

2024 COVENANT LIFE CHURCH'S 37 DAY FAST

[January 1st through February 6th]

WEDNESDAY, JANUARY 3rd

Preparing my soul for the New Year.

Psalm 19:7 [NLT] “*The instructions of the Lord are perfect, reviving the soul.*”

THOUGHT for TODAY:

The scriptures are complete, whole, and lacking nothing. God’s Word is everything your soul (*mind, will, emotions*) needs to be healthy and strong. The daily grind of life saps our strength physically, emotionally, and mentally. When you read the Word of God it “revives” your soul. Revive means to restore life and strength. When you feel tired, exhausted, spent, and exasperated in your soul, turn to what “revives” you. Turn to the life-giving Word of God.

SCRIPTURES:

Psalm 107:8-9 [TLB] “*Oh, that these men would praise the Lord for His loving-kindness, and for all of His wonderful deeds! 9 For He satisfies the thirsty soul and fills the hungry soul with good.*”

Psalm 103:1-3 [GNT] “*Praise the Lord, my soul! All my being, praise His holy name! 2 Praise the Lord, my soul, and do not forget how kind He is. 3 He forgives all my sins and heals all my diseases.*”

PRAYER: Father, revive my soul! Restore my mind, will, and emotions. May I never forget how good You are to me. Let Your Word minister health, healing, and strength to my soul. May I forever turn to Your Word to restore my soul to be hungry and thirsty for You and Your ways. I ask for Your strength and blessing in the name of Jesus, amen!

WHAT TO PRAY:

- Ask the Holy Spirit to revive your soul daily as you read God’s Word.
- Speak to your mind, will, and emotions that they will respond and be strengthened by the Word of God.
- Pray that you will not be led by your emotions or your thoughts when they are contrary to what the Word teaches.
- Ask God to be what satisfies your soul in all aspects of life.
- Be determined to have your mind, will, and emotions respond to God’s Word and not react to what people do or say to you.

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? _____
