



WORD OF FAITH CHURCH

RECONCILING MAN

TO

GOD

30 DAYS TO  
TAMING YOUR TONGUE

Day 16 - Day 30

## DAY 1 - I Can't

OK , Here we go--

If you'll stay on track for the next 40 days, there is no limit to what great things can happen in your life.

Our 40 day journey begins today!

Let's be clear about this: "fasting" is not about food. It's about "abstaining" from something. In our case, we are abstaining or GIVING UP wrong ways of thinking.

This is simple. Too often, we make things harder and much more complicated than they really are.

Jesus said, "Take My yoke upon you, for My yoke is easy and My burden is light." He did the heavy lifting. Now our job is to 'enter into His rest', by believing what He has already done for us.

Today's thought that we are fasting from is simply: "I can't..."

There are so many things that we think we CAN'T do.

I can't change. I can't believe that. I can't go on. I can't make it. I can't forgive. I can't recover. I can't get it done. I can't find a job. I can't find a spouse. I can't go back to college. I can't pay the bills. I can't figure this out...and the list could go on and on.

Believe me, this MENTALITY and ATTITUDE, sets us up to fail, to quit, and to live a negative existence. It is a poisonous thought that we must no longer eat or drink of.

From TODAY ON...we're replacing this thought with: "I can".

Philippians 4:13 says: I CAN DO ALL THINGS THROUGH CHRIST WHICH STRENGTHENS ME.

There's a saying that goes: "if you think you CAN or you think you CAN'T, you're right." Either way, you're right, because as a man thinks, so is he (Proverbs 23:7).

The Spirit of God lives in you. You CAN do what HE CAN do in you. 1 John 4:17 "As He is, so are we in this world."

1. Think it: "I can"

2. Say it: "I can".
3. Meditate on Philippians 4:13, "I can do all things through Christ which strengthens me!"
4. Give up the thought that there is anything you CAN'T do. GET IT OUT OF YOUR VOCABULARY. Stop yourself every time you feel like saying it OR correct yourself if you do say it.

## DAY 2 - I Don't Have Enough

We have embarked upon a journey who's time has come. I have never been more excited and expectant about anything I have been a part of. Stay with me these 40 days, and watch what God will do in your life.

Fasting is very popular, but 'fasting from wrong thinking' is unprecedented--until now. This journey will take us to a place that dieting and abstaining from food, could never get us.

Yesterday we fasted from the thought: "I can't". Victory or Defeat in life is determined by what will control the decision making process of your life...and your decisions are determined by your thought life.

When you THINK: CAN'T, you will live: CAN'T. We are going to live: CAN! I can do all things through Christ which strengthens me!

In a couple of days, on our website <http://www.thinkingfast.org/> you will be able to access previous days thoughts, and how to fast from those. You can start at any time on this journey.

But I encourage you to do it daily, which will build a habit in your life, leading to character that conquers. In Day 2, today we are fasting from the thought that says: "I don't have enough".

Now follow me here...

This is a mindset, an attitude that says, "I don't have enough money. I don't have enough time. I don't have enough friends. I don't have enough experience. I don't have enough education..."

This thought is an invisible fence that keeps you in the backyard of lack and deficiency.

Our God calls Himself: El Shaddai - the God of more than enough! We have more than enough of God living inside of us--Let us not think "not enough" anymore. Lets think: More than enough.

- In 1 Kings, there was more than enough for Elijah and the widow.
- In Exodus, there was more than enough for the children of Israel, everyday.
- In John 6, there was more than enough bread left over, after Jesus fed the 5000.
- In Mark 5, there was more than enough anointing to heal Jairus, the woman with

the issue of blood, and the people that were sitting by.

**Think this:** I always have enough, because Philippians 4:19 says, God shall supply ALL my needs, according to His riches.

**Say it:** I always have enough. My God is more than enough. He will open the windows of heaven and pour out a blessing that there will not be room enough to receive.

He gives back to me, good measure, pressed down, shaken together and running over!

**Sow a seed:** Go online to make a donation to the INSIDE OUT campaign, so I can take this message to more people in more places! Not only does sowing a seed change someone else's life. But it reinforces your new THOUGHT system, that YOU DO HAVE ENOUGH!

## DAY 3 - I'm Overwhelmed

Feeling overwhelmed? Today's fast from wrong thinking is for you!

Were fasting today from the thought: "I'm overwhelmed". And the thoughts that go with it: "This will take forever. I've got too much to do. This is too much for me to take. There isn't enough time. I can't take it anymore."

These thoughts have to go! Today!

How?

First, everything you see in this world was created in 6 days. God is in the business of getting things done, and getting them done fast. EXPECT HIS HELP TODAY. You can't do it alone.

Most people don't understand what Jesus meant when He said, "Take My yoke upon you..."

A yoke is a harness or instrument placed upon TWO oxen. It causes them to plow together, so that when one gets weak or OVERWHELMED, he can continue to be pulled by the other. When we feel overwhelmed we need to TAKE HIS YOKE. That means: He is attached to us, and will help carry the load. Of course, He ends up doing most of the carrying, so:

1. Cast your cares upon Him. He will care for you. (1 Peter 5:7.) How? Be honest. Tell him what's wrong (what's up). Ask Him to carry it for you. Believe that He will.
2. See yourself attached to Him (yoked to Him). He holds you up.
3. Begin to believe that you can handle anything. BELIEVE THIS TODAY. You can handle anything. Mark 9:23 "All things are possible for those who believe."
4. Think it. I can handle anything today, because I am yoked to Jesus.
5. Say it. I can handle anything today, because I am yoked to Jesus.

Well, this is our third day of "fasting from wrong thinking". I want you to realize something. We're developing a habit. Stay with me. Give me these 40 days. After 40 days (6 weeks), habits are formed. We're forming the habit of ABSTAINING from negative thinking. When the thought comes back, you can go back to that day's email or the archive on [www.thinkingfast.org](http://www.thinkingfast.org). Go over it again, and again.

There a few things that I can honestly say I know are from God. This is one of them. If we will fast from these thoughts daily, we will have lasting change in our lives. I believe God has put on my heart to take this concept to the world. We are raising up an army of people who will think right, therefore live right!

Friends, success or failure in life is created by how you think. Proverbs 23:7 (you'll see me quote this countless times), "As a man thinks, so is he". You are NOT GOING TO FAIL. You are the head and not the tail!

## DAY 4 - I'm Afraid Something Bad Will Happen

As we approach **Day 4** of our FAST from wrong THINKING, it is important we keep our eye on the ball. **We are fasting (abstaining from, GIVING UP) wrong ways of thinking.** That means there are certain mindsets and beliefs in our heads, that we have to eliminate. They are toxic and poisonous to the victorious life we desire to live. To keep thinking the same things, and expect our lives to change, is absurd.

As a man thinks within, so is he! (Proverbs 23:7)

**Today's thought that we're fasting from has to do with tragedy and suffering.** When something bad happens such as yesterday's college shooting or last week's deadly tornados, it's easy for fear to creep in, and to think we are open game or sitting ducks for Satan or twisted people to strike at any time.

**It's wrong to think: Something bad might happen to me or my family.**

DO NOT open the door to the expectation of evil. Your mind may argue with this, but that's why we're going to fast from this thought. Of course, WE MUST have compassion, prayer, and practical support for those who have suffered, but we cannot allow what has happened to create our expectations.

Job CONTINUALLY THOUGHT something bad might happen to his family. And then it did. He said, **"What I have feared has come upon me"**. (Job 3:25)

Lets take this thought captive. How?

1. **BELIEVE** God's promise: Psalm 91:10 - No evil shall befall me, nor shall any plague come near my tent. (The Message translation: "Evil can't get close to you, harm can't get through the door. He ordered His angels to guard you wherever you go.")
2. **THINK** within yourself: "No weapon formed against me shall prosper" (Isaiah 54:17).
3. **FILL** your mind and heart with this, over and over today, **until it starts coming out of your mouth.**
4. **KNOW** that God brings His Word to pass, when we believe it. Jeremiah 1:12 says "I am watching over My word to perform it."
5. **EXPECT** something good to happen to you and your family.

I want to leave you with this good thought today:



**There is no stopping the man or woman who is set free from wrong thinking!**

## DAY 5 - I'm So Worried

Isn't this cool?

Fasting from these thoughts is developing a HABIT of RIGHT THINKING. Not only are we overcoming each individual thought; but, as we are consistent at this, we will reverse the tendency of thinking negatively into thinking positively. This is how we change from the inside out! Proverbs 23:7 "As a man thinks within, so is he."

Today, we are fasting from the thought: "I'm so worried."

Worry not only has the power to weigh us down and depress us, but it also chokes out the Word of God that is sown in our heart. The key to fasting from this thought, is to realize that worry is a habit. The more you do it, the more you become addicted to it. People try to comfort themselves with worry, and yet it has the exact opposite effect. We'll break that habit, by fasting from the thought: "I'm so worried." How?

1. **First, you have to RECOGNIZE that worry does NO GOOD.** Jesus said in **Matthew 6:27-29**, "Can all your worries add a single moment to your life? And why worry about your clothing? Look at the lilies of the field and how they grow. They don't work or make their clothing, yet Solomon in all his glory was not dressed as beautifully as they are." (NLT)
2. **Worry hurts.** It produces burdens and sickness. **Proverbs 12:25** says "Worry weighs a person down." When you know something is hurting you, you'll usually stop doing it.
3. Since worry is "thinking about things that are wrong", **start thinking about all the things that are right in your life.** **Psalm 103:1-5** "...forget not one of His benefits, who pardons your iniquities, heals your diseases, redeems your life from destruction, crowns you with lovingkindness and compassion, and satisfies your years with good things..."
4. **Treat worry as a SIGNAL to pray.** Turn it around. Use worry as a weapon. It's telling you to pray! **Philippians 4:6-7** "Don't worry about anything; instead, pray about everything. Tell God what you need, and thank Him for all He has done. Then you will experience God's peace..."
5. **Focus on God's purpose for your life.** (to win souls, to serve others, to be a blessing, etc.) **Matthew 6:25** "That is why I tell you not to worry about everyday life-whether you have enough food and drink, or enough clothes to wear. Isn't life more than food, and your body more than clothing?"
6. **TAKE A LOOK OUTSIDE** "...notice" Jesus said, "look at the birds," "look at

the lilies of the field," and "look at the grass" He wants us to look outside and notice His care over creation. YOU ARE THE CROWN OF HIS CREATION.  
**Expect His CARE TODAY!**

Remember, THOUGHTS are more POWERFUL then devils! Think right, live right!

## DAY 6 - My Life Is Not As Good As Others

This is the day the Lord has made! Let us rejoice and be glad in it.

Remember, we are fasting, abstaining from and giving up **WRONG THINKING**. We have to commit ourselves to give up the thoughts we are fasting from. And we're never going to go back to thinking this way!

Today we're fasting from the thought that says:

**"My life is not as good as others."**

("I'm not as well off, pretty or successful. My life is not as easy or fun. Things seem to work out for them better than me.")

Friends, this is a deadly way of thinking that we are going to stop **TODAY**. The same people that you think are better off than you, may look at you the same way. You have no idea what goes on on the inside of others. But more importantly, you have the life that God gave you, and nobody can be better at it, than you.

Let's take this thought captive. How?

1. **Give up the temptation to compare yourself to others.** Society trains us to compare ourselves to one another. But **2 Corinthians 10:12** says that when we do this, we are without understanding. And understanding is what gives us the power to be happy and free (Proverbs 3:13-19). Free yourself today from the comparison trap. We'll come back to this more later during our fast, but let's start by **ABSTAINING FROM COMPARISONS**. (her figure, his money, their marriage, their children, their college, she's a better mother, he's a better dad, etc.). When you compare, you despair.
2. **Realize God has reserved a special gift** and portion for you that no one can take. (1 Samuel 9:23-24) There is a portion reserved for you.
3. **Live your life to please God.** 2 Corinthians 5:9 says "We have this as our ambition - to be pleasing to God." When you are busy living to please Him, you no longer focus on what other people are experiencing; or how you stack up against them. Stop living for the respect and esteem of others. He is not looking at how you compare to others, but He is looking at whether you believe Him, trust Him, and **HONOR** Him. Colossians 3:1-2 says "If then you have been raised up with Christ, keep seeking the things above, where Christ is, seated at the right hand of God. Set your mind on the things above, not on the things that are on earth." You see, we need to be eternally minded.

4. When you read a promise in scripture, **TAKE IT PERSONALLY**. Put your name in it, and accept that God is writing to you: take for example Luke 12:42 which says "YOUR heavenly Father, has chosen gladly to give you the Kingdom!" James 1:17 says "Every good and perfect gift comes from above from the Father of lights, in whom there is no shifting shadow of turning."
5. **Stop thinking backwards**. This means, stop looking at what you DON'T have, and START TODAY looking at what you do have. You have eternal life. You are God's son or daughter. You are part of a spiritual family. You are a part of a REVOLUTION - FROM THE INSIDE OUT. Thinking this way, creates an attitude of faith for all that God has for you.
6. **Think this and say this**: "I am secure. I have a special gift and treasure that God has given me. There is a portion and a place in God's kingdom reserved for me. I have a GREAT life, because God is my Father, and He has chosen gladly to give me His Kingdom. I am lacking nothing and therefore I am not jealous or envious of what ANYONE else has!"

## DAY 7 - My Life Is Not That Significant

Success or failure in life is created by how we think.

I want to remind you that we're forming the habit of ABSTAINING from negative thinking.

We're also becoming of one mind, just as Jesus prayed we would.

God is assembling an army of people committed to CHANGING THE WAY THEY THINK, from the inside out!

**Today we are fasting from the thought that says: "MY LIFE IS NOT THAT SIGNIFICANT." "What kind of difference can I make?"**

1. The first thing you have to do to overcome this thought is believe in your importance to God. **You are important to God BECAUSE you are God's highest creation.** Psalm 8:5-8 says, "Lord, you have made man a little lower than Elohim (God-Himself). And you have crowned him with glory and honor. You have made him to have dominion over the works of Your hands; You have put all things under his feet. All sheep and oxen; Even the beasts of the field. The birds of the air, And the fish of the sea that pass through the paths of the seas."
2. **You are important to God BECAUSE He values you as much as He values Jesus.** The value of a thing is determined by how much someone would pay to purchase that thing. God purchased YOU with His own Son. That brings your value up to the same level as Jesus!
3. **If you had been the only person in the world, Jesus would have died for you.** That makes you significant.
4. **You are His workmanship.** (Ephesians 2:10.) This is an amazing verse as the word, "workmanship" is translated best as "work of art". You are an original with no one else like you. You're not a copy. You're a work of art to God.
5. **You add something to the Body of Christ.** Romans 12:4-5 says, "Just as each of us has one body with many members, and these members do not all have the same function, so in Christ we who are many form one body, and each member belongs to all the others."

**THINK THIS:** I am significant. I bring to value to those around me. I have a specific part in the body of Christ. My life counts for something. The people in my life are better off because of my relationship with them. I am a work of art.

**SAY THIS:** Lord, I thank you that I am your workmanship. You have made me a work of art. I am fearfully and wonderfully made, according to Psalm 139:14. I am the crown of your creation. You provide for all my needs. If I was the only person on earth, you would have still sent your Son to die on the cross. I bless everyone I come in contact with. Remember, there is no stopping the man or woman who is set free from wrong thinking!

## DAY 8

I want to build upon a thought from a couple of days ago, as I feel strongly about how this mindset must change in all of our lives.

**Today's thought that we are fasting from is the "grasshopper mentality" or the "grasshopper complex."**

The thoughts that go with this would be: "I feel small. I feel inferior. My opposition is huge. My problems are bigger than me. I'm not up for the challenge."

The 10 spies, sent out by Moses, in Numbers 13:33 gave an evil report. They said, **"...we saw the giants in the land and we became like grasshoppers in OUR OWN SIGHT, AND SO we were like grasshoppers in their sight."**

The longer they focused on their opposition, the bigger their opposition became. Soon their faith in the God Who had brought them out of the bondage of Egypt, was swallowed up. With it went their ability to believe that they could indeed conquer and possess the land. **Others saw them the way they saw themselves.**

We're changing the way we see ourselves today!

Let's deal with this:

1. **"ROYALTY destroys inferiority."** When you know you are in God's royal family, you will no longer feel inferior or think like a grasshopper. Romans 5:17 says "...through the gift of righteousness, we reign as kings in this life." We have received the GIFT of righteousness (2 Corinthians 5:21), therefore we are kings! **We are royal!**
2. **"We live life from His position, His seat."** Ephesians 2:6 says, "He raised us up with Him, and seated us with Him in heavenly places."
3. **"We are made in His image."** (Genesis 1:26). We have His divine image, with His divine breath, endowed with His divine authority. When you look at yourself in the mirror, you are looking at the image of God!
4. **"Let no man therefore judge you..."** (Colossians 2:16) This doesn't mean we avoid accountability or responsibility; but we are inferior to no one. Paul said in 2 Corinthians 11:5, "for I consider myself NOT in the least INFERIOR to the most eminent apostles - his peers."
5. **We are masters over life.** Romans 6:14 says, "Sin is not our master." Luke 10:19 says we have authority over all the power of the enemy, so the devil is not



our master either.

When we are born again, we are reunited with the original authority God created us to walk in, because we are re-united with the Author. We are reunited with our original mastery over life because we are reunited with the Master.

Here is a revealing name given to Jesus by His disciples - Master. Master means: one who controls or influences events or things. When He healed the sick, they called Him, Master. When He calmed the storm, they called Him, Master. When He forgave the unforgivable, they called Him - Master. He was master over life, and according to 1 John 4:17, "as He is, so are we in this world."

### **THINK IT and SAY IT:**

I am not inferior to anything or anyone, because I am made in the image of God.

I am the righteousness of God, therefore I reign in this life as a king in God's kingdom.

I am in the royal family, and ROYALTY DESTROYS INFERIORITY. I have His divine image, His divine breath and I am endowed with His divine authority. My peers, friends, employers and employees are not superior to me. I respect them because they are made in the image of God, but I will not cower to anyone, be intimidated by anyone or shrink back because of any one.

I am as He is in this life. I am a master over life and its circumstances. I will not be mastered by anything anymore! I am not under man's opinion and judgment. I am under God's.

I am seated with Christ in heavenly places, therefore I see myself from His point of view (a conqueror). I see life from His point of view. I'm bigger than the mountains; taller than the trees; and more a giant than the giants! No grasshopper mentality lives in my head anymore. I shall by all means go up and take possession of the promise land!

**Meditate today: Royalty destroys inferiority**

## DAY 9

Our fast from wrong thinking will release supernatural power in your life. Stay with me through this. I take this very seriously as we identify the truly destructive thought patterns that are producing defeat and lack in our lives. Then we develop simple strategies to HELP YOU overcome those patterns of thought. These seeds will produce the great harvests you have always wanted and needed in every area of your life.

Today's thought:

### **"What's wrong with me?"**

Have you ever thought that? Who hasn't? We have all had our bouts with sin-consciousness - a haunting awareness of all that we do wrong, and all that is wrong about us.

### **We are going to crush this thinking today!**

The first problem with this thinking is: it is "me-centered" not "Jesus-centered." It's selfish. We are called to LOOK to Him - the Author and Finisher of our faith. In Hebrews 12:1 God says, "look up" not "look within."

Another problem with this thinking is that it's OBVIOUS! There are many things wrong with all of us. We're flawed people from a natural point of view, but not in God's eyes. But thinking "what's wrong with me" breeds perfectionism, self-centeredness, obsessive introspection and condemnation for our flaws and shortcomings. (Of course, we need to admit our weaknesses, and receive God's forgiveness and strength.)

But it starts with developing a "righteousness consciousness", rather than a "sin consciousness".

The constant awareness of our "falling short" is where the devil and religion want to keep us. This keeps us defeated and limited, hemmed in by our human nature, rather than liberated through our divine nature. 2 Peter 1:4 says "Through His promises, we share in the divine nature of God and escape the corruption that is in the world through lust."

### **1. Understand the gift of righteousness.**

2 Corinthians 5:21 says "He who knew NO sin, was made to be sin FOR US, that we would be MADE the righteousness of God." This is the greatest EXCHANGE in human history! Jesus took our sinfulness and imparted to us His Righteousness -

which means we are RIGHT in God's eyes, not wrong. We are justified. I like the play on words here. Justified = "just if I'd" never sinned.

## **2. Awake to righteousness.**

1 Corinthians 15:34 says "Awaken to what's right in your life; and you will not sin." You are a child of God. You are forgiven. You are a joint heir with Jesus Christ (Romans 8:16). When God looks at you, He sees the blood He shed. He sees His Son. When God thinks of you, He thinks of a victorious, conquering, strong, powerful, wise, and holy son or daughter. He sees you as a mighty champion. The head and not the tail. Deuteronomy 28:13

Righteousness means: to stand in the presence of God as if sin had never been. To stand in His presence without a sense of guilt, shame, inferiority or condemnation.

## **3. Eliminate sin-consciousness.**

When you are always conscious of what's wrong, you will DO wrong. When you are always conscious of BEING the righteousness of God - you will DO right. You'll act on the outside how you see yourself on the inside. (Whenever you think of your "wrongs", cast them upon Jesus. And remember, His "rights" are now yours!)

## **4. Ask the Holy Spirit to do what He does best.**

1 Corinthians 2:12 says ....we have received the Spirit of God, so that we may know the things freely given to us by God.. **Key ministry of the Holy Spirit is to REVEAL what is already yours** (NOT TO REVEAL TO YOU ALL THAT IS WRONG IN YOUR LIFE).

## **5. Dwell on what's right rather than what's wrong.**

### **THINK IT & SPEAK IT:**

I decide to give up thinking about all that is wrong in my life - and I choose to think about what is right.

I am the righteousness of God, through the blood of Jesus. I stand in the presence of God without guilt, shame, inferiority or condemnation.

I awake to what's right and believe it will lead me to a victorious life.

I am a joint heir with Jesus. When God looks at me, He sees His blood. He thinks of me as a conquering, powerful and holy son or daughter. I will not think of myself as

anything less or more than what God thinks of me!

## DAY 10

Today we are fasting from the thought that says: "That's just the way I am."

One of the things that limits us and keeps us defeated is the opinion we have of ourselves. Over time, what other people think of us begins to shape our view of ourselves and what we're capable of.

"He's shy." "She's stuck up." "He's all talk." "She's not the sharpest knife in the drawer."

We often end up living up to the very opinions and expectations that others have had of us, because it has kind of conditioned us.

Or we feel, "I'll always be average." "I'll always be overweight." "I'm capable of only making 'x' amount of money." We're limited by our self-imposed expectations of ourselves.

Today, we are breaking out of the limitations and boundaries we, or others, have put on us. That may have been the way you were, but that's not the way you are.

### **1. First of all, He is the potter and we are the clay. (Jeremiah 18:1-6)**

God is working on you, to make you what He wants you to be. Trust the Artist to make a masterpiece. Be flexible and adaptable. See yourself as a GOOD work in progress.

**2. Philippians 1:6 says,** "He who began a good work in you will complete it until the day of Jesus Christ." Withhold judgment of yourself (or others). **Don't pre-judge what your capacity is, what your potential is.**

3. Jeremiah 18:4 says, "the clay was marred, so He made it again." God doesn't throw you out. **HE NEVER GIVES UP ON YOU.**

### **4. You are changing as you are reading this!**

Whatever flaws you have, they are not the final sentence. You are NOW being conformed to the image of Jesus! (Romans 8:29)

### **Think it & Say it:**

I am unlimited in my ability to grow and change.

I am unlimited in my ability to grow and change.

I am what God says I am.

He began a good work in me, and He will finish it.

He is making me into something GOOD.

I am workmanship--His work of art.

I am not in bondage to my weaknesses and former limitations.

Every day and every moment that passes is making me more and more like Him.

## DAY 10

Today we are fasting from the thought that says: "That's just the way I am."

One of the things that limits us and keeps us defeated is the opinion we have of ourselves. Over time, what other people think of us begins to shape our view of ourselves and what we're capable of.

"He's shy." "She's stuck up." "He's all talk." "She's not the sharpest knife in the drawer."

We often end up living up to the very opinions and expectations that others have had of us, because it has kind of conditioned us.

Or we feel, "I'll always be average." "I'll always be overweight." "I'm capable of only making 'x' amount of money." We're limited by our self-imposed expectations of ourselves.

Today, we are breaking out of the limitations and boundaries we, or others, have put on us. That may have been the way you were, but that's not the way you are.

### **1. First of all, He is the potter and we are the clay. (Jeremiah 18:1-6)**

God is working on you, to make you what He wants you to be. Trust the Artist to make a masterpiece. Be flexible and adaptable. See yourself as a GOOD work in progress.

### **2. Philippians 1:6 says, "He who began a good work in you will complete it until the day of Jesus Christ." Withhold judgment of yourself (or others). Don't pre-judge what your capacity is, what your potential is.**

3. Jeremiah 18:4 says, "the clay was marred, so He made it again." God doesn't throw you out. **HE NEVER GIVES UP ON YOU.**

### **4. You are changing as you are reading this!**

Whatever flaws you have, they are not the final sentence. You are NOW being conformed to the image of Jesus! (Romans 8:29)

#### **Think it & Say it:**

I am unlimited in my ability to grow and change.

I am unlimited in my ability to grow and change.

I am what God says I am.

He began a good work in me, and He will finish it.

He is making me into something GOOD.

I am workmanship--His work of art.

I am not in bondage to my weaknesses and former limitations.

Every day and every moment that passes is making me more and more like Him.

## **DAY 11**

I hope you're starting to see a pattern of positive, Biblical thinking replacing negative unbiblical thinking!

That's what this fast is designed to do--replace long-believed lies with the truth. Thought patterns shape our expectations, and our actions. Like a magnet, our thought life "attracts" the things that our mind is full of.

Today we're fasting from the thought that says: "Don't get your hopes up".

This mindset has subtly found its way into our heads. We have been trained by doubt and unbelief to lower our expectations--to brace ourselves for mediocrity and status quo.

To hope is to look up--to have expectation! To hope is to live. Hope is like oxygen. It's like light--in a dark and negative world.

Proverbs 13:12 says: "hope deferred makes the heart sick." There are many great truths from this scripture.

When hope is "put off to the side", your heart becomes sick. When your hopes are "dashed to the ground", your heart becomes sick. Most importantly, your heart becomes sick when you STOP hoping. Hope HEALS!

Let's fast from this thought and replace it with these:

1. GET YOUR HOPES UP. No matter what. Ps. 78:7 "That they might set their hope in God."
2. KEEP THEM UP. I John 3:3 FIX your hope on Him, and it will purify you.
3. When you don't see something happening, hope even more. The fact that you



don't see it, gives hope a reason to remain alive in your heart. Once you have something and see it, you don't need to hope for it anymore. It's when you don't see it, that your hope has a reason to exist.

4. Get Faith. Faith is not like hope. Faith cannot be deferred. Faith is a tangible force. It is substance. If you are exercising faith, no one will be able to tell you that God's promise will not come to pass. All fear and doubt pass away and you will be thoroughly convinced of God's promise in your life. There are no ups and downs, just a knowing and a sense of his presence. Faith will overcome all opposition. Faith is the fulfillment of your hope; it is the tree of life. Romans 15:4 "Hope comes from the encouragement of Scripture." And Romans 10:17, "faith comes from hearing the Word".

5. Meditate on the love of God. Hope that IS NOT DEFERRED (delayed, or disappointed) comes from Love. Romans 5:5 "...and hope does not disappoint (or leave you with shame), because the love of God has been shed abroad in your heart."

6. Free yourself from people who think they're doing you a favor by "managing" your expectations, or "protecting" you from disappointment. Get around hopers and dreamers and people who are filled with expectation!

7. THINK IT & SAY IT: My hopes are up! I eliminate the notion of lowering my expectations. I refuse to accept people's advice to "not get my hopes up". I get my hopes up NOW and I keep them up. I expect God's promises to come to pass in my life today! I expect good to come to my life today-In my family, in my home, in my church, in my job, in my relationships, in my body and in my finances. I expect ideas, favor, and wisdom. I look up, expecting to receive the best of what God has for me today. I have unlimited and unhindered hope and expectation.

## DAY 12

**Today's thought that we're fasting from is: "I'm not that smart"**

**("I'm not smart enough." "Everyone seems to figure it out except me", etc.)**

**Some may think this is not that important, but make no mistake, this thought permeates our thinking and keeps us limited in what we can do, and what influence we can have.**

**It's another thought that the devil uses to try to make us feel inferior.**

**Most media and institutions of "higher learning" are not as smart as they think.**

**Think about how the media reports on politics, health and the economy. Who understands what they're saying? I don't think they do! This world's system is designed to make you feel you don't know enough about what's going on, so you will be dependent on what they say you should think, feel and do.**

**If you're born-again, you are brilliant! YOU HAVE THE MIND OF CHRIST. His mind is far smarter than the smartest businessmen, educators, politicians and newsmakers of this life. And you have His mind!"**

**Let's abstain from the thought: "I'm not that smart." We're giving it up for the rest of our lives beginning today! Now let's replace it:**

**1. You have the mind of Christ. (1 Corinthians 2:14.)**

**You have the ability to see things the way God sees, understand the way He understands, and choose the way He would choose. STOP listening to any thought otherwise.**

**2. EXPECT wisdom today. James 1:5-6 says, "If any man lacks wisdom, let him ask of God who gives to all men generously; but let him ask in faith without doubting".**

**3. Psalm 16:7 "my mind instructs me in the night." Friends, you are so smart that your mind is even teaching you while you're sleeping!**

**4. If you ever feel foolish or less educated than the mentally "elite", remember: "He takes the foolish things to confound the wise."**

**5. Don't think small anymore; and don't talk small. You are made in the image**

**of God, with His intelligence, His brilliance, His understanding.**

**THINK IT & SPEAK IT:**

**I have the mind of Christ. I think His thoughts and understand His ways!**

**I will never again submit to the thought that "I'm not that smart" or "I can't figure it out." I am smart and I can figure it out.**

**I expect wisdom today and I expect MY MIND TO INSTRUCT ME IN THE NIGHT! I make wise and intelligent decisions.**

**I will never again be intimidated by the mentally "elite." I am made in His image, filled with His intelligence, His brilliance and His understanding.**

## DAY 13

**I'm so glad we're on this journey together. We are a part of a revolution - from the inside out.** Our lives don't improve through external changes. We change from the inside out.

This is why it's essential that we connect every day. And that you take the time to read the whole email that I send you. I am convinced that if you stay with me through the duration of this program - this **FAST from wrong thinking**, you will live the abundant life that God has promised.

When you fast from food, it affects your ENTIRE day. We need this **FAST from wrong thinking** to be a part of our **ENTIRE day**. Joshua 1:8 says as you meditate on the Word, **day and night**, wherever you go, you'll prosper, and whatever you do, will be blessed. That's because the creative power and energy of God is cultivated and released in the soil of your thought life.

**Today we're fasting from a "victim" mentality.**

This includes thoughts that say, "It's their fault." "I was mistreated." "If someone gave me a break, I could make it too." "It's the government's fault." "It's how I grew up." "It's not my fault.", etc.

**Viktor Frankl survived the Nazi death camp at Auschwitz by defining ultimate freedom as the ability "to choose one's attitude in any given set of circumstances, to chose one's own way."**

The worst prison in the world is the one we put ourselves in - in our mind. Mindsets and victim mentalities strip us of the power God has given us to rule our lives in victory.

**This is a thought we need to take time and care to dismantle.**

**Let's go:**

1. **No one can keep you** in your current situation except you. We must begin TODAY to accept total responsibility to become victors, not victims.

2. People may have had something to do with **how you got in the situation**, but only YOU can decide **whether you stay** in the situation.

3. **The "victim" mentality** ends when we TAKE FULL RESPONSIBILITY for our attitude and direction in life. Deuteronomy 30:15, 19 says, "See, I have set before you this day, life and prosperity and death and adversity...so choose life, that both

you and your descendants might LIVE (the victorious, abundant, God-kind-of life)."

**4. Ask the Holy Spirit to help you.** Full responsibility doesn't mean, we're in it, alone. God is on our side and He will help us. It's natural to look for help - but let's get it from God. John 16:13 says the Holy Spirit is "Our Helper"! When you have His help, you don't need to blame anyone for anything! We blame when we're helpless - but we're NOT!

**5. Understand the root word of "responsibility" is response.** We may not be able to control everything that others do to us, but we can control our RESPONSE. **In our response** lies our freedom and our growth!

**6. Don't give away your power.** We give away our power to live in victory, health and success - when we allow others to determine how we RESPOND. We have the power to choose; the power to forgive; the power to recover; the power to overcome anything. When we blame others, we give away that power to them.

**7. TAKE CHARGE OF WHAT GOD HAS GIVEN YOU.** The master said to the servant who hid his talent: "Why didn't you at least invest my money so I could have received interest?" (Matthew 25:24-27) He blamed the master, and excused himself. As a result, he fell to the temptation of resentment and fear. **He lost everything because he had a victim mentality. THINK IT & SPEAK IT:**

No one can keep me down.

I am not a victim. I am a victor. I take full responsibility for my responses in life - my attitudes and my decisions.

God has set before me prosperity or adversity. He has given me the power to choose. I choose prosperity!

Holy Spirit, I am asking for your help. You live in me, and you are my Helper! I refuse to give away my power by blaming others. I choose to respond to life with God's Word.

I take responsibility for my thoughts, my actions and my REACTIONS. I abandon the idea that my situation is the fault of anyone else.

I am an overcomer. I am more than a conqueror through God's great love.

## DAY 14

Today we're fasting from the thought that says:

**"It's no use."**

These thoughts go with it: "I might as well give up." "It doesn't work for me."

This is wrong thinking. It's a mindset that will defeat you. Some people think this way until it becomes a disease. We 'dis-ease' ourselves with defeatist thinking. Winners don't think like that. People don't want this kind of spirit around them.

**Overcome this today by taking these steps!**

1. **Go into partnership with God, where you cannot fail.** Psalm 124:2 says "The Lord is on your side!" This is not religion. This is common sense. You cannot fail when you awaken to the fact that He walks with you!
2. **Recognize the problem exists for you to conquer it.** When things go wrong, and money is short, or you lost your job, find out what is wrong and conquer it. Numbers 13:30 says "We should by all means go up and possess the land, and conquer it!"
3. **Get understanding.** Proverbs 3:15 says, "She (understanding) is more precious than jewels, and nothing you desire compares to her." Ask for it, and God will always give it. Evaluate what you have, and use it!
4. **It does work for you.** It works for anyone. Remember, Jesus said in Mark 11:23, "Whosoever will say to this mountain, 'Be removed and cast into the sea', and does not doubt, but believes that what he says is going to happen, it will be granted!." THINK this marvelous promise. BELIEVE this marvelous promise!
5. **Stop waiting for opportunity to come.** Stop thinking that you don't have the opportunities that others have. Fight the fight of faith, and don't GIVE UP until opportunity SHOWS UP! Do it regardless of your feelings.

**THINK IT & SPEAK IT:**

I give up, giving up. I am in partnership with God. He is on my side. Therefore I cannot fail.

My problems don't devour me. I eat them for lunch! I have the spirit of might and power.

I will conquer my problems in every way, and by every means. God gives me understanding, which is true wealth.

Things DO work out for me. They work out for whosoever believes! And I'm a believer, not a doubter.

Opportunity comes to me, because I expect it to. I will not waver, give up or quit until God-ordained opportunities come to me!

## DAY 15

Today, we are fasting from the thought that says:

**"I guess this is all there is. I'll just have to settle with what I have."**

To "settle" means to accept something that is not ideal or desirable, because you don't believe it could be better.

Many people settle for less than God's best in their life, not because it can't get better, but because they don't THINK it can.

This mindset is destructive because it accepts life the way it is rather than making it the way you want it to be.

For 38 years, the lame man settled by the pool of Bethesda accepting that he would never get better; that he would never get the help he needed to be healed. (John 5:1-10)

He was discouraged and beaten **UNTIL** Jesus showed up in his life and showed him -- he didn't have to settle. And neither do you!

What does it take to change our wrong thinking here?

1. **Desire** -- Jesus said in essence, "you have to want it!" Get desire back in your life. Desire to improve. Desire to get better. Desire to make something great of your life.
2. **Eliminate "excuse making."** "No one helps me; no one understands; no one gives me a break." "I was just meant to suffer in this way." Shut those thoughts up! The lame man said, "I have no man to help me." (John 5:7) Stop making excuses.
3. **Do something now to make things better.** Improve yourself. Learn something new. Take a class. Learn a language or an instrument. Don't let life dictate to you that "this is all there is."
4. **Believe in the God who is able** "to do exceeding abundantly above all that we can ask or think." (Ephesians 3:20)
5. **Don't settle for less than God's best.** Don't settle for that sickness. Don't settle for just getting by. Don't settle for the way things are. In Mark 10:46-52 blind Bartimaeus would not settle for his current condition. He cried out to Jesus and was healed.



## **THINK IT & SAY IT:**

I will never again settle for a mediocre, average existence.

I will not settle for things the way they are. There is more to this life that God has for me, and I expect Him to do exceeding abundantly beyond all that I can ask or think.

I will think big, and ask big. Then I will experience BIG.

I desire to improve, to get better and to make something great of my life. I am NOT an excuse maker. I am always improving; always adding value to my life and the lives of others.

Jesus came to give me life -- abundant in quantity and superior in quality; life to the full; life that overflows.

## DAY 16

We really are changing from the inside out---together!

Do you realize that your life is changing for the better, just as the Bible said it would? We are being TRANSFORMED by the renewing of our minds - and we are coming into the perfect will of God.

Yesterday we continued our **fast from wrong thinking** by eliminating the thought of: "I guess this is all there is. I'll just have to settle."

Today I want to build upon that. Many times our mind (and the devil) tells us that if things don't go our way, that must be God's will. **"God must not want me to have this." Or "Whatever happens must be God's will."**

Please note, I realize many of us reading this know *theologically* that God's will is for good. But in our lives, when we face resistance or it seems like God is not responding, we're tempted to give up and let whatever happens happen.

**Not anymore!**

**Let's replace this wrong thinking with right thinking:**

**(Read) Mark 10:46-52. Blind Bartimaeus heard about Jesus, and began to cry out "Jesus, have mercy on me." MANY PEOPLE TOLD HIM TO BE QUIET, but he cried out even more.**

- 1. You must stop listening to the many voices trying to keep you the way you are. There are voices in your head saying, "keep quiet." There are voices from others saying, "Stay the way you are." There are voices saying, "God must not want you to have this."**
- 2. NO. NO. NO. NO. NO. Say "no" to those voices and keep going after what God has promised in His Word.**
- 3. In verse 48, when people tried to shut Bartimaeus up, he cried out EVEN MORE. When you face resistance, add persistence! Press through!**
- 4. When Jesus heard Bartimeaus crying out, HE STOOD STILL. (Now I'm preaching here!) If you don't give up, you will get Jesus' attention!**
- 5. BELIEVE God wants to fulfill your desires, not just your needs. In verse 51, Jesus said, "What do you WANT Me to do for you?" (Bartimaeus didn't NEED to see. He could still live without sight. But Jesus asked**

**him what he WANTED.) God doesn't just meet our needs. He fulfills our desire. (Provided that our desires are founded in scriptural promises.)**

- 6. Make up your mind that you will not be denied. The woman with the issue of blood would not be denied. The mother of the demon-possessed daughter would not be denied. Bartimaeus would not be denied. You and I will not be denied.**
- 7. WE MUST RECOGNIZE that our acceptance and tolerance of our present condition is the result of our acceptance of this wrong thinking.**

**THINK IT & SAY IT:**

**I decide today that I will stop listening to the voices in my head and around me that are telling me to stay the way I am.**

**I will not be quiet when asking God to fulfill His promises. My prayers will not be silenced by doubt, fear or opposition.**

**At times when I may feel God is not answering, I will stick to His Word, which says, "Call unto Me and I will answer." God says "Yes" to what He has already promised, therefore I will stand on His promises in all areas of my life. And I will not be denied. I will not tolerate a life of mediocrity or status quo.**

**I believe that God wants to give me the desires of my heart, and not just my needs. When I face resistance I will add persistence.**

**I will not give up or give in to my present condition. I will press through the opposition and not be denied. I will not tolerate a present condition of discouragement, sickness, poverty or mediocrity - NOT ANOTHER DAY OF MY LIFE.**

**Psalm 37:4 says, "He will give me the desires of my heart." I will keep thinking this, believing this, and expecting this until something changes for my good, in Jesus' Name!**

## DAY 17 - I'm Limited by My Financial Status.

Get ready for our FAST FROM WRONG THINKING to change you from the INSIDE OUT.

Today we are fasting from the thought that says:

**"I'm limited by my financial status."**

I know that as you replace this wrong thinking, with RIGHT THINKING, you are going to see things change quickly in your finances and your peace of mind!

Today we deal with what I call a **"limitation mentality"**.

**The mindset that always tells you that you are limited; that you don't have enough; that if you only had more money you could be happy or do more for God.**

All those thoughts actually keep us from doing more, and from being happy.

**1. Be happy NOW.** "Happy is the man who fears the Lord." (Psalm 112:1).

When you THINK that you need more to be happy, you program yourself to stay unhappy until you have more. This is a dangerous attitude. The truth is when you are grateful for what you have, you will become magnetic to more. More will come.

**2. We need to recognize that God is not limited by money,** therefore you do not need to be. You are made in God's image. He fed them manna from heaven. He commanded water out of a rock. He sent a raven to feed Elijah and a prominent family to take care of Elisha.

**3. Believe in the God of ideas!**

Proverbs 8 says He will give us witty inventions. These are ideas. When God opens up the windows of heaven, He is raining ideas, not \$100 bills.

**4. GET WISDOM.**

When offered one request from God, Solomon asked for wisdom. God was so impressed, that He gave Solomon wisdom, and with it came wealth, power, answers. James 1:5 says, "If any man lacks wisdom, let him ask of God who gives to ALL men generously."

## 5. Don't underestimate the power of imagination.

We are to cast down "imagination" THAT EXALT themselves above the knowledge of God. But God-given imagination is a MUST. Ephesians 3:20 says, "He is able to do exceeding abundantly above and beyond all that you can ask, think or imagine." Note the emphasis on: "YOU CAN ASK, THINK AND IMAGINE." You CAN and you MUST!

## 6. Expect open heavens.

When God said, He would open the windows of heaven, He wasn't saying He would just dump money in your lap. Heaven has a supply of so much more than money. Expect the heavens to open to you with angelic intervention, wisdom, ideas, hope, words of knowledge, etc.

## 7. Be "provision conscious", not "need conscious".

Make your mind expect that God will provide. Put your thoughts on His generosity and provision, rather than on what YOU NEED or what don't have. **EVERY time we give something valuable to God, we prove we are "provision conscious", not "money conscious".**

### THINK IT & SAY IT:

I fear, reverence and respect God, therefore I AM happy now.

I don't need any more to be happy. I am happy already. This present happiness will attract more of what I need, to my life.

God can work in my life, regardless of my financial status. He is not limited by money, therefore neither am I.

When He needed bread, He multiplied the 5 loaves He had been given. When He needed tax money, He got it out of a fish's mouth. When He needed wine, He used water! I believe God is a God of ideas. He has put His Spirit in me, therefore I expect ideas. Ideas are worth more than money. And I will be a vessel of God-given ideas.

I think wisdom, and ask for wisdom. God richly supplies me with wisdom, every time I ask for it. I will ask, think and imagine what God can do, and He will exceed my expectations and imaginations!

I do believe that the heavens will open over my life. I choose to be "provision conscious" rather than "need conscious".

I believe by changing the way I think, I become a magnet that attracts God's provision for my life.

## **DAY 18 - I Could Succeed if I Had the Right Surroundings, the Right People or the Right Breaks.**

You are changing from the inside out!

Today we are fasting from the thought:

**"I could succeed if I had the right surroundings, the right people or the right breaks."**

Nonsense! Yet many people believe that if their surroundings were better they would succeed. If they just moved to a different city or had a better boss or if someone gave them a chance, they would prosper. They use these thoughts as excuses for why things don't get better, or why they don't reach their goals and improve their life. This way of thinking makes people blame others and their circumstances for why they don't change.

Replace that thought with this thought:

### **1. It's not what surrounds you, but what's inside you that causes success!**

2 Corinthians 4:16 says, "Therefore, we do not lose heart. For though our outer man is decaying, yet our inner man is being renewed day by day." Notice, Paul is saying, even when things go the opposite direction on the outside, something good can be happening on the inside.

**When things go wrong on the outside, deal with the inside! This is the key to success. And what does God say we should do on the inside? Be renewed, day by day. Be filled with the Word day by day! Absorb these scriptures day by day, and the INSIDE with OVERTAKE the OUTSIDE!**

### **2. Success or failure in life is created by how you think.**

Joshua 1:8 says "...but you shall meditate on the Word of God day and night...for THEN you shall make your way prosperous and THEN you shall have good SUCCESS."

### **3. Understand the source of blessing.**

Psalms 1:1-3 says, "Blessed is the man that does not walk in the counsel of the ungodly...but he meditates on the Word day and night. He will be like a tree firmly planted by streams of water, whose leaf does not wither, who bears fruit in his season, and whatever he does, prospers!"

#### **4. The root to true success is a prosperous soul.**

3 John 2 says, "Beloved I wish above all things that you would prosper and be in health, even as your soul prospers."

#### **5. Remember Joseph...thrown into a pit by his brothers and sold into slavery.**

Genesis 39:2 says, "But the Lord was with Joseph, and so he became a successful man." Notice, even though his surroundings were terrible, **HE STILL BECAME A SUCCESSFUL MAN. He had bad surroundings, bad breaks, was surrounded by bad people, and yet still succeeded BECAUSE GOD WAS WITH HIM.**

**6. We create our surroundings** and we create our breaks by the thoughts we think and the choices we make. Deut. 30:15, 19 says, "I have set before you life and prosperity; or death and adversity" Choose life!

#### **THINK IT & SAY IT:**

**It's not what surrounds me that determines my success. It's what's inside me.**

I will not lose heart. Even when things go wrong on the outside, I am being renewed on the inside by the Word of God, which will bring success in every areas of my life.

My success is created by how I think. I agree with God's thoughts, and meditate on God's Word day and night. Success follows me. I prosper in my soul - in my mind. I fill my mind with the richness of God's Word, and therefore it spills over into every area of my life.

Like Joseph, I will not allow my negative circumstances to determine my success or failure. I AM A SUCCESSFUL and PROSPEROUS MAN OR WOMAN, because God is with me. I create positive surroundings and I create good breaks by choosing life today!

## **DAY 19 - Prosperity is Defined by How Much Money We Have.**

Over the past couple of days, we have focused on fasting from wrong thinking where success is concerned. And the truth is, success or failure in life is created by how we think.

So let's create some success with right thinking. Today, I want to give you a little more of an impartation, as this is a subject that is often misunderstood.

**Today we are fasting from the thought that says, "Prosperity is defined by how much money we have."**

That is wrong thinking. The prosperity God emphasizes is the PROSPERITY OF OUR SOUL. 3 John 2 says, "Beloved I wish above all things that you would prosper and be in health, even as your SOUL PROSPERS." As our soul goes, so goes every area of our life.

Therefore, true success or prosperity means TAKING CARE OF YOUR SOUL.

"What does it profit a man to gain the whole world and forfeit his soul." In our pursuit of "gain" many people forget to take care of their soul. This is the key to real success.

Let me share with you several things that will make your soul prosperous, which in turn will bless every other area of your life:

### **1. Meditate on the Word of God.**

It's not just meditating on "financial" verses, though this is fine, and there are many. It's meditating on the riches that are yours in Christ - not financial riches; BUT "soul" riches: such as wisdom, grace, righteousness. The result will be: your soul will prosper; and then your outside will catch up with your inside.

The great missionary Hudson Taylor was approached by his wife on the missionfield when they were out of money - "What is left, Hudson?" she asked. "We have 25 cents, dear", he responded, **"and all the promises of God."**

### **2. Develop a righteousness consciousness - this is irreplaceable.**

Fill your mind with the blessings of being the righteousness of God.

The devil is called in Acts 13:10 the enemy of righteousness - that's what he opposes; because that's what changes us. When we awake to righteousness, we



will sin not. (1 Corinthians 15:34)

### **3. Confidence in the love of God.**

Mark 1:11 says, "You are His beloved son or daughter."

### **4. Develop covenant relationships.**

This is a term that is often misunderstood. It means connecting with people of like mind and spirit, who are going in the same direction with God as you are. I gladly extend my covenant with you. When we have the strength of covenant partnership we will be able to handle anything - that is success and prosperity.

### **5. Don't take things personally.**

This is one of the great forces of "soul-poverty." When you become the victim in someone else's drama, your soul becomes poor.

Clear your heart and mind of all that I call "people guilt." This is where we carry around with us the responsibility for how everyone feels toward us; we feel like we have to be the "host" at everyone's pity party; etc.

### **6. Stop comparing yourself to others.**

This will rob your soul of prosperity, as you languish in what you don't have, rather than meditating on what you do have. 2 Corinthians 10:12 says that we are without understanding and without happiness when we compare ourselves to others.

## **THINK IT & SAY IT**

I live a life of meditation on the Word of God. I am blessed with the wisdom of God, the grace of God, and the righteousness of God.

I have all the promises of God - which makes my soul prosper. I awake to being righteous in God's eyes, through the blood of Jesus, not by anything I can do.

I put my faith and confidence in God's love for me. He loves me and is on my side. Therefore I am satisfied by His love.

I open myself to covenant relationships that will bring strength and blessing to me and those I am in covenant partnership with. My soul will continue to prosper as I refuse to take things personally. I will not absorb people's guilt or manipulation.

I choose to stop comparing myself to others, as this robs my soul of its health and well-being. I am grateful for what God has done in my life, and choose to focus on

what I already have.

## DAY 20 - I Just Can't Hold it All Together.

Today, we're fasting from (abstaining from and eliminating) the thought that says:

**"I just can't hold it all together"**

This thought can be paralyzing. It gets us thinking about how hard things are, how many things depend on us, and the possibility of things falling apart.

How many of us think that about our jobs, our daily responsibilities, OUR EMOTIONS? How about our families, kids, and all the activities: school, extra-curricular stuff, etc.?

**Thoughts feed into expectations.** Expectations feed into manifestations. Manifestations become imprinted in our minds, forming our habits of expectation, and our character (our consistent patterns of behavior).

**That's why it is vital to FAST from WRONG THINKING**, and replace wrong thoughts with right ones. Let's do it:

**1.** Let's go back to Philippians 4:13 which says, "**I can do all things** through Christ which strengthens me." The way to turn this thought into a reality is through the decision to believe it. DECISION is the doorway into reality. We take a wrong thought captive, by bullying it with the right thought. Make this new thought PRESS against the wrong one, until there's no room in your head for the wrong one.

**2. You are not alone.** You're not in it by yourself. Fill your mind with this thought. Hebrews 13:6 says, "I will never leave you nor forsake you." When the thought comes, "I can't hold it all together", RESPOND to that thought with this: "I'm not doing this by myself. God is with me. And He will never leave me alone!" Whether you are a single parent or a single person, God is in this with you - married or divorced. Struggling financially or wealthiest man alive - He is with you in your struggle and in your daily responsibilities.

**3. God holds together the things we turn over to Him.** 2 Timothy 1:12 says, "I am persuaded that He is able to keep (hold together) that which I have committed unto Him." You see, whatever we COMMIT to Him, He will keep, guard and hold together for us. If there is an area of your life, that seems like it's falling apart, COMMIT it to Him, and He will get involved.

**4. Fill your mind with this thought: "The Lord will accomplish that which concerns me."** (Psalm 138:8) He will accomplish, complete, perfect...He will get

involved with the things that concern me, and He will add His grace to my situation!

**5. "God upholds the universe by His Word..."** (Hebrews 1:3) If His Word can uphold (keep together) the universe, IT CAN uphold your stuff! Get the Word into the deep core of your being. Make God's Word the base/foundation of everything you think, decide and do.

### **THINK IT & SAY IT:**

Even when I feel I can't keep it all together, I declare that I can do all things through Christ. He gives me the strength I need, when I don't have enough.

I decide to believe in His strength. I am strong in the Lord and in the power of His might.

I am not alone, because He will never leave me nor forsake me. I am not a victim. I am a victor. I have committed my life, my body, my family, my money to God, THEREFORE, He will hold together the things that I have committed to Him.

He is EVEN NOW involved with AND accomplishing those things that concern or trouble me.

His Word upholds the universe, therefore I will think, believe and say His Word throughout my day, which is MORE THAN ENOUGH to hold my world together. In Jesus. Name!

**These are the thoughts that shape my life. I pray that they will shape yours as well...**

## **DAY 21 - I'm Stuck. There's Nothing I Can DO About My Situation. There's Just No Way.**

I am hearing amazing testimonies from people about what is happening in their lives through our FAST FROM WRONG THINKING!

I have heard people say they HAVE MORE ENERGY; they are FREE FROM DEPRESSION; their MARRIAGE IS BETTER THAN EVER. I had one lady tell me yesterday that she has lost 10 pounds in the last couple of weeks, simply by changing the way she thinks. She said she literally hasn't been as hungry. Why? Because the Bible says, "man does not live on bread alone but on every Word that proceeds from the mouth of God." When you replace wrong thinking with right thinking, it changes you FROM THE INSIDE OUT.

**Your testimony is next!!!!**

Today we are fasting from the thought that says:

**"I'm stuck. There's nothing I can do about my situation. There's just no way."**

We've all thought that at times. Sometimes we feel we've blown it, or we're at the end of our rope. There's nothing we can do, but it's a lie. There's always something that we can do. There's always a way.

Friends, the devil would love for you to believe there's nothing you can do about your situation. He wants you stuck! He wants you immobilized. He wants you defeated. And he achieves that by getting us to believe this lie.

This way of thinking keeps you from being decisive and taking action. Action produces results. But the thought that you can't do anything about your situation or you don't know what to do about it, STOPS ACTION.

Let's change that today!

### **1. Believe in the ministry of the Holy Spirit in your every day life.**

Romans 8:26 says, "We don't always know how to pray as we should, but the Spirit intercedes for us..." No matter what your situation is, the Holy Spirit knows how to bring about God's will for your life, as you pray and worship Him.

### **2. Think this thought today: PRAYER CHANGES THINGS.**

There's nothing you can't impact with prayer. PRAYER gets you unstuck. It gets you moving again toward victory. Never see prayer as something that is weak. It is

powerful. "And all things, whatsoever you shall ASK in prayer, believing, you SHALL RECEIVE." (Matthew 21:22)

### **3. Believe that FAITH FINDS A WAY.**

In Mark 2:1-5, the four friends of the paralyzed man, could not find a way into the house where Jesus was. They were stuck. BUT THEY BELIEVED THERE WAS SOMETHING THEY COULD DO ABOUT THE SITUATION. Listen, by believing there was a way, they found one! They went up on the roof and lowered him down through the ceiling tiles, and the man was healed. Why? Because faith found a way! When we don't think it, we don't look for it.

### **4. Remember, Jesus is the 4th man in the fire.**

When it seemed like the 3 Hebrew men were going to be burned in the fiery furnace, Jesus showed up. What was an impossible situation was made possible because Jesus was with them. AND HE IS WITH YOU, in your fire. John 14:6 says, "I am the WAY, the truth and the life." Folks, He is "the way", when there just seems to be no way. He IS YOUR WAY out of whatever situation you are in. EXPECT HIM to make a way.

### **5. Stop thinking you have to figure it all out right away.**

When you feel stuck, just take one step forward. When Jesus was tempted to back down, and not go to the cross – the Bible says, "He went forward a little..." (Mark 14:35) When you feel paralyzed – like there's nothing you can do, just take a step. Don't think about all the steps. Just take the first one. In a relationship, the first step may be: saying you're sorry. If it's finances, maybe it's just cutting one area of spending, or giving one extra offering. If it's in your health, take the first step and have a salad. Just take that one little step!

### **THINK IT & SAY IT**

I believe in the ministry of the Holy Spirit to intercede for me when things aren't working out. He will work through the situation to bring about God's will. He will bring me through.

As I pray, I believe things will change; they will improve. I walk by faith, not by sight, and faith finds a way.

I THINK AND BELIEVE THERE IS ALWAYS A WAY, even when it seems like there is none. And that way of thinking, opens the door. Jesus is the Way when there is no way.

He is with me no matter what fire I'm in; and no matter what the situation. I expect

Him to make a way for me.

When I feel stuck, I will think about one step I can take that will move me toward healing, toward blessing, and toward God's will for my life.

## **DAY 22 - It's Too Late.**

**Today we are fasting from the thought that says: "IT'S TOO LATE."**

We are so "time conscious". We allow time to limit us and define for us what we're capable of; or what God can do in our lives.

It's often engrained in us that it's too late to change; too late to start a new career; too late to save your marriage; too late to recover from a major mistake; too late to start over again; too late to be forgiven or have a second chance.

Perhaps you just started with us in our FAST FROM WRONG THINKING, and you think it's too late to get involved and really see the changes you're looking for.

The truth is: IT'S NEVER TOO LATE!

We need to replace this wrong thinking with right thinking. I hope you're seeing the pattern that the thoughts we're dealing with are the ones that immobilize us. They are thoughts that get us to cave in and stay the way we are; to accept things the way they are. THIS IS what we're going after - mindsets that limit us; and keep us from the victory that God has for each of us.

When you realize that it's not too late, you have hope. You take action. You move forward. You stop thinking that it's futile and useless to do the right thing.

### **It's not too late...**

- \* to turn your finances around.
- \* to recover from a tragedy or mistake
- \* to truly surrender your life to God and begin again!
- \* to take better care of yourself
- \* to apologize
- \* to start saving
- \* maybe you have developed a habit or dug yourself into a real bad hole. it's not too late to get out of it.
- \* to change the way you see yourself.

**1. UN-DECIDE that it's too late for these things to change. Un-decide that you**



can't recover! **Un-decide** that the damage is irreversible.

## **2. Meditate on the fact that God created time, and He can multiply it.**

The earth and sun stood still for Joshua 10:12-13, "And Joshua spoke to the Lord at Gibeon... and said in the sight of Israel, 'Sun, stand still at Gibeon, and moon in the valley of Aijalon'. **So the sun stood still and the moon stopped.**" Joshua had control over time, for God's purpose. We need to start thinking that way - we have control over time. It doesn't control us!

## **3. Today, think about the great cloud of witnesses, for whom it wasn't too late:**

\* It wasn't too late for Abraham to be a father at 99 years old.

\* It wasn't too late for Sarah to be a mother at 90!

\* It wasn't too late for Peter after he denied the Lord 3 times.

\* It wasn't too late for Paul after he had persecuted the church and killed other Christians! God later used him to write two-thirds of the New Testament after the book of Acts.

\* It wasn't too late for the woman caught in adultery (John 8:1-11), the woman with the issue of blood (Mark 5:25-34), or the man who was lame at Bethesda pool for 38 years. (John 5:1-10)

\* In business, it wasn't too late for Ray Kroc, who at the age of 56 started the first McDonalds...(How did that work out for him?)

## **4. Meditate on God's mercy and grace.**

Lamentations 3:22 says, "His mercy is new every morning..." Hebrews 4:15 says, "Come boldly to the throne of grace to receive mercy and grace in your time of need." Mercy is when God doesn't give us the judgment that we **DO** deserve. And "grace" is when God gives us the goodness that we don't deserve.

## **5. Adjust your thinking here: Stop making excuses for why it's too late.**

God doesn't listen to our excuses. Realize, HE IGNORES OUR EXCUSES, and EXPECTS us to believe in His faithfulness. We claim we have low self-esteem or a disability. (Moses wasn't confident and he had a speech impediment, but God gave him chance after chance to be used by Him to deliver God's people.)

## **6. Meditate on the verse in 2 Timothy 2:13, "Even when we are faithless, He**

remains faithful. He cannot deny Himself."

## **7. Ask God for more time, and another chance.**

Hezekiah did in 2 Kings 20:1-6. When Hezekiah turned back to the Lord, and asked for a second chance, God told him, "I have heard your prayer. I have seen your tears. Surely I will heal you...And I will add to your days FIFTEEN YEARS." If he did it for Hezekiah, He will do it for you!

### **THINK IT & SAY IT**

I believe that it is not too late for things to improve in my life, and radically turn around.

I believe in the God of 2nd chances. I can recover and there is nothing that God won't turn around in my life.

It is a fact that God created time and He can multiply it for me. I am not controlled by time. By God's grace, I control it!

It wasn't too late for Abraham or Sarah, Peter or Paul. It wasn't too late for the woman caught in adultery, and its NOT TOO LATE FOR ME.

I adjust my thinking, and accept that God ignores my excuses and inabilities - but He gives mercy and grace in my time of need. He is faithful even when I haven't been.

I think on His goodness and dwell on His kindness. God is no respecter of persons, therefore if He multiplied time back for Joshua and Hezekiah, He will do it for me!

## DAY 23 - It's Not Working

**Today, we are fasting from the thought that says, "It's not working."**

People think "I'm trying, but I'm not really changing. My marriage is not working. Prayer is not working. My budget is not working. The Word is not working. Tithing isn't working."

When things don't go our way, we tend to THINK, that the good that we're doing is not accomplishing anything. The devil gets us THINKING that God's Word works for others but not us. When we believe that "It's not working," we adopt a mindset that blocks us from continuing to do the right thing. And that's when we lose our harvest.

You see, it's not that it's not working, but it's that we stop "working it", which is what stops our progress.

When we do the right thing, the devil loves to get us to think, that it didn't do any good, and nothing will change. When we forgive someone, the devil says, "that didn't do any good." When we give an offering, the devil says, "you won't get a harvest." When we pray, we hear the thought that says, "God didn't hear that; or He won't answer that."

When my kids were little, I would sometimes wonder, "Is praying over them every night working? Is disciplining them working? Are the kisses and hugs and long talks working?" But I kept doing it because I thought, "God's Word is true and IT WORKS." Today, as my four oldest children are all teenagers, who love God and love their parents, and love each other, I realize IT WAS WORKING all the time. If I would have thought it wasn't working, I would have stopped acting on the Word. That thought would have defeated me.

Today we turn the tables on these thoughts.

### **1. Keep sowing the right seeds.**

"Don't grow weary, in doing good, for in due season, you shall reap, if you do not faint." We need to believe that if we don't give up, we will get our harvest.

### **2. Understand that "growing weary", or "fainting"/giving up, begins in our minds.**

Hebrews 12:3 says, "consider Him who has endured such hostility against Himself, lest you be wearied and faint in your mind." See, giving up starts in your head. As soon as we think that it's not working, that's when our bodies respond to those

thoughts and our life gives off negative energy, which defeats us. IN YOUR MIND, you have to start thinking, "IT IS WORKING!" And then, positive, life-filled energy is produced.

### **3. Believe that God is at work in you right now.**

"He is all the while in work in you both to will and work for His good pleasure." (Philippians 2:13) If He is working in you, things are going to work.

### **4. Let this penetrate your thinking: THE WORD WORKS.**

Jeremiah 1:12 says, "I am watching over My Word to perform it." Believe in the integrity of God's Word.

### **5. Believe: PRAYER WORKS.**

Jesus said, "Whatsoever things you desire WHEN YOU PRAY, believe that you receive them, and you SHALL HAVE THEM." Mark 11:24.

### **6. Don't let the immediate feeling or appearance trick you.**

Things start working the moment you act on the Word of God. 2 Corinthians 5:7 says, "For we walk by faith and not by sight."

**7. I love this verse in Ecclesiastes 3:11 which says, "He makes all things beautiful in His time." It's going to work out, if you trust and let His timing come to pass.**

### **THINK IT & SAY IT**

Things are working. I may not see them working right now, but God says they are.

I am sowing the right thoughts, therefore my life is changing. I am sowing the Word of God, and it will not return void.

I will not give up in my mind. I make up my mind to believe IT IS WORKING.

God is at work in me, and He is bringing His will to pass in my life, even now as I surrender my thoughts to Him. As I sow the Word of God in my heart and mind, God is watching over that Word, to bring it pass.

Whenever I have the thought that prayer doesn't work, I will replace that thought with Mark 11:24. I walk by faith - by believing what God says.

I will not allow the appearance of something trick me into thinking that God's Word

is not working.

The Lord is making things beautiful in my life, no matter what things look like right now.

## **DAY 24 - You Just Never Know What The Future Holds**

Wow! We are really on to something! Let's stay in this and continue to fast from wrong thinking and feast on right thinking. Remember, right thinking produces right living!

Today, we are fasting from the thought that says:

**"You just never know what the future hold."**

Thoughts that go with this: "You never know what's going to happen. You can't control what happens in your life. There's not much I can do about it."

Too many of us acquiesce our power and authority to do something about our situation, because we think it's all up to God or the future is already destined. And while it's true, that we can't control everything that happens in the world, we can control what happens in our lives.

**Sow a thought, reap an action. Sow an action, reap a habit. Sow a habit, reap your character. Sow character, reap your destiny!**

We have the power to create the future we desire.

Let's change our thinking. Let's replace the thought that "you never know what the future holds," with "I hold the future in my hands (based on the seeds I sow.)"

### **1. Believe what God said.**

Jeremiah 29:11 says, "I know the thoughts I have for you - for good and not evil - to give you a FUTURE and a HOPE." God's future for us is good. Expect it.

### **2. Your life is a garden.**

In Genesis 2:7 God put man in the garden. But in Luke 17:21 God put the garden IN MAN. Jesus said, "The Kingdom of God is within you." In Mark 4:13-20 Jesus said, the soil of the kingdom of God is in our hearts.

### **3. We determine our future by the seed we sow.**

Galatians 6:7 says, "Don't be deceived. Whatever a man sows, is exactly what he will reap." I'm talking about sowing the SEED OF GOD'S WORD. The Word is the seed. Promises from God's Word contain the power to come to pass, when planted in the fertile soil of our heart.

### **4. You have the power and permission from God to grow whatever kind of**

## **life you want.**

Proverbs 4:18 says, "Watch over your heart with all diligence, for from it flow the issues of life."

### **5. Realize you are in control of the things that can choke out your desired harvest.**

Mark 4:17-20 says there are 3 things that can choke out the harvest of God's Word in your life: the desires for other things, the deceitfulness of riches, and worry (which we dealt with on day 5 of our FAST FROM WRONG THINKING.)

### **6. Desire God's promises in your life.**

2 Corinthians 1:20 says, "All the promises of God are yes, in Him..." Sow the seed of God's promises in your life. The answer is yes!

### **7. Meditate on the power God has given you.**

God has given you the Power to choose (Deut. 30:15); the Power of your seed (Galatians 6:7); the Power of your tongue (Proverbs 18:21); the Power of the Holy Spirit (Acts 1:8, John 16:13)

## **THINK IT & SAY IT**

I accept in my heart and mind that God has a good future in store for me. But he has given me the stewardship over the garden of my heart. I will watch what goes into my heart through my eyes, ears and mouth.

I determine my own future by the seeds I sow. The Word of God contains the seeds of God's promises, that God has given me permission and power to sow into my heart. The promises of God are "yes." They will come to pass, as I plant them in my heart, and guard my heart from worry, deceitfulness of riches and the desires for other things.

I don't need to desire other things, since there are so many promises of God to feast on. I recognize and think on the power that God has given me. The power of choice. The power of my seed. The power of my tongue. And the power of the Holy Spirit.

## **DAY 25 - If I Just Pray Enough or Live Holy Enough, I Will Get Closer to God and Enter Into His Presence.**

Today we are fasting from a very subtle thought that will truly set you free:

**"If I just pray enough or live holy enough, I will get closer to God and enter into His presence."**

I want to bring your attention to the fact that some of the thoughts that we need to fast from and eliminate from our heads, SEEM LIKE RIGHT THOUGHTS. But they are subtle tricks and lies.

When the devil approached Adam and Eve, in Genesis 3, it says, 'he was subtle more than any other creature.' It's these subtle thoughts that defeat us. They seem so godly and so right, but they are not right; because they produce a WORKS mentality and a LEGALISTIC approach to our relationship with God.

I don't want to create a theological debate, here. But I want to ask you a question: how much closer can God get than to LIVE INSIDE OF YOU?

\* 2 Corinthians 13:5 says, "Do you not recognize that Christ Jesus is in you?"

\* 1 Corinthians 6:19 says, "Do you not know that you are the temple of God?"

This is not a warning to be afraid. This is a promise. It is a fact when a person is born again. It is a picture of how there is no separation between us and God. Paul is saying in essence (and I am praying you will receive this with an open heart): "The reason your behavior has been sinful and negative, is because you have lacked the knowledge that HE LIVES IN YOU. When you realize that, it will change how you look at yourself, and it will then change how you live."

**When we think we have to do more to get closer to Him, the focus gets put on us. But Hebrews 12:1 says to "Fix your eyes on Jesus."** When you buy into this thought, you TRY SO HARD TO GET CLOSE TO GOD, and then get discouraged, until you give up or assume that that your relationship with God will always be: Distant. That affects your peace, joy, and of course your confidence in prayer.

**This is what I call "an illusion of separation."** The devil, and even religion has caused us to think God is afar off. "He's way up there, and we're way down here. And if we pray enough, fast enough, do enough, we can close the gap, and get Him to come closer." **That's a lie.** He is the friend that sticks closer than a brother. (Proverbs 18:24)



**Ok. This is a thought that we must deal with--NOW!**

**1. We don't earn closeness with God.**

It is a gift. Hebrews 13:5 says "He will never leave you or forsake you."

**2. YOU ARE ALREADY IN HIS PRESENCE BY THE BLOOD OF JESUS.**

Hebrews 10:19 says, "we enter into the Holy place by the blood of Jesus."

**3. There is no separation between you and God.**

When you are born again, you are united with Him, and one with Him. 1 Corinthians 6:17 says, "The one who is united to the Lord becomes one spirit with Him." In **Acts 17:28**, he says, "In Him we live and move and have our being." This is the reality that the early Christians had and lived by. There is no separation. (Yes, sin separated us from God, but Jesus removed sin, and re-connected us to God. there is no separation now.)

**4. Stop thinking, "He's there, and I'm here."**

I don't have to do something to get God into my situation. He is already in it, because I'm in it. "He is at work IN me, to bring about His good pleasure." (Philippians 2:13)

**5. I will fear no evil.**

Psalms 23:4 says, "Though I walk through the valley of the shadow of death, I will fear no evil, for THOU ART WITH ME!"

**6. Reject the lie that He is out there somewhere.**

Reject the lie that your answer or blessing is "out there" somewhere. Mark 4:20 says, 'he who hears the Word and accepts it, will bear fruit.' You have to accept this truth. There is no separation.

Ok, this is too much for me to cover in one day. I'll talk to you more about it tomorrow! (to be continued!)

But until then, **THINK IT & SAY IT:**

I am not separated from God, anymore. I don't have to earn closeness with Him. It is a gift. He will never leave me or forsake me.

I am IN HIS PRESENCE and HE IS IN ME. In Him, I live and move and have my

being. I live in this reality.

I stop thinking that "He is there, and I am here." He is in my life and my situation right now. No matter what I walk through, I am not afraid. for God is with me.

I reject the lie that He is out there somewhere. I accept that there is no separation between God and me. Romans 8:38-39 says, "Nothing can separate me from the love of God!"

## **DAY 26 - God Is Far From Me.**

I really want to build upon what we dealt with yesterday. Remember, that the serpent was subtle in Genesis 3. Thoughts that can defeat us are often very subtle thoughts.

We have to learn to not only discern between right and wrong; but we must discern between "right" and "almost right."

It's "almost right" to ask God to come down and help us. It sounds holy. It sounds humble. But you will truly be free when you discover, HE IS ALREADY HERE. Emanuel means "God with us." When Jesus came to the earth, He put an end to the separation between God and man.

**Let's fast from the thought that says: "God is far from me."**

Not only is God with us. Not only is God for us. But He is also IN US.

This is an amazing mystery, and we won't understand it completely until we are in heaven. Colossians 1:27 says "...this mystery, which is Christ in you, the hope of glory."

It's "almost right" to believe that if we become holier, we can get closer to God.

But the separation between us and God is a myth. It's an illusion. The devil wants us to believe it to keep us powerless and misinformed concerning our connection with God. It's true that in Isaiah 59:2 it says that "your sins have made a separation between you and your God." But Jesus TOOK AWAY the sin through His blood. Therefore, THERE IS NO SEPARATION between us and God, if we have been born-again. It's our failure to recognize this that keeps us in bondage, feeling distant from God. We feel sometimes, He is so far away. But He is not. He is here. He is there.

For us today, let's replace this "almost right" thinking with "right" thinking.

**1. Psalm 46:1 says, "He is an ever-PRESENT help in times of trouble."**

WOW! You have to love this thought. Have you ever had times of trouble? (Ya think!) But notice, He is ever-present. THEN, it says, "help" in times of trouble. It is His "ever-presence" that brings us help in times of trouble.

**2. Take Him at His Word.**

Jesus said in Matthew 28:20, "Lo, I am with you always; even to the end of the

age." There is no way to misinterpret this verse. "I am with you always." That has to warm your heart and comfort you.

### **3. Christianity is not a life of attainment, but a life of recognition.**

Philemon verse 6 says, "that your faith might become effective, through the acknowledgement of those things which are already in you, in Christ Jesus." Many people focus on "attaining" God's presence and God's blessing. But the scripture is clear: We must recognize and acknowledge that He is already in us. His gifts are already in us. This produces power that MONEY and RELIGION cannot buy! The first part of the verse says - this is what makes your faith become effective. Acknowledge. Recognize. He is already in you. His gifts are in you.

### **4. Christianity is not us "finding God."**

It's that He came and found us; took us into His arms; spilled His blood to cleanse us from all unrighteousness; and breathed His very Spirit into us. Now He lives in every person that has accepted Jesus Christ as their Lord. Romans 8:11 says, "and if the same Spirit that raised Jesus from the dead, lives in you; then He who raised up Christ Jesus from the dead, will give life to your mortal bodies through His Spirit that indwells in you."

### **5. Eliminate every thought that says, "God come down and help me" or "Send your Spirit."**

He has already come. He has already sent His Spirit. Our fight, our battle is to believe this whether we feel His presence or not. He is in you!

### **6. It's not: us living FOR God. It's us LIVING FROM GOD.**

Galatians 2:20 says, "It is no longer I who lives, but Christ lives in me."

David said in Psalm 139:7-9, "Where can I go from your spirit? Where can I flee from your presence? If I go to heaven you are there. If I make my bed in Sheol, you are there. If I take the wings of the dawn and dwell in the uttermost parts of the sea, even THERE your hand will lead me, and your right hand will hold me."

### **THINK IT & SAY IT:**

I decide today to eliminate the thought that I am separated from God in any way.

He is an ever-present help in my time of trouble. His ever-presence brings me help! He is in my boat. And I will rest in knowing I am in His presence.

I recognize that He is already in me. That's what makes my faith work. He has found me and put His Spirit in me. The very same Spirit that raised Jesus from the dead, is living on the inside of me.

God is not far off. He is right here, right now. I am surrounded by His love and enveloped in His presence. Therefore I am not afraid.

He is my shield and refuge. My fortress and my very present help today.

I am not trying to live FOR God; I am living FROM Him. His power is in me. His presence is in me. His love is in me. And nothing can ever separate me from the love of God which is in Christ Jesus my Lord!

## DAY 27 - I'm Alone In This Storm.

Remember, when we fast from wrong thinking, we're not just discerning between "right" and "wrong"; we also need to distinguish between "right" and "almost right." There are many things we have believed that are almost right. It's "almost right" to believe that if we worship God with all our heart, we can usher ourselves into the presence of God.

Many ministers will even say, "let's press into His presence." But you see, beloved, we are in His presence already, because we have passed through the veil that separated us from the holy of holies. It is through the body and blood of Jesus that we pass through the veil. ( Hebrews 10:19-20)

We now stand in His presence unashamed, without guilt, without condemnation, without separation.

Building upon the last couple of days, today we're fasting from the thought that says, **"I'm alone in this." "Where is God when I need Him most."**

When the disciples tried to cross over to the other side of the sea in the boat (Mark 4:36-40), they were overwhelmed by the storm that struck their ship. They thought they would perish. They feared for their life, bailing out water furiously. Have you ever been in a storm? The waters crashing against you; you don't know what to do; you feel helpless. You cry out, "Lord where are you? Don't you care?"

The disciples forgot one small detail in the midst of their storm.....Jesus was in the boat with them! There was nothing greater than His presence!

Let's overcome the thought that says, "I'm alone in this storm." "Where is God when I need Him most?"

### **1. He is in the boat with you!**

In Mark 4:36-40, Jesus was asleep in the boat. Someone asked me once - "how do we wake Jesus up, when He is asleep in our boat, in the middle of a storm?" Well, I said, "You don't wake Him up. You rest with Him!" If He's not worried, don't you worry. HIS PRESENCE calmed the storm then, just as it will do now.

### **2. The disciples didn't need Jesus to awake. They needed to awake to the fact that God was with them.**

When you know He is with you, there is nothing to fear; therefore, there was nothing to fear. Psalm 23:4 says, "though I walk through the valley of the shadow

of death, I will fear NO EVIL for You are with me!"

**3. Great miracle: Jesus calmed the storm. Greater miracle: Jesus slept IN THE MIDST of it.**

When you realize He is in your boat with you, you will have supernatural peace. Calming the storm is great. Peace in the midst of it is greater!

**4. DO NOT MISTAKE FIRE IN YOUR LIFE FOR GOD'S ABSENCE.**

In Daniel 3:22-25, Jesus was the 4th man in the fire with Shadrach, Meshach and Abednego. His presence was felt in the middle of the fire. Just because you don't feel His presence, doesn't mean He isn't there. BELIEVE HE IS WITH YOU, and eventually, your situation will FEEL HIS PRESENCE!

5. Psalm 91:10 says, "No evil shall befall you, nor shall any plague come near your tent."

Notice, the next verse says, "for He will give His angel charge concerning you." There are many angels involved in our lives, but this is talking about HIS ANGEL. The Old Testament "Angel" is Jesus Christ. He is Lord, therefore He has charge concerning us!

**THINK IT & SAY IT:**

There is nothing greater than God's presence, and His presence is with me and in me. As surely as He was with Moses, He is with me.

I am not trying to get in God's presence. I am already in, through the blood of Jesus. He is in my boat with me. He is not "over there." He is "here" right now - with me and in me!

I awake to the fact that He is with me. There is no separation. I can rest with Him, in the midst of any storm. I can walk with Him in the midst of the fire.

I am fearless, because He is with me. Therefore, no evil shall befall me, nor shall any plague come near my dwelling place - my church, my home, my body, my life - in Jesus. name.

## **DAY 28 - It's So Hard.**

Amazing testimonies from people are flooding our office! One woman wrote saying that her kids looked at her after a few days of FASTING FROM WRONG THINKING, and said, "Who are you, and what did you do with our mother?!" They said, "You don't yell at us anymore. You're not angry. You don't eat as much - you're different!"

I want to share so many more with you, but for now let's keep steadfast in our Revolution: From the Inside Out!

**Today, we're fasting from the thought that says, "It's so hard!"**

Many people don't even start some things because they have conditioned themselves to think it's too hard. We defeat ourselves with this thinking, before we even start.

Let's fast from this thought:

### **1. realize you are yoked to Him.**

Many people find the Christian life so difficult because they are trying to do it on their own. The Christian life was not meant to be lived that way. We were meant to be yoked to Jesus. He said, "Take My yoke upon you. For My yoke is easy, and my burden is light." (Matthew 11:28)

**2. Accept that some things are difficult in your own strength**, but God wouldn't ask us to do something that He doesn't give us the strength to do. (1 Corinthians 10:12-13) His grace is sufficient for you. (2 Corinthians 12:9)

### **3. Keep in mind (meditate on) the fact that we are one with Him.**

2 Corinthians 13:5 says, "Do you not recognize that Christ Jesus is in you?" He is in you, so whatever you are facing, He is facing with you. Your problem is His problem. Your trial is His trial. Your debt is His debt.

### **4. Meditate on God's nature; His ability.**

Jeremiah 32:17 says, "Ah Lord God, Thou hast made the heavens and the earth by thy great power and outstretched arm. Nothing is too difficult for Thee." The Message Translation says, "Dear God, my Master, You created earth and sky by Your great power, by merely stretching out Your arm! THERE IS NOTHING YOU CAN'T DO!"



**5. Matthew 19:26 "With God all things are possible."**

**6. Don't focus on doing things "for Jesus", but FROM Jesus.**

Galatians 2:20 says "It's no longer I who live, but Christ lives in me and the life that I now live in the flesh, I live by faith in the Son of God, who loved me and delivered Himself up for me."

You see, what is impossible and too hard for man, is easy for God. The God of the impossible lives in you.

**THINK IT & SAY IT:**

I am not alone in the challenges and responsibilities of my life. I am yoked to Jesus. His yoke is easy and His burden is light.

The Holy Spirit is my Helper. He lives in me and gives me His strength, encouragement and power.

God knows what I'm going through, and He has given me the grace and ability to make it. I have a covenant with God, therefore my battles are His battles.

Nothing is too difficult for Him, and all things are possible for me, because I believe. I live life from the strength that He supplies in me.

I can do all things through Christ, who infuses me with His strength!

## **DAY 29 - God Is Made At Me.**

**Today, we are fasting from the thought that says, "God is mad at me."**

(By the way, please don't ever hesitate to send these emails on to someone else. You have my blessing! TRUTH IS FREE! I want this in people's hands, because I want people to be set free!)

Many people think that God is mad at them, or the reason bad things are happening is because God is against me. Or, perhaps you don't think He's overtly against you, but He's just not aggressively helping you.

Wrong thoughts are designed by the devil and our flesh to undermine our faith. If you think God is mad at you, you won't be EXPECTANT toward God to bless you.

Let's take this thought captive (the word "captive" means: "to conquer with a sword." We conquer wrong thinking with the sword of God's Word!)

### **1. God is not mad AT you. He is mad ABOUT you!**

This is something I started saying when I began our ministry 15 years ago. And I will never stop believing it! When you accept this thought, you will have confidence, expectation and peace. Who couldn't use that! How do I know this is true? Romans 8:37 says "Nothing can separate you from the love of God..." You are forgiven (1 John 1:9) and you are LOVED (John 5:8).

### **2. Think this new thought: God loves me as much as He loves Jesus!**

In John 17:23 Jesus says to the Father: "I in them and You in Me, that they may be perfected in unity, that the world may know that You sent Me, and LOVED THEM, AS MUCH AS YOU HAVE LOVED ME!" What an amazing truth. God loves you as much as He loves Jesus. And there is no way God can be mad at Jesus.

### **3. He thinks precious thoughts about me ALL THE TIME!**

Psalms 139:17-18 says "How precious are Your thoughts toward me, O God...If I should count them, they would outnumber the sand. When I awake, I am still with you!"

**4. What God said to Jesus, is the SAME to you:** "You are My beloved Son. In You, I am well-pleased." (Mark 1:11) Hallelujah!

He doesn't sound mad at Jesus! He sounds "mad about Him"! Well, 1 John 4:16 says, "As He is, so are we." Look, there is no getting around this marvelous truth: God doesn't love Jesus half-hearted, therefore He doesn't love you half-hearted either.

## **5. There is nothing God is holding back from you!**

Romans 8:32 says "He who did not spare His own Son, but delivered Him up for us all, how shall He not also with Him, freely give us all things!"

## **6. YOU ARE NOT CONDEMNED!**

Romans 8:1 says "There is no condemnation for those who are in Christ Jesus..." Condemnation is an expression of strong disapproval. God approves of you, because of your faith in Jesus, not because you have done everything right. God's love for you is non-negotiable. Deuteronomy 7:8 says He loves you with an everlasting love. It cannot be stopped, quenched or compromised.

### **THINK IT & SAY IT:**

God is not mad at me, He is mad about me. He loves me as much as Jesus. He thinks precious thoughts about me all the time! I am His beloved, and He is mine!

There is nothing God is holding back from me. He didn't hold back His best, therefore He won't hold back the rest!

I refuse to be condemned. I am forgiven. I reject the thought that He is mad at me or against me. God is for me, and not against me. His love toward me cannot be stopped.

## DAY 30 - God Is Judging Me.

Today, I want to build upon what I shared with you yesterday - we all feel at times like when we don't measure up, that perhaps God is mad at us. And we replaced that wrong thinking with the thought that "God is not mad at me, He is mad about me."

**We're fasting today from the thought that says: "God is judging me." "Why is God doing this to me?" "Why is this happening to me?"**

When something goes wrong, it's easy to think, "maybe God is letting this happen because of what I did or what I didn't do."

This kind of thinking distorts the true view of our Heavenly Father. We need to stop seeing God as a vengeful and judgmental God. He is just. But His justice is satisfied, through the shed blood of Jesus. All that's left is His mercy and grace.

We're going to blast this "judgment mentality" out of our heads!

### **1. It is impossible for God to give anything that is not good.**

Psalm 84:11 says "No good thing does He withhold from the righteous." (And don't forget: you are righteous through the blood of Jesus, not through you own works.)

### **2. God's judgment "passed over" the children of Israel through the blood of lambs.**

*In Exodus 12:12-13 God said, "On that same night I will pass through Egypt and strike down every firstborn - both men and animals - and I will bring judgment on all the gods of Egypt. I am the LORD. The blood will be a sign for you on the houses where you are; and when I see the blood, I will pass over you. No destructive plague will touch you when I strike Egypt."*

Therefore, God's judgment passes over us more powerfully through the blood of Jesus.

### **3. Every good and perfect gift comes from above, from the Father of lights!**

James 1:17 - God doesn't change. He is GOOD, and the author of good. **Never doubt that again.**

### **4. EMBRACE HIS MERCY.**

Lamentations 3:22 says His mercy is new EVERY MORNING. I love what Paul says in Hebrews 4:15, "any evil in our life, is NOT FROM GOD." HE IS NOT

## JUDGING YOU!

### **5. Meditate on what mercy is.**

A woman approached Napoleon to ask for mercy for her son and let him go free. He was to be hanged for crimes against Napoleon and France. "Do you know what he has done, madam? He doesn't deserve mercy!" She responded: "If he deserved it, it wouldn't be mercy, sir." Napoleon released him.

The next time you think, "why is this happening to me," EXPECT GOD TO TURN IT INTO SOMETHING GOOD, rather than thinking God is judging you.

### **THINK IT & SAY IT:**

God is NOT judging me. He is my Father, and He is madly in love with me. I deserve judgment, but He gives me mercy.

When things don't go right, I will not believe it's God's judgment. I will not believe that I have lost favor with Him. His favor SURROUNDS ME like a shield.

His judgment passed over the children of Israel, therefore His judgment passes over me. I expect GOOD to happen to me. EVERY DAY, something good is going to happen.

I embrace His mercy. It follows me all the days of my life. No matter what happens in my life, I expect God to turn into something good!

## DAY 31 - I Feel Guilty.

Today, we're fasting from the thought that says: **"I feel guilty."**

Ever thought that?

Or its cousin thoughts: **"You don't do enough. You're not good enough. You don't say the right things. You don't take care of yourself. You don't measure up. You don't do as much for others as you should. You eat too much."** All this line of thinking produces guilt, which leads to self-hatred, anger toward others, bad decisions, harsh words, procrastination and fear.

So often, we feel guilt because we THINK we don't do enough for God and for others. We're not good and holy enough.

This thinking has enslaved people for centuries.

Nothing seems to rob us of our true purpose more than thoughts and feelings of guilt.

God doesn't motivate by guilt. That's manipulation. God motivates by love. Romans 2:4 says "It's the love and kindness of God that leads us to change."

Often people put a guilt trip on us, to get us to do something or to give in to them. God isn't like that, and He wants you free.

Let's fast from guilt:

**1. Jesus declares you: NOT GUILTY.** This doesn't mean that you've never done wrong. This means, that He washes your wrong with His blood.

**2. See what God sees.** Accept Colossians 1:22 which says through His blood "He presents you holy and faultless and unblameable in the Father's eyes."

**3. Meditate on Job 10:7a** which says "According to your knowledge, **I AM INDEED NOT GUILTY...**" (NASB)

**4. When you blow it, don't deny it.** Admit it; confess it. 1 John 1:9 says "If you confess your sin, He is faithful and just to forgive you and to **CLEANSE YOU FROM ALL UNRIGHTEOUSNESS.**"

**5. It's already done!** Believe that it is already done! Hebrews 1:3 says "He **cleansed** us from our sin."

**6. Stop thinking that you have to FEEL GUILTY to be forgiven.** Sometimes we

think we owe it to people to feel guilty and feel bad for everything. Stop thinking that. You don't owe anyone. Don't think guilt somehow pays for something. The blood of Jesus paid it all. It's an insult to His blood, when we feel like we owe God guilt or we owe it to others to wallow in guilt.

**7. Stop beating yourself up about what you haven't done. How? Live in the "now".** Living in the now, stops your mind from bombarding you about the past and future. Enjoy that moment in the now. When you're praying, the devil says "you should be cleaning." When you're cleaning, the devil says, "you should be reading your Bible." Shut that garbage up. Live in the now. Hebrews 11:1 says "NOW FAITH IS the substance of things hoped for." And 2 Corinthians 6:2 says "NOW IS THE TIME OF SALVATION."

**8. Rest in the fact that you don't have to be perfect.** God is not holding you to a perfect standard. Jesus is your perfection. JUST REST!

### **THINK IT & SAY IT:**

Jesus has declared me: NOT GUILTY. Even when I feel I don't do enough, or that I'm not good enough, God says FAITH IN HIM IS ENOUGH.

I don't have to feel guilt to be forgiven and I am not going to feel guilty when I blow it. I will receive God's forgiveness, since He already cleansed from my sin. I will admit it, receive His mercy and move on.

I stop TODAY, beating myself up about all that I haven't done, or have done. I choose to live in the now. I will enjoy the moment that I'm in and praise God in the midst of it.

I rest in the fact that He is my perfection. I don't have to be perfect. He already is, and I put my faith in Him.

## **DAY 32 - I'm Not Worthy. I Don't Deserve To Be Blessed (After All I've Done Wrong)**

Folks, the battles of life are won or lost between our ears. It's in our heads. Satan understands that the root to everything in our lives is what we think about. That's why he fights so much to fill your mind with wrong thinking. But we have declared war on wrong thinking!

Today, we're fasting from the thought that says:

**"I'm not worthy. I don't deserve to be blessed (after all I've done wrong)."**

I can't be the only who has heard this thought. The below steps take us deeper in our freedom from guilt.

### **1. Stop focusing on your "wrongs," and focus on His "rights."**

We've all done enough wrong in life, to send us straight to hell. But God doesn't judge us based on our right or wrong. He judges us based on what Jesus did right. We just need to believe it.

### **2. He doesn't bless us because we deserve it.**

He blesses us because He promised He would. This will free you when you know that God is a God of promise. Genesis 17:1 says, "I will bless you and multiply you and make you exceedingly fruitful."

### **3. Blessing flows when you believe you are forgiven.**

Romans 4:7 says, "Blessed are they whose sins are forgiven." This is amazing! Putting your faith in God's forgiveness is the gateway to blessing in your life. That's why Jesus said to the paralytic man, whose friends lowered him through the roof, "Son, your sins are forgiven." THEN He said, "Take up your pallet and walk." You see, the blessing of healing was the RESULT of BELIEVING HIS SINS WERE FORGIVEN. (Mark 2)

### **4. Jesus IS WORTHY of God's blessing, and you are IN HIM.**

Galatians 3:29 says, "If we belong to Christ, we are Abraham's seed and heirs according to promise." Genesis 3:9 says, "Those who are of faith are blessed..."

### **5. Stop condemning yourself.**

STOP BEATING YOURSELF UP WHEN YOU MAKE A MISTAKE. Romans 14:22



says, "Blessed (happy) is the man who does not condemn himself."

## **6. He took the curse so you could take the blessing!**

He deserves to see you blessed, because of what He went through to take your curse! "Christ redeemed us from the curse of the law, having become a curse for us... on the cross...that the blessing of Abraham might come on us through Jesus Christ." (Galatians 3:13)

### **THINK IT & SAY IT:**

I take my eyes off all that I have done wrong, and put my eyes on all that He has done right for me.

He blesses me because He promised that He would, therefore I expect to be blessed coming in and blessed coming out.

I choose to believe I am forgiven, and therefore BLESSING FLOWS. I belong to Christ, therefore I am blessed with Abraham. Genesis 24:1 says, Abraham was blessed IN ALL THINGS - therefore that's what I expect.

## DAY 33 - It's Not Going To Happen For Me

### Thought 33

Today we are fasting from the thought that says:

**"It's not going to happen for me."**

Ever heard that?

Or thoughts like: "I'm not going to get the job. I'm not going to find the right guy or girl. My situation is not going to turn around."

Let's begin thinking that it is going to happen for us. Ready?

#### **1. Expect something good to happen to you today.**

The Lord has done great things for us! (Psalm 118:24 & Psalm 126:3)

#### **2. Know that God has a good plan for you today!**

Jeremiah 29:11 says, "I know the plans I have for you, plans for good, to give you a future and a hope." (Notice those 2 words: "I know." This means that God is certain about it. **It's definitely going to happen.** Take it to the bank! It's coming!)

#### **3. Expect doors to open.**

Psalm 5:12 says, "Favor surrounds the righteous like a shield." Favor means: God opens doors that no one can close. Expect doors to open today.

#### **4. Believe in God's fairness.**

(Life's not always fair, but God is! Romans 12:19-21 says He will right every wrong.) Remember, it happened for Abraham, Isaac, and Jacob; therefore, it will happen for you. The Bible says, "God is no respecter of persons." (Acts 10:34, Romans 2:11) That doesn't mean He doesn't respect you. It means that He won't show partiality - blessing one person and not another. But you have to believe it and expect it. What He did for Abraham, He has promised He would do for you. Galatians 3:29 says, "For if you belong to Christ, you are Abraham's seed, and heirs of the promise!"

#### **5. Think "solution thoughts".**

No matter what the problem is, no matter what hasn't seemed to happen for you yet, expect a solution. Expect an answer. James 1:6 says, "If any man lacks

wisdom, ask of God...who gives to ALL men generously." **Notice, He gives to all men, not some.** You're one of those who He does give it to. You're not just in line. You're in the front of the line!

## **6. Think about some good that has happened in your life.**

This shows the past faithfulness of God. Since He never changes - expect His faithfulness AGAIN today! (Psalm 23:6)

### **THINK IT & SAY IT:**

Something good is going to happen for me today. Things are going to work out. God has a good plan for my life today. He is certain that it is good, therefore I'm certain as well.

I expect favor today. Favor surrounds me like a shield. Doors are going to open for me that no one can close.

God is going to right every wrong, and show the same help to me as He did for Abraham, Isaac and Jacob. He gives me wisdom and holds nothing back. I'm in the front of the line.

I remember the good that God has already done, and therefore I expect Him to do it again. Good and right things are going to happen in my life today - goodness and mercy shall FOLLOW ME ALL THE DAYS OF MY LIFE!

## **DAY 34 - Things Aren't Getting Better. They're Getting Worse!**

**Today we're fasting from the thought that says, "Things aren't getting better. They're getting worse!"**

Thinking this way is NOT AN OPTION.

This thinking keeps us bound to the past, or moving backwards. The media espouses negativity. The spirit of darkness is behind all these thoughts. The devil promotes doom and gloom, to get people depressed, on drugs, fearful and timid, distracted from the worship of God and the work of the gospel.

The world is full of bad news - the economy is getting worse, society is getting worse, etc.

**But we reject this thought TODAY!**

**1. The path of the righteous...gets brighter and brighter until the full day.**(Proverbs 4:18)

**2. "Evil men and impostors will go from bad to worse, deceiving and being deceived."** (2 Timothy 3:13) **But the opposite is true about you!** Goodness follows you, therefore, you go from good to better!

**3. Don't think "glass half full or glass half empty."** Think: My cup runs over! (Psalm 23:4)

**4. Your life is going to end up better than it started!** (Eccl. 7:8 says, "Better is the end of a thing than the beginning.") Haggai 2:9 says, "The latter days of this house shall be greater than the former."

**5. Believe that God has saved the best for last.** John 2:10 says, "...But you have saved the best for last!"

**6. God only has the best in mind for you.** In Luke 15:22 the father said, "bring the best robe, and put it on my son..."

**Follow the pattern of how God does things--**

He takes us from the Old Covenant to the New Covenant; from the blood of animals to the blood of Jesus; from law to grace; from sin to righteousness; from sickness to health; from adversity to prosperity; from defeat to victory; from unclean to clean; from empty to filled.

Everything in God's kingdom gets better and better.

The kingdom of God is in you (Luke 17:21) therefore, **expect things to get better and better in every area of your life.**

**THINK IT & SAY IT:**

No matter what is happening in this world, things are getting better and better for me! God has made me righteous through His blood; therefore, my path is getting brighter and brighter every day.

My inner man is being renewed, day by day. Evil people may go from bad to worse, but the goodness of God follows me, so I go from good to better, every day.

I can celebrate in the presence of my enemies, because my cup runs over, and never runs out! God has saved the best for last in my life, and my latter days will be better than my former days, in Jesus' Name.

## **DAY 35 - I Just Can't Stop Blowing It. I Always Seem To Mess It Up.**

As we celebrate this awesome Holy Week, I want us to particularly fast from thoughts that take for granted what Jesus did for us. We need to appreciate the power of His blood, and the power of His sacrifice.

**Today we're fasting from the thought that says, "I just can't stop blowing it. I always seem to mess it up."**

Jesus did more than just forgive us from our sins when He died on the cross and rose again. He gave us power over sin! No more should we see ourselves victims of a defeated, beaten life. We are the head and not the tail; above only and not beneath!

### **1. Rejoice in the grace of God.**

Romans 6:14 says, "For sin shall not have dominion over you. For you are not under the law, but under grace." Titus 2:11-12 says the grace of God enables us to say "NO" to ungodliness.

### **2. Stop beating yourself up.**

Romans 14:22 says, "Happy is he who does not condemn himself..." Remember, God doesn't beat you up, He builds you up. 1 Corinthians 8:1 says, "Love builds up!"

### **3. Remember the woman caught in adultery.**

In John 8:1-11 Jesus said to her, "I don't condemn you. **Now** go and sin no more." Notice, first there was acceptance and forgiveness. Then there was POWER over sin. The power over sin was the RESULT of recognizing her freedom from it. Sometimes we feel we have to repent of everything before we can be forgiven. Jesus forgives first, and that gives us the power to be free.

### **4. Believe in the power of the blood.**

Paul said not to drink the communion cup in an unworthy manner. We need to renew our mind about what makes us worthy. It's not our holiness that makes us worthy to drink the cup. It's the "cup"; it's the blood of Jesus that has the WORTHINESS to cleanse us and empower us to overcome anything. (1 Corinthians 11)

**5. Think about the 3 gifts God gives** in 2 Timothy 1:7, "For God has not given you the spirit of fear, but POWER, LOVE AND DISCIPLINE." You have the power of discipline and self-control. Stop thinking you are out of control and realize you have been given the power of self-control.

## **THINK IT & SAY IT:**

I am not a slave to sin. I have dominion over it. It doesn't have dominion over me because I am not under the law, I'm under grace.

I expect the free gift of God's grace to enable me to say NO to ungodliness. I am free because I am forgiven. God is love and love builds me up today!

I put my faith in the blood of Jesus to forgive me if I have fallen; but also to empower me to be free from the things that I'm struggling with.

I have the power of self-control. I am no longer out of control. I have been given power, love and a sound mind. I am free from fear and free from sin.

## **DAY 36 - That Person Has Really Gone Too Far. They've Really Devastated Me.**

Today we're fasting from the thought that says:

**"That person has really gone too far. They've really devastated me."**

Too often we give people more power over our lives than what they actually have. By thinking they can have that big of an effect on you, you become enslaved to their whims and their attitude flavor of the month.

### **1. Fix your mind on Jesus - look at His life.**

He was denied by His close disciple, Peter, betrayed by Judas, and forsaken by the rest of His disciples. He was lied about, accused and maligned. None of it stopped Him. In fact, He used each betrayal or personal blow against Him as a path to God's greater purpose for His life.

### **2. CELEBRATE when someone hurts you, betrays you or accuses you.**

It says in 1 Corinthians 11:23, "in the night He was betrayed (while His betrayal was in progress!), He took bread with His disciples..." In the gospel of Mark, he writes afterwards, "They went to the Mount of Olives and sang a hymn."

### **3. See people's stumbling stones as stepping stones.**

Jesus knew that Judas' actions would only serve God's purpose, one way or another. Don't give people's actions PERMISSION to defeat you or hinder you. Rather, use them to step into more of God's will.

### **4. Stay ATTACHED (one meaning for love = attached) to the promises of God's Word.**

Psalms 119:165 says, "Those who LOVE (stay attached to) God's Word have great peace, and nothing offends them." We insulate ourselves from being offended when we love God's Word more than our feelings.

### **5. Get rid of retaliation thinking.**

Entrust yourself to the One who judges righteously. 1 Peter 2:24 says Jesus kept handing Himself over to God, when reviled and falsely accused. When they did their worst to Him, He kept entrusting Himself to the hands of God. Do that today - ENTRUST YOURSELF TO THE HANDS OF GOD.

**THINK IT & SAY IT:**



No matter what anyone says or does to me, I will not be devastated by it. I will not give them that kind of power over me. I fix my mind on Jesus, the Author and Finisher of my faith.

I choose to celebrate, rejoice and live happily when someone accuses me or betrays me. I will not live in denial, as if it didn't happen, but I will celebrate what Jesus did for me, anyway. I will see other's actions as an opportunity for me to step further into God's will.

I trust that God will cause all things to work together for my good (Romans 8:29). I stay attached to what God says about it and I REFUSE to get offended.

God will avenge me. I will not take vengeance or become bitter. I will continue to entrust myself to Him, as I know that He will judge righteously, and defend my cause!

## DAY 37 - My Life Is Out Of Control.

Today we are fasting from the thought that says: **"My life is out of control!"**

### **No it's not!**

That's what the devil wants you to think. He wants you to feel helpless and "under" the circumstances. When you think this way, you get discouraged. You lose hope. You give into things. Like a jellyfish, you are carried by the prevailing current.

**1. Think above.** Stop for a moment and understand what I'm saying here. Think "above" - think from a higher point of view. Look down at life rather than "up" at it. When Elisha's servant saw from "above", he realized there were more for him than those against him.

(2 Kings 6:14-17) Notice, God didn't add any chariots. They were always there. Elisha's servant just couldn't see them, because he wasn't thinking "above." THINK ABOVE.

**2. Don't see the bigger picture today.** That's not a typo! Think of your situation and your world as small. Think of yourself bigger. Don't forget - how YOU see yourself, is how life will see you. That's how the devil will see you. That's how your mountain will see you. If you see yourself bigger than the mountain (Greater is He that is in you - that makes you big!), then the mountain will respect what you say when you tell it to move!

**3. The best day of your life is the day you decide your choices are your own;** therefore, your life is your own. No excuses. No one to blame. Remember the lame man at the pool of Bethesda for 38 years. He stayed in his condition because he told Jesus what he had believed for all those years: "I have no one to help me." (John 5:7) DECIDE TO OWN YOUR CHOICES and you will own the life God wants you to have.

**4. Focus on the inside, not the outside.** If you're like me, there are several things on the outside that are not fully under control, but that's not my job. My job is to get control of the inside. That's what this fast from wrong thinking is about. It's taking care of the INSIDE. Deal with your thoughts by continually going over these emails, these verses, these mindsets. YOU ARE IN CONTROL IF YOU CONTROL YOUR THOUGHT LIFE.

**5. Take control of your day, one thought at a time.** Don't be overwhelmed. Isaiah 28:13 says that we build God's Word and God's thoughts in our lives: "line upon line, precept upon precept."

## **THINK IT & SAY IT:**

I am in control of my life, because I am in control of my thoughts. I rule my life by ruling my thoughts. My thoughts liberate my emotions, my health, my relationships and my whole life.

I think ABOVE beginning today. I choose to look down at life, rather than look up at it. I see it from God's point of view. I'm bigger than my problem, bigger than the mountain, bigger than any enemy I face today.

Greater, larger and more dominant is HE that is in me, than he that is in the world. TODAY IS THE BEST DAY OF MY LIFE, because I have control of the choices I make.

I will not stay in a defeated, lonely, sick, depressed condition another day of my life. I focus on the inside. I know the thoughts of victory that I am developing will take care of my outside. This fast from wrong thinking is working IN ME, in Jesus' name.

## DAY 38 - Why Don't I Have More?

As we continue our Fast from Wrong Thinking, I really want to help you get the most out of your relationship with God. He is in you. He is with you! **Yet, so many people have asked me how to deepen their walk with God.**

I believe one of the keys is: fasting from the thought that says, **"Why don't I have more?"** (Whether it's more time, money, success, friends, etc.)

**I remember complaining to God a while back**, as I watched other people in my field getting blessed, getting buildings given to them, having quicker success, receiving large financial gifts to their ministries, etc., while I just steadily plodded along, little by little. When I was done whining, I had a sort of "Solomon" moment and heard the Lord ask me this: "Would you rather have those things, or substance and deep meaning in your relationship with me?"

Knowing that I couldn't say "both," I responded-of course-with the obvious answer. Then I heard this: **"Son, the things you've gone through and learned slowly are the precious secrets that you have built your life upon. Now you have something of substance to give that no one else can offer in the same way."** That set me free. Then He said, **"Now more will come."**

I wouldn't trade the depth of relationship with God for anything in this world!

How do we fast from the thought that says: "Why don't I have more?"

**1. Choose His face, rather than His hand.** (You'll end up with both.) Spend time with God-start with a verse, or these thoughts, etc.

**2. Think positively about your adversity**, rather than striving to avoid it. Let me be clear. I am not saying that adversity comes from God, BUT IT DOES COME. Psalm 34:19 says, "Many are the afflictions of the righteous, **but the Lord delivers him out of them all.**" (Know that adversity comes. Expect Him to deliver you. Expect to become better as result.)

**3. See your life is a gift *from* God and for others.** Realize that your relationship with God and your life experiences have uniquely qualified you to make a difference in this world. Everyone has a motivational gift according to Romans 12:6-8. Perhaps to show mercy, or lead others through servanthood, or the gift of making money to give.

**4. Don't ever want what other people have. Solomon said, "Give me what you have prescribed."** This doesn't mean to settle for less than all that God has for you; but don't determine what He has for you based on what other people have. God knows what He's doing in your life. Philippians 1:6 says, "Faithful is He who began a good

work in you. He will complete it until the day of His return."

**5. THINK SECURELY.** God has reserved a place at the table for you. God told Saul not to worry about where he stood compared to others. "There is a place at the table and a portion that has been set aside for you." (1 Samuel 9:23, 24)

**THINK IT & SAY IT:**

I choose the face of God. I look positively at adversity, rather than fighting to avoid it. I expect God to deliver me from all afflictions and trials.

I choose to see my life as a gift from God and for others. I have a unique and special gift that will make a difference in this world. I won't settle for less than what God has for me, but I will not desire or covet what others have.

I know that God has a portion reserved for me. He has a place for me at His table, and I think securely, therefore I live securely. In Jesus' name.

## DAY 39 - I Wonder If I'm Doing Enough For God.

**Have you ever asked the question, "I wonder if I'm doing enough for God?"**

This kind of thinking produces in us a "works-mentality" and hinders the freedom and joy that God wants us to experience. **Let's fast from it!**

*Christianity is not a life of attainment and achievement. **It's a life of acknowledgment.*** This means to recognize, appreciate and accept.

The problem with so many believers is that they are striving to get God to do something or try to make God's promises come to pass in their lives. Listen to 3 of the most important words you'll ever hear: **IT'S ALREADY DONE!**

Today as we approach the end of our fast from wrong thinking, I want you to acknowledge (to recognize) some things. And as you do, I hope you'll join me in taking communion at some point during this Resurrection weekend.

**1. Everything God has is yours!** You have a covenant with Him through the blood of Jesus. Luke 15:31 is a picture of God and us, the father said to his son: "All that is mine is yours!"

**2. THINK "BLESSED" not "cursed."** You are blessed not cursed. Stop thinking that since your mother or father had a disease or anger, or some other problem, that you will have it too. You are of a new blood line - the blood of Jesus. You have a new DNA - the DNA of Jesus. Galatians 3:13 says, "Christ redeemed us from the curse of the law, having become a curse for us on the cross, that the blessing of Abraham might come to us."

**3. IT IS FINISHED** - ahh, the magnificent final words of Jesus on the cross! (John 19:30) There's nothing more that has to be done for you to be saved. Nothing more that has to be done for you to be accepted by God. Nothing more that has to be done for you to be approved and loved! Nothing more that has to be done for you to be free.

**4. Realize that your job is to acknowledge and to recognize.** God has done it. You must accept it. This is the true meaning of "confess." It means to acknowledge. We're not trying to MAKE SOMETHING HAPPEN by confessing God's Word. We're acknowledging what is already done, what is already ours, and that's what brings it out of the invisible world into the visible world. Think about "confession of sin." When you confessed your sin, that's not when you sinned. You were simply acknowledging what was ALREADY done. When we "confess God's promises," it's the same thing. We're acknowledging what is already done. Philemon 1:6 says your faith becomes

effective by acknowledging every good thing that is already in you.

**5. See communion as a RECOGNITION that He is already with you, in you, and for you.** Remember in Luke when the 2 men on the road to Emmaus thought Jesus was a stranger. When they took bread, it says "they recognized Him." You see, He was already with them, but when they took communion they were able to recognize and EXPERIENCE His presence.

### **THINK IT & SAY IT:**

I have a covenant with God, already! I'm not trying to get God to do something for me. I'm going to focus on believing what He has already done. This is what the Christian life is about - acknowledging what is already in us, and recognizing what He has already done.

I'm already blessed. I'm already healed. I'm already everything that God says I am. I will live a life of acknowledgment - recognizing and praising God for what is already mine through the blood of Jesus.

I'm "blessing" conscious rather than "cursed" conscious. I'm connected to the blood of Jesus; therefore, I have the DNA of blessing. Goodness and mercy WILL follow me all the days of my life.

I accept that I already have in me everything pertaining to life and godliness. I lack no good thing. It's already done! IT IS FINISHED.

## DAY 40 - It's Impossible.

As we come to the close of our **40 Day Revolution From The Inside Out**, we need to take the limits off of our thinking. In order to do so, we have to fast from the thought that says:

**"It's IMPOSSIBLE."**

Jesus said "All things are possible to him who believes!" (Mark 9:23)

What is in your life today that you have given up on or considered impossible? Whatever it is (provided it's legal!), don't ever give up. NEVER NEVER NEVER give up!

The New York Times interviewed me yesterday and asked me, since racial issues were such a big story recently in the elections, was I going to talk about 'race' on Sunday. I answered, "Race is a big story, but **SOMEONE RISING FROM THE DEAD IS EVEN BIGGER!**" There is no greater story than the resurrection of Jesus! She asked me what I would specifically say about it. I said, **"If a man can rise from the dead, anything is possible!"**

**1. Think about the resurrection every day!** This reveals the miraculous power of God to do anything!

**2. Eliminate thinking that says, "I can't believe that."** Cynicism and skepticism have filled our culture. We need to get out of the habit of questioning and doubting the possibility of things. When you think there's no way, JESUS IS THE WAY!

**3. Deal with the real problem.** It's not whether God will help. It's whether we believe. The man with the demon-possessed son came to Jesus and said, "If you can do anything, help us..." Jesus responded and said, "If you can believe..." See it's not whether God can do it. It's whether we can believe it. And remember that faith comes from hearing God's Word. (Romans 10:17)

**4. Believe that your words move mountains.** Matthew 17:20 says, "You shall say to this mountain 'Remove from here to there', and it shall remove; and nothing shall be impossible to you."

**5. Meditate on people who had an impossible situation turn around.** Abraham was 99 years old when he had a son. Sarah was 90! Moses parted the Red Sea. The list goes on and on. Find those people in the Bible and fill your mind with their testimonies. Hebrews 12:1 says, "We have a great cloud of witnesses surrounding us..." If it could happen for them, it can happen for you and IT WILL, if you don't throw away your confidence in God's promise...because THE ONLY THING IN THIS WORLD THAT IS



IMPOSSIBLE is that: it is impossible for God to lie. (Hebrews 6:18)

**THINK IT & SAY IT:**

Since Jesus rose from the dead, anything is possible. I expect impossible situations to become possible today. I CAN BELIEVE THAT!

Jesus is my way when there seems to be no way. I BELIEVE GOD CAN AND WILL DO ANYTHING IN HIS WORD THAT I BELIEVE.

Since my words can move mountains, nothing will be impossible to me. I will not throw away my confidence in God's promises, because there is only one thing in this world that is impossible - for God to lie. Therefore, His promises WILL happen in my life, beginning today!