

2024 COVENANT LIFE CHURCH'S 37 DAY FAST

[January 1st through February 6th]

THURSDAY, JANUARY 4th

Preparing my body for the New Year.

1 Corinthians 6:19-20 [NIV] *"Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; ²⁰ you were bought at a price. Therefore, honor God with your body."*

THOUGHT for TODAY:

Because our body is something we see every day, we feel every day, we function in life with our body, and we deal with the physical limitations of our body, we might be more prone to spend too much time being concerned with it more than our spirit and soul. Our body houses our spirit and soul so we should take good care of our body. It's the only *"temple"* you will live in on this earth. It needs to last a long time so you can fulfill God's will and purpose for your life. Feed it well. Get plenty of sleep. Reduce stress. Make sure you hydrate. Exercise. Stretch. Take time to rest, relax, and rejuvenate your body.

SCRIPTURE:

Romans 12:1 [CEV] *"Dear friends, God is good. So, I beg you to offer your bodies to Him as a living sacrifice, pure and pleasing. That's the most sensible way to serve God."*

PRAYER: Father, forgive me for not taking care of the physical body that You gave me to do Your will and purpose. Help me to guard and protect the body I live in. May I no longer abuse or misuse it. I am determined to live all the days that You have intended me to live. I declare that from this day forward my physical body is strong, healthy, full of energy and vitality, because I choose to take care of what You have given me. I ask for Your strength and blessing in the name of Jesus, amen!

WHAT TO PRAY:

- Ask for forgiveness where you may have abused your physical body or not taken good care of it.
- Be determined to make a change regarding taking better care of your body.
- Stop putting too many *"irons in the fire"* and *"burning the candle at both ends"* as this is a misuse and abuse of your physical body.
- Ask for the Holy Spirit's help and have more than one accountability partner to walk with you in your journey to become healthier.
- Sleep. Rest. Relax. Let your body recuperate so your spirit and soul (*mind, will, emotions*) can become sensitive to hearing the voice and leading of the Lord.

WORSHIP SONG: *"Spirit Lead Me"* / Michael Ketterer / Influence Music

<https://youtu.be/ABWnLjXer10?feature=shared>

TODAY, I NEED TO PRAY FOR: _____

WHAT IS THE LORD SAYING TO ME TODAY? _____