

Daniel Fast 6th January - 26th January 2020

#### DANIEL FASTING

At that time, I, Daniel, mourned for three weeks. I ate no choice food; no meat or wine touched my lips; and I used no lotions at all until the three weeks were over.

Daniel 10:2-3 (NIV)

The Daniel Fast as the passage above indicates it is a partial fast.

We are aware that people approach it differently. Some people decide to have all three meals in a day, whilst others may decide to skip meals or have nothing at all on some days.

We encourage you to participate at the level that you are able to. Please keep in mind the main aim of this fast is to give ourselves to seek the Lord. Those of you who have specific health issues please be wise during the fast.

#### **Practical Guidance**

The following are recommended during the fast:

- Fruit
- Vegetables
- Wholemeal rice, pasta
- Pulses lentils, barley etc.
- Water
- Soup
- (Fruit or herbal tea)
- (Meat and dairy are avoided)

Remember this is not a legalistic process!

We trust that this will be a blessed time for you, individually and collectively, for the participating Churches as we ask the LORD for Kingdom Breakthrough.

Please note: The translation used is the New International Version (NIV) unless otherwise stated.

#### INTRODUCTION

Welcome to the Daniel Fast 2020 – 'Seek First the Kingdom'. Often when we start a fast, in a new season or a new year, we can come to God with our list of concerns, things we long to hear His voice on, and things we need Him to do in our life. However, our key passage in Matthew 6 reminds us that living in God's Kingdom looks different: The Kingdom needs to come first and then everything else follows!

# But seek first His Kingdom and His righteousness, and all these things will be given to you as well. Matthew 6:33

Jesus' original audience lived an entirely different lifestyle than we do today. A good portion of daily life was spent thinking about the needs of that day. They had to think about daily life in a way that does not make a lot of sense to many of us today. Jesus was not saying that these people should not think about these concerns. He was challenging them not to prioritise those worries. Instead He challenged them to seek God's Kingdom first, to make God's rule a priority in their life.

It was not Jesus' intention to dismiss legitimate concerns about daily needs. His point was that every single day comes jam-packed with things to worry about. If we are not careful, those matters can crowd out Kingdom interests. However, Jesus assured them that if they put the Kingdom as first priority their daily requirements will be met.

Many of us are not worried about where our next meal will come from or whether we have clothes to wear. But that does not mean that we do not have our own worries. When our number-one concern is whether or not God has authority in our lives, we are putting the Kingdom first. By doing that, our worries naturally end up in the backseat. In fact, when we put the Kingdom first, many of these things work themselves out naturally.

As we start this New Year what does it mean for us to raise our gaze and fix our eyes on the King of the Kingdom? Once we have learnt to do that, what does it mean for us to hear His voice about how to live the Kingdom life? Over this Daniel Fast, we have a number of tools available to us. These Bible reflections will concentrate on:

- Week 1 is about our Relationship with the King of the Kingdom
- Week 2 is about our Kingdom relationships with our Brothers and Sisters in Christ
- Week 3 is about the power of the Kingdom in our world today

We also have provided some teaching on the next couple of pages on how to use the Kairos Circle in your own life and with others such as your community or family.

Every Blessing as we fast and pray together.

#### GUIDELINES

In these 21 days of praying and fasting, we will explore the twin subjects of grace and truth. We hope that this booklet will stimulate your appetite to delve into the scriptures yourself.

#### Each day provides:

- A scripture passage to Read and to ponder on.
- This is followed by
  - a few reasons to **Adore** the Father
  - points to Ask in prayer, meditation and reflection
  - your **Act**, this may require inner adjustments, a change in attitude and conduct.
- Finally we **Affirm** the truth of God's Word as part of a process of writing on our heart.

So, grab your Bible, notebook and pen and be prepared for the impact that these three weeks will have upon your life.

Note: On some days the reflections provide links to online resources to help with your prayer time and provide a multi-media experience. The links provided are correct and active at the time of publication of this booklet, and provided in a shortened format to help you quickly access them via a web browser on an Internet connected device.

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#### **HEAR & DO - KEY ELEMENTS**

Every Christian can hear God's voice.

John 10:27 "My sheep hear My voice; I know them, and they follow Me...."

Every Christian is to hear and obey.

Matthew 7:24 "Therefore everyone who hears these words of Mine and puts them into practice is like a wise man who built his house on the rock."

# What is God saying? What am I going to do about it?

God speaks in many ways:

- Scripture: 2 Timothy 3:16-17
- Audibly: Acts 8:26, 9:15, Jeremiah 1:7 for example.
- Events/Circumstances: Mark 1:15- Kairos moments when you know God is near/speaking.
- Through the Holy Spirit: John 14:26.
- Through other believers: 1 Corinthians 14:3.
- Through many other ways including creation, preaching, silence.

## How can I hear God's voice?

Always start with Scripture. See SOAP below for more tips.

**S**cripture - Read the text

Observation - What does the passage tell us about God, His people, and/or life?

- What are the promises, principles, commands or warnings?

Application - What is God saying TO ME and what AM I going to do about?

- Who can I share with what I have learned before next week?

Prayer - Prayer is a two-way conversation with God, listening and doing.

- Thanksgiving is a key aspect of prayer

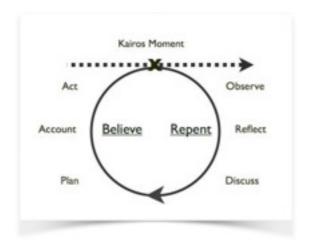
Explore a variety of ways, e.g. go for a walk together and spend time listening for God to speak through creation or create an environment of worship, thanking God that He speaks and ask him if there are any Scriptures/pictures/words He wants to share with those present.

- Spend time with others e.g. Listening together on a Sunday morning
- Join the next Prophecy Course

## A HELPFUL TOOL ... THE KAIROS CIRCLE

The first half of the circle helps us ask What is God saying? The second half helps us plan to do something about it

Using the circle...



- Spend time asking God what Kairos moment He is speaking about: a Bible verse, an event, a conversation etc
- Observe what God could be saying and reflect what that means to you.
- Discuss it with others and begin to move into a plan of how to apply this to your life.
- Share what God is saying with others and asking them to help you, remind you and hold you to account to do this, will produce much fruit.

#### LIVING THE TRUTH - KEY ELEMENTS

This tool accompanies the **Hear & Do** tool. Often the biggest blockage to us responding fully to what God is saying is an incorrect belief about God or ourselves. The following two questions - a derivative of the discipling questions *What is God saying & What am I going to do about it?* - help with unlocking the lies and replacing them with truth.

When God gets our attention (a Kairos moment) it is the truth we need to hear.

John 8:32 "Then you will know the truth, and the truth will set you free."

Colossians 2:8 "See to it that no one takes you captive through hollow and deceptive philosophy, which depends on human tradition and the elemental spiritual forces of this world rather than on Christ."

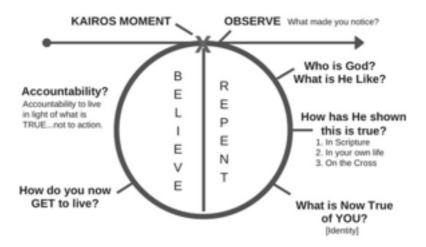
A lie is an enemy stronghold in our lives.

2 Corinthians 10:4 "The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds."

What lie am I believing?

What is God's truth about me or this situation?

# The Circle



# Kairos Circle - lies, truth & identity

Starting with God and His truth helps us to live in the truth rather than on the emotion of the moment.

- From the truth about God we move to ourselves and understand the truth about ourselves (our true identity) in the light of who God is and who He says we are.
- From this we move to ask the great question *How do we now get to live?* It is a joy, not a burden. It is a freedom. Something we get to do rather than something we ought to do.
- Accountability now emphasises the need to live in the Truth rather than simply to be accountable for a certain action.

#### **WEEK 1- THE KING AND HIS KINGDOM**

<sup>1</sup>Now when Jesus saw the crowds, he went up on a mountainside and sat down. His disciples came to him, <sup>2</sup> and he began to teach them.

The Beatitudes

He said:

This week the focus is knowing what the Kingdom is all about. We are invited to allow the Kingdom to shape our values and to impact how we live it out. It is our UP week where we open up our hearts to the Kingdom to rule and reign.

As we spend time in prayer and meditation either alone or with other brothers and sisters, may we all be stirred afresh by the reality of this Kingdom. The Kingdom is here and is changing those who belong to it. The King is our Father and we are His children and also citizens of His Kingdom.

Throughout the week we will look at the following areas:

- The King of All
- The King's Kingdom is here
- The Joy of the Kingdom
- The Kingdom where lost things are found
- The Kingdom values
- The Kingdom welcome
- Review

Where possible, throughout this week it would be great if we could meet together to work through the booklet. When it is not possible to meet physically, gathering online can be a fantastic option.

Look out for those significant Kairos moments where God is breaking through and use the review day to process one of them.

<sup>&</sup>lt;sup>3</sup> "Blessed are the poor in spirit, for theirs is the kingdom of heaven.

<sup>&</sup>lt;sup>4</sup>Blessed are those who mourn, for they will be comforted.

<sup>&</sup>lt;sup>5</sup>Blessed are the meek, for they will inherit the earth.

<sup>&</sup>lt;sup>6</sup>Blessed are those who hunger and thirst for righteousness, for they will be filled.

<sup>&</sup>lt;sup>7</sup>Blessed are the merciful, for they will be shown mercy.

<sup>&</sup>lt;sup>8</sup>Blessed are the pure in heart, for they will see God.

<sup>&</sup>lt;sup>9</sup>Blessed are the peacemakers, for they will be called children of God.

<sup>&</sup>lt;sup>10</sup>Blessed are those who are persecuted because of righteousness, for theirs is the kingdom of heaven. Matthew 5:1-10

# DAY 1 - THE KING OF ALL / 6TH JANUARY

## **Read Psalm 47:7-9, Colossians 1:15-22**

<sup>7</sup>For God is the King of all the earth; sing to him a psalm of praise.

<sup>8</sup>God reigns over the nations; God is seated on his holy throne.

<sup>9</sup>The nobles of the nations assemble as the people of the God of Abraham for the kings of the earth belong to God; he is greatly exalted. Psalm 47:7-9

The Bible clearly highlights that God is King of all creation, over powers, authorities and nations. In the Old Testament, the kingdom is thought of mostly in physical terms and usually associated with the Jews. As we enter the New Testament this changes and spreads to all humanity and the Kingdom is referred to in the spiritual dimension impacting the physical. Usually, in a kingdom, the king rules over subjects. However, we are participants in the Kingdom as sons and daughters working on the behalf of the King.

#### **Adore**

- Spend time worshipping God as King of all.
- You may find this film called "My King" (https://iic.io/df2001a) or this song "King of my heart" (https://iic.io/df2001b) helpful.

#### **Ask**

- Ask God to highlight any areas where your will is not submitted to Him as King.
- Ask God for an understanding of your identity as a child of the King of Kings.
- Think through what this means for you.

#### Act

- Spend some time today being aware of God's Rule and Reign in your life.
- You might want to set an alarm, pause four times today to remind yourself that God is King in everything you do.

#### **Affirm**

• You are my King, and I am your Child. I choose to submit under the authority of the King in every area of my life.

# DAY 2-THE KING'S KINGDOM IS HERE/ 7TH JANUARY

#### Read Mark 1:15

"The time has come," he said. "The kingdom of God has come near. Repent and believe the good news!" Mark 1:15

At the coming of Jesus, God's Kingdom was announced as being here on earth as in Heaven. Everywhere Jesus stepped He brought His Kingdom reign and rule. The evidence of this were healings, demons being expelled, freedom and justice for the oppressed, a challenge of religious legalism.

At the heart of the Kingdom are these two phrases: Repent and Believe. Repent means to turn from going our own way and turn towards God's way. Believe means to put our full trust upon the character and truth of who God is and what He has said. This is at the heart of the Kairos circle tool we presented in the introduction.

## **Adore**

- Make a list of evidence of the Kingdom in your own life and your church community. For example, peace, joy, kindness, compassion for the oppressed.
- Spend time thanking God for His Kingdom work in your life and in our churches.

#### Ask

- Invite God to speak clearly to you today. It is important that we catch God's voice.
- What is God saying to you? Write down anything (even small things) that you think He is saying.
- Think through what He is asking you to do.

#### Act

- Take the next step in what He is asking you to do.
- Simply pray "your Kingdom come" on the hour, every hour today (maybe set a phone reminder). Pray the whole Lord's prayer at midday knowing many others are joining you.

### **Affirm**

• The Kingdom is evidenced in our community as we align with the King.

# DAY 3 - THE JOY OF THE KINGDOM / 8TH JANUARY

# Read Matthew 13:44-46, Philippians 2:12-13 The Passion Translation

44"The kingdom of heaven is like treasure hidden in a field. When a man found it, he hid it again, and then in his joy went and sold all he had and bought that field. 45 "Again, the kingdom of heaven is like a merchant looking for fine pearls. 46 When he found one of great value, he went away and sold everything he had and bought it. Matthew 13:44-46

<sup>12</sup>My beloved ones, just like you've always listened to everything I've taught you in the past, I'm asking you now to keep following my instructions as though I were right there with you. Now you must continue to make this new life fully manifested as you live in the holy awe of God - which brings you trembling into his presence. <sup>13</sup>God will continually revitalize you, implanting within you the passion to do what pleases him. Philippians 2:12-13 The Passion Translation

Jesus uses stories often when talking about God's Kingdom. It brings hard concepts into more understandable teaching. Today's parable reaches into the realms of our emotions. We all know the joy of finding something of great worth that was lost and the joy that it brings. The cost of the Cross enabled us to enter the Kingdom of God and requires ongoing sacrifice on our part. However, this short parable reminds us of the great joy we know entering the Kingdom of God.

## **Adore**

- Remember the day you first said Yes to God. Thank God for saving you.
- Thank God for still working in your character/life.

#### Ask

• Ask God to renew the joy of your salvation.

#### Act

• Find the song that you had at your baptism or another song that is important to you in walking with Jesus. Listen to it and use it to worship.

#### **Affirm**

We are growing in joy as we continue to work out our salvation.

# DAY 4 - THE KINGDOM WHERE LOST THINGS ARE FOUND / 9TH JANUARY

### Read the whole of Luke 15

The Parable of the Lost Coin

8"Or suppose a woman has ten silver coins and loses one. Doesn't she light a lamp, sweep the house and search carefully until she finds it? And when she finds it, she calls her friends and neighbours together and says, Rejoice with me; I have found my lost coin. In the same way, I tell you, there is rejoicing in the presence of the angels of God over one sinner who repents. Luke 15:8-10

Answer the following questions:

- 1. How is the shepherd like God?
- 2. How is the woman with the coins like God?
- 3. How is the father like God?

The King is always seeking and calling those who are lost. He called you when you were lost, and He is continuing to do this in our world today. He welcomes you home, forgives you and holds a party for you, now you have been found.'

#### **Adore**

- Read back over Luke 15. What aspect stands out to you most? Turn it into praise.
- Thank God that even in the pigpen He never left you.
- Thank God for His unending love for you.

#### **Ask**

- Ask God's Spirit to highlight areas where you are acting like:
  - i. a 'sheep' running away,
  - ii. the son living for himself or
  - iii. the big brother
- Spend time in repentance and then receive God's forgiveness.

#### Act

- Look for the Scriptures that challenge the mindset revealed above. For example, for a sheep who runs away for fear of judgement, Romans 8:1 *Therefore, there is now no condemnation for those who are in Christ Jesus*.
- Use this link to help you https://iic.io/df2004. Confess the truth throughout the day.

## **Affirm**

• The LORD is my Saviour. He delights in me. He loves me and rejoices over me with singing. (Zephaniah 3:17).

# DAY 5 - THE KINGDOM VALUES / 10TH JANUARY

#### Read Matthew 5:3-12

<sup>3</sup> "Blessed are the poor in spirit, for theirs is the kingdom of heaven. <sup>4</sup> Blessed are those who mourn, for they will be comforted. <sup>5</sup> Blessed are the meek, for they will inherit the earth. <sup>6</sup> Blessed are those who hunger and thirst for righteousness, for they will be filled. Matthew 5:3-6

What would a kingdom that you design look like? Would your values be the same as God's values? Today's text is a mind boggling passage which highlights who our King really is and the Kingdom He has created.

Read it slowly and write down what the passage reveals about the Kingdom. For example:

The King has a huge welcome and heart for those who are poor (physically, emotionally and spiritually).

The Kingdom is for those who realise their need of God.

#### **Adore**

- Read over your list.
- Thank God for His Kingdom in all of its mind boggling, upside down, beautiful nature.

#### Ask

- Ask God to highlight a verse in this passage.
- What is He saying to you through this? Perhaps use the Kairos Circle as presented in the Introduction to process what God is saying to you.
- What truth do you need to take on?

#### Act

• Take the next step in doing what God is asking you to.

## **Affirm**

• We are growing in righteousness, peace and joy in the Holy Spirit.

# DAY 6 - THE KINGDOM WELCOME / 11TH JANUARY

## Read Matthew 18:1-4, Ephesians 1:3-14

<sup>1</sup>At that time the disciples came to Jesus and asked, "Who, then, is the greatest in the kingdom of heaven?" <sup>2</sup>He called a little child to him, and placed the child among them. <sup>3</sup>And he said: "Truly I tell you, unless you change and become like little children, you will never enter the kingdom of heaven. <sup>4</sup>Therefore, whoever takes the lowly position of this child is the greatest in the kingdom of heaven. <sup>5</sup>And whoever welcomes one such child in my name welcomes me. Matthew 18:1-4

A child's experience of the Kingdom is full of wonder, praise, joy and fun. Children are also welcomed into the Kingdom - they know their God and understand simply who they are. This knowledge of being the King's child is key to us being 'childlike (not childish) in our faith.

Where do we, as adults, go wrong? How and why?

#### **Adore**

- Spend time thanking God for who you are because of who He is.
- Read Ephesians 1:3-14 and thank God for what it means to be adopted into God's family.

## Ask

- Think about how children are. For example, children can be accepting, expect to be welcomed and trust freely.
- Ask God how you can be more 'like a child' concerning your relationship with Him.
- Renew my awe and wonder at who you are and whose I am.

#### Act

- Do one thing today that brings joy and fun into your relationship with God.
- Some ideas include doing something spontaneous, have a mini adventure with Jesus like going on a walk with Him, dance around your kitchen singing with God.

#### **Affirm**

• I am a child of God and a member of His family.

# DAY 7 -PROCESS KAIROS MOMENTS USING THE CIRCLE / 12TH JANUARY

#### **Kairos Moment**

a significant moment/event when we sense God speaking specifically to us

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#### Act

put the next specific step/s of obedience into practice

#### Account

share what God is saying with others and asking them to help you and remind you/hold you to account

#### Plan

how to apply this to your life

#### Write notes below:

My Kairos moment is

# Observe

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what God could be saying?

#### Reflect

what that means to you?

### **Discuss**

allow others to ask questions/share what they sense God is saying

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# Reflect

# **Discuss**

# Plan

## Account

## Act

#### **WEEK 2 - INTRODUCTION**

<sup>17</sup>For the kingdom of God is not a matter of eating and drinking, but of righteousness, peace and joy in the Holy Spirit, <sup>18</sup>because anyone who serves Christ in this way is pleasing to God and receives human approval. <sup>19</sup>Let us therefore make every effort to do what leads to peace and to mutual edification. Romans 14:17-19

<sup>12</sup>Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. <sup>13</sup>Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. <sup>14</sup>And over all these virtues put on love, which binds them all together in perfect unity. <sup>15</sup>Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful. <sup>16</sup>Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts. <sup>17</sup>And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him. Colossians 3:12-17

Throughout the course of this week, we are going to focus on how we live out the life of the Kingdom within the context of community. In our IN week, we will focus on our inward relationships with one another and the ways in which we can live out Kingdom principles in practical ways.

It is important within our individualistic culture to ensure that we understand that the majority of the 'you' phrases used in the New Testament are plural. This means that we need to grasp the Kingdom life together as part of the big picture of God's plan. Our prayer is that as we engage in the various topics for this week that we will further become and example the Kingdom life collectively. This is rooted in ensuring we are living from the correct perspective of our identity in Christ and the call to His Kingdom work.

Throughout the week we will look at the following areas:

- Living as a Community of Peace
- Living as a Community of Righteousness
- Living as a Community of Joy
- Living as a Community of Love
- Living as a Community of Faith
- Living as a Community of Hope
- Review

Where possible, throughout this week it would be great if we could meet together to work through the booklet. When it is not possible to meet physically, gathering online can be a fantastic option.

Look out for those significant Kairos moments where God is breaking through and use the review day to process one of them.

# DAY 8 - LIVING AS A COMMUNITY OF PEACE / 13TH JANUARY

# Read Matthew 18:15-19; Colossians 3:15 (The Message); Ephesians 4:1-5

Let the peace of Christ rule in your hearts, since as one body you are called to peace.

Colossians 3:15

<sup>18</sup> Truly I tell you, whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven. <sup>19</sup> Again, truly I tell you that if two of you on earth agree about anything they ask for, it will be done for them by my Father in heaven. Matthew 18:18-19

Conflicts and frictions are bound to occur in a community of people. How these are resolved will determine whether a place is given to the devil or not. A community living at peace with one another results in greater capacity for the King's rule to manifest in and through us. Every time that we choose to promote peace where division is possible, we are enabling greater effectiveness. We can bind the works of the enemy together with confidence and call forth the release of the Kingdom of God together. Conversely, if we are not at peace with someone it is affecting everyone.

#### **Adore**

- Listen and reflect on "Make us One" by Jesus Culture ft. Chris Quilala (https://iic.io/df2008).
- Thank the Father that He has made us one in Christ.
- Thank the Father that we are called to and can live at peace with one another.

#### Ask

- Are we living in any way that may cause offence/others to stumble?
- Are there any areas where we have offence, hurt, areas where we need to let Christ rule in attitudes/experiences/mindsets?
- Are we at peace with one another?
- As a community where are we experiencing battle (such as: health, finance, commitment, relationships, family)? How do we need to resist the enemy in this area?
- As a community where do we need to see a specific breakthrough?

#### Act

- Resolve any area of offence (Matthew 18:15-17).
- Proactively agree with 2 or 3 people (related to the battle and breakthrough in Ask).

## **Affirm**

• We maintain the unity of the Spirit by loving, forgiving and bearing with one another.

# DAY 9 - LIVING AS A COMMUNITY OF RIGHTEOUSNESS / 14TH JANUARY

# Read Matthew 6:25-34; 2 Corinthians 5:21; Philippians 2:1-4; 1 Peter 2:4-11

But seek first his kingdom and his righteousness, and all these things will be given to you as well. Matthew 6:33

God made him who had no sin to be sin for us, so that in him we might become the righteousness of God 2 Corinthians 5:21

But all of you are a chosen generation, a royal priesthood, an holy nation, an exclusive people; that all of you should show forth the praises of him who has called you out of darkness into his marvellous light; Which in time past were not a people, but are now the people of God: which had not obtained mercy, but now have obtained mercy. 1 Peter 2:9-10 (UKJV)

God's desire has always been for a Kingdom of Priests. Throughout the Bible, we are aware that Priests offer sacrifices. In the New Testament, our sacrifices are to give praise to God and do good works. This is not an individualistic thing but a corporate identity. We proclaim who God is and remind ourselves that together we are called to model a lifestyle of right relationship with God and one another. It is important to note that the 'you' we see used is plural.

## **Adore**

- Take a few minutes to rest and listen to "Cornerstone" by Hillsong worship (https://iic.io/df2009). Allow God to speak to you.
- Thank the Father for the righteousness we have received in Christ and that we as a body has been brought into this amazing truth.

#### Ask

- Ask for a fresh revelation of our right standing with God in Christ.
- Pray for a fresh revelation of our position as a Royal Priesthood and for eyes to see each other through this lens.
- Ask the Father to reveal what we as a community are seeking first? Is any adjustment needed? How is He asking us to declare His praises to others?

#### Act

• Prayer walk your neighbourhood declaring: "May ...... encounter and come to right relationship with God through us.

## **Affirm**

• We are Kingdom of Priests establishing God's righteousness in Ipswich.

# DAY 10 - LIVING AS A COMMUNITY OF JOY / 15TH JANUARY

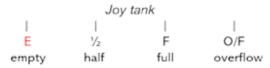
# Read John 16:17-24; Ephesians 5:18-21

<sup>18</sup>Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit, <sup>19</sup>speaking to one another with psalms, hymns, and songs from the Spirit. Sing and make music from your heart to the Lord, <sup>20</sup>always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ. <sup>21</sup>Submit to one another out of reverence for Christ. Ephesians 5:18-21

Kingdom joy is the deep assurance that God is in control regardless of the situation. As people who seek the Kingdom of God first, we are invited to be filled with the Holy Spirit. He gives us overflowing joy which we express through songs and words of praise to God. Our gathered times are to be filled with songs of praise and thanksgiving for everything God has done. John 16:19-24 says that Jesus offers us real joy even in the midst of grief. The joy Jesus offers us can be expressed in times of grief and in times of breakthrough. Jesus wants our joy to be complete, so He invites us to ask for anything in His name.

#### **Adore**

- Take a few minutes to rest and listen to the "Joy of the Lord" by Rend Collective (https://iic.io/df2010). Allow God to speak to you.
- Give thanks for opportunities to freely express our joy with one another and to one another. Thank the Father for a joy that keeps us in real difficulty.



## **Ask**

- Where are we/you on the joy scale? Is our joy contagious? Is anything blocking our joy?
- Receive a fresh filling of the Spirit. Pray for this for/within your community (do this with others if possible).
- Pray for anyone who is experiencing grief that the joy of the Lord would be their strength.

#### Act

- Take time to sing praise to God for who He is and what He has done for us.
- List some reasons to be joyful and share with those in your community.
- Share how you came to faith with one another.

## **Affirm**

• The Joy of the Lord is our strength.

# DAY 11 - LIVING AS A COMMUNITY OF LOVE / 16TH JANUARY

# Read 1 John 3:14-18 NIV and The Message; 1 John 4:18-21

Dear children, let us not love with words or speech but with actions and in truth.

1 John 3:18

<sup>20</sup>Whoever claims to love God yet hates a brother or sister is a liar. For whoever does not love their brother and sister, whom they have seen, cannot love God, whom they have not seen. <sup>21</sup>And he has given us this command: Anyone who loves God must also love their brother and sister. 1 John 4:20-21

As we live in the reality of the Fathers' love in our lives, we are invited to express that love to those around us through action and truth. So that as we seek His Kingdom the world around us may see the reality of the Fathers love through our relationships. (cf. John 17)

#### **Adore**

- Listen and reflect on the song "Love" by Chris Tomlin (https://iic.io/df2011).
- Thank God for all the brother and sisters He has given you (especially the ones you find more difficult to love!).

#### **Ask**

- Ask the Father for a fresh revelation and experience of His love.
- Ask the Father to reveal any mindset that is restricting the flow of love.
- Ask the Father what relationships He is asking you to invest in more and how?

#### Act

- Identify someone within our community who may be in need. Do something to help.
- Give time to somebody today.
   For example: Some people may feel lonely, invite them to your house. Turn your phone off and give them your full attention for that time.

## **Affirm**

• The love of God is at work in us. We love one another with actions and in truth.

# DAY 12 - LIVING AS A COMMUNITY OF FAITH / 17TH JANUARY

# Read Mark 2:1-5; James 2:14-18 (see ESV as well) Matthew 21:21-22

<sup>3</sup>Some men came, bringing to him a paralysed man, carried by four of them. <sup>4</sup>Since they could not get him to Jesus because of the crowd, they made an opening in the roof above Jesus by digging through it and then lowered the mat the man was lying on. <sup>5</sup>When Jesus saw their faith, he said to the paralysed man, 'Son, your sins are forgiven.' Mark 2:3-5

<sup>17</sup>In the same way, faith by itself, if it is not accompanied by action, is dead.

#### **James 2:17**

In our individualistic culture it is easy to think if we are OK as individuals then everything is OK. In a Kingdom Culture it is our responsibility to bring others within our relational community to Jesus. We will all have times when we need the help of our friends to carry us to Jesus. We may not be physically paralysed but other situations and circumstances are overwhelming us. In these times we need friends who can help carry our burdens. At other times we carry others to Jesus.

#### **Adore**

- Listen and reflect on the song "Lean on me" by Summertime Gospel Choir (https://iic.io/df2012a).
- Read through the lyrics at https://iic.io/df2012b as you listen.
- Thank God for those who have acted like the four friends in our lives (text them to let them know).
- Thank God for opportunities you have had to carry others.

## Ask

- Ponder James 2:18 "...But I will show my faith by the good I do." (ERV).
- Ask for wisdom to discern who in our lives needs our support right now.
   What could this look like?
- Where do we need to persist like the four friends did?
- Who do we need to uplift within our community?

#### Act

- Do practical acts of kindness such as (but not limited to):
  - Send words of encouragement/scriptures that Father reveals to you to someone.
  - Visit someone on your heart.
  - Babysit for someone/do the housework.
  - Lay hands on the sick.

## **Affirm**

We are a people of faith. We believe and do good works.

Note down any Kairos moment from the day.
DANIEL FAST 22

# DAY 13 - LIVING AS A COMMUNITY OF HOPE/ 18TH JANUARY

# Read Romans 5:1-5 (NIV); 1 Peter 1:3-6; Matthew 25:1-13

<sup>1</sup>Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ, <sup>2</sup>through whom we have gained access by faith into this grace in which we now stand. And we boast in the hope of the glory of God. <sup>3</sup>Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance; <sup>4</sup>perseverance, character; and character, hope. <sup>5</sup>And hope does not put us to shame, because God's love has been poured out into our hearts through the Holy Spirit, who has been given to us. Romans 5:1-5

In a world surrounded by many challenges we have a hope in the present and for the future. We know that whilst we may face challenges in the present this helps to develop perseverance and deepened character. Hope rises within us as we trust experientially in the finished work of Christ and the foundation of His love and character. We also know that we have a clear assurance that in the future Jesus will return for us. Therefore, we can live confidently, knowing that our final destination is better than our present reality.

#### **Adore**

- Take some time to listen to "Living hope" by Bethel music (https://iic.io/df2013). Allow God to speak to you.
- Give thanks for the living hope we have in the finished work of Christ:
  - i. in the present.
  - ii. for the future.
- Give thanks to the Spirit for His commitment to us and for reminding us of our hope.
- Give thanks for people who have spurred us on in our walk with Christ.

#### Ask

- Pray for perseverance for those going through trials and challenges.
- Ask the Father what character He is wanting to build in us as individuals/ as a community? (mercy, faithful, goodness, graciousness, patience, kindness, generosity etc.).

# **Affirm**

• Christ is the substance of our hope. Hope in Christ is our firm foundation.

## Act

- Write and share your story, bring out aspects where Christ has been (and still is) your living hope.
- Share stories of struggle/hope amongst you community/small group/relational cell

# DAY 14 -PROCESS KAIROS MOMENTS USING THE CIRCLE / 19TH JANUARY

## **Kairos Moment**

a significant moment/event when we sense God speaking specifically to us

#### Act

put the next specific step/s of obedience into practice

#### Account

share what God is saying with others and asking them to help you and remind you/hold you to account

#### Plan

how to apply this to your life

B E R L E I P E E V N E T

### **Observe**

what God could be saying?

#### Reflect

what that means to you?

#### **Discuss**

allow others to ask questions/share what they sense God is saying

## Write notes below:

My Kairos moment is

Observe		
Reflect		
Discuss		

Plan

Account

Act

#### WEEK 3 - THE KINGDOM IS FOR THE LOST

#### Jesus Heals the Sick

<sup>23</sup> Jesus went throughout Galilee, teaching in their synagogues, proclaiming the good news of the kingdom, and healing every disease and sickness among the people.

<sup>24</sup> News about him spread all over Syria, and people brought to him all who were ill with various diseases, those suffering severe pain, the demon-possessed, those having seizures, and the paralyzed; and he healed them. <sup>25</sup> Large crowds from Galilee, the Decapolis, Jerusalem, Judea and the region across the Jordan followed him.

Matthew 4:23-25

The Workers Are Few

<sup>35</sup>Jesus went through all the towns and villages, teaching in their synagogues, proclaiming the good news of the kingdom and healing every disease and sickness.

<sup>36</sup>When he saw the crowds, he had compassion on them, because they were harassed and helpless, like sheep without a shepherd. <sup>37</sup>Then he said to his disciples, "The harvest is plentiful but the workers are few. <sup>38</sup>Ask the Lord of the harvest, therefore, to send out workers into his harvest field." Matthew 9:35-38

This week, our OUT week, our focus is on the Power of the Kingdom at work in our world today.

Jesus' central message was about knowing the Father and experiencing the Kingdom of Heaven on earth. He did not only preach it, He demonstrated it and the results were awesome. He empowered His followers to do the same through the power of the Holy Spirit.

As we earnestly seek the Kingdom this week, in our gathered times of prayer or on our own, may we encounter His power afresh and extend the Kingdom.

Throughout the week we will look at the following areas:

- The Kingdom of Light
- The Parable of the Scattered Seeds
- The Kingdom for All
- The Kingdom of the Little things
- The Kingdom of Power
- The Kingdom Prayer
- Review

Where possible, throughout this week it would be great if we could meet together to work through the booklet. When it is not possible to meet physically, gathering online can be a fantastic option.

Look out for those significant Kairos moments where God is breaking through and use the review day to process one of them.

# DAY 15 - THE KINGDOM OF LIGHT/20TH JANUARY

#### Read Matthew 5:14-16

<sup>14</sup>"You are the light of the world. A city set on a hill cannot be hidden. <sup>15</sup>Nor do people light a lamp and put it under a basket, but on a stand, and it gives light to all in the house. <sup>16</sup>In the same way, let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven." Matthew 5:14-16

You can certainly see why this is one of the most well-known illustrations of Jesus. The truth in this story highlights a key aspect of how we live out the Kingdom life. We have seen throughout this Daniel Fast that knowing God as King changes us as it gives us a new identity and a Kingdom responsibility. In a world of darkness, those who live in the light need to allow the world to see the difference the Kingdom makes by their good deeds and godly examples.

#### **Adore**

- Spend some time worshipping the Light of the World. This song may help (https://iic.io/df2015).
- Thank Him, He is the light of the world and His light shines through us to others.

## Ask

- To what degree are you shining?
- What hinders you from shining brightly and sharing God's love with others?
- Spend today asking God to show you the answer to these questions.
- This may require you to repent. For example, consider whether you need to face any of the following fears: fear of failure, fear of rejection, fear of inadequacy, fear of others.

#### Act

- Repent and Believe.
  - Use the circle to ensure you have repented and think through what truth you need to apply.
  - Shine God's light by sharing your faith with someone and do a good deed.

## **Affirm**

• We are the light of the world, shining to others that they may glorify the Father.

# DAY 16 - THE PARABLE OF THE SCATTERED SEEDS / 21ST JANUARY

#### Read Mathew 13:1-22

<sup>7</sup>Other seed fell among thorns, which grew up and choked the plants. <sup>8</sup>Still other seed fell on good soil, where it produced a crop – a hundred, sixty or thirty times what was sown. <sup>9</sup>Whoever has ears, let them hear. Matthew 13:7-9

We are all called to shine God's light and show His love. Why does this sometimes bring great fruit and other times bring nothing? The sower spreads the seeds in the same way but they land in different places. Let us dig deep into this passage today as it is full of wisdom.

As we look through today be reminded that a person of peace is someone open to relationship with you, your message and willing to serve you.

- i. What do the different soils say of the different responses to the Gospel?
- ii. How can you scatter the seed to the many to find a few?
- iii. Where and to whom is God asking you to spread seeds of His gospel today, this week, this month and this year?

### **Adore**

- God is the God of the harvest.
- Spend some time thanking God for working in the lives of our friends and families.
- Thank God for those people who are good soil around you.

#### **Ask**

- Where is the good soil that God is asking you to sow seeds in?
- Who are the people of peace that He is leading you to in this season?

#### Act

- Pray for those people that God has shown you.
- Intentionally plan time with them for your relationship to grow/deepen.

#### **Affirm**

• We scatter seed everywhere we go with the promise of a harvest.

# DAY 17 - THE KINGDOM FOR ALL / 22ND JANUARY

#### Read Luke 14:15-24

<sup>15</sup>When one of those at the table with him heard this, he said to Jesus, "Blessed is the man who will eat at the feast in the kingdom of God." <sup>16</sup>Jesus replied: "A certain man was preparing a great banquet and invited many guests. <sup>17</sup>At the time of the banquet he sent his servant to tell those who had been invited, 'Come, for everything is now ready.' Luke 14:15-17

As we consider the parable of The Great Feast let us ask the question: Who do you welcome at your table? As you read this passage take note of how you feel. How would you feel if you were the Man preparing the feast? Why did people not want to come? How would you have felt if you were one of the ones 'one the road' who were invited to a grand feast? Jesus welcomes all to His table, His invitation is to all without any question on whether you are good enough, healthy enough, the right size, from the right background or country. His invitation is for all. As Christians we need to be especially welcoming and engaged with those who do not know God yet. The great commission reminds us to go to all nations and to all people. Jesus showed us an easy way to do this - inviting people to eat with you. Think of how many different people He welcomed over a meal from sinners through to His disciples.

## **Adore**

- Listen to "The Table" by Chris Tomlin (https://iic.io/df2017).
- Thank God for His welcome. Thank God that you enjoy His table. Thank God that His table is open to all.

## Ask

- Ask God to show you anyone or set of people that you struggle to be welcoming too.
- Ask God to talk to you about how you can make your small group a missional community and household a place of God's welcome.
- Which of your people of peace do you need to invite to eat with you regularly in the next season?

## Act

- Pray around your house/flat asking that God's very presence will be experienced by all who enter it.
- Pray that your house will be a house of salvation where people discover the truth of who God is.
- Spend time with your diary and plan some meals with others especially your people of peace. Jesus met many over a meal and He asks us to do the same.

## **Affirm**

• Our tables are open as our Father's table is open to all.

Note down any Kairos moment from the day.

DANIEL FAST

28

# DAY 18 - THE KINGDOM OF THE LITTLE THINGS / 23RD JANUARY

#### Read Luke 13:18-21

<sup>18</sup>Then Jesus asked, "What is the kingdom of God like? What shall I compare it to? <sup>19</sup>It is like a mustard seed, which a man took and planted in his garden. It grew and became a tree, and the birds of the air perched in its branches." <sup>20</sup>Again he asked, "What shall I compare the kingdom of God to? <sup>21</sup>It is like yeast that a woman took and mixed into a large amount of flour until it worked all through the dough." Luke 13:18-21

The Bible often reminds us that eternal and significant things grow from tiny beginnings. A mustard seed became a tree and a small amount of yeast worked into a dough grows and feeds many. Think about how Jesus has led those who have become Christians in your life recently. What small acts were part of their journey to know God? As we look forward to 2020 it can be tempting to overlook the small things that God is asking you to do and the small steps we need to take.

Danielle Strictland reminds us "God has never and is not now looking for amazingly gifted people with advanced weapons systems or schemes of brilliance that will baffle the world. He is looking for shepherds with staffs to confront superpowers not with their amazing courage or ability but with the simple idea that it must be God with and in us that can use us. It is a partnership of eternal significant, power and Consequences." (The Ultimate Exodus p 118).

#### **Adore**

- Thank God for the many times in your life you have seen God turn a small sacrifice into something beautiful.
- Thank God for the small things in our lives that He can use to impact others.
- Thank God for where you are seeing the starts of small beginnings in someone else's life.

#### **Ask**

- Ask God what He has given you that you need to use for His Kingdom?
- Ask God how you can use these to bring others closer or even into God's Kingdom? These things could include your time, a skill or gift you have or a missional vision that God is showing you.

#### Act

• Listen to God and reflect on the following question: What small acts of kindness is He asking you to do today that would bless a person of peace? (Share with someone else so you are accountable to do what God has said)

## **Affirm**

• Our collective smallness in the hands of God makes a big impact.

# DAY 19-THE KINGDOM OF POWER/24TH JANUARY

#### Read Luke 11:14-21

The seventy-two returned with joy and said, 'Lord, even the demons submit to us in your name.' Luke 10:17

For the Kingdom of God is not just a lot of talk; it is living by God's power. 1 Corinthians 4:20 NLT

The Kingdom of God is a Kingdom of great power. It is a Kingdom of His people being anointed to proclaim the good news, to set captives set free, of healing and of God's blessings/favour.

We also read in Matthew 12:24-29 that it is a Kingdom power that makes even satan (the strongman, prince of this world) flee. The power of God is ultimate and makes all darkness flee (Luke 10:17). As God's people we need to be people of power. People who pray and expect healing, people who live with God's strength not ours, a Church who allows God's powerful presence to be at work in us.

### **Adore**

- Listen to the song "Break every chain" by Tasha Cobbs (https://iic.io/df2019).
- Thank God for the evidence of His power at work in your own life and those around you. Thank God for the authority He has given us.

#### Ask

- Ask God how He wants to use you to evidence His power
- What does it look like for you to live in the Power of the Holy Spirit this year?

#### Act

- Go for a prayer walk with someone else (sit with God if you cannot).
- Ask God how He wants to evidence His power through us where we walk.
- Take authority over any powers, darkness or authorities the Spirit reveals.
- Offer to pray for someone (for example healing physically, emotionally stress)

#### **Affirm**

• God's power flows through us to set captives free.

# DAY 20 - THE KINGDOM PRAYER / 25TH JANUARY

## Read Matthew 6:9-13

Your kingdom come, Your will be done, on earth as it is in heaven.

Matthew 6:10

We long for a Revival - for the outpouring of God's Spirit that transforms situations, people and our town. Revival begins with prayer! We have seen this repeatedly in history and so therefore we turn to prayer again for the future revivals.

As we come to the end of our Daniel Fast it is fitting for us to remember the power of the Kingdom prayer - What would it really mean for God's Kingdom to come and His will to be done on earth as it is in Heaven?

Intercession is simply praying for others and for God's will to be done in their lives. It is so powerful as it unites our hearts to the people and places we pray for. It can change the spiritual atmosphere of towns and nations and cause change in the people and situations we are praying for.

Think about your own prayer life. Do you pray Kingdom prayers? What does a Kingdom prayer look like in your life? How can you actively and passionately pray for your people of peace, for your neighbour and place of work?

Pete Greig in his helpful book How to Pray reminds us to "Keep it simple, keep it real and keep it up." What does it mean for you to spend time adoring God and submitting to His Kingdom? When you have done that, moving into your request prayers feels different as you have already submitted yourself to the authority of God alone.

## **Adore**

- Why not rewrite a Psalm or even pen an original one? (Psalm 8 or Psalm 136 is worth a look). Do not rush from here.
- Enjoy some time adoring your Father. Thank God for all He has done in the past three weeks of the fast and for stirring your heart for His people (IN) and for the lost (OUT).

#### Ask

• Ask God for His heart to pray for the lost, for our town and the nations.

#### Act

• Commit to praying the Lords' prayer daily. Many pray at midday as a pause in the day. Set a phone reminder or write the Lord's prayer out somewhere as a trigger to remind you to pray.

## **Affirm**

• Your Kingdom manifests on earth as we walk in obedience.

# DAY 21 -PROCESS KAIROS MOMENTS USING THE CIRCLE / 26TH JANUARY

#### **Kairos Moment**

a significant moment/event when we sense God speaking specifically to us

#### Act

put the next specific step/s of obedience into practice

#### Account

share what God is saying with others and asking them to help you and remind you/hold you to account

#### Plan

how to apply this to your life

B E R L E I P E E V N E T

#### **Observe**

what God could be saying?

#### Reflect

what that means to you?

#### **Discuss**

allow others to ask questions/share what they sense God is saying

## Write notes below:

My Kairos moment is

# Reflect

Observe

## Discuss

# Plan

## Account

# Act

#### **NOTES**

#### **NOTES**†

#### **NOTES**

# DANIEL FAST

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