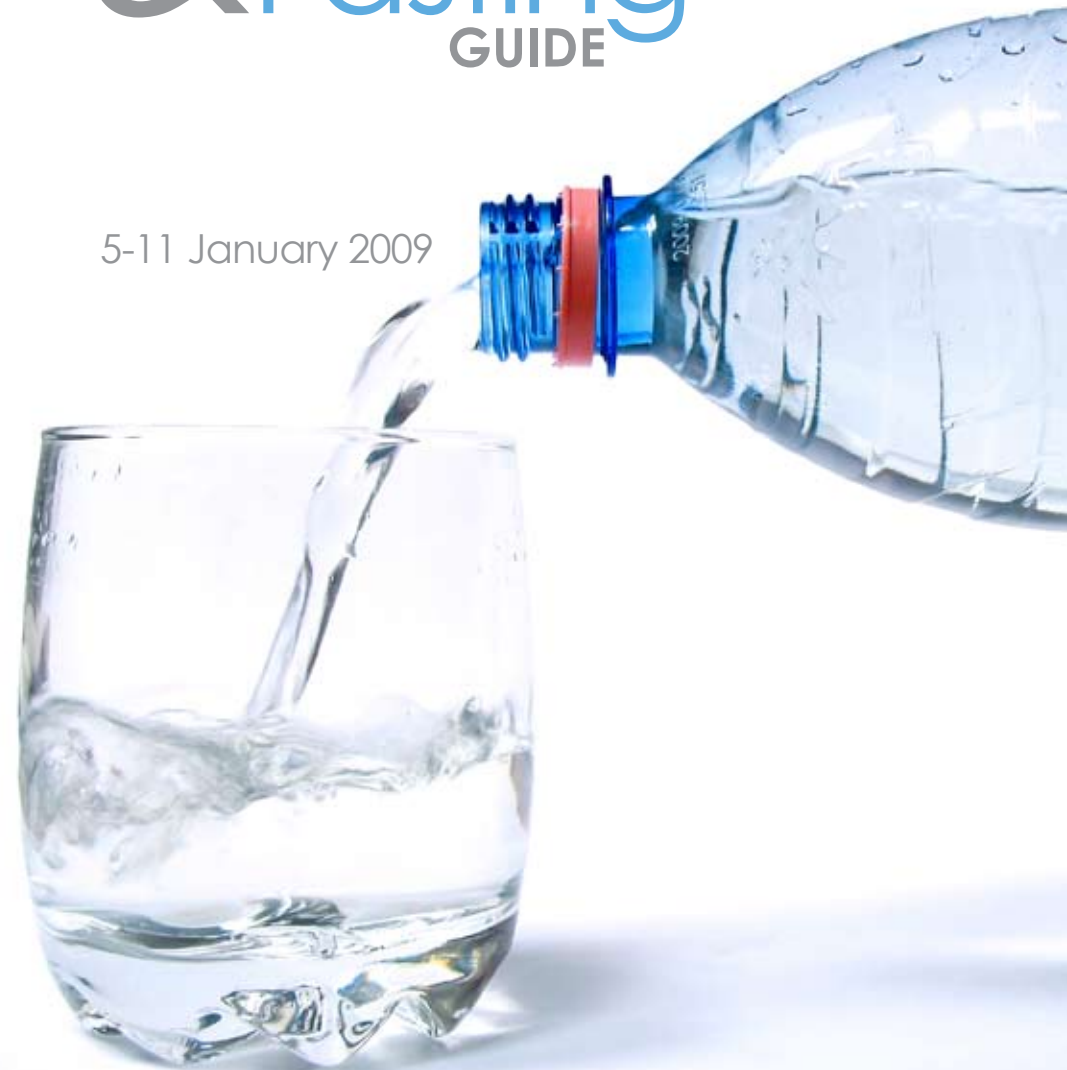


# 7 Days & Prayer & Fasting GUIDE

5-11 January 2009



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# Introduction

The focus of these 7Days of Prayer & Fasting is God and His redemptive plan for the whole world.

For though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ. - 2 Corinthians 10:3-5

Our war in winning the world starts first on our knees. God has given us weapons to fight that supersedes all human wisdom and effort to do so: His Word, Prayer and His Presence.

The action of fasting involves voluntarily giving up something in order to focus and grow stronger in your relationship to God. Historically, this "something" usually meant food. It can also mean giving up anything that will allow you to have more concentrated time with God. It could be forgoing FaceBook or computer games, texting or phone time, sports, tv..... Seek His leading as to the "something" from which you should fast that will give you time and heighten your focus on Him.

Fasting is both a solitary and a group spiritual discipline. We know from Matthew 6:16-18 that when we fast, we are not to try to gain public attention for it. But it was also an important part of early Christian worship, and God blessed it in a mighty way.

**DAY 1** Monday | January 5

**Fasting Options:**

- Water Fast
- Liquid Fast
- Eat one meal only
- Others: \_\_\_\_\_

Praying for (names of people):

**DAY 2** Tuesday | January 6

**Fasting Options:**

- Water Fast
- Liquid Fast
- Eat one meal only
- Others: \_\_\_\_\_

Praying for (names of people):

**DAY 3** Wednesday | January 7

**Fasting Options:**

- Water Fast
- Liquid Fast
- Eat one meal only
- Others: \_\_\_\_\_

Praying for (names of people):

**DAY 4** Thursday | January 8

**Fasting Options:**

- Water Fast
- Liquid Fast
- Eat one meal only
- Others: \_\_\_\_\_

Praying for (names of people):

**DAY 5** Friday | January 9

**Fasting Options:**

- Water Fast
- Liquid Fast
- Eat one meal only
- Others: \_\_\_\_\_

Praying for (names of people):

**DAY 6** Saturday | January 10

**Fasting Options:**

- Water Fast
- Liquid Fast
- Eat one meal only
- Others: \_\_\_\_\_

Praying for (names of people):

**DAY 7** Sunday | January 11

**Fasting Options:**

- Water Fast
- Liquid Fast
- Eat one meal only
- Others: \_\_\_\_\_

Praying for (names of people):

# Reflect & Write

God nowhere tells us to give up things for the sake of giving them up. He tells us to give them up for the sake of the only thing worth having. | **Oswald Chambers**

What in your life have you yielded to God this far?

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What are you holding back?

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Are you willing to give up control of them in exchange for the deep unshakable joy He has for your life? If so, write your prayer of dedication of these things or areas of your life to commit them to God.

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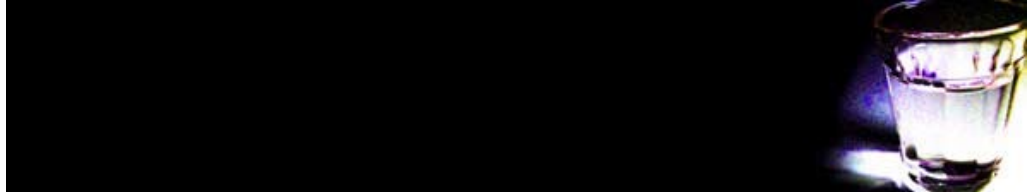
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Last but not least, continue praying for the people that you are believing will come to know God. Take time to meet up with them in the next week or so and trust that God will use you to continue the work that He has already begun in their hearts.

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“Now in the church at Antioch there were prophets and teachers: Barnabas, Simeon, . . . Lucius, . . . Manaen . . . and Saul. While they were worshiping the Lord and fasting, the Holy Spirit said, ‘Set apart for me Barnabas and Saul for the work to which I have called them.’ So after they had fasted and prayed, they placed their hands on them and sent them off.” Acts 13:1-3

Use these 7 days to hear from God where He wants you to join into His redemptive plan for the world starting with where He's placed you. Whether you are a student, working professional, home maker or enjoying your golden years, God is able to work through you to effect a great change for the advancement of His kingdom.

Ask for the vision to clearly see the needs around you. Seek His guidance as to where you fit into His Great Commission. Find the commitment and courage to follow the call. For some, the call may be to full time ministry while for others marketplace ministry. While not everyone maybe called to full time ministry, we are called to be full time ministers in our sphere of influence, in the household, workplace or in the schools we represent.

In the same way that God has touched the lives of some of these people (mentioned in the various devotionals) in preparation for lives of redemptive service, may God also touch each of us during these 7 days!

# Why Fast?

If you do not already know of the power and importance of fasting, here are some very important facts:

- Fasting was an expected discipline in both the Old and New Testament eras. For example, Moses fasted at least two record forty-day periods. Jesus fasted 40 days and reminded His followers to fast, "when you fast," not if you fast.
- Fasting and prayer can restore the loss of the "first love" for your Lord and result in a more intimate relationship with Christ.
- Fasting is a biblical way to truly humble yourself in the sight of God (Psalm 35:13; Ezra 8:21). King David said, "I humble myself through fasting."
- Fasting enables the Holy Spirit to reveal your true spiritual condition, resulting in brokenness, repentance, and a transformed life.
- The Holy Spirit will quicken the Word of God in your heart and His truth will become more meaningful to you! Fasting can transform your prayer life into a richer and more personal experience.
- Fasting can result in a dynamic personal revival in your own life and make you a channel of revival to others.
- Fasting makes us physically weak but spiritually strong. It prepares us to do God's work. (Matthew 4:1-2) - Before He began His ministry, Jesus fasted forty days. He knew He was going to need spiritual strength to fulfill His purposes.

***Through your fast, and that of many other believers, God will heal lives and nations.***

Adapted from: Your Personal Guide to Fasting and Prayer, <http://www.billbright.com/howtofast>



## **Philippians 1:4-6 TNIV**

In all my prayers for all of you, I always pray with joy because of your partnership in the gospel from the first day until now, being confident of this, that He Who began a good work in you will carry it on to completion until the day of Christ Jesus.

• Sunday | JANUARY 11

# Wholeheartedly Following God

The real issue is control, isn't it? We may be attracted to Jesus and his teachings. His compassion, love, and even his clever wisdom draw us.

But, let's be honest and admit that those who have changed the world and really made a difference were not those who merely admired Jesus.

During the 7 Days of Fasting & Prayer, as we have looked at the lives of Chambers, and the disciples of Christ we've seen these were not people who were simply attracted to Jesus. What an insult to think that!

They were sold out to Him. To describe the Jesus in their lives, we would have to use words such as "surrender" and "yielded." And even these are too mild because these individuals were willingly responding to a Lord that deserves total surrender and a life that is absolutely yielded.

**There is no joy in following Jesus half-heartedly.** And He takes no comfort in our lukewarm response to His unqualified commitment to us. Are we just messing around and flirting with Him and His agenda for this fallen planet?

What will it require for us to take Him seriously—His values, His absolutes, His friendship, His Lordship, His forgiveness, and His Holy love?

Faithful is He Who has called you. Faithful is He Who has promised to complete His work in you.

# Reflect & Write |

Prayer is asking for the rain and faith is carrying the umbrella.

What does perseverance mean to you?

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The bible speaks of "faith without works is dead". What would faith in these areas mean for you? How would it manifest in your life?

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Pray for the people that you are believing will know God.

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# How to Fast Safely?

As you begin your fast, you may hear from concerned loved ones and friends who urge you to protect your health. And they are right. You should protect your health. But I assure you, if done properly, fasting will not only prove to be a spiritual blessing, but physical blessing as well.

By all means, consult your doctor before you begin your fast. But, be aware that many doctors have not been trained in this area and so their understanding is limited. Even so, it would be wise to ask your doctor for a physical exam to make sure you are in good health. You may have a physical problem that would make fasting unwise or dangerous. Also, if you are under any type of medication, make sure you talk to your doctor before changing your regime. Prudence and caution are in order.

When you are assured that you are in good health, you are ready to begin your fast.

In spite of the absolute safety and benefits of fasting, there are certain persons who should NEVER fast without professional supervision. For example:

- Persons who are physically too thin or emaciated
- Persons who are prone to anorexia, bulimia, or other behavioral disorders
- Those who suffer weakness or anemia
- Persons who have tumors, bleeding ulcers, cancer, blood diseases, or who have heart disease
- Those who suffer chronic problems with kidneys, liver, lungs, heart, or other important organs
- Individuals who take insulin for diabetes, or suffer any other blood sugar problem such as hyperglycemia
- Women who are pregnant or nursing

Adapted from: Your Personal Guide to Fasting and Prayer, <http://www.billbright.com/howtofast>

# Before Fasting

## Psalm 66:16-20

Come and hear, all of you who reverence the Lord, and I will tell you what he did for me: For I cried to him for help, with praises ready on my tongue. He would not have listened if I had not confessed my sins. But he listened! He heard my prayer! He paid attention to it! Blessed be God who didn't turn away when I was praying, and didn't refuse me his kindness and love.

Spiritual and physical preparation is vital in sustaining a fast, no matter how long it may be.

## Spiritual preparation

In preparation for this special time with God, **Examine your heart, and detect any unconfessed sin.** Scripture records that God always requires His people to repent of their sins before He will hear their prayers.

In your prayers, confess not only obvious sins, but less obvious ones as well. The sins of omission as well as the sins of commission experiences. These may be experiences leaving your first love for our Lord: worldly-mindedness, self-centeredness, spiritual indifference, and unwillingness to share your faith in Christ with others, not spending sufficient time in God's Word and in prayer, a poor relationship with your family members, your pastor, or other members of your church.

## Physical preparation

If you plan on fasting for several days, you will find it helpful to begin by eating smaller meals before you abstain altogether. Resist the urge to have that "last big feast" before the fast. Cutting down on your meals a few days before you begin the fast will signal your mind, stomach, and appetite that less food is acceptable.



## Revelation 3:10

Because you have kept My command to persevere . . .

## John 17:3

Jesus prayed, "This is eternal life, that they may know You . . ."

• Saturday | JANUARY 10

# The Faith to Persevere

Perseverance means more than endurance— more than simply holding on until the end. A saint's life is in the hands of God like a bow and arrow in the hands of an archer. God is aiming at something the saint cannot see, but our Lord continues to stretch and strain, and every once in a while the saint says, "I can't take any more." Yet God pays no attention; He goes on stretching until His purpose is in sight, and then He lets the arrow fly. Entrust yourself to God's hands. Is there something in your life for which you need perseverance right now? Maintain your intimate relationship with Jesus Christ through the perseverance of faith. Proclaim as Job did, **"Though He slay me, yet will I trust Him"** (Job 13:15 ).

Faith is not a weak and pitiful emotion, faith is strong and vigorous confidence built on the fact that God is holy love. And eventhough you cannot see Him right now and cannot understand what He is doing, you know Him. Disaster occurs in your life when you lack the mental composure that comes from establishing yourself on the eternal truth that God is holy love. Faith is the supreme effort of your life— throwing yourself with abandon and total confidence upon God.

God gave His all in Jesus Christ to save us, and now He wants us to venture our all with total abandoned confidence in Him. There are areas in our lives where that faith has not worked in us as yet— places still untouched by the life of God. There were none of those places in Jesus Christ's life, and there are to be none in ours. The real meaning of eternal life is a life that can face anything without wavering. If we will take this view, life will become one great romance— a glorious opportunity of seeing wonderful things all the time.

Oswald Chambers, *My Utmost for His Highest*, Online Daily Devotional, May 8, 2007, <http://www.rbc.org/utmost>

We have a tendency to forget that a person is not only committed to Jesus Christ for salvation, but is also committed, responsible, and accountable to Jesus Christ's view of God, the world, and of sin and the devil. This means that each person must recognize the responsibility to **“be transformed by the renewing of [his] mind.”** (Romans 12:2)

# Reflect & Write |

The secret of Christian sanctity is not that we should strive to live like Jesus but that He by His Spirit should come and live in us.  
**John R W Stott**

Take time to assess the things and work you are doing right now. Are these projects in accordance of God's will or your own will? Be honest with yourself.

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As you continue on your fast, ask God to reveal more of His perspective of who He is, who you are, your work, how he views the world, the lost, sin and the devil. Take time to list them down and commit to journal them even as God takes you through them for the rest of the year.

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Pray for the people that you are believing will know God.

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Some health professionals suggest eating only raw foods for two days before starting a fast. I also recommend weaning yourself off caffeine and sugar products to ease your initial hunger or discomfort at the early stages of your fast.

## Schedule Adjustments

Reasons for schedule adjustments, especially during an extended fast, are two-fold...

The first is **physical**. Throughout your fast, you may feel some what weaker than normal. **During the first few days, you may feel tired and irritable.** Lightening your workload and cutting down on strenuous exercise would be a very good idea to maintain your health and your morale.

The second reason is **spiritual**. Fasting is not just denying yourself food. It is exchanging the needs of the physical body for those of the spiritual. Long times of prayer and reading God's Word will be very essential if you are to enter into a more intimate communion with God to maintain your fast to its completion. While fasting, if you dissipate your energy on numerous errands or busy-work to the neglect of spending special time with God, you will starve both physically and spiritually. You will find yourself becoming discouraged and frustrated with your fast instead of being benefited and uplifted and blessed. I don't want that to happen to you.

The more time you spend with God in fellowship, worship, and adoration of Him, and the more you read and meditate upon His Word, the greater your effectiveness will be in prayer and the more meaningful your fast will be.

Adapted from: Your Personal Guide to Fasting and Prayer, <http://www.billbright.com/howtofast>

# Have You Ever Been Alone with God?

## Mark 4:34

When they were alone, He explained all things to His disciples .

**Our Solitude with Him.** Jesus doesn't take us aside and explain things to us all the time; He explains things to us as we are able to understand them. The lives of others are examples for us, but God requires us to examine our own souls. It is slow work—so slow that it takes God all of time and eternity to make a man or woman conform to His purpose. We can only be used by God after we allow Him to show us the deep, hidden areas of our own character. It is astounding how ignorant we are about ourselves! We don't even recognize the envy, laziness, or pride within us when we see it. But Jesus will reveal to us everything we have held within ourselves before His grace began to work. How many of us have learned to look inwardly with courage?

We have to get rid of the idea that we understand ourselves. That is always the last bit of pride to go. The only One who understands us is God. The greatest curse in our spiritual life is pride. If we have ever had a glimpse of what we are like in the sight of God, we will never say, "Oh, I'm so unworthy." We will understand that this goes without saying. But as long as there is any doubt that we are unworthy, God will continue to close us in until He gets us alone. Whenever there is any element of pride or conceit remaining, Jesus can't teach us anything. He will allow us to experience heartbreak or the disappointment we feel when our intellectual pride is wounded. He will reveal numerous misplaced affections or desires— things over which we never thought He would have to get us alone. Many things are shown to us, often without effect. But when God gets us alone over them, they will be clear.

Monday | JANUARY 5

# Do It Yourself

## 2 Corinthians 10:5

... bringing every thought into captivity to the obedience of Christ.

## Determinedly Discipline Other Things.

This is another difficult aspect of the strenuous nature of sainthood. Paul said, according to the Moffatt translation of this verse, "... I take every project prisoner to make it obey Christ . . . ." So much Christian work today has never been disciplined, but has simply come into being by impulse! In our Lord's life every project was disciplined to the will of His Father. There was never the slightest tendency to follow the impulse of His own will as distinct from His Father's will— **"the Son can do nothing of Himself . . . "** ( John 5:19 ). Then compare this with what we do—we take "every thought" or project that comes to us by impulse and jump into action immediately, instead of imprisoning and disciplining ourselves to obey Christ.

Practical work for Christians is greatly overemphasized today, and the saints who are "bringing every thought [and project] into captivity" are criticized and told that they are not determined, and that they lack zeal for God or zeal for the souls of others. But true determination and zeal are found in obeying God, not in the inclination to serve Him that arises from our own undisciplined human nature. It is inconceivable, but true nevertheless, that saints are not "bringing every thought [and project] into captivity," but are simply doing work for God that has been instigated by their own human nature, and has not been made spiritual through determined discipline.

Friday | JANUARY 9

Oswald Chambers, My Utmost for His Highest, Online Daily Devotional, Sep 9, 2007, [http:// www.rbc.org/utmost](http://www.rbc.org/utmost)

This is also the theme of Jesus when He states that out of those who believe in Him will come “rivers of living water.” (John 7:38) Jesus restates this in John 15, declaring that those branches that abide on the true vine, in growing, healthy relationship with Him, will bear much fruit.

# Reflect & Write |

We must carefully plan solitude. We do not take the spiritual life seriously if we do not set aside some time to be with, and listen to God. | **Henri Nouwen**

Where do you usually get your significance--from your skills? success? Or, by being humbly right with God? Be honest with yourself.

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When was the last time you felt bad about who you were? Why? What did God speak to you about the issue? If you don't know, ask Him now.

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What choices could you make that would up the quality of your relationship with Jesus?

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Built correctly, quality disciples will produce quantity, because true disciples will make disciples. As we grow in a healthy relationship with God, He will cause In order for the world to be reached for Jesus, we need to build strong and also build wide. Let's build both deep and build wide!

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Pray for the people that you are believing will know God.

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## Mark 4:10

When He was alone . . . the twelve asked Him about the parable —

**His Solitude with Us.** When God gets us alone through suffering, heartbreak, temptation, disappointment, sickness, or by thwarted desires, a broken friendship, or a new friendship—when He gets us absolutely alone, and we are totally speechless, unable to ask even one question, then He begins to teach us. Notice Jesus Christ's training of the Twelve. It was the disciples, not the crowd outside, who were confused. His disciples constantly asked Him questions, and He constantly explained things to them, but they didn't understand until after they received the Holy Spirit (see John 14:26).

As you journey with God, the only thing He intends to be clear is the way He deals with your soul. The sorrows and difficulties in the lives of others will be absolutely confusing to you. We think we understand another person's struggle until God reveals the same shortcomings in our lives. There are vast areas of stubbornness and ignorance the Holy Spirit has to reveal in each of us, but it can only be done when Jesus gets us alone. Are we alone with Him now? Or are we more concerned with our own ideas, friendships, and cares for our bodies? Jesus cannot teach us anything until we quiet all our intellectual questions and get alone with Him.

# Reflect & Write

We must carefully plan solitude. We do not take the spiritual life seriously if we do not set aside some time to be with, and listen to God.  
**Henri Nouwen**

As we read Scripture, we find Scripture reading us. What has Scripture read in your life recently? Ask God to show you aspects of your character that you may have been ignorant of. Are there any misplaced affections or desires that you might have. What are they?

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How does God want you to respond to them?

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Take time to let the Holy Spirit 'recalibrate' your heart. Ask for a heart that would desire for the things God desires and what it would mean to clear the things that have occupied God's place in our hearts. Pray that God will open your spiritual eyes and increase the sensitivity of your heart to His Word as you do your devotions over the next 6 days of your fast.

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Pray also for the people that you are believing will know God.

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## Luke 10:20

However, do not rejoice that the spirits submit to you, but rejoice that your names are written in heaven.

# Oswald Chambers

Early on, Oswald Chambers was a gifted art student and won a scholarship to study in Paris, France. But he turned it down when he saw that others who had studied there had returned with corrupted spiritual lives. God honored his obedience by giving him a life that has touched the world through his devotional classic *My Utmost for His Highest*. He died at the age of 43, while serving as a chaplain to Allied troops stationed in Egypt in World War I.

God led Chambers to always emphasize that our service for God was to come out of our relationship with Him, that our usefulness is always dependent on how we are personally related to Him and rather than our giftedness. He wrote: "Our tendency today is to put the emphasis on service. Beware of the people who appeal for help on the basis of someone's usefulness. If you make usefulness the test, then Jesus Christ was the greatest failure who ever lived.

For the true follower of Jesus, direction and guidance come from God Himself, not our idea of that person's usefulness. . . . It is the work that God does through us that counts, not what we do for Him. All that our Lord gives His attention to in a person's life is that person's relationship with Himself. That is the thing of supreme value to His Father. Jesus is 'bringing many sons and daughters to glory . . .'" (Hebrews 2:10).

We tend to rejoice in success as the disciples did when they returned from the short-term mission trip on which Jesus had sent them in Luke 10. But Jesus was quick to redirect their focus by saying that the real joy is not so much in what they did, but in the fact that God could use them, indicating that they were in a right relationship with the Father.

Thursday | JANUARY 8

Oswald Chambers, edited by James Reimann.  
*My Utmost for His Highest*, Updated Edition, Discovery House Publishers: Uhrichsville, Ohio, August 30

7 Days: Prayer & Fasting 2009

Can you imagine the potential of a pure life? Living water? (John 7:37, 38) Can you imagine a life lived out for the purposes of God where you are? Can you imagine being a source of "thirst quenching" for people who are dry and thirsty?

# Reflect & Write

Let your words be few, lest you say with your tongue what you afterward repent with your heart. | **George MacDonald**

From what kind of wells have you been drinking? It is now possible to draw gossip from the well of the internet. It is easy to dip into the well of sensuality on television, movies, and the internet. Are you thirsty for the purity of Jesus? The closer you get to Him, you may realize the more you need to confess and obey.

Read I John 1:9 carefully. Confession means agreeing with God about what He points out as wrong in our lives. What two things does He assure us He will do for us as we confess:

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What do you need to do to stay clean? Never forget that He is inviting you to enjoy unbroken fellowship with Him!

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Pray and ask God to cleanse you, that you may be a holy vessel that brings refreshing and life to those around you. Pray also for the people that you are believing will know God.

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# True, whole prayer is nothing but love.

"Today the heart of God is an open wound of love. He aches over our distance and preoccupation. He mourns that we do not draw near to him. He grieves that we have forgotten him. He weeps over our obsession with muchness and manyness. He longs for our presence"

**St. Augustine**

And He is inviting you and me- to come home, to come home where we belong, to come home to that for which we were created. His arms are stretched out wide to receive us. His heart is enlarged to take us in."

**Richard Foster,**  
Prayer: Finding the Hearts  
True Home

Revivals around the world have been ignited by God's grace through prayer. In the Haystack Revival, we find a history of college students whose love affair with God prompted them to seek the privilege of pleasing Him by participating in the Great Commission which led to many of the missionary movements around the world. Their hearts' desire was much like another historical figure: "I am thy message, Lord. Throw me like a blazing torch into the night, so that all may see and understand what it means to be Thy disciple." Maria Skobtova, Nazi Concentration Camp. Source: Susan Bergman, In the Shadow of the Martyrs, Christianity Today.

How can we come to the place where our abandonment of self is so radical that being crucified with Christ (Galatians 2:20) permeates our soul so that Jesus' life in us is an expression of transparent reality? The answer has to be that it happens first in prayer. The call to Prayer is the beginning of turning us into His person.

### 1. The call is to the prayer of the wilderness.

Luke 5:16; 6:12; 9:28; 22:41

Like a consumed lover, Jesus went alone with the One who loved Him. He heard the voice of the One who gave His life purpose, meaning, and fulfillment. Clear the clutter and listen.

### 2. The call is to the prayer of Gethsemane.

Luke 22:42-46; Luke 9:23-25

No one said it would be easy. Remember, this journey down here on this planet is not about us. "Yet not My will, but Yours be done." These are the words of Jesus. They are meant to be our words, too. In what area of your life do you need to say "Thy will be done"?

### 3. The call is to the prayer for the Harvest. Matthew 9:36-38

People moved the heart of Jesus. What moves your heart?

Tuesday | JANUARY 6

# Reflect & Write

Be not forgetful of prayer. Every time you pray, if your prayer is sincere, there will be new feeling and new meaning in it, which will give you fresh courage, and you will understand that prayer is an education. | **Fyodor Dostoyevsky**

Write here the verse that most speaks to you.

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In what area of your life do you need to say "Thy will be done"?

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What moves your heart?

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**Lord, teach us to pray. As we pray, may you mould our heart to be like yours, to love what you love and hate what you hate.**

Luke 11:1

Pray also for the people that you are believing will know God.

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## **2 Timothy 2:21, 22**

Therefore, if anyone cleanses himself from these things, he will be a vessel for honor, sanctified, useful to the Master, prepared for every good work. Now flee youthful lusts and pursue righteousness, faith, love and peace, with all who call on the Lord from a pure heart.

## **Matthew 5:8**

Blessed are the pure in heart, for they shall see God.

**Purity is a good thing. God is glorified when we are purified.**

# Create in me a clean heart, O God, and put a new and right spirit within me. David

Something was wrong with this picture. Three ladies and four beautiful children stood in front of their home in San Jose, Costa Rica. I had seen this family before. I went back and looked through my other pictures and there was the answer. One of the little girls was gone. She wasn't there. She had become sick and died. Her dark eyes, her soft olive skin, her smile; they were all just a painful memory now to her family.

We took her bed. Her roach-infested, mildew saturated bed, and threw it in the junk pile at the end of the street. The foam mattress was moist from the seasonal rains that leaked through the roof. For the family, it was better to remove it, even though there was no bed for the four remaining children. Sadly, I don't even remember her name. But God does. It is a terrible thing, what bad water does. God intended water, good water, pure water, to be a sustainer of life. Badwater, polluted water, on the other hand, can make life quite miserable. It can even take the life of a little girl.

Pure water is a good thing. It is a life giving, life exhilarating thing. It is a God thing. Bad water carries parasites. They can cramp you up, make you sick, diminish your life. So can sin.

Most of us have never experienced the power of a parasite living in our bodies. We just know we would never want them inside us. Paul admonishes Timothy to **"guard, through the Holy Spirit who dwells in us, the treasure which has been entrusted to you."** (2 Timothy 1:14) A polluted life is not a good thing!

Wednesday | JANUARY 7