



YOU ARE INVITED TO THE CHANGE,
YOU HAVE BEEN WAITING FOR;
The 40 Day Pursuit To Happiness;
(Spiritual Development for the first 40 days of 2008)
“A FAMILY AFFAIR”

Living Word Mission, COGIC

Family Life Resource Center

Elder Larry D Bowe

*And I will bless them that bless thee, and curse him that curseth thee: and
in thee shall all families of the earth be blessed. Genesis 12:3*

2008 Strategy To Strengthen Families For The 21st Century

Spiritual Development Plan;
The 40 Day Strategy

Acts 1:8... And You Shall Be My Witness

Christ, As The Answer To Leading Our Families Today...

Notes:

Your Thoughts;

What Strengthens you...

The 21st Century Family

The difficulty for the family in the 21st Century comes down to a balance of children, career, social demands along with keeping up with the house, car, insurance and other needs.

Spiritual development or time with God has suffered because there is little time for self.

*Regardless of the type of balance you're seeking,
it's tricky to manage and takes a lot of self-discipline.*

Some of the traits of strong families identified by the experts are:

- **Commitment.** Working toward shared goals through self-sacrifice, persistence and loyalty to other family members; cultivating an environment of trust and dependability.
- **Connectedness.** Receiving support from and contributing to extended family, neighborhood and community, resulting in a sense of belongingness as well as accountability to others.
- **Efficacy.** Acting with self-confidence and self-reliance, translating optimism into making a difference in improving themselves and their world.
- **Cohesion.** Maintaining family identity and togetherness, balancing family priorities with support for member esteem and achievement, producing strong family bonds and freedom for individual self-expression.
- **Adaptability.** Coping with change, balancing stable roles and traditions with flexibility to change rules and share decisions.
- **Communication.** Engaging in clear, open, affirming speaking and consistent, empathetic listening, leading to constructive conflict management and problem solving.
- **Spirituality.** Believing in a higher power and acting on a value system beyond self-interest, affecting a sense of purpose and divine support in everyday and difficult events.
- **Time Together.** Creating daily routines as well as special traditions and celebrations that affirm members, connect them to



Notes:

SEEKING BALANCE



What is spiritual development?
Spiritual development is the process of seeking balance between the desire to connect with the divine, humanity and the natural world and the desire to be a separate and unique.

Heidi Hawks, <http://www.seespiritgrow.com>

Notes:

Notes:

Your Thoughts;

What Strengthens you...

How Can Two Walk Together,
Except They Agree...

Your family has been invited to join our family in;

The 40 Day Pursuit To Happiness;

(Spiritual Development for the first 40 days of 2008)

“A Family Affair”

Seeking Balance for the family;

Through Prayer and Fasting

"fasting means being so consumed with a matter that it becomes

more important than food (balance for our family).

Therefore, the believer sets aside natural food in order to concentrate

on seeking spiritual food from God, for a set period of time".

Notes:

Your Thoughts;

What Strengthens you...

So Why Fast?

1. Fasting helps to keep us in the presence of God.

(spiritual development)

“**John 4:24** God is a Spirit: and they that worship him must worship him in **spirit** and in truth.)

2. Fasting is humbling ourselves before God. It is a means of declaring to God that He is the most important thing in our lives.

Luke 4:4 And Jesus answered him, saying, It is written, That man shall not live by **bread alone**, but by every word of God.

1. Fasting helps us to recall our utter dependency upon God.
2. Fasting helps us to get focused and sense the seriousness of the issues we are praying about. By removing ourselves from the realm of natural, conditioned responses and activities, we are enabled to give ourselves wholly to a matter. It removes the distractions of everyday life that often hinder the effectiveness of our prayer life.
3. Fasting helps us control and discipline our lives. We choose to go without in order to gain something of greater consequence.
4. Fasting helps to release the purposes and power of God in our lives and in the lives of those we are praying for.
5. Fasting is not a diet, but can help us to stay physically fit. To quote Bill Bright, "We have more food reserves stored in body fat than we realize, and most of us would be happy to give up the fat." *How to Fast Forty Days*
6. Our 40 day strategy will be *to seek balance, over time to strengthen and discipline.*
7. This balance will restore other parts of your relationship with spouse and children.

Notes:

Your Thoughts;

What Strengthens you...

What Does the Bible say about fasting?

*There are many references to fasting in the Old and New Testament.
Here are a few scripture references taken from the New Testament:*

- Anna- fasted as an act of worship - Luke 2:37
- Jesus - fasted in preparation for His public ministry - Matthew 4:2, Luke 4:2
- Disciples of John - fasted as a regular habit - Matthew 9:14, Mark 2:18 - fasted as a regular habit
- Pharisees - Matthew 9:14, Mark 2:18, Luke 18:12 - fasted primarily as a means of demonstrating their "righteousness" to others.
- Paul - Acts 9:9, 13:1-3, 14:23, 27: 21, 33; 1st Corinthians 6:5; 11:27 - fasted on a number occasions; it was a regular part of his lifestyle.
- Prophets and teachers at Antioch in Syria - Acts 13:1-3 - fasted and worshiped the Lord.
- Barnabas - Acts 13:1-3, 14:23 - fasted when faced with the task of appointing church leadership.

Notes:

Practical Guidelines for Fasting

Set Your Objective (be clear, what are you expecting/but be real - by faith)

- We are fasting and praying to develop a closer and deeper relationship with God by mediating upon the Word day and night.
- We will Fast with the expectation of knowing that God will reveal his purpose for us
- We are also fasting for our Katy location, for the ministry

Make Your Commitment

- Our fast will commence Wednesday, January 01 and will end Sunday, February 10, 2008
- We will fast for 40 days on fruit, fish, chicken, salad/ vegetables and water.
- No TV until after daily devotion with family after 6:00 PM.
- From time you get up, until 6:00 PM daily.
- We will devote time daily, praying before leaving separating for the day and reading God's Word daily before ending devotion.
- We will limit anything that will cause us to be distracted from our focus on Christ.

Identify Things That Distract The Family:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

Notes:

Prepare Yourself Spiritually

- Confess your sins and accept God's forgiveness (**1 John 1:9**)
- Surrender your life to Jesus Christ as your Lord and Master (**Romans 12:1-2**)
- Meditate on the objectives
- Begin your fasting and praying with an expectant heart (**Hebrews 11:16**)
- Never underestimate spiritual opposition. The natural battle between flesh and spirit will intensify...

Notes:

Prepare Yourself Physically

- Fasting requires some precautions.
- **If you are on medication or have a physical or chronic condition consult your physician before you begin the fast.**
- If you have a physical or chronic condition that requires you to eat, do not fast.

Notes:



Ending the Fast

- Slowly begin to add small amounts of carbohydrates to your diet while continuing to drink plenty of water.

Notes:
