

JAN. 10-28
MON. WED. FRI.

THE FAST OF *Holistic Holiness*

WEEK 2

PRAYER DIRECTIVE

THE SOUL:

Holistically in right position
in one's *mind, emotions, & will*

Monday- The Mind:

1. **Let this mind be in you, which was also in Christ Jesus:**
 - a) Who, being in the form of God, thought it not robbery to be equal with God
 - b) **made himself of no reputation**, and **took upon him the form of a servant**, and was made in the likeness of men:
 - c) And being found in fashion as a man, **he humbled himself**, and became obedient unto death (Philippians 2:5-8)
2. Whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report, **I WILL THINK ON THESE THINGS! (Philippians 4:8).**” Casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ. **(2 Corinthians. 10:5)**
3. Lord, renew my mind! I dispel anxiety, worry, and idle thoughts. Let me not be carnal minded; but let me be spiritual minded. Fill my mind with God thoughts and that abundantly!
4. And the peace of God, which passeth all understanding, shall keep my heart and **mind** through Christ Jesus (Philippians 4:7).

REFLECT

WEDNESDAY - The Emotions:

1. ***I possess*** positive emotions, such as joy, love, and trust and will not fester unforgiveness in my heart. I will handle those negative feelings that I may experience in ways that are pleasing to God.
2. ***I will*** be of good comfort, and I will live in peace; and the God of love and peace shall be with me.
3. ***I will*** bring any emotions (happiness, sorrow, worry) in prayer to God, as stated in *Philippians 4:6-7*; for bringing our concerns to God allows His peace and guidance to come to me. Neither fear, anger, nor unforgiveness shall ever hold me hostage. “*The Lord is merciful and gracious, slow to anger, abounding in mercy*” (Psalm 103:8).
4. ***My emotions and feelings shall not*** warp my sense of right and wrong, or completely change them to where innocent people get hurt and/or I am pushed further away from the loving hand of God. Rather, the fruit of the Spirit, which is love, joy, peace, longsuffering, gentleness, goodness, and faith; *this shall I manifest*.

REFLECT

Friday-The Will

1. *I (insert your name) first* acknowledge God's will in my life and submit to His will and purpose for my existence. "Thy will be done" through me!
2. *I willfully* yield my will whole-heartedly and say, "nevertheless not my will, but thine, be done."
3. "Not every one that saith unto Me, Lord, Lord, shall enter into the kingdom of heaven; **but he that doeth the will of my Father** which is in heaven." Lord, align my will with Your Word and let me always be a doer of Your Word.
4. *I will* acknowledge that although God is always sovereignly at work, not everything that happens in this world or in our lives is the direct will of God. I will walk in faith and make shifts that will align me with God's will in my life.

REFLECT
