

THE PEOPLE'S CHRISTIAN FELLOWSHIP

FASTING
6—13 JANUARY 2019



LIVING IN THE SPIRIT

ROMANS 8:5

ABSTRACT

“We aim to help the church understand the depth and meaning of the Spiritual life and how it differs to a life dominated by the flesh...”

DAVID DANIEL

DAY 1
Sunday, 6th January 2019

Romans 8:1-11

There is therefore now no condemnation for those who are in Christ Jesus.^[a] ² For the law of the Spirit of life has set you^[b] free in Christ Jesus from the law of sin and death. ³ For God has done what the law, weakened by the flesh, could not do. By sending his own Son in the likeness of sinful flesh and for sin,^[c] he condemned sin in the flesh, ⁴ in order that the righteous requirement of the law might be fulfilled in us, who walk not according to the flesh but according to the Spirit. ⁵ For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit. ⁶ For to set the mind on the flesh is death, but to set the mind on the Spirit is life and peace. ⁷ For the mind that is set on the flesh is hostile to God, for it does not submit to God's law; indeed, it cannot. ⁸ Those who are in the flesh cannot please God.

⁹ You, however, are not in the flesh but in the Spirit, if in fact the Spirit of God dwells in you. Anyone who does not have the Spirit of Christ does not belong to him. ¹⁰ But if Christ is in you, although the body is dead because of sin, the Spirit is life because of righteousness. ¹¹ If the Spirit of him who raised Jesus from the dead dwells in you, he who raised Christ Jesus^[d] from the dead will also give life to your mortal bodies through his Spirit who dwells in you.

The theme for 2019 is 'Living in the Spirit' and our focus verse is Romans 8:5.

Spend some time in the Lords presence reading the passage above and allowing Him to reveal something of His will to you today.

DAY 2
Monday, 7th January 2019

I rejoice, and I declare that I am happy that I am saved

Titus 3:5-7

⁵ not by works of righteousness which we have done, but according to His mercy He saved us, through the washing of regeneration and renewing of the Holy Spirit, ⁶ whom He poured out on us abundantly through Jesus Christ our Saviour, ⁷ that having been justified by His grace we should become heirs according to the hope of eternal life.

NKJV

The idea that we have been renewed by the Holy Spirit as the verse above states is verified in other New Testament passages. The Holy Spirit of God is the author of the New Man. We experience conversion as part of the process of regeneration, but we are empowered and guided as to how to live this new life by the Power of the Holy Spirit. At conversion we experience a spiritual change, and following our conversion, the Holy Spirit influences godly actions. We all sense that very deep conviction to stop doing certain things and to live a certain way, well this is the prompting of the Holy Spirit working within us, encouraging us to comply with God's good and acceptable and perfect will (Romans 12:1-2).

Today, let us celebrate the fact that God has saved us. Rejoice, be full of joy and give Him thanks for the blessing of salvation.

For further consideration: 2 Corinthians 1:22; Ephesians 1:13-14

DAY 3
Tuesday, 8th January 2019

Where He may Lead me I will go for I have learned to trust Him so...

John 16:13

When the Spirit of truth comes, he will guide you into all the truth, for he will not speak on his own authority, but whatever he hears he will speak, and he will declare to you the things that are

Ultimate truth is that which is right, it is to be correct, it is the standard of righteousness and perfection. And our God Is the truth (1 Thessalonians 1:9). He is correct, He is perfect, He is the highest standard of righteousness. There is no truth which exist above, outside or beyond Him, when the Father speaks, whatever He says can be relied upon for it is impossible for Him to lie or make a mistake, what He says is forever and always right.

The Bible teaches us that the Holy Spirit shall lead us to the truth and shall declare to the followers of Christ things that are to come. God alone knows the future (Isaiah 48:14; Isaiah 42:9) for He is already there. So, we don't have to worry about tomorrow but can rely on the teachings of His word as the ultimate guide for our lives, for it MUST happen as He says.

Bible reading: Romans 8:14; Galatians 5:18; John 17:17

Food for thought: What is the significance of the fact that the Father is the true God (1 Thessalonians 1:9), and Jesus the Son is the truth (John 14:6) and the Holy Spirit is the Spirit of Truth (John 15:26)? How might your answer impact your Christian life today?

DAY 4
Wednesday, 9th January 2019

There's a Battle between the Spirit and the flesh

Romans 8: 5-6

⁵ For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit. ⁶ For to set the mind on the flesh is death, but to set the mind on the Spirit is life and peace.

WARNING: See also Ephesians 2:3 The word 'flesh' is defined as meaning the desires or craving of the sinful nature. If a person concentrates on their own pleasure apart from God's will, then they place themselves in a very precarious position before God. They place themselves as Gods Enemy. Those who live according to the flesh cannot please God because that person's desires are in conflict to God's will.

It cannot be stressed enough, but one clear thing which defines a true believer, is that they pursue the things which please the Lord. Our focus today should be to pray for strength and a willingness and courage, to be submissive to the will of the Lord.

Read Galatians 5:19-21 which highlights some characteristics of the flesh. Write a short definition on the meaning of each word to support your understanding of each one.

DAY 5
Thursday, 10th January 2019

The Holy Spirit is Changing us

1 Corinthians 6:11

And such were some of you. But you were washed, you were sanctified, you were justified in the name of the Lord Jesus Christ and by the Spirit of our God.

Romans 8: 29-30

For those whom he foreknew he also predestined to be conformed to the image of his Son, in order that he might be the firstborn among many brothers. And those whom he predestined he also called, and those whom he called he also justified, and those whom he justified he also glorified.

The receiving of the Holy Spirit is the beginning of the journey of sanctification. Glorification is the final state and the point of our completion when we shall finally dwell in the presence of the Lord forever. Right now though, we have to contend with the daily challenge of resisting sin. Our focus however does not have to dwell on our weaknesses and failings, but on the finished work of Christ. For He has given us His Spirit as a deposit guaranteeing our eternal future (2 Corinthians 1:22).

What can we do? Rejoice in the fact that you know where you are going and what you are becoming, let this truth motivate you today to embrace the spiritual qualities of the Christ like ones.

Reading: Romans 7:14-25; 8:10-11; Galatians 5: 22-25

DAY 6
Friday, 11th January 2019

The Holy Spirit energises and gives gifts

1 Corinthians 12:4-6

⁴ There are different kinds of gifts, but the same Spirit distributes them. ⁵ There are different kinds of service, but the same Lord. ⁶ There are different kinds of working, but in all of them and in everyone it is the same God at work.

The Holy Spirit empowers the spiritual gifts that are given to believers to be used for the building up of the body of Christ which is His church. The apostle uses a Greek word which relates to our understanding of the word 'energy'. So we might say that the Holy Spirit energises the activity of the church by placing spiritual gifts within each of His children, these gifts are used to build each believer up in their pursuit of what it means to be like Christ.

Look at these Old Testament passages - Exodus 28:1-3; Exodus 31:1-5; Exodus 35:30-33; Gen 41:38-41 and Numbers 11:17

You notice how some of these people were naturally gifted, they were skilled. The Spirit of the Lord came upon them and then they were able to use their gifts in a way which was satisfying to the Lord.

The gifts and skills that God has given you, thank Him for them and ask Him to empower you to utilise those gifts to the glory of His name.

DAY 7
Saturday, 12th January 2019

We cannot be broken because we are filled with His Spirit

Matthew 12:28

²⁸ But if I cast out demons by the Spirit of God, surely the kingdom of God has come upon you.

NKJV

I hope that you have been able to see this week, that there is a clear distinction between the things of God and the things of this world and they are totally separated from each other. Anything that opposes God's divine will is in opposition to Him. Jesus experienced opposition in His ministry from people and their opinions, but as we can see in the verse above, His main opposition was satanic.

I want you to pay special attention to the fact that Jesus cast the demon out of this person and the man then received his healing. Listen, Jesus overpowers Satan and his strongholds every time. Now since He has given us the same Holy Spirit who occupies the heart of the believer, we likewise have the power and authority over the strongholds of the devil.

Be very confident in whom you are, taking authority over any spiritual oppression that you may be experiencing, be free today in Jesus Name.

Acts 4:7-10; Acts 16:18

DAY 8
Sunday, 13th January 2019

One purpose

John 15:26

²⁶ “When the Advocate comes, whom I will send to you from the Father—the Spirit of truth who goes out from the Father—he will testify about me.

It is a remarkable fact that each of the persons of the trinitarian family serves the others as all defer to one another: The Son says what He hears from the Father (John 12:49-50); the Father witnesses to and glorifies the Son (John 8:16-18,50,54); the Father and Son honour the Holy Spirit by commissioning Him to speak in their name (John 14:16,26); the Holy Spirit honours the Father and Son by helping the community of believers.

The intention of God the Father, God the Son and God the Holy Spirit is perfectly in sync with each other. The Holy Spirit works through us today enabling the children of God to reach the world with the gospel message of salvation through faith in Christ Jesus.

The message today is very simple, God is with us and He wants His Spirit filled children to reach the lost. This is the challenge that the Lord leaves with us for life, so let us go in the power of His name and share what the Lord has done in our lives with full confidence.

Further reading: Acts 1:8

FAQ's

Q: Pastor, what time is the fast starting?

A: This time we are fasting for a period of days. We are fasting from sunrise on the 6th of January to sunset on the 13th of January. If you wish to mix the Daniel fast with a normal fast you may. That means you only eat for example, between 6pm and midnight but only eat foods which are on the Daniel Fast list, this is maybe your personal preference and that is absolutely fine, well done. If you have health issues related to food, such as diabetes, you should check with your doctor first before doing a 'normal food fast'

Q: What if I'm on medication, should I do the fast?

A: Consult your doctor before going on the fast. Still, you could restrict yourself from indulging in other things like TV, social activities, social media and spend the time prayerfully, reading and listening to spiritual material. I do believe you can still partake in this period of consecration.

Q: Pastor, what is one thing a first time 'faster' like me should remember?

A: This is a spiritual fast, the health benefits have been promoted but that is not the main purpose. What you do during this period of consecration may be more important than the food restrictions you have chosen. Fasting is about denying the physical body and soul of things it may both need and desire, to focus on providing for one's spiritual necessities. So, we may like to be entertained by many things, but in this period of fasting, we choose to develop our spirits and relationships with Christ.

- ◆ Always keep a paper and pen near by so that you can write down the things the Lord lays on your heart.
- ◆ During the evening it might be good to fill out a journal which recaps your thoughts and feelings throughout the day
- ◆ Put on Christian radio and TV channels, ask the Lord to direct you to a book that you should read or a Christian magazine. Don't let non-spiritual things cloud your mind. If you watch the news or TV do not allow things to cause you to loose focus.
- ◆ Call a Christian friend and entertain them with godly words of comfort

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The People's Christian Fellowship
Springfield Hall, 89 Broad Lane, London, N15 4DW
Tel: 02088011873
E-mail: admin@tpcf.org.uk Website: www.tpcf.org.uk

"Looking unto Jesus, the author and finisher of our faith"
Hebrews 12:2

