

2024 COVENANT LIFE CHURCH'S 37 DAY FAST

[January 1st through February 6th]

TUESDAY, JANUARY 2nd

Preparing my spirit for the New Year.

Proverbs 20:27 [NLT] *"The Lord's light penetrates the human spirit, exposing every hidden motive."*

THOUGHT for TODAY:

You are more than just a human being, you are a *"spirit being."* You are an eternal spirit being having a temporary human experience. Your spirit will live on forever. Our spirit is sensitive to God's Spirit. Fasting, praying, and spending time in God's presence and His Word helps our spirit to be responsive to the leading of God's Spirit. Allow this fast to sensitize you to God's Spirit and desensitize you to the ways and influences of the world.

SCRIPTURE:

1 Corinthians 2:11-12 [GNT] *"It is only our own spirit within us that knows all about us; in the same way, only God's Spirit knows all about God. ¹² We have not received this world's spirit; instead, we have received the Spirit sent by God, so that we may know all that God has given us."*

PRAYER: Father, I desire that my spirit become sensitive to Your Spirit. As I fast and abstain from certain things in my life I want to become closer in my relationship with You. Help me to be more aware that I am a spirit being and that I can experience life through my spirit. I confess over myself that I will be more spiritual and less carnal in 2024. I ask for Your strength and blessing in the name of Jesus, amen!

WHAT TO PRAY:

- Confess that you are a spirit being that is led by the Spirit of God.
- Ask the Lord to help you be sensitive to more than just the natural life that you live.
- Ask for the Lord's light to penetrate your spirit and expose every hidden motive that is impure and in opposition to God's Word and His will for your life.
- Ask for God's help in *"feeding"* your spirit by reading the Word of God, praying consistently, fasting more often, and sharing God's goodness in your life with others.
- Confess that you are strong in spirit, no longer fearful of people or your future.

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

<https://youtu.be/ABWnLiXer10?feature=shared>

TODAY, I NEED TO PRAY FOR: _____

WHAT IS THE LORD SAYING TO ME TODAY? _____
