

**St Paul African Methodist Episcopal Church Fast
40 day fast done 10-Day increment**

Aim: Corporate clarity

Ultimate Objective: That the St Paul Congregation's Faith in God Be Collectively Strengthened.

The overall focus of the fast shall be CLARITY which is completed in 40-days, divided into 10-day increments. Clarity is broken into FOUR sub-groups: Increment I-WHO GOD IS, Increment II-WHAT GOD EXPECTS OF US, Increment III-HOW GOD PREPARES US and Increment IV-PROMISES OF GOD

The outcome shall be achieved through: PHYSICAL FASTING (elimination of different food product added per increment), FOCUSING ON KEY SCRIPTURES and the COMING TOGETHER FOR NIGHTLY CORPORATE PRAYER.

Encouraging ways to gain THE MOST OUT OF SEEKING CLARITY FROM GOD:

1. Commit to spending 10 straight days meditating on each scripture for at least 10-20 minutes a day
2. Write the scripture in your journal or notebook
3. Underline the key words (if you are unsure of a word, look up the definition)
4. Write what the scripture is saying to you
5. Ask God to open your heart and mind to receive His will for what it is you should pray for today
6. Write out your prayer as if you are speaking to God (it does not have to be proper, write how you would speak to Him)
7. End your prayer by either writing or saying "Lord, I ask that you open my eyes, ears, heart, mind and soul to whatever you have for me.

Increment I

WHO GOD IS,

DAY	SCRIPTURE	FOCUS VERSE
1	1 Corinthians 14	33 For God is not a God of confusion but of peace. As in all the churches of the saints,
2	Psalms 32	8 (NIV) - I will instruct you and teach you in the way you should go; I will counsel you with my loving eye on you.
3	Proverbs 20	24 (NIV) - A person's steps are directed by the Lord. How then can anyone understand their own way?
4	Psalms 25	4 (NIV) - Show me your ways, Lord, teach me your paths.
5	Psalms 48	14 (KJV) - For this God is our God for ever and ever: he will be our guide even unto death.
6	Psalms 119:17*24	18 (NIV) - Open my eyes that I may see wonderful things in your law.
7	1 Corinthians 13	12 (ESV) For now we see in a mirror dimly, but then face to face. Now I know in part; then I shall know fully, even as I have been fully known.
8	Matthew 7	5 (ESV) You hypocrite, first take the log out of your own eye, and then you will see clearly to take the speck out of your brother's eye.
9	Psalms 23	1-6 (ESV) The Lord is my shepherd; I shall not want. He makes me lie down in green pastures. He leads me beside still waters. He restores my soul. He leads me in paths of righteousness for his name's sake. Even 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. You prepare a table before me in the presence of my enemies; you anoint my head with oil; my cup overflows. ...
10	Isaiah 58	11 (NIV) - The Lord will guide you always; he will satisfy your needs in a sun-scorched land and will strengthen your frame. You will be like a well-watered garden, like a spring whose waters never fail.

Increment II

WHAT GOD EXPECTS OF US

DAY	SCRIPTURE	FOCUS VERSE
1	Isaiah 30:	21 (NIV) - Whether you turn to the right or to the left, your ears will hear a voice behind you, saying, "This is the way; walk in it."
2	Philippians 2	12-13 (NIV) - Therefore, my dear friends, as you have always obeyed—not only in my presence, but now much more in my absence—continue to work out your salvation with fear and trembling, for it is God who works in you to will and to act in order to fulfill his good purpose.
3	Psalms 119:129-136	130 (ESV) The unfolding of your words gives light; it imparts understanding to the simple.
4	Hebrews 4	16 (KJV) - Let us therefore come boldly unto the throne of grace, that we may obtain mercy, and find grace to help in time of need.
5	Galatians 5	19-21 (ESV) Now the works of the flesh are evident: sexual immorality, impurity, sensuality, idolatry, sorcery, enmity, strife, jealousy, fits of anger, rivalries, dissensions, divisions, envy, drunkenness, orgies, and things like these. I warn you, as I warned you before, that those who do such things will not inherit the kingdom of God
6	1 Thessalonians 5	21 (ESV) But test everything; hold fast what is good.
7	Acts 2	38 (ESV) And Peter said to them, "Repent and be baptized every one of you in the name of Jesus Christ for the forgiveness of your sins, and you will receive the gift of the Holy Spirit.
8	1 Chronicles 10	13-14 (NIV) - Saul died because he was unfaithful to the Lord; he did not keep the word of the Lord and even consulted a medium for guidance, and did not inquire of the Lord.
9	Romans 12	2 (NIV) - Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.
10	Matthew 6	24 (ESV) "No one can serve two masters, for either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve God and money.

Increment III

HOW GOD PREPARES US

DAY	SCRIPTURE	FOCUS VERSE
	Genesis 1	1-5 (ESV) In the beginning, God created the heavens and the earth. The earth was without form and void, and darkness was over the face of the deep. And the Spirit of God was hovering over the face of the waters. And God said, "Let there be light," and there was light. And God saw that the light was good. And God separated the light from the darkness. God called the light Day, and the darkness he called Night. And there was evening and there was morning, the first day. ...
1	Proverbs 2	6-9 (NLT) - For the Lord grants wisdom! From his mouth come knowledge and understanding. He grants a treasure of common sense to the honest. He is a shield to those who walk with integrity. He guards the paths of the just and protects those who are faithful to him. Then you will understand what is right, just, and fair, and you will find t
2	James 1	5-8 (NIV) - If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you. But when you ask, you must believe and not doubt, because the one who doubts is like a wave of the sea, blown and tossed by the wind. That person should not expect to receive anything from the Lord. Such a person is double-minded and unstable in all they do.
3	2 Timothy 1	7 (ESV) For God gave us a spirit not of fear but of power and love and self-control.
4	Colossians 3	5 (ESV) Put to death therefore what is earthly in you: sexual immorality, impurity, passion, evil desire, and covetousness, which is idolatry
5	Psalms 37	23 (KJV) - The steps of a good man are ordered by the Lord: and he delighteth in his way.
6	2 Corinthians 4	6 (ESV) For God, who said, "Let light shine out of darkness," has shone in our hearts to give the light of the knowledge of the glory of God in the face of Jesus Christ.
7	Proverbs 16	9 (NIV) - In their hearts humans plan their course, but the Lord establishes their steps.
8	2 Timothy 3	16 (ESV) All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness,
9	2 Peter 3	16 (ESV) As he does in all his letters when he speaks in them of these matters. There are some things in them that are hard to understand, which the ignorant and unstable twist to their own destruction, as they do the other Scriptures.
10		

Increment IV

PROMISES OF GOD

DAY	SCRIPTURE	FOCUS VERSE
1	Proverbs 16	3 (NIV) - Commit to the Lord whatever you do, and he will establish your plans.
2	Proverbs 3	5-6 (NIV) - Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.
3	Galatians 5	16 (ESV) But I say, walk by the Spirit, and you will not gratify the desires of the flesh.
4	Romans 8	28 (NIV) - And we know that in all things God works for the good of those who love him, who have been called according to his purpose.
5	Titus 1	2 (ESV) I'm hope of eternal life, which God, who never lies, promised before the ages began
6	Matthew 7	7-8 (NIV) - Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened
7	Revelation 20	6 (ESV) Blessed and holy is the one who shares in the first resurrection! Over such the second death has no power, but they will be priests of God and of Christ, and they will reign with him for a thousand years.
8	Psalms 32	8 (NIV) - I will instruct you and teach you in the way you should go; I will counsel you with my loving eye on you.
9	Jeremiah 29	29:11 (NIV) - For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future.
10	1 Chronicles 10	13-14 (NIV) - Saul died because he was unfaithful to the Lord; he did not keep the word of the Lord and even consulted a medium for guidance, and did not inquire of the Lord