

2024 COVENANT LIFE CHURCH'S 37 DAY FAST

[January 1st through February 6th]

TUESDAY, FEBRUARY 6th

FASTING in the New Year.

Matthew 6:16-18 [ETRV] *"When you fast, don't make yourselves look sad like the hypocrites. They put a look of suffering on their faces so that people will see they are fasting. The truth is, that's all the reward they will get. ¹⁷ So when you fast, wash your face and make yourself look nice. ¹⁸ Then no one will know you are fasting, except your Father, who is with you even in private. He can see what is done in private, and He will reward you."*

THOUGHT for TODAY:

Today is the last day of our 37 Day Fast. It has been a great time of prayer, unity, worship, and looking at ourselves through the light of God's Word. As we conclude this year's fast, I want to encourage you to not make this the only time you fast during 2024. When Jesus spoke in Matthew 6, He said *"when"* you fast, not *"if"* you fast. This tells us that Jesus' expectation of His followers is to fast on a regular basis. My prayer is that this year's fast has opened your heart towards the Lord in a new and exciting way. Fasting is not about missing a meal; it's about spending time with your heavenly Father. Fasting moves you closer to the Lord and develops a tenderness in your spirit to Him and His voice. Do not allow the pressures and responsibilities of life to creep back in and begin to diminish what has been accomplished in 37 days. The best of this year is ahead of you. I encourage you in this New Year to give, pray, and fast. These were the words of Jesus in Matthew 6.

SCRIPTURE:

Acts 13:2-3 [NIV] *"While they were worshiping the Lord and fasting, the Holy Spirit said, 'Set apart for me Barnabas and Saul for the work to which I have called them.' ³ So after they had fasted and prayed, they placed their hands on them and sent them off."*

(The Holy Spirit spoke as they fasted and prayed.)

Acts 14:23-24 [NIV] *"Paul and Barnabas appointed elders for them in each church and, with prayer and fasting, committed them to the Lord, in whom they had put their trust."*

(Leadership was appointed as they fasted and prayed.)

Joel 2:12 [GNT] *"But even now," says the Lord, "repent sincerely and return to Me with fasting and weeping and mourning."*

(Fasting can be a part of sincere repentance.)

PRAYER: Father, *"Thank You,"* for these past 37 days of fasting, prayer, worship, and sanctifying my flesh so that I could become closer to You at the beginning of this New Year. Help me to build upon these 37 days throughout 2024 and may I find that something new and exciting is now happening in my heart and my life because of fasting. I desire to be a true disciple of Christ. I want to continue in the words of Jesus found in Matthew 6; giving of myself for the benefit of others, praying for strength and the Holy Spirit's guidance, and fasting when it is needed in my life. I pray that my life will never be the same because of this fast. I ask for strength and blessing in the name of Jesus, amen!

WHAT TO PRAY:

- Pray for strength to fast throughout 2024 when needed.
- Pray for spiritual insight and revelation when you fast.
- Seek God's divine purpose and wisdom for your life when you fast.
- Ask the Lord for confirmation when you need to fast.
- Remember, fasting always brings you closer to the Lord.

WORSHIP SONG: “*TRIBES*” / Official LIVE Music Video
<https://youtu.be/8NtjaKu8i0?feature>

TODAY, I NEED TO PRAY FOR: _____

WHAT IS THE LORD SAYING TO ME TODAY? _____
