



## Deuteronomy 1:6-8,11 KJV

Human nature does not like Change. We like stability. Change is scary. It's a lot easier to stay with the status quo, to stay with what you know. That's true for everyone of all ages. The problem is that our world is constantly changing; sometimes, it feels like it is changing faster than ever. The flesh likes consistency.



But as the seasons in the world change from one to another, we will be left behind if we do not change. Going to the new place and experiencing God's new season for You in 2025 will require Change. It is impossible to get from where you are to where you are going without making a change. Here is where

the challenge comes in: things will get shaky and uncomfortable when we set out to change. From one transition to another, there will be an adversary. Whenever a Bible story involves exaltation, it is first preceded by confrontation. For King David to move from obscurity to notoriety, he had to move past the giant. Change may require a season for you to do something you hate so you can ultimately do something you love: understanding that it is not your destiny, but your preparation. Many people misinterpret **Making a Change** because of what it is "Wrapped In."

You cannot expect something new this year, if you do not decide this year to pursue **Change**. It is your move to make, so do not miss your move and remain in that annual circle of unbelief. Let us start this year acting like what God said is true. The writer of the Book of Hebrews warns us not to follow the same example of the children of Israel's disobedience (Hebrews 4:9-11). They refused to take the journey of faith to their Promised Land! The decision to reach any goal starts with a plan, and deep within that plan is a decision to change something to achieve that goal.



🌱 **IT IS TIME TO CHANGE!** 🌱

The background of this text is that the children of Israel had deliverance out of Egypt and camped at Mount Horeb for a year. However, this was not their promised land. Now it was time to move on, “And he brought us out from thence, that he might bring us in, to give us the land which he sware unto our fathers” (Deuteronomy 6:23).

The tailoring of this text teaches us how the children of Israel became stuck in their comfort zone. Instead of advancing to new levels, they became complacent. God intends believers to advance; Kingdom citizens are Movements, not Monuments!

God commanded them to Move On (v.7), leading them to take it to the Next Level. Pursuing Change is essential in our Walk with God because some obstacles stand between where we are now and where God is taking us! The Faith obstacle is why we need the Holy Spirit to Change Our Minds. We must take our spiritual life to the Next Level (Philippians 3:10-14), "As a man thinketh in his heart, so is he" (Proverbs 23:7a). This is an essential principle for modern believers. Whatever God promises, he delivers. But Change still requires Obedience to the Word.

Finally, as we make a Change and Move out into the Promises of God, we must always remember the Promises of the past. God made promises to the ancestors, but they still belong to Us (Hebrews 4). God promised Abraham a land that He would give him and his seed. A place where he would make him Great and Bless him to be a Blessing! In this place, God will also make your name Great, and he will Bless those who bless you and curse those who curse you, then all the people on earth will be Blessed through You (Genesis 12: 1-3)!

What does that have to do with us? Galatians 3:29 says, "And if you are Christ's, then you are Abraham's seed and heirs according to the Promise...!" We are entitled to the Blessings and Promises made to Abraham through our Faith and Trust in Christ! I believe the Lord is telling us that Now is the Time to Change our Posture and Position and Go Up and Possess **Our Promised Land!**



**I DECREE AND DECLARE: THIS IS MY YEAR OF CHANGE!**



## HERE'S THE PLAN

### **Prepare your heart:**

In 2 Chronicles 7:14, God appears to Solomon and explains that if His people are going through a hard time, they should seek Him and follow His ways. Then, He will hear their prayers and heal them.

Be willing to hear what God says needs to change and be willing to change. Don't continue to sin. What are the paths He wants you to walk? How much does He want you to pray and read His Word? Tell God that you surrender your life to Him and that you want more of Him and His way.

### **Prepare your souls:**

In Joshua 3:5, Joshua said to the people, sanctify yourselves: for tomorrow the Lord will do wonders among you. This verse encourages us to take intentional steps to prepare for God's blessings and works in our lives. It is a reminder that amazing things often happen when we are in a state of readiness, when we have prioritized our relationship with God and made room for Him to move in our lives.

### **Prepare your motives:**

Ephesians 1:3 says that there are spiritual blessings assigned to us. We can never exhaust them! Who knows what God wants to give us or show us? Maybe He wants to bestow gifts such as wisdom, anointing, prayer power, healing power, teaching power, joy, or encouragement. When we eliminate things that are keeping us from focusing on God, He is able to show us things about our lives that we never knew.



### **Prepare your body:**

If you decide to eat only fruits and vegetables for your fast, it will result in cleansing of your physical body. You may feel sick as your body detoxes, but you'll make it! This isn't a mind game to see if you can survive eating less or not watching ESPN, but about experiencing God. Some people ask, "What does not eating have to do with my relationship with God?" "Stop eating and find out."

### **Prepare your schedule:**

Decide where you will meet with God, what and when you will eat, and how you will spend your time differently. Remember, the fast is about communing with God, so don't fill your time with distractions that will keep you from feeling hungry. Create a plan and commit to spending more time with the Lord.

### **Fasting Guidelines:**

- Explain to your family in advance what you are doing.
- Request privacy from those who find out what you are doing.
- Ask them not to discuss it with you until your fast is over.
- Never complain or brag about your fast, and avoid talking about it.
- Establish an accountability partner for prayer & encouragement.
- Stay away from negative people.
- Spend as much time as possible alone in solitude and prayer.
- Acknowledge that your flesh cannot be trained, but must be crucified.
- Journal as you pray and meet with the Lord. Write down the miracles God does in your life!



## 2025 FASTING SCHEDULE

DAYS	SUGGESTED FAST	TIME	INSTRUCTIONS
Days 1-7 (1/11 – 1/17)	Partial Fast	6:00 AM – 3:00 PM	Abstain from any food during this fasting time. The foods that are recommended after this time of consecration are Baked, Grilled, or Broiled Chicken, Turkey or Fish. (NO FRIED FOODS). Fruits and Vegetables are also recommended. No Sweets. Drink Water and Pure Juices Only. * <b>Read Daily Devotions.</b>
Days 8-14 (1/18 – 1/24)	Partial Fast	6:00 AM – 6:00 PM	Abstain from any food during this fasting time. The foods that are recommended after this time of consecration are Baked, Grilled, or Broiled Chicken, Turkey or Fish. (NO FRIED FOODS). Fruits and Vegetables are also recommended. No Sweets. Drink Water and Pure Juices Only. * <b>Read Daily Devotions.</b>
Days 15 – 21 (1/25 – 1/31)	Complete Fast Juice Fast or Water Only	All Day	We will strictly Drink Juices: Vegetable and Fruit Juices, (Not From Concentrate), if at all possible. Do not be condemned if you cannot, make do with the nearest alternative. Remember, the most important thing in this consecration is your Heart towards God. * <b>Read Daily Devotions.</b>



\* See Medical Disclaimer

For those unable to follow the suggested fast, please choose from the following Types of Fast.

## TYPES OF FAST

- **Complete Fast:** Drinking only liquids, typically water, with juice as an option.
- **Daniel Fast:** Removing meat, sweets and alcohol from your diet (see Daniel 1:8). **Link:** <http://www.ultimatedanielfast.com>
- **Partial Fast:** Sometimes called a Jewish Fast, calls for abstaining from food for a specific part of each day. This might be from sunup to sundown, or 6 am to 3 pm, lunches, or something suitable for you.
- **Electronic Entertainment Fast:** Abstaining from social media and all forms of electronic entertainment (movies, TV, video games, etc.). This is a wonderful fast for everyone! This is also a good fast to combine with one of the food fasts. It is helpful to refocus areas of life that might be out of balance. When breaking the fast, carefully bring that element back into your life in an orderly fashion.
- **Soul Fast:** Common for anyone new to fasting food; those with health issues that prevent them from fasting food; those wanting to refocus specific areas of life that are out of balance. Suggestions: abstain from engaging in social media, shopping, watching television, etc.

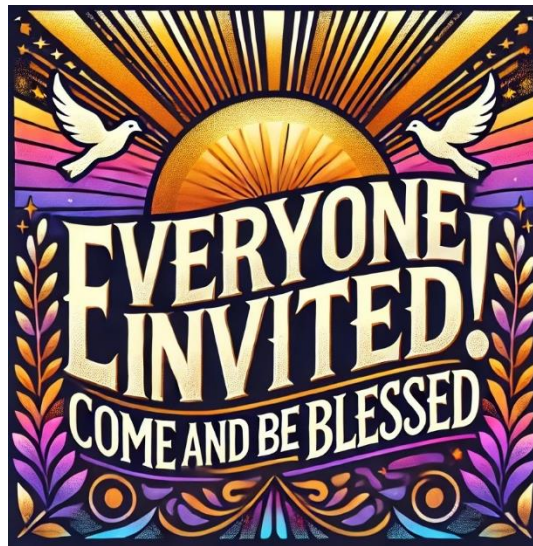
Please also refer to: 7 Basic Steps to Successful Fasting and Prayer by Dr. Bill Bright  
<https://www.mynewhope.tv/WW/wp-content/uploads/2021/01/7-Basic-Steps-to-Successful-Fasting-and-Prayer-Half.pdf>



21 Day Prayer and Fast Guide  
January 11, 2025 – January 31, 2025

## CORPORATE PRAYER

Meet us in Corporate Prayer. Prayer will be “Live in Person” at 5:00AM on Tuesdays and 7:00AM each Saturday during the Fast. **The First Corporate Prayer is Tuesday, January 14, 2025 at 5:00AM.** The Pastor and Leaders have asked everyone to make a special effort to participate in ALL Corporate Prayer sessions.



### \* Medical Disclaimer

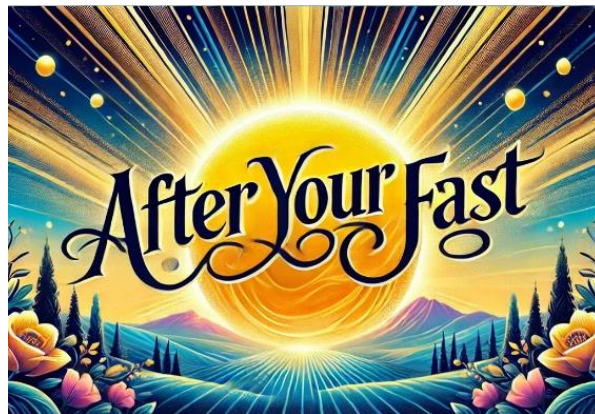
We recommend that you always consult your physician prior to beginning any type of fast. If you are in poor health or have concerns about your physical ability to fast, we especially urge you to consult a physician before beginning your fast. There are different types of fasts (Complete Fast, Daniel Fast, Partial Fast, or give up at least one item of food). Your Doctor can provide proper advice on how you can participate on this fast in a way that is healthy for you.

Read the 21 Day Devotionals  
[www.crossroadsforlife.com](http://www.crossroadsforlife.com)



### Get in the “Fast Lane”

Ending your fast properly is just as important as beginning your fast properly. Just as you prepared yourself to begin a fast, you must prepare yourself to stop or break your fast.



Before you end your fast and establish a regular eating schedule, it will be important to set aside time to get in the “Fast Lane” on a regular basis. This is vital if you are going to apply and live out the lessons learned during your fast.

Regular fasts will keep the flesh in submission and serve as a reminder as to who is in charge of your life. Choose a regular fasting schedule to follow. There are those who have chosen to fast one twenty-four-hour period per week. Others fast sun up to sun down, one day per week. You must pray and create a format that aligns with what you feel God desires for you—a system you can faithfully and consistently follow.





### **Physically**

Controlling your eating habits when you end your fast will be important. After you fast, you will feel good about yourself and that you deserve a break today, tomorrow, and the next day. Remember, the abuse of food, not food itself, was the root of many evils. If you allow food to take its place back on the throne of your heart, you are allowing bad habits to take root and push God farther from the center of your heart than He was before you began your fast.

Once you begin to eat again, you will feel uncomfortable if you are not careful. Your stomach will feel bloated and full. Introduce solid foods slowly. There is a good chance you will experience stomach aches and diarrhea from shocking the digestive system.

### **Emotionally**

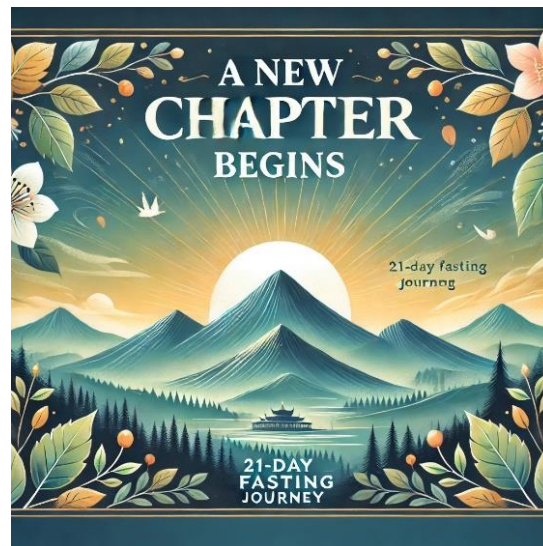
Satan will be working to take back the ground you have surrendered over to the Lord and he will use your emotional vulnerability to accomplish his goals. It could be an intense time of discouragement leading to depression. Remember to be mindful of this and to eat wisely once you break your fast.

In 1 Kings 18-19, when Elijah is challenged by the 450 prophets of Baal who all followed Jezebel in a most vile and immoral religion, God confronts and defeats them through one man, Elijah. But after this great spiritual victory, Elijah finds himself running for his life from one woman, Jezebel. She had threatened his life and he felt all alone. He became incredibly discouraged and asked God to end his life. Elijah experienced a supernatural and spiritual high, followed by an emotional low. You very well could experience this same type of roller coaster ride.



**Here are a few questions you can ask yourself as you end your fast:**

- What are the key lessons learned?
- What new habits or disciplines do you want to keep?
- What new dietary rules will you follow?
- What foods will you begin eating and what foods will you not eat anymore?
- What dreams and visions have you seen pertaining to your personal walk with the Lord or your ministry?



1 Corinthians 11:24-28 says that Paul “fasted often.” But why? You must view fasting as a new way of life, not just a vacation from the old way. According to 2 Corinthians 5:17, “The old is gone and the new has come.” Fasting regularly will help you maintain a level of discipline and spirituality that is necessary to hold the ground surrendered by Satan.



## Deuteronomy 1:6-8,11 KJV

*<sup>6</sup> The Lord our God spake unto us in Horeb, saying, Ye have dwelt long enough in this mount:*

*<sup>7</sup> Turn you, and take your journey, and go to the mount of the Amorites, and unto all the places nigh thereunto, in the plain, in the hills, and in the vale, and in the south, and by the sea side, to the land of the Canaanites, and unto Lebanon, unto the great river, the river*

*<sup>8</sup> Behold, I have set the land before you: go in and possess the land which the Lord swore unto your fathers, Abraham, Isaac, and Jacob, to give unto them and to their seed after them.*

*<sup>11</sup> (The Lord God of your fathers make you a thousand times so many more as ye are, and bless you, as he hath promised you!)*

