION.

Job had continually thought that something bad might happen to his family. And when tragedy did hit, he said, *"What I have feared has come upon me."* (Job 3:25).

8. REVERSE IT! EXPECT SOMETHING GOOD TO HAPPEN TO YOU AND YOUR FAMILY.

Expect to see "*the goodness of God in the land of the living.*" (**Psalm 27:13**). **Expect the GOOD!**

THINK IT AND SAY IT

Something GOOD is going to happen to me today. I expect to see the goodness of God today. I have power, love and a sound mind. Therefore I refuse to accept the spirit of fear. I expect God's divine protection and provision in my life and in my family. I receive peace as a free gift from God. I receive His peace, in Jesus' Name!

Gregory Dickow Ministries