

*Refuge Church of God, Inc*  
595-597 Quincy St, Brooklyn, NY 11221-1810

# Corporate Fast

## Participant Guide Book

Owner



2012

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# Greetings

Grace be unto you, and peace, from God our Father, and from the  
Lord Jesus Christ.  
*(Philippians 1:2)*



## Message from the Pastor

Dear Beloved City Dweller,

Grace and Peace be unto you from God our Father and our Lord and Savior Jesus Christ.

Once again we will gather as a spiritual family to seek the Lord for His guidance for our church and personal lives. This is a special time of year where we consecrate the beginning of the year to turn our hearts towards the Lord and to seek His face according to 2 Chronicles 7:14. Our Church's Theme for 2012 is "***The Year of Stewardship: faithfully serving our God with our time, talents and treasure***"; based on 1 Corinthians 4:2. Let us seek the Lord on how we can become better stewards with everything that God gives us.

I do understand for varying medical reasons some City Dwellers will not be able to join us for the physical part of the fast but do have a heart to be a part of this powerful time of revival and renewal in the life of the church and each member. I encourage to link with us in prayer and fasting such things as television, internet, shopping, etc.

In the pages that follow you will discover all the information outlining, describing and explain in detail about our corporate fast. Let's be in a position of expectancy as we watch God do some miraculous things among us that only can be done through prayer and fasting. It is my hope that many of the City Dwellers will be able to unite in this moment. Know that it is open to all, so invite a friend or a family member who is in need of a miracle to join the fast. In addition, I want us to commit to giving God at least two hours and forty minutes of our day, in reading the Bible or prayer or praise/worship or listening to Gospel music or rest etc... Remember our God is the Master of Breakthroughs!

Know without a doubt that I count it a privilege to be your pastor.

Expect the Great,

A handwritten signature in black ink, appearing to read "Kevin R. Osbourne". The signature is fluid and cursive, written over a white background.

Rev. Kevin R. Osbourne  
Senior Pastor

# The Fast

Is not this the fast that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke?

*(Isaiah 58:6)*

## Purpose of the Fast

Fast in the Hebrew means “to cover over” (the mouth) and in the Greek “to abstain from”, which was usually in reference to food. Fasting is a spiritual discipline designed to better connect us with God. Biblical fasting is the believer’s voluntary abstinence from any legitimate pursuit of food, liquid, work or entertainment for spiritual reasons. The best way to learn the spiritual benefits of fasting is to fast. Fasting should be seen as a privilege and not a law. Physical hunger can bring spiritual satisfaction. We are in a sense giving up food in order to be able to feast on God. Biblical fasting means more than just abstaining from food; it means to abstain from food in order to concentrate upon God and His answer to a particular matter.

This fast is called to gather the people of God together corporately as one to seek the face of God. As a church, we are fasting in order to deepen their relationship with God and to walk in step with His plan and purpose. When we fast we are abstaining from something in order to draw closer to God. To seek revival in us and those we pray for. To seek God for the healing of bodies, the deliverance of minds, the salvation of souls and the breaking of strongholds and demonic bondage on our lives, love ones and community. This is accomplished through Bible reading, praying and Faith Confessions. The overall goal is to experience a genuine hunger for God and to gain self-control, to be dominated by the spirit, and not by the flesh, to seek the spirit of Revival to be released in our communities.

### Here are some of the benefits of fasting:

1. Is a practice that Jesus has commanded in His Word.
2. Moves God, and Moves you!
3. Quiets your flesh, making it easier to hear The Spirit, and your spirit.
4. Breaks the bondage of oppression.
5. Strengthens your spirit as you dedicate that time to prayer.
6. Creates a bond with your church family as we unite together in prayer.
7. Cleanses toxins from your body.

## What Kind of Fast

We will be doing a Partial Fast also known as “The Daniel Fast” (Daniel 1; 10:3). Sometimes people entered into a partial restriction of diet, but not total abstention. Daniel ate no meat or drank no wine, and he applied no lotion to his body. A partial fast may also include abstaining from certain activities such as television, phone calls, e-mails/internet, etc. The Daniel Fast is designed to lead to spiritual insight. “As for these four boys, God gave them knowledge and skill.” (Daniel 1: 17)

## How Long?

The fast will last for 21 days.

Start Date: Monday, January 9, 2012 @ 6:00am

End Date: Sunday, January 29, 2012 @ 2:00pm

## Structure of the Fast

### *Timeline*

Day 1: Liquid Fast until Lunch

We will drink water, natural fruit juice and herbal caffeine-free tea until lunch. Then at for lunch and dinner we will begin to introduce meals with pure foods of fruits, vegetables and fish.

Day 2- Day 20: The “Daniel Fast”

Have meals with pure foods of fruits, vegetables and fish.

Day 21: Break the Fast

Schedule Times of Corporate Prayer

We will be gathering together at specific times (at the church) for prayer. Those participating are asking to make **at least one** of the corporate prayer times daily.

The Prayer Schedule is as follows:

**Sundays** 9am-10am Corporate Prayer (***At the church***)

**Mondays** Personal Prayer and Devotion (***All Day Wherever You Are***)

**Tuesdays** 6am-7am Prayer Line \*

**Wednesdays** 5:30pm-7:00pm Corporate Prayer (***please note bible study begins at 7:30pm***)

**Thursdays** 6am-7am Prayer Line \*

**Fridays** Personal Prayer and Devotion (***All Day Wherever You Are***)

**Saturdays** 8am-9am Corporate Prayer (***At the church***)

**\*Prayer Line Number** (213) 289-5450 **Access Code** 720-1896

## What to Eat

The Daniel Fast is a partial fast, which means that we will eliminate some common things from our daily diet, but will have generous options available. Daniel seemed to eat only **things planted for harvest and drank only water**. We will focus on eating fruits and vegetables that are pure and simple. We have included a list of foods to eat and foods to avoid. When in doubt stick to the guidelines as follows:

### *Foods to Eat*

1. Whole Grains: Brown Rice, Oats, Rolled Oats, Oatmeal (with raisins) Barley, Whole grain pasta only (NOT MADE FROM WHITE FLOUR).
2. Legumes: Dried Beans, Pinto Beans, Split Peas, Lentils, Black-eyed Peas, Green Beans, Green Peas, Peanuts, etc. Grain Legumes include beans, lentils, lupins, peas and peanuts. DO NOT PREPARE WITH PORT OR ANY MEAT PRODUCTS.
3. Fruits: Apples, Apricots, Bananas, Blackberries, Blueberries, Boysenberries, Cantaloupe, Cherries, Cranberries, Dates, Figs, Grapefruit, Grapes, Guava, Honeydew Melon, Kiwi, Lemons, Limes, Mangoes, Nectarines, Papayas, Peaches, Pears, Pineapples, Plums, Prunes, Raisins, Raspberries, Strawberries, Tangelos, Tangerines, Watermelon, etc.
4. Vegetables: Artichokes, Asparagus, Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Chili Peppers, Collard Greens, Corn, Cucumbers, Eggplant, Garlic, Gingerroot, Green Salads, Kale, Leeks, Lettuce, Mushrooms, Mustard Greens, Okra, Parsley, Potatoes, Radishes, Rutabagas, Scallions, Spinach, Sprouts, Squashes, Sweet Potatoes, Tomatoes, Turnips, Turnip Greens, Watercress, Yams, Zucchini
5. Seeds: All nuts, natural peanut butter, natural almond butter, sprouts, ground flax, etc.
6. Liquids: Spring Water, Distilled Water, Filtered Water, 100% All-Natural Fruit Juices (Not from Concentrate) or Vegetable Juices. NOTE: IF THE BOTTLE SAYS 'FRUIT JUICE DRINK OR COCKTAIL KNOW THAT IT CONTAINS SUGAR). It should be 100% juice.
7. Oils: Olive Oil, Vinegar
8. Seasonings: Any seasoning including cinnamon, nutmeg, etc.
9. Fish

### *Foods to Avoid*

Basically you want to avoid the “king’s food”. You shouldn’t have the king’s burgers or fries; however, many fast food places now have good salads or soups. Avoid sauces and sweet dressings.

1. Meat (Beef, Chicken, Lamb and Pork)
2. All White Flour products
3. White Rice, White Bread, Hominy and Pasta
4. Fried Foods
5. Caffeine
6. Carbonated Beverages, including diet sodas
7. Wine
8. Foods containing preservatives and/or additives
9. Refined Sugar
10. Chemical Sugar Substitutes (i.e. Equal, Splenda, Sweet-n-low)
11. Cheese and Milk
12. Margarine, Shortening, Animal Fat, high fat products

## Helpful Hints

Things you can avoid to make your fast more effective:

1. Foolish entertainment (example, certain sitcoms and T.V. shows; certain magazines). We encourage you that during the 21 days that you refrain from television watching and use that time to pray, read your word and worship.
2. Fighting, arguing and gossiping (Isaiah 58).

Things you can add to make your fast more effective:

1. Increase the volume of “Word” intake.
2. Increase your prayer time; i.e., in intercessory prayer for others, praying for the vision of the ministry and your own personal vision for your life, praying for direction, wisdom and knowledge.
3. Keep a journal near you at all times...it this kind of atmosphere God will be speaking and we will be hearing clearer than ever before. Write down what God is revealing to you. Don't leave it to your memory.

## **MAKE YOUR COMMITMENT!!!**

Pray about this fast. Jesus implied that all of His followers should fast (Matthew 6: 16-18; 9:14, 15). Pray to perceive sin's role in poor health. Fast as a statement of faith to others. Learn the effects of the food you eat. Yield all results to God.

# YOU

*BEFORE, DURING AND AFTER THE FAST*

And he answering said, Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy strength, and with all thy mind; and thy neighbour as thyself.

*(Luke 10:27)*

## Preparing Yourself Physically

Fasting requires reasonable precautions. CONSULT YOUR PHYSICIAN ***FIRST***, especially if you take prescription medication or have a chronic ailment. Some persons should never fast without professional supervision.

Prepare your body. At least four days before the start of the fast begin eating smaller meals. During this four day pre-fast period begin withdrawing all high fat and sugary foods.

Find a prayer place in your home where you will regularly commune with God if you do not already have that spot.

Married members, if your spouse is not on the fast with you please make your spouse aware of your intentions to fast for the next 21 days (which may include an abstinence from sex), however it is your duty to assure that they are in support of it. Sexual abstinence is often part of fasting, but it is not a "legal requirement." 1 Corinthians 7:5 says that married couples are NOT to deprive each other sexually "*except with consent for a time that you may give yourselves to fasting and prayer.*" This means that sexual abstinence is permitted for a season of fasting and prayer if it is mutually agreeable. To force a non-fasting partner to agree to your standard violates the spirit of the Lord's chosen fast. God is looking for humble servants, not religious extremists. See the last phrase of Isaiah 58:7 for further thought.

## During the Fast

Avoid over-the-counter drugs, even natural herbal drugs or homeopathic remedies. Prescribed Medication should be withdrawn only with your physician's supervision.

Limit you're physical activity as much as possible.

Exercise only moderately.

Rest as much as your schedule will permit.

Prepare yourself for temporary mental discomforts, such as impatience, crankiness, and anxiety. You may experience many of these feelings during the first few days as your body goes through the process of detoxification.

Expect some physical discomforts, especially on the second day. You may have fleeting hunger pains, dizziness, or the "blahs". Withdrawal from caffeine and sugar may cause headaches. Physical annoyances may also include weakness, tiredness, or sleeplessness.

The first two or three days are usually the hardest. As you continue to fast, you will likely experience a sense of well-being both physically and spiritually. However, should you feel hunger pains, increase your liquid intake.

Drinking cold beverages makes your body work harder to stay at a normal temperature. During periods of fasting, this could consume lots of energy and make you tired. To help preserve energy, consider drinking beverages at room temperature.

## Schedule Your Day

Here is an outline to help you get the most out of your day. Modify it as you see fit for your own personal case.

### Morning

- Begin your day in praise and worship. (Remember the church is open daily in the morning see schedule on page 8).
- Read and meditate on God's Word.
- Invite the Holy Spirit to work in you to will and to do His good pleasure according to Philippians 2:13.
- Invite God to use you. Ask Him to show you how to influence your world, your family, your church, your community, your country and beyond.
- Pray for His vision for your life and empowerment to do His will.

### Noon

- Return to prayer and God's Word (Remember the church is open daily in the morning see schedule on page 8).
- Take a short prayer walk, if possible.
- Pray for your community's and nation's leaders, for the world's unreached millions, for your family or special needs.

### Evening

- Get alone for an unhurried time of "seeking His face."
- Attend corporate prayer meet (Remember the church is open daily in the morning see schedule on page 8).
- Avoid television or other distractions that may dampen your spiritual focus.

## Additional Tips

IMPORTANT – How do I get past the dread day 3?

Statically, the third day of an extended fast is when most people quit. Here are some things to you can do to help you get pass your quitting point.

Remember:

- Drink lots of water

- Chew on some sugar free breath mints or gum
- Pray for encouragement
- Avoid smells and other temptations

#### Physical Effects:

- Tongue is coated over fully – The yuck mouth taste
- Hunger pangs increases
- Cravings are intense at times
- Secretions and odors may appear during the detoxification stage
- Ketosis (one of the products of fat burning in the body) is in full process
- Noticeable weight loss begins
- Headaches might still be apparent

## Breaking Your Fast: Day 21 – Your Final Day

#### Remember:

- Find someone and share your spiritual or positive experience with them.
- Replenish yourself with liquids, and prepare to ease back into solid food (meat, etc.). Take your time.
  - How you break your fast is extremely important for your physical and spiritual well being. Begin eating gradually. Do not try to add other foods immediately. Suddenly reintroducing heavy foods to your stomach and digestive tract will likely have negative, even dangerous consequences. Gradually return to regular eating with several small snacks during the first few days. Adding sugar may cause you to experience a headache, so return to use (if you must) in small portions.
- Go to your prayer place and praise God
- Be thankful and rejoice
- Write your feelings in your prayer journal

#### Physical Effects:

- You may continue to lose weight
- You become exhilarated as you cross the finish line
- Bad breath will begin to dissipate upon completion of the fast
- Cravings will be strong the first few days after the fast so be careful to ease back into hard foods over the next few days to a week.

On this final day ask the Lord to reveal to you if there is any un-forgiveness, bitterness or other hindrances that you have yet to lay fully before your Lord.

Prepare for blessing, harvest and an anointing like you have never experienced before.

Get ready because the rest of this year will not be like any other before it.

## Things to Remember along the Journey

## Walk with God and Remember:

- Water needs to be with you at all times
- Rest and relax as much as possible
- Remember your prayer time and prayer place
- Write your thoughts in a prayer journal
- Continue to meditate and listen
- Sugar free mints or gum helps to keep the breath fresh
- Remember there is a price for deliverance
  - Questions and suggestions:
    - What are some of the “flies” (problems) that are tormenting you?
    - What other methods have you used to try to eliminate these problems?
    - Ask God to show you activities in your life that should be laid aside during this time of seeking Him?
    - Target your prayers
    - Remember don’t only pray for you but intercede for others
    - Feed on the Word
    - Every assignment has a birthplace
    - Fasting truly humbles you
    - The Holy Spirit is using your fast
    - Hold on to the promises of God
    - Magnify your worship
    - Renewal
    - Nothing is impossible with God
    - God is your rock
    - His will, not yours
    - You will be rewarded openly
    - Keep a pleasant demeanor during the fast – SMILE

## Survival Scriptures



### *Proverbs 12:25*

Anxiety in a man's heart weighs it down, but an encouraging word makes it glad.

### *Psalms 86:7*

In the day of my trouble I will call on You, for You will answer me.

### *Acts 11:23*

When he arrived and saw what grace (favor) God was bestowing upon them, he was full of joy; and he continuously exhorted (warned, urged, and encouraged) them all to cleave unto and remain faithful to and devoted to the Lord with [resolute and steady] purpose of heart.

### ***1 Thessalonians 5:11***

Therefore encourage (admonish, exhort) one another and edify (strengthen and build up) one another, just as you are doing.

### ***1 Thessalonians 5:14***

And we earnestly beseech you, brethren, admonish (warn and seriously advise) those who are out of line [the loafers, the disorderly, and the unruly]; encourage the timid and fainthearted, help and give your support to the weak souls, [and] be very patient with everybody [always keeping your temper].

### ***Romans 15:5***

Now may the God Who gives the power of patient endurance (steadfastness) and Who supplies encouragement, grant you to live in such mutual harmony and such full sympathy with one another, in accord with Christ Jesus.

### ***Psalms 121:2-3***

My help comes from the Lord, Who made heaven and earth. He will not allow your foot to slip or to be moved; He Who keeps you will not slumber.

### ***2 Corinthians 1:5***

For just as Christ's [own] sufferings fall to our lot [as they overflow upon His disciples, and we share and experience them] abundantly, so through Christ comfort (consolation and encouragement) is also [shared and experienced] abundantly by us.

### ***John 14:1***

Do not let your hearts be troubled (distressed, agitated). You believe in and adhere to and trust in and rely on God; believe in and adhere to and trust in and rely also on Me.

### ***Galatians 6: 2***

Bear (endure, carry) one another's burdens and troublesome moral faults, and in this way fulfill and observe perfectly the law of Christ (the Messiah) and complete what is lacking [in your obedience to it].

### ***1 Peter 5: 7***

Casting the whole of your care [all your anxieties, all your worries, all your concerns, once and for all] on Him, for He cares for you affectionately and cares about you watchfully.

### ***2 Thessalonians 2: 16-17***

Now may our Lord Jesus Christ Himself and God our Father, Who loved us and gave us everlasting consolation and encouragement and well-founded hope through [His] grace (unmerited favor), comfort and encourage your hearts and strengthen them [make them steadfast and keep them unswerving] in every good work and word.

### ***Psalms 37: 7***

Be still and rest in the Lord; wait for Him and patiently lean yourself upon Him; fret not yourself because of him who prospers in his way, because of the man who brings wicked devices to pass.

***Isaiah 51: 12***

I, even I, am He Who comforts you. Who are you, that you should be afraid of man, who shall die, and of a son of man, who shall be made [as destructible] as grass.

***Isaiah 49: 13***

Sing for joy, O heavens, and be joyful, O earth, and break forth into singing, O mountains! For the Lord has comforted His people and will have compassion upon His afflicted.

***Isaiah 54: 10***

For though the mountains should depart and the hills be shaken or removed, yet My love and kindness shall not depart from you, nor shall My covenant of peace and completeness be removed, says the Lord, Who has compassion on you.

***Romans 15: 4***

For whatever was thus written in former days was written for our instruction, that by [our steadfast and patient] endurance and the encouragement [drawn] from the Scriptures we might hold fast to and cherish hope.

***Psalms 55: 22***

Cast your burden on the Lord [releasing the weight of it] and He will sustain you; He will never allow the [consistently] righteous to be moved (made to slip, fall, or fail).

***Psalms 46: 1***

GOD IS our Refuge and Strength [mighty and impenetrable to temptation], a very present and well-proved help in trouble.

***Psalms 68: 19***

Blessed be the Lord, Who bears our burdens and carries us day by day, even the God Who is our salvation! Selah [pause, and calmly think of that]!

***1 Corinthians 14: 26***

What then, brethren, is [the right course]? When you meet together, each one has a hymn, a teaching, a disclosure of special knowledge or information, an utterance in a [strange] tongue, or an interpretation of it. [But] let everything be constructive and edifying and for the good of all.

***Matthew 11: 28***

Come to Me, all you who labor and are heavy-laden and overburdened, and I will cause you to rest. [I will ease and relieve and refresh your souls.]

***Psalms 3:3-6***

But You, O LORD, are a shield for me, My glory and the One who lifts up my head. I cried to the LORD with my voice, And He heard me from His holy hill. I lay down and slept; I awoke, for the LORD sustained me. I will not be afraid of ten thousands of people. Who have set themselves against me all around.

***Psalms 5:11-12***

But let all those rejoice who put their trust in You; Let them ever shout for joy, because You defend them; Let those also who love Your name Be joyful in You. For You, O LORD, will bless the righteous; With favor You will surround him as with a shield.

### ***Psalm 18:1-3,28,35***

I will love You, O LORD, my strength. The LORD is my rock and my fortress and my deliverer; My God, my strength, in whom I will trust; My shield and the horn of my salvation, my stronghold. I will call upon the LORD, who is worthy to be praised; So shall I be saved from my enemies.

For You will light my lamp; The LORD my God will enlighten my darkness. You have also given me the shield of Your salvation; Your right hand has held me up, Your gentleness has made me great.

### ***Psalm 20:1-5***

May the LORD answer you in the day of trouble; May the name of the God of Jacob defend you; may He send you help from the sanctuary, and strengthen you out of Zion; May He remember all your offerings, And accept your burnt sacrifice. May He grant you according to your heart's desire, And fulfill all your purpose. We will rejoice in your salvation, And in the name of our God we will set up our banners! May the LORD fulfill all your petitions.

### ***Psalm 23:1-4***

The LORD is my shepherd; I shall not want. He makes me to lie down in green pastures; He leads me beside the still waters. He restores my soul; He leads me in the paths 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 27:3,5,13-14***

Though an army may encamp against me, My heart shall not fear; Though war may rise against me, In this I will be confident. For in the time of trouble He shall hide me in His pavilion; In the secret place of His tabernacle He shall hide me; He shall set me high upon a rock. I would have lost heart, unless I had believed that I would see the goodness of the LORD in the land of the living. Wait on the LORD; Be of good courage, And He shall strengthen your heart; Wait, I say, on the LORD!

### ***Psalm 28:7***

The LORD is my strength and my shield; My heart trusted in Him, and I am helped; therefore my heart greatly rejoices, and with my song I will praise Him.

### ***Psalm 31:1-3,24***

In You, O LORD, I put my trust; let me never be ashamed; Deliver me in Your righteousness. Bow down Your ear to me, deliver me speedily; Be my rock of refuge, A fortress of defense to save me. For You are my rock and my fortress; Therefore, for Your name's sake, Lead me and guide me.

Be of good courage, And He shall strengthen your heart, All you who hope in the LORD.

### ***Psalm 34:4***

I sought the LORD, and He heard me, and delivered me from all my fears.

### ***Psalm 37:3-6***

Trust in the LORD, and do good; Dwell in the land, and feed on His faithfulness. Delight yourself also in the LORD, And He shall give you the desires of your heart. Commit your way to the LORD, trust also in Him, And He shall bring it to pass. He shall bring forth your righteousness as the light, and your justice as the noonday.

***Psalm 55:22***

Cast your burden on the LORD, And He shall sustain you; He shall never permit the righteous to be moved.

***Psalm 62:1-2***

Truly my soul silently waits for God; from Him comes my salvation. He only is my rock and my salvation; He is my defense; I shall not be greatly moved.

***Psalm 91:1-2; Psalm 91:14-16***

He who dwells in the secret place of the Most High  
Shall abide under the shadow of the Almighty. I will say of the LORD, "He is my refuge and my fortress;  
My God, in Him I will trust."

"Because he has set his love upon Me, therefore I will deliver him; I will set him on high, because he has known My name. He shall call upon Me, and I will answer him; I will be with him in trouble; I will deliver him and honor him. With long life I will satisfy him, And show him My salvation."

***Psalm 143:8-11***

Cause me to hear Your lovingkindness in the morning, for in You do I trust; Cause me to know the way in which I should walk, For I lift up my soul to You. Deliver me, O LORD, from my enemies; in You I take shelter. Teach me to do Your will, for You are my God; Your Spirit is good. Lead me in the land of uprightness. Revive me, O LORD, for Your name's sake! For Your righteousness' sake bring my soul out of trouble.

***Psalm 38:4-6, 9;15-18;21-22***

For my iniquities have gone over my head; like a heavy burden they are too heavy for me. My wounds are foul and festering Because of my foolishness. I am troubled, I am bowed down greatly; I go mourning all the day long. Lord, all my desire is before You; And my sighing is not hidden from You. For in You, O LORD, I hope; You will hear, O Lord my God. For I said, "Hear me, lest they rejoice over me, lest, when my foot slips, they exalt themselves against me." For I am ready to fall, and my sorrow is continually before me. For I will declare my iniquity; I will be in anguish over my sin. Do not forsake me, O LORD; O my God, be not far from me! Make haste to help me, O Lord, my salvation!

***Psalm 61:3-4,8***

For You have been a shelter for me, A strong tower from the enemy. I will abide in Your tabernacle forever; I will trust in the shelter of Your wings. Selah So I will sing praise to Your name forever, that I may daily perform my vows.

***Psalm 94:19***

In the multitude of my anxieties within me, Your comforts delight my soul.

***Joshua 1:5-6***

No man shall be able to stand before you all the days of your life; as I was with Moses, so I will be with you. I will not leave you nor forsake you. 6 Be strong and of good courage, for to this people you shall divide as an inheritance the land which I swore to their fathers to give them.

***Isaiah 41:10,13-14***

Fear thou not; for I {am} with thee: be not dismayed; for I {am} thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness.

For I, the LORD your God, will hold your right hand, Saying to you, 'Fear not, I will help you.'" Fear not, you worm Jacob, You men of Israel! I will help you," says the LORD And your Redeemer, the Holy One of Israel.

### ***Deuteronomy 7:9***

Therefore know that the LORD your God, He is God, the faithful God who keeps covenant and mercy for a thousand generations with those who love Him and keep His commandments;

### **Proverbs 28:1**

The wicked flee when no one pursues, but the righteous are bold as a lion.

### ***Daniel 10:19***

And he said, "O man greatly beloved, fear not! Peace be to you; be strong, yes, be strong!"  
So when he spoke to me I was strengthened, and said, "Let my lord speak, for you have strengthened me."

### ***Psalms 119:28***

My soul melts from heaviness; strengthen me according to Your word.

### ***Isaiah 30:15***

For thus saith the Lord God, the Holy One of Israel; In returning and rest shall ye be saved; in quietness and in confidence shall be your strength.

### ***Isaiah 40:31***

But they that wait upon the Lord shall renew {their} strength; they shall mount up with wings as eagles; they shall run, and not be weary; {and} they shall walk, and not faint.

### ***Nehemiah 8:10***

Then he said unto them, Go your way, eat the fat, and drink the sweet, and send portions unto them for whom nothing is prepared: for this day is holy unto our Lord: neither be ye sorry; for the joy of the Lord is your strength.

### ***Proverbs 8:14***

Counsel is mine, and sound wisdom; I am understanding, I have strength.

### ***Isaiah 40:29***

He gives power to the weak, And to those who have no might He increases strength.

### ***Psalms 27:1***

The LORD is my light and my salvation; whom shall I fear? The LORD is the strength of my life; of whom shall I be afraid?

### ***John 16:33***

These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation; but be of good cheer, I have overcome the world."

### ***Hebrews 13:6***

So we may boldly say: " The LORD is my helper; I will not fear. What can man do to me?"

### ***Philippians 4:13***

I can do all things through Christ[a] who strengthens me.

### ***Philippians 1:6***

being confident of this very thing, that He who has begun a good work in you will complete it until the day of Jesus Christ;

### ***2 Timothy 1:7***

For God has not given us a spirit of fear, but of power and of love and of a sound mind.

### ***2 Thessalonians 2:15-17***

Therefore, brethren, stand fast and hold the traditions which you were taught, whether by word or our epistle. Now may our Lord Jesus Christ Himself, and our God and Father, who has loved us and given us everlasting consolation and good hope by grace, comfort your hearts and establish you in every good word and work.

### ***Hebrews 12:1-2***

Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us, looking unto Jesus, the author and finisher of our faith, who for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God.

### ***1 Thessalonians 5:23-24***

Now may the God of peace Himself sanctify you completely; and may your whole spirit, soul, and body be preserved blameless at the coming of our Lord Jesus Christ. He who calls you is faithful, who also will do it.

### ***John 15:4-5, 7***

Abide in Me, and I in you. As the branch cannot bear fruit of itself, unless it abides in the vine, neither can you, unless you abide in Me." I am the vine, you are the branches. He who abides in Me, and I in him, bears much fruit; for without Me you can do nothing. If you abide in Me, and My words abide in you, you will ask what you desire, and it shall be done for you.

### ***Matthew 9:22***

But Jesus turned around, and when He saw her He said, "Be of good cheer, daughter; your faith has made you well." And the woman was made well from that hour.

### ***Ephesians 3:16-17***

That he would grant you, according to the riches of his glory, to be strengthened with might by his Spirit in the inner man; that Christ may dwell in your hearts by faith; that ye, being rooted and grounded in love,

### ***Colossians 1:10-12***

That ye might walk worthy of the Lord unto all pleasing, being fruitful in every good work, and increasing in the knowledge of God; Strengthened with all might, according to his glorious power, unto all patience and longsuffering with joyfulness; Giving thanks unto the Father, which hath made us meet to be partakers of the inheritance of the saints in light.