

# **2024 COVENANT LIFE CHURCH'S 37 DAY FAST**

***[January 1<sup>st</sup> through February 6<sup>th</sup>]***

## **MONDAY, JANUARY 1<sup>st</sup>**

Preparing myself for the New Year.

**1 Thessalonians 5:23 [NLT]** *“Now may the God of peace make you holy in every way and may your whole spirit and soul and body be kept blameless until our Lord Jesus Christ comes again.”*

## **THOUGHT FOR TODAY:**

As we enter the New Year of 2024, scripture reminds us that we are triune beings. As you begin your fast, recognize your whole being is affected by the fast, not just your physical body. Your soul (*mind, will, emotions*) will be challenged for 37 days. Your spirit will be impacted as you become more sensitive to the leading of the Holy Spirit. Today, set the “*rudder*” of your spirit, soul, and body towards the Lord and allow this 37 Day Fast to impact every area of your life.

## **SCRIPTURES:**

**Hebrews 4:12 [NLT]** *“For the word of God is alive and powerful. It is sharper than the sharpest two-edged sword, cutting between soul and spirit, between joint and marrow. It exposes our innermost thoughts and desires.”*

**Jeremiah 17:10 [NIV]** *“I the Lord search the heart and examine the mind.”*

**PRAYER:** Father, thank You for the New Year of 2024. I set my mind, will, and emotions to be impacted by this fast. Please show me if there are other things in my life, I need to fast from so that I can experience the full impact of “*tithing*” the first 37 days of the New Year. I ask for Your strength and blessing in the name of Jesus, amen!

## **WHAT TO PRAY:**

- Ask for spiritual, mental, emotional, and physical strength to begin the fast and for throughout the fast to its final day.
- Ask the Lord to search and examine your heart and mind, your motives, and intentions.
- Ask for clarity in the purpose of this fast for your life.
- Purpose in your mind, will, and emotions to be committed to the fast.
- Ask the Lord to give you daily guidance for maximum impact in all areas of your life.

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

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

**TODAY, I NEED TO PRAY FOR:** \_\_\_\_\_

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**WHAT IS THE LORD SAYING TO ME TODAY?** \_\_\_\_\_

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