

Start the new year
with fasting
and prayer



RESET

Reassess.
Realign.
Readjust.

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Reassess. Realign. Recommit.

Have you ever been at a place in life where you wish you could just start all over?

Sometimes our technology can get stuck on stupid. Our computers don't compute. Our printers don't print and our phones just don't work. So what do we do? Reset! There are many times when our technology is just not operating at optimal capacity. So we must reset, restart, and refresh our devices to get them back to their optimal technological capacity.

In the same way, we as Christ-followers can get bogged down in the cares of this life. Our lives can become so cluttered with finances, careers, family, relationships, etc.,. These things can hinder our spiritual growth and cause us to miss out on what God is doing in our midst. The bible teaches us:

Only fear the Lord and serve Him in truth with all your heart... - 1 Samuel 12:24

But if we are so burdened with our own cares, we cannot serve God in truth with all our heart. In these times, we are no good to ourselves, to our fellow brothers and sisters in Christ, or to the lost world. So what do we do? RESET! We need times to reset, and refresh our lives so that we are operating our optimal spiritual capacity.

Unfortunately in life, there are no fancy RESET buttons we can push to start over. There are no magic words to make the problems of life disappear. However, there are some things we can do to REASSESS, REPRIORITIZE and RECOMMIT to living our lives in a way that honors God, draws us closer to Jesus Christ and to our families.

What is RESET?

Reset is a time when we, as a church body, come together for fasting and prayer. It is a time to refresh our relationships with God. It is a time to get back on track with His purpose, His vision, and His priority. During reset, we position ourselves back to where God called us to be; back to the place of optimal usefulness for His glory and for our good.

As New Life Fellowship closes out 2019 and launches into 2020, our desire is that you and your family would draw closer than ever to Christ and one another. For that to take place, reassessment, reflection, prayer and fasting must take place.

How do we RESET?

In this guide, we have provided ideas to help you prayerfully, spiritually and practically RESET your life.

Step 1: **RESET**

with corporate prayer and fasting Sunday, Jan 5 - 10.

Step 2: **REASSESS**

Assess 2019 life rhythms, habits, current priorities, time wasters, spending habits, physical fitness, personal idols etc...

Step 3: **REALIGN**

Align your RESET commitments for 2020 (Personal, Family, Church, Community)

Step 4: **RECOMMIT**

Determine your RESET commitments for 2020 (Personal, Family, Church, Community)

Please follow this RESET guide for more practical resources on fasting, prayer, reflection and reassessment to jump start your RESET journey.

Fasting Overview

Prayer and fasting are gateways to usher you into the intimate presence of God and invite His transforming power into our lives. If you seek a closer walk with God or need Him to provide a supernatural remedy to a seemingly irresolvable problem, prayer and fasting are the answer.

Why we fast?

Purpose of Fasting

- To Humble the Soul (Ezra 8:21)
- To Seek the Lord (2 Chronicles 20:3-4)
- To Prepare for Spiritual Warfare (Matthew 17:21)

Fasting is Accompanied by

- Confession of Sin (Neh. 9:1-3)
- Humiliation (Deut. 9:18)
- Mourning (Joel 2:12)
- Prayer (Ezra 8:23; Nehemiah 1:4; Daniel 9:3)
- Reading Scriptures (Jeremiah 36:6, 10)
- Weeping (2 Samuel 1:12; Nehemiah 1:4)
- Worship (Nehemiah 9:1-3)

Promised Blessings Associated with Fasting

- Answered Prayer, Insight and Restoration (Isaiah 58:9-12)
- Joy, Gladness and Cheerfulness (Zechariah 8:19)
- Reward by God the Father (Matthew 6:17-18)
- Spiritual Power over Spiritual Warfare (Matthew 17:21)

How to Maximize the fast?

Meditation: positioning yourself in a quiet place to reflect upon God's Word and His goodness in your life.

Solitude: a purposeful withdrawal from the crowd or interaction with others. Reduce or restrict yourself from distractions, tv, radio, and other electronics.

Journaling: keeping track of your prayer requests, your thoughts, and your spiritual desires and record when God answers your prayers.

Fellowship: engaging in spiritual conversation with other believers where you encourage one another, pray with one another, and celebrate the goodness of God

Worship: To worship is to be fully occupied with the attributes of God—the majesty, the beauty, and goodness of His person, powers, and perfections

- Adore God as you listen to Christian music
- Reflect on Christian songs that have spiritual meaning

Prayer: is communing with God. We speak to him and he speaks to us.

- Pray for other believers
- Pray for your personal needs
- Pray for spiritual growth
- Pray for freedom and victory
- Pray for confession of sins

True Fasting Pleases God

⁶Is this not the fast which I choose,
To loosen the bonds of wickedness,
To undo the bands of the yoke,
And to let the oppressed go free
And break every yoke?

⁷Is it not to divide your bread with the hungry
And bring the homeless poor into the house;
When you see the naked, to cover him;
And not to hide yourself from your own flesh?

⁸Then your light will break out like the dawn,
And your recovery will speedily spring forth;
And your righteousness will go before you;
The glory of the LORD will be your rear guard.

⁹Then you will call, and the LORD will answer;
You will cry, and He will say, 'Here I am.'

ISAIAH 58:6-9

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Why are we fasting at this time?

We are fasting as a church family as we enter the 2020. Fasting involves going without physical food for an increased closeness with God. In today's context, the concept of fasting has broadened to include an denial of things that bring fleshly pleasure (i.e., television, internet, facebook, sweets, etc.) for greater spiritual intimacy with God. We turn off. We turn down. We say no to the things of this world and say, yes to the things of God. In doing so, we are more sensitive to the things of God. Our fast is accompanied by an intensified time of prayer in pursuit of God.

What are we giving up?

- Pleasurable foods
- Entertainment
- Technology

Types of Fast

Partial Fast

- We are asking that you consider giving up something that is pleasurable to the flesh to pursue a greater spiritual purpose
- We are asking that you replace earthly pursuits with heavenly and spiritual pursuits
- We are asking that you select an item to give up and replace it with prayer and meditation on the Scriptures, praying specifically that God would do a great and mighty work in our church.

Total 10-day Daniel fast

The total 10-day fast is a challenge to completely follow the fast of Daniel in which he totally gave up pleasurable foods (and we include, technology, and entertainment) for the entire 10 days.

Daniel 1 states that he only ate vegetables and water, adding Daniel 10, it suggests that he ate no rich (or choice) foods, as well as no meat or wine. Based on these two verses, we can see that either of these, or combinations of the two, constitute a Daniel fast. The foundation of the Daniel fast is fruits and vegetables. Some starchy vegetables and dairy could be included, but that depends on the individual.

Please choose the partial fast (pg. 5) or the 10-day Daniel fast (pg. 10). You can extend the Daniel fast over 21 days (see Daniel 10:2-3).

Or feel free to establish your own RESET focus areas.

Be sure to also take advantage of times of corporate fellowship and prayer during RESET:

SUN., JAN. 5

CONGREGATION-HOME / LEADERS-CHURCH

MON., JAN. 6

HOME OR CHURCH OPEN FOR PRAYER @ 7PM

TUES., JAN. 7

HOME

WED., JAN. 8

CORPORATE WORSHIP @ CHURCH @ 7PM

THU., JAN. 9

HOME

FRI., JAN. 10

BREAK THE FAST @ CHURCH WITH COMMUNION @ 7PM

Your goal should be to seek God in prayer about this and follow what the Holy Spirit leads you to do.

Day 1 - Personal Reset

Scripture:

Therefore I urge you, brethren, by the mercies of God, to present your bodies a living and holy sacrifice, acceptable to God, which is your spiritual service of worship.

- ROMANS 12:1

Principle:

EVERY area of your life, mind, body and soul must be surrendered to the Lord.

Reflection Questions:

Is spending quality time alone with God a priority in your life?

What area(s) of your life have you not sacrificially surrendered to God?

Reset Focus:

- Recommit or start having a personal devotional time with God.

If this is new for you, here are some ideas (with the goal of adding time and frequency as you feel more confident):

- 5 minutes of prayer, two to three times a week
 - 15 minutes devotion, two to three times a week
- Apply the SOAP Devotion method
- This is simple method to get more out of reading our Bibles, and also allows us to record our thoughts, emotions and the revelations we receive from God's Word.
- Recommit to healthy living spiritually and physically.

Day 2 - Family Reset

Scripture:

Unless the LORD builds the house, They labor in vain who build it; Unless the LORD guards the city, The watchman keeps awake in vain.

- PSALM 127:1

Principle:

EVERYTHING we do as a family must be Christ-centered and God-honoring.

Reflection Questions:

What areas of your family's life does Christ have priority?

What areas of your family's life does Christ not have priority?

Reset Focus:

- Commit to having family prayer & devotion.

If this is new for your family, start with 10-15 minutes/once a week, with the goal of going longer and more frequently.

- Determine two new and fun family activities for 2020.

- Commit to reestablishing your family's financial priorities.

- Commit to say, "I love you" to each other everyday even when you are angry.

- Verbally commit as a family to your RESET objectives.

Day 3 - Church Reset:

Scripture:

As each one has received a special gift, employ it in serving one another as good stewards of the manifold grace of God. Whoever speaks, is to do so as one who is speaking the utterances of God; whoever serves is to do so as one who is serving by the strength which God supplies; so that in all things God may be glorified through Jesus Christ, to whom belongs the glory and dominion forever and ever. Amen.

- 1 PETER 4:10-11 (SEE ALSO 1 CORINTHIANS 12:14-26)

Principle:

EVERY believer has been given a special gift that is to be used to bless others.

Reflection Questions:

How are you using your special gift(s) to serve God as a member of New Life Fellowship?

Are you actively involved in participating in a Life Group and serving in a ministry? If not, why?

Are you sacrificially giving towards the mission and vision of New Life Fellowship?

Reset Focus:

- Commit to serving the Lord with your gifts in at least one ministry throughout 2020.
- Commit to inviting 5 people per month to visit New Life Fellowship.
- Commit to financially supporting God's vision for ministry at New Life Fellowship.

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Day 4 - **Community Reset:**

Scripture:

"You are the salt of the earth; but if the salt has become tasteless, how can it be made salty again? It is no longer good for anything, except to be thrown out and trampled under foot by men. "You are the light of the world. A city set on a hill cannot be hidden; nor does anyone light a lamp and put it under a basket, but on the lampstand, and it gives light to all who are in the house. "Let your light shine before men in such a way that they may see your good works, and glorify your Father who is in heaven.

- MATTHEW 5:13-16

Principle:

EVERY believer has the responsibility to impact their community (neighborhood, work, social group, etc...) for the glory of Christ.

Reflection Questions:

Do you know your neighbors and do your neighbors know you?

Does your life add significant spiritual value to the people around you?

When is the last time you told someone about your relationship with Christ?

Reset Focus:

- Expand your circle of influence by committing to build relationships with people you don't know.
- Ask God to give you one person to share your faith story with once a week.
- Offer to serve as a volunteer in a local community organization.
- Pray about your involvement in what God is doing globally through missions. (i.e. missions trips, sponsor a child, monetary contributions).

10-Day (21-day) Daniel Fast Guide

"Please test your servants for ten days, and let us be given some vegetables to eat and water to drink.

DANIEL 1:12

Day 1 -

Prayer Emphasis: **Thankfulness and Adoration to God**

Prayer Scriptures: **Psalm 103:1-5, 8; Lamentations 3:22-23; Isaiah 6:1-13; 1 Samuel 2:2; 1 Peter 1:15-16;**

Prayer Specifics

- Adore God for His attributes: Holiness, Love, Faithfulness, Grace, Mercy, Power, and Promises
- Pray that our church will be in total and complete awe and reverence of God
- Pray that our church will have a high and exalted view of God
- Acknowledge the greatness of God
- Thank God for His faithfulness to New Life over the years
- Thank God for providing land and building
- Thank God for the lives that have been changed and touched
- Thank God for the ministries, staff, leadership and congregation
- Thank God for the financial provisions that He has made
- Thank God for keeping His promises

Day 2 -

Prayer Emphasis: **Revival: Confession of Sins**

Prayer Scriptures: **Nehemiah 1:6; Ezra 9:5-8; Psalm 51;**

Daniel 9:4-5

Prayer Specifics:

- As a church, personally and corporately we will repent of our sins
- As a church, personally and corporately we will confess our sins
- As a church, personally and corporately, we will acknowledge our sinfulness
- As a church, personally and corporately, that God will cleanse us from sins
- As a church, personally and corporately, acknowledge our sinfulness (deeds of the flesh)

Now the deeds of the flesh are evident, which are: immorality, impurity, sensuality, idolatry, sorcery, enmities, strife, jealousy, outbursts of anger, disputes, dissensions, factions, envying, drunkenness, carousing, and things like these... - GALATIANS 5:19-21

Day 3 -

Prayer Emphasis: **Revival: Spiritual Renewal**

Prayer Scriptures: **Psalm 51:10-12; Psalm 85:6;**

2 Chronicles 7:14; Matthew 6:33; Romans 12:1-2

Prayer Specifics:

- Pray that we will experience a fresh movement of God
- Pray that we will experience the power of God's Spirit
- Pray that our church will increase the practice of prayer and worship to invite and welcome the presence, activity, and work of God
- Pray that we will develop a hunger and passion for the holiness of God
- Pray that we will experience a spiritual brokenness that humbles us before God
- Pray to know God more deeply, fully, and intimately (Jeremiah 9:23-24)
- Pray to be more committed to study, knowing, and practicing His word (Ezra 7:10).
- Pray to be more filled with the knowledge of His will and clear of His purpose for our lives (Colossians 1:9-12)
- Pray that God might show us the incredible knowledge of who He is (Jeremiah 33:3; Exodus 33:18-23)

We must note that there is nothing inherently evil with food, television, social media or any other activities not prohibited by scripture. However, food, drink, and other human pleasures typify the demands and satisfaction of our physical life. And in our times of fasting, the denial of these things acknowledges a higher pursuit that comes only in our spiritual lives connected to God.

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Day 4 -

Prayer Emphasis: **Spiritual Breakthroughs**

Prayer Specifics

- Pray for spiritual victory, deliverance, freedom over sin and other bondages or strongholds (Matthew 17:20-21; Isaiah 58: 5-6; Romans 6:6)
- Pray that people will experience freedom in Christ
- Pray that people will experience the lifting of burdens and heaviness
- Pray for God to work miraculously in adverse and difficult situations
- Health (James 5:15-16)
- Finance (1 Kings 17:1-16)
- Mental & Emotional (Matthew 11:28-30; Philippians 4:4-9)
- Addictions (John 8:32; 8:36; Gal. 5:1); 2 Corinthians 12:9)
- Marriages (Ephesians 3:19-20)

Day 5 -

Prayer Emphasis: **Family, Marriage, Children, Singleness, Parenting, Men & Women**

Prayer Scriptures: **Psalms 128; Ephesians 5:18-33; 1 Peter 3:1-9; 1 Corinthians 7**

Prayer Specifics:

- Pray for strength, restoration, and renewal of marriages
- Pray for Mothers to be godly examples and biblical teachers to their children
- Pray for wives to love, respect, and esteem their husbands
- Pray for women to be virtuous and modest
- Pray for protection and prevention of marriage divisions
- Pray for increase in oneness, love, and mutual respect within marriages
- Pray for increased spirituality within marriages: praying together, studying scriptures, and spiritual conversation
- Pray for single men and women who desire a biblical mate that God would provide
- Pray for single men and women who are moving forward from divorce
- Pray for single men and women who are content with their singleness and seeking to maximize their singleness for God
- Pray for parents and parenting according to the will and word of God
- Pray for Fathers to be strong examples and teachers of their children
- Pray for Husbands to love, respect, and spiritually lead their wives
- Pray for children to respect, honor, obey their parents and live according to biblical instructions
- Pray for God's provision for single parents

As we RESET in fasting and prayer we will be surprised at the amount of time we really have if we did not waste so much time on fleshly desires. We are all allotted 24 hours a day but many times we complain that we don't have time to pray, to read the Word, or seek the Lord.

As we accept the challenge and dedicate time to God we will see many benefits of our fasting including:

- 1. more time to pray*
- 2. our hearts are more attentive to the Lord*
- 3. demonstrate the sincerity of our hearts*

Day 6 -

Prayer Emphasis: ***Becoming more Christlike***

Prayer Scriptures: **Matthew 28:18-20; John 15; Romans 8:28-29; 2 Corinthians 3:18, 1 Corinthians 15:49**

Prayer Specifics

- Pray that we fully and totally surrender to Christ
- Pray that we model and replicate the life of Christ
- Pray that people see the life of Christ living through us
- Pray that we totally follow and obey the example Christ established
- Pray that we imitate the life of Christ
- Pray that we are open to the concept and process of discipleship
- Pray that we are transformed into the image and likeness of Christ
- Pray that the Holy Spirit produces the fruit of the Spirit

Day 7 -

Prayer Emphasis: ***We see new souls come to faith in Christ***

Prayer Scriptures: **Mt. 9:37; Luke 15:7; Luke 19:10; Acts 1:8; 2 Corinthians 5:18, 20; 1 Timothy 1:15**

Prayer Specifics:

- Pray that unbelievers come to faith in Christ through our church
- Pray that God will use each member in the evangelism process
- Pray that each member take advantage of evangelism opportunities that God creates
- Pray that baptism and rededications will increase
- Pray that members will be equipped and confident to share their faith
- Pray that the gospel will consistently and powerfully go forth

Day 8 -

Prayer Emphasis: ***The Ministry of New Life: Leadership, Vision, Sr. Pastor***

Prayer Scriptures: **Acts 2:41-47; Hebrews 13:7, 17-19**

Prayer Specifics:

- Pray that we experience unity in the membership
- Pray that we experience genuine and meaningful Christian relationships within the membership
- Pray for wisdom, integrity, and discernment for the leadership: elders, staff, and lay leaders
- Pray that God's vision for the church will be clear, embraced, and lived out
- Pray that the church is financially strong
- Pray that the church's building programs and campus expansion continue to develop
- Pray that our membership will actively and fervently contribute to New Life reaching its full potential
- Pray that broken lives are restored, that NLF will be a place of refuge where the hurting, the depressed, the frustrated, and the confused can discover the love, acceptance, help, hope, forgiveness, guidance, and encouragement.
- Pray for the Sr. Pastor's: protection, integrity, wisdom, and family

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Day 9 -

Prayer Emphasis: **Global and Community Outreach**

Prayer Scriptures: **Nehemiah 1:3; 2:13; Proverbs 31:9; Malachi 6:8; Matthew 15:32; Galatians 6:10**

Prayer Specifics

- Pray that New Life has a strong presence as an agent of change in the Arlington community
- Pray that New Life will have a strong presence in the local schools
- Pray that New Life will extend its efforts globally through missions, working with the poor, widowed, and orphans, working with the underdeveloped and under-resourced villages.

Day 10 -

Pray for all the Above Items from Days 1-9

During our fast we need to remember to not only abstain from the various fleshly appetites but we need to remember to spend time with the Lord praying, reading the Word, and in worship. If we fast from our fleshly appetites but don't spend time with God we are just dieting!

Daniel 9:3-4 says,

So I gave my attention to the Lord God to seek Him by prayer and supplications, with fasting, sackcloth and ashes. I prayed to the Lord my God...

We must seek the Lord in our fast by prayer.