

Fasting Instructions

“Monday, Wednesday and Friday

Midnight Sunday til noon Monday

Midnight Tuesday til noon Wednesday

Midnight Thursday til noon Friday

Saturday and Sunday, Praise God all the day long.

40 Day of Purpose offering is \$40.00.

You can turn it in at any time before or on

March 29th, Palm Sunday

Disclaimer:

Stay safe!

Fasting can improve your health and wellbeing. But it's important to fast safely. Before making any changes to your diet, consult your doctor to see if fasting is appropriate for you, especially if you:

- *have any medical conditions*
- *have physical and/or mobility restrictions;*
- *are taking any medication; and/or*
- *plan to fast for longer than 18 hours*
- *are over the age of 70*

Please note: to protect your safety, if you're underweight, under 18 years old, age 80 years old or more, pregnant or breastfeeding, have type 1 diabetes, or have a diagnosed eating disorder, we don't advise that you fast. The 40 Days of Purpose isn't a substitute for medical advice or treatment from your doctor or healthcare professional.



What You Believe Matters

Today's Scripture

"A good man out of the good treasure of his heart brings forth good things, and an evil man out of the evil treasure brings forth evil things."

MATTHEW 12:35

Over the last four decades, I've had the privilege of ministering to precious people from all walks of life. I've had the honor of meeting people in my congregation and at conferences.

Stories of liberation from years of anxiety and depression. Stories of being rescued from the prison of fear. Stories of breaking loose from destructive habits and addictions.

Yet, for every person who found their breakthrough, I also know of many who are still struggling today. They are bound by severe insecurities, trapped by all kinds of disorders, and gripped by constant fear. They've tried every solution they can think of, but are still desperately clawing to be freed from their emotional and physical prisons.

How did those who experienced victory break free? Why are others still trapped? The answer is simple but powerful: their beliefs. What you believe is critical.

You see, if you believe wrong, you will struggle with wrong thoughts. Wrong thoughts will produce unhealthy emotions that will lead to toxic feelings of guilt, shame, condemnation, and fear. And those wrong feelings will ultimately produce wrong behaviors, actions, and painful addictions.

Wrong believing starts you on a path of defeat. It is what keeps you trapped and drives you deeper and deeper into paralyzing captivity. Right believing, on the other hand, is the door out of this vicious cycle of defeat. When you believe right, you will live right. Right believing always produces right living.

Today, begin to believe right by choosing to know and believe in the powerful truths of God's Word and in His love for you. In the days to come, set your heart to discover and meditate on the Savior you have in Christ and what He has already accomplished for you. Choose to renew your mind with God's truths about who you really are in Christ and how precious you are to Him. I pray that as you begin to encounter the person of Jesus, you will begin to experience your breakthrough and lasting victory.



Getting Control

Today's Scripture

"...and as you have believed, so let it be done for you,"

MATTHEW 8:13

Whether you are aware of it or not, what you believe affects how you live your life. What you believe determines how you think, how you perceive a situation, and, ultimately, what course of action you take.

I've said this time and time again, I've also seen this principle borne out in people's lives: Right believing always produces right living. This means that if you want to see right living in your life, you need to understand the importance of believing right. When you believe right, you can't help but live right.

You see, people are struggling to control their behaviors and actions because they don't have control over their emotions and feelings. They don't have control over their emotions and feelings because they don't have control over their thoughts. And they don't have control over their thoughts because they are not controlling what they believe.

The converse is true. When you begin to believe right about God and in His love for you, you begin to change the way you see yourself and your situation. You'll stop feeling hopeless. You'll begin to lose your fears. And you'll respond differently to negative people and situations.

This is why God wants you anchored in the powerful truths of His Word to believe in His love for you. Your heavenly Father wants you to believe that He is for you and not against you. He wants you to know and believe that He is on your side, rooting for your success and propelling you toward your breakthrough with His love and tender mercies. He wants you to open your eyes to see what He sees when He looks at you –His beloved child.

I encourage you to take time to meditate on the truths in each of these daily readings. I believe that as you do, you'll see old defeatist thinking habits falling away. You'll find the most stubborn of addictions supernaturally annihilated. And you'll find a confident expectation of good for your future and destiny in Christ, strengthening your heart and creating amazing days ahead for you!



Today's Thought

Right believing produces right living. When I begin to believe right, my thoughts, actions and behavior will start to become right and bear good fruit in my life.

Today's Prayer

*Father, thank You for the truth of Your Word that shows me and liberated me into every blessing Your Son, Jesus, has already purchased for me. As I choose to meditate on Your love toward me, let Your Word bring healing to my soul and hope to my heart. Let me see by Your Spirit how much You love me, how You are always for me and how You desire to protect, deliver, and bless me. I believe and declare that my days ahead will be days filled with good because You love me.
Amen.*

Today's Reflection on Right Believing



Today's Scripture

Then they cried out to the Lord in their trouble, and He saved them out of their distresses. He brought them out of darkness and the shadow of death, and broke their chains in pieces.

PSALM 107:13-14

Who do you think you are? Have you forgotten all the mistakes you've made? Things will never get better. You should just accept your lot. It's not going to work –you are just going to fail again! Nobody loves you. You are all alone.

Have you been on the receiving end of these words of discouragement, accusation, and dismissal?

I've seen these tactics of deception, loaded with condemning judgment, used too many times by the adversary. I've seen too many people who have tried to move out from under the shadow of their past or break free from their addictions, end up succumbing to these lies about themselves, their identity, and their future and their destiny. As a result, they are unable to break free, and day after day, they simply live to perpetuate the pain, fears, and addictions to which they're bound.

That's the power of wrong believing.

Wrong believing puts people in a prison – a prison where its inmates behave as though they are incarcerated in a maximum-security penitentiary. They march inexorably to their dark cells of self-doubt and addictions. They allow themselves to be led into the dungeons of destructive behaviors. They have convinced themselves never to dream of a better place, believing that they have no choice but to live in despair, frustration, and defeat.

If that describes you, it's time for a prison break, my friend. It's time to break free from the crippling grip of all that has held you back. How? Through right believing—the light that illuminates the path of freedom out of this prison.

Know and believe that God does not want you to live imprisoned by fears, guilt, and addictions. Open your heart to believe His plan for you is to live with joy overflowing, peace that surpasses understanding, and an unshakable confidence in what He has done for you. Through the cross, Jesus has paid for you to have an abundant life—a life marked by His liberty, His power, and His blessings.

It's time to let go of the life of defeat and step into a life full of victory, security, and God's abundant grace!



Under the Care of the Good Shepherd

Today's Scripture

The Lord is my shepherd; I shall not want. He makes me to lie down in green pastures; He leads me by the still waters, He restores my soul; He leads me in the path of righteousness for His name's sake. Yea, though I walk through the valley of the shadow of death, I will fear no evil; for You are with me; Your rod and Your staff, they comfort me.

PSALM 23:1-4

If we're honest, we all have some measure of wrong believing in our lives. Just ask yourself, "Have I often felt anxious, worried, or fearful that the worst would happen to me and my loved ones?" These negative, exhausting emotions are merely flags that indicate what we truly believe about ourselves, our lives, and God.

When we are fearful and worried all the time, we are living as if we don't believe that we have a strong and able Shepherd who is tenderhearted toward us, who leads us to good places, who protects us, and lovingly watches over us. So if worrying or being fearful seems to be your natural default mode, what you need to do is to keep hearing and learning about how much God loves you and how precious you are to Him.

That is why the way out of constant worrying is not a matter of just thinking positively; it's birthed out of knowing you have a personal and intimate relationship with a loving Savior who watches over your needs and ends to you as a loving Shepherd. The more strongly you believe that He is taking care of you, the more it will change your thoughts and feelings, and the less you will fall victim to unhealthy emotions and behaviors.

Today, if you need freedom from a bad situation, see Jesus, your good Shepherd, leading you out of it by His Word that brings life and illumination. The psalmist says it this way: "Your word is a lamp to my feet and a light to my path" (Ps. 119:105). In The Message translation, it says, "By your words I can see where I'm going; they throw a beam of light on my dark path."

The Lord wants to throw a beam of light on your path today. Whatever you are struggling with presently, no matter how insurmountable your challenges appear, when you start believing right, things are going to start turning around for your good!



Today's Thought

I can live life confident and at peace because Jesus, my strong and able Shepherd, is watching over me.

Today's Prayer

*Lord Jesus, thank You for being my good Shepherd and watching over me. Thank You for defending and protecting me when I'm helpless, and providing for me when I'm in lack. Thank You for leading me with Your Word and wisdom whenever I'm in doubt and don't know what to do. With You as my Shepherd, I don't have to live life worried about my needs or my future. I believe You will cause me to walk in green pastures of provision and rest and to always see Your goodness.
Amen.*

Today's Reflection on Right Believing

The Truth That Frees You

Today's Scripture

"And you shall know the truth, and the truth shall make you free."

JOHN 8:32

The very premise of this 40Days of Purpose is based on the truth of John 8:32, but what does "the truth shall make you free" really mean?

Examine the context of this verse, and you'll notice that Jesus said this to the Jews of His day. These were people who, at an early age, grew up studying and learning the law. Yet, these people, in ways very similar to us today, still battled with fears, anxieties, sicknesses, and all kinds of oppression, bondage, and addictions. So this truth that Jesus was talking about clearly cannot be the law, because these people could not find freedom in the law. In fact, the truth of the law only brought them into religious bondage.

The truth that shall make you free is the truth of His Word. This is the truth that He came to give us. His Word proclaims that "grace and truth came through Jesus Christ" (John 1:17).

The good news is that the Word came to set you free from the curse of the law. The Word is not a doctrine or a theological subject. Jesus is The Word, He is talking about Himself. The Word is Jesus Himself.

The truth that has the power to fling wide open your prison doors is His Word; His Word is the antidote to counteract every poison in your mind! When you encounter Jesus, taste His love, and savor His loving-kindness and tender mercies, every wrong belief begins to dissolve in the glory of His love. And every dark thought and evil addiction that may have held you captive cannot but scatter when it is exposed to the light of His Word!

Your freedom is found in rightly believing in Jesus—His favor and His love in your life. When you believe right about His Word, you will begin to live right. The more you see in His Word what His Word has done for you, the more fears, condemnation, depression, and destructive habits will lose their grip in your life. And the more you believe and enjoy His Word and love, the more you'll find the Lord's wisdom, stability, and peace guiding your decisions and actions.

Right believing always produced right living and the right results.



Today's Thought

The truth that sets me free is not the truth of the law, but the truth of His Word –the person of Jesus.

Today's Prayer

Father, thank You for the truth of Your Word that counteracts every poison in my mind. I receive and rest in Your love and grace for me today. I believe that it's not the law, but Your abundant grace, that sets me free from all fears, condemning thoughts, and addictions. Let me see more and more of Jesus. Let me receive more and more of His love, His grace, and His goodness so that I may truly walk in His liberty in every area of my life. Amen.

Today's Reflection on Right Believing

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6 *A Jesus-Encounter Can Free You Supernaturally*

Today's Scripture

And behold, there was a woman who had a spirit of infirmity eighteen years, and was bent over and could in no way raise herself up. But when Jesus saw her, He called her to Him and said to her, "Woman, you are loosed from your infirmity." And He laid His hands on her, and immediately she was made straight, and glorified God.

LUKE 13:11-13

When you allow God's love to saturate your mind, it doesn't matter what wrong beliefs, fears, or addictions are keeping you bound. God's Word will begin to break them down. This is what happens when you have an encounter with your loving Savior. Everyone who encounters Jesus never leaves the same. He came to set the captives free.

Whatever your condition, however long it has kept you bound—two years, ten years, thirty years—I want you to know and believe that God can set you free in a supernatural instant. Believe that the One who is both willing and able to set you free is the same one who created time, and He who created time isn't time-bound. He who turned water into the finest aged wine in a matter of seconds can bypass natural processes and accelerate your deliverance from any bondage!

I know of many people who struggled with addictions for decades. But once they had a supernatural encounter with Jesus, they just woke up one morning and found themselves free, with none of that familiar urge or desire to engage in their negative behavior anymore. When you come to know the truth about the life-transforming love and the Word of Jesus, it just destroys the chains that bind you. You must discover all you have to do is accept the finished work of Jesus and His Word!

That is the power of right believing!

Today, believe God loves you and that His Word is available for you. Whatever bad prognosis you may have heard about your situation, no matter how dark and dire your circumstances may be right now, believe and accept God's Word. You don't have to accept defeat for the rest of your life!



Today's Thought

Jesus came to set me free from every bondage. He is my deliverer and my liberty today.

Today's Prayer

Father, fill my heart and mind with Your perfect love and peace as I continue to read and listen to Your words of life. Give me a fresh encounter with Your Son, Jesus. Open my heart to see and know His perfect love and immeasurable grace for me. As I choose to see how He is my liberty, my answer, and my deliverer, I believe You are supernaturally driving out every fear, wrong belief, and addiction in my life. Amen.

Today's Reflection on Right Believing

Presenting the Real God

Today's Scripture

When He had come down from the mountain, great multitudes followed Him. And behold, a leper came and worshiped Him, saying, "Lord, if You are willing, You can make me clean." Then Jesus put out His hand and touched him, saying, "I am willing; be cleansed." Immediately, his leprosy was cleansed.

MATTHEW 8:1-3

There is so much wrong believing today about who Jesus is. I am asking you to throw out every idea, concept, and picture that you may have of a "religious" Jesus. Allow me to introduce the real Jesus to you, for this is where it all begins. I'm not talking about the religious Jesus you may have heard about growing up, but the real Jesus who walked along the dusty streets of Jerusalem and upon the raging waters of the Galilee.

He was the one whom the sick, the poor, the sinful, the down and out, and the outcast instinctively gravitated to and felt at ease with. He was God in the flesh, and He manifested God's tangible love. In His presence, those who were imperfect didn't feel fearful of Him, or sense judgment or condemnation from Him. To those who sought Him for healing, restoration, and supply—no matter what their past or background—He always extended a loving, compassionate heart and hand to them and oversupplied their need.

Contrary to what a lot of people think, you don't have to be "religious" to have access to God and His help. In fact, the less "religious" you are, the better. The real Jesus didn't come to bring a new religion. He didn't come to be served and waited upon. No, He came to serve, and serve He did.

The real Jesus created the universe with one command and orchestrated the paths of each planet so that none would collide. He had every right to demand service from those He created, yet He supplied service. He bowed down and with His own hands washed the grime and filth from His disciples' feet. Those same hands would later be pierced with coarse nails at the cross, and He would with His own blood wash us of the grime and filth of all our sins by taking them upon His own body. What a far cry from the condemning, judgmental, faultfinding God whom many have portrayed Him to be!

This is the true Jesus—totally unlike what many of us have been taught about God. He is willing and able to meet your need today and love you into wholeness.



Today's Thought

With all of my imperfections and needs, I can come unafraid into the presence of the real Jesus, and discover His love for me.

Today's Prayer

Father, open my eyes to see and know more of Your beloved Son—not a “religious” Jesus who is distant, legalistic, and condemning, but the real Jesus who is altogether lovely, full of grace, mercy, and truth toward me and my family. Keep showing me His beauty, love, and grace, and draw me into a more intimate and loving relationship with Him every day. Thank You, Father. Amen.

Today's Reflection on Right Believing

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