

"...Come Boldly to the Throne of Grace..."

Hebrews 4:16

10 DAYS OF

PRAYER & FASTING

November 9 – 18, 2022





It is impossible for the soul to flourish while prayer is neglected. Family or public prayer alone is not sufficient. In solitude let the soul be laid open to the inspecting eye of God. Secret prayer is to be heard only by the prayer-hearing God. No curious ear is to receive the burden of such petitions.

In secret prayer the soul is free from surrounding influences, free from excitement. Calmly, yet fervently, will it reach out after God. Sweet and abiding will be the influence emanating from Him who seeth in secret, whose ear is open to hear the prayer arising from the heart. By calm, simple faith the soul holds communion with God and gathers to itself rays of divine light to strengthen and sustain it in the conflict with Satan. God is our tower of strength.

--Prayer, page 284

COME CLOSE. *These are the words that come to mind as we enter this period of prayer and fasting. These words come from the very throne of God Almighty—The great Lover of our souls. As we seek the “Extreme Makeover—Character Edition” in our lives, coming close to our Lord and King is essential. We have no ability to affect the needed transformation of our characters, for “all our righteousnesses are as filthy rags” (Isaiah 64:6). However, as we draw near to God, He will draw near to us (James 4:8). What happens as we draw near? Change takes place. Not an improvement of our old selves, but a complete, or extreme change occurs—a completely new thing is done in us (Isaiah 43:19).*

As we come aside to gaze on the face of our Lord, we are “changed into the same image, from glory to glory, even as by the Spirit of the Lord (2 Corinthians 3:18). The same power that created this world and raised Jesus from the grave, will regenerate our characters into ones that will be like His—if we let Him.

*So, take our loving Lord up on His offer during this 10-day period—“Come boldly to the throne of grace” (Hebrews 4:16). Let us allow Him during this special season to show us great and mighty things which we do not know (Jeremiah 33:3). Let us allow Him, as we come to Him, to give us the rest which we so desperately seek and need (Matthew 11:28). Let us allow Him to renew our minds (Romans 12:2). As we do so, extreme transformation will occur. Make the sacrifice! Offer yourself mind, body, and spirit to the Lord of Hosts. And watch what happens as you **COME CLOSE.***

The Prayer Ministries Department of
Maranatha Seventh-day Adventist Church
Tallahassee, Florida

My Commitment

I, _____
Print your name

Want to live a life that is pleasing and acceptable to
God. I know I can only achieve that by an outpouring of the
Holy Spirit.

Therefore, I commit to these 10 days of prayer and fasting
and will place my heart, mind, and soul in God's Hands
for an extreme character makeover.

Sign your name



THE CHANGE OF THE VOWEL (LOVE)

"In this was manifested the love of God toward us, because that God sent his only begotten Son into the world, that we might live through him." (1 John 4:9)

"For he that will love life, and see good days, let him refrain his tongue from evil." (1 Peter 3:10)

L O V E
L I V E
E V I L

1 John 4:16 says that love is the foundation of God's kingdom because love defines who God is. The Greek word "agape" is used to describe God's selfless, sacrificial, unconditional love. Look at the spelling of the word love above, changing the vowel from an "O" to an "I." It now spells live, and when reversed, it spells evil.

How interesting! Only those who love God will live in heaven and those who do not love God are doers of evil; and thus, cannot live where God's love is the foundation of governing and the rule of practice.

In *Acts of the Apostles*, Chapter 55, Ellen White wrote that John the Revelator and Judas the Betrayer "are representatives of those who profess to be Christ's followers." Both were in the presence of pure love, but Judas "resisted the transforming power of grace and indulged in selfish desires." His deeds were evil; thus, he did not live a life worthy of receiving the rewards promised to those who love God. See 1 Corinthians 2:9.

Attracted to Jesus' love, John practiced "daily dying to self and overcoming sin."

Like John, we also can experience "An Extreme Make Over, Character Edition"—a "transformation of character," but it is "the result of communion with Christ."

We love Him because He first loved us (1 John 4:19, Revelation 1:5).
We live for Him because His Holy Spirit lives in us (Galatians 5:25).
We do no evil because we love God (2 Corinthians 13:7).
Now that is "An Extreme Make Over, Character Edition."

--Judith W. Hawkins

Date _____ Reflections _____

Reflections

SURRENDERED

"Ye shall seek Me, and find Me, when ye shall search for Me with all your heart." (Jeremiah 29:13.)

In the book, *Steps to Christ*, an inspired pen wrote: The whole heart must be yielded to God, or the change can never be wrought in us by which we are to be restored to His likeness. By nature, we are alienated from God. The Holy Spirit describes our condition in such words as these: Dead in trespasses and sins;" "the whole head is sick, and the whole heart faint;" "no soundness in it." We are held fast in the snare of Satan, taken captive by him at his will." Ephesians 2:1; Isaiah 1:5, 6; 2 Timothy 2:26. God desires to heal us, to set us free. But since this requires an entire transformation, a renewing of our whole nature, we must yield ourselves wholly to Him."

To surrender is to cease resistance to an opponent and submit to their authority. To surrender in spirituality means that **a believer completely gives up his own will and subjects his thoughts, ideas, and deeds to the will and teachings of God.** Surrender is willful acceptance and yielding of the will. Surrendering to God will deepen our relationship with Him beyond words, but **it requires action from us.** It isn't waiting for God to search us; it's bringing what we are to Him, all the good, the bad, and the ugly, knowing He will only bring about the best for us.

There s a song written by Pastor E.A. Hoffman in the 19th century. They used to sing that song when appeals for new members were made. It sums up what we ve tried to say here:

You have longed for sweet peace,
And for faith to increase,
And have earnestly, fervently prayed.
But you cannot have rest,
Or be perfectly blest,
Until all on the altar is laid.
Is your all on the altar of sacrifice laid?
Your heart does the Spirit control?
You can only be blest,
And have peace and sweet rest,
As you yield Him your body and soul

--Walter Niles, Sr.

Date _____ Reflections _____

Reflections



"Jesus Himself, while He dwelt among men, was often in prayer. Our Saviour identified Himself with our needs and weakness, in that He became a suppliant, a petitioner, seeking from His Father fresh supplies of strength, that He might come forth braced for duty [281] and trial. He is our example in all things. He is a brother in our infirmities, "in all points tempted like as we are;" but as the sinless one His nature recoiled from evil; He endured struggles and torture of soul in a world of sin."

"His humanity made prayer a necessity and a privilege. He found comfort and joy in communion with His Father. And if the Saviour of men, the Son of God, felt the need of prayer, how much more should feeble, sinful mortals feel the necessity of fervent, constant prayer."

--Prayer, page 281

HUMILITY

He taught them a parable and then said, Whosoever exalted himself shall be abased; and he that humbled himself shall be exalted” (Luke 14:11)

There is a song we use to sing in Adventist Youth Meetings called “Humble Me”. I’ve since learned better now that I’m older and realize that I don’t want God to humble me. I must work at that myself. In the book, *Chasing Humility*, by Joel Stepanek, the writer helps us explore eight essential aspects of humility in the life of a Christian: **authenticity, confidence, gratitude, love, praise, empowerment, mentoring, and breaking barriers**. Hear the admonition of the church’s prophet:

The precious grace of humility is sadly wanting in the church. Men who preach the truth think too highly of their own abilities. True humility will lead a man to exalt Christ and the truth, and to realize his utter dependence upon the God of truth. It is painful to learn lessons of humility, yet nothing is more beneficial in the end. The pain attendant upon learning lessons of humility is in consequence of our being elated by a false estimate of ourselves, so that we are unable to see our great need. Vanity and pride fill the hearts of men. God’s grace alone can work a reformation.

It is your work ... to humble yourself and not wait for God to humble you. God’s hand at times bears heavily upon men to humble them and bring them into a proper position before Him; but how much better it is to keep the heart daily humbled before God. We can abase ourselves, or we can build ourselves up in pride and wait till God abases us....”

--Walter Niles, Sr.

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Reflections

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GENTLENESS

*But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, gentleness, self-control. Against such there is no law”
(Galatians 5:22-23 KJV)*

Have you ever placed a sleeping baby in a crib? Do you recall your small still movements or how you held your breath so you would not breathe wrong? This tedious process required you to be gentle with the baby so they could continue their peaceful rest. This is how God handles us; He is intentional with his presence in our lives to ensure our peace.

In Galatians 5:22, Paul mentions gentleness as a fruit of the spirit. As you grow closer to the Holy Spirit during this fast, ask God to plant, and water the seed of gentleness in your heart. Don't stop there! Ask the Holy Spirit to help you be gentle with your neighbor, spouse, children, co-worker, and everyone you will encounter today. What a privilege to be used by God to bless those you encounter today!

--Melinda Honoré

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"Our heavenly Father waits to bestow upon us the fullness of His blessing. It is our privilege to drink largely at the fountain of boundless love. What a wonder it is that we pray so little! God is ready and willing to hear the sincere prayer of the humblest of His children, and yet there is much manifest reluctance on our part to make known our wants to God."

"Without unceasing prayer and diligent watching we are in danger of growing careless and of deviating from the right path. The adversary seeks continually to obstruct the way to the mercy seat, that we may not by earnest supplication and faith obtain grace and power to resist temptation."

--Prayer, page 281

COMPASSION

You must be compassionate, just as your Father is compassionate.” (Luke 6:36 NLT)

Jesus tells us to be compassionate just as God is. How compassionate is God? This is the God who saved the Israelites from Egypt and provided them with everything they needed. The God who rescued Jonah from the whale after running away. The God who sent His only son to enter into humanity suffering to take on the sin of the world. The amount of compassion towards us from God is deeply rooted and we can show our thanks by embodying this towards one another.

When we're in pain or see others suffering, we can be certain that God is deeply moved to respond. He's there to meet us with His compassion. When Jesus calls us to be compassionate, this means we must also allow ourselves to be moved by the pain of others. It means we embrace our neighbor's hurt and participate in relieving the suffering we see in the world. In this way, we too can imitate the undeserved compassion we receive from God.

Help us this day, our Father, to be both reminded of your deep compassion and to be compassionate towards one another.

—Cindy Renelique

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A PERFECT WORK—PATIENCE

But let patience have its perfect work, that you may be perfect and complete, lacking nothing. (James 1:4)

Let me come clean—Patience is not one of my strong suits. While I believe I have improved in the area, I have not fully arrived when it comes to this quality. It usually manifests itself in two ways—when circumstances don’t “line up” the I have planned, or when someone doesn’t behave or respond to my liking.

Thankfully, God speaks to me during these “lapses” in patience. He uses these times to alert me to my need for greater patience. When I become impatient with my sister or brother, he reminds me of the times when I haven’t perfectly handled things. When adverse situations arise, testing my resolve, He alerts me to my need to look to Him, placing greater trust in Him. Of course, with God being the Master Teacher, these life situations are the perfect tool in His hand to make a “perfect work” out of us. It is as James says in chapter one of his epistle, “My brethren, count it all joy when you fall into various trials, knowing that the testing of your faith produces patience.” (verse four).

Through the power of God, the Holy Spirit, may we allow life’s situations and our interactions to shape us into the complete, Spirit-filled, individuals God made us to be from the beginning. Then, patience will indeed have done its perfect work in us.

—Elana J. Jones

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"When we come to ask mercy and blessing from God, we should have a spirit of love and forgiveness in our own hearts. How can we pray, "Forgive us our debts, as we forgive our debtors," and yet indulge an unforgiving spirit? Matthew 6:12. If we expect our own prayers to be heard we must forgive others in the same manner and to the same extent as we hope to be forgiven."

--Prayer, page 283

FORGIVING

And be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you. Ephesians 4:32

We receive forgiveness from God based on our willingness to forgive others. We are not forgiven because we forgive, but as we forgive. For if ye forgive men their trespasses, your heavenly Father will also forgive you.” (Matt 6:14). Our willingness to forgive others is directly based on our knowledge of the kindness and tenderheartedness of God.

For God, who commanded the light to shine out of darkness, hath shined in our hearts, to give the light of the knowledge of the glory of God in the face of Jesus Christ (2 Cor 4:6). As God shines His light in our hearts, we respond by reflecting that light upon others. The ground of all forgiveness is found in the unmerited love of God, but by our attitude toward others, we show whether we have made that love our own.” (COL 251.3).

Forgiving others does not mean that we agree with or excuse what was done to us. It means that we accept the fact that God has forgiven a debt that we could not pay and in return we extend the same compassion and mercy to others.

—Yolanda Pugh

Date _____ Reflections _____

Reflections

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

JOYFUL TEMPERANCE

**"It is of the Lord's mercies that we are not consumed, because His compassions fail not. They are new every morning: great is thy faithfulness."
(Lamentations 3: 22, 23)**

Our Father,

I just want to thank you for trials, for with them we are able to share YOUR joy. For no man can give or take them—in their perfection they come from you.

You remember that I am withered with the disease of sin. You consider the element with which I was created dust. Because of this you temper your judgment toward me, so I am not blown away by your very breath.

But with your breath, I am able to stand fast and be sustained. Thank you for the joy that you take in me. And thank you for your great temperance toward me...

Your daughter,
Patrisha Adams

Date _____ Reflections _____

Date _____ Reflections _____

This image shows a single page of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



Keep your wants, your joys, your sorrows, your cares, and your fears before God. You cannot burden Him; you cannot weary Him. He who numbers the hairs of your head is not indifferent to the wants of His children. "The Lord is very pitiful, and of tender mercy." James 5:11. His heart of love is touched by our sorrows and even by our utterances of them. Take to Him everything that perplexes the mind. Nothing is too great for Him to bear, for He holds up worlds, He rules over all the affairs of the universe.

Nothing that in any way concerns our peace is too small for Him to notice. There is no chapter in our experience too dark for Him to read; there is no perplexity too difficult for Him to unravel.

--Prayer, page 285

FAITHFULNESS IN SERVICE

“Well done, thou good and faithful servant: thou hast been faithful over a few things, I will make thee ruler over many things: enter thou into the joy of thy Lord.” (Matthew 25:21)

We have all been called to be servants; some of us are called to serve as members of our local church, others are called to serve in various professional capacities, and others are called to serve in their communities. Regardless of where you are called to serve, the most important thing is that you are faithful in your service.

The Bible states in Colossians 3:23-24 “Whatever you do, work at it with all your heart, as working for the Lord, not for human masters, since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving.” Faithfulness in your service is critical in offering acceptable service to God. God is not impressed by our gifts or aptitude; He gave us those gifts, and our intellect comes from Him. Faithfulness in our service impresses our Savior and relays that we are trustworthy and obedient to the will of God.

We can display faithfulness in service by ensuring that anything we commit to doing in the service of our Master, we do to the best of our abilities. Often when we serve God, we do it half-heartedly, and sometimes it is an afterthought. We engage in His work after we have done everything we want to do, and if there is enough time left, we will do what we can. God is calling on His children to be different; He desires us to put His work first and to place faithful service as a top priority.

Let us work faithfully in everything that we put our hands to; God will accept our service, and we will be found faithful.

--Pastor Andre McCloud

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EVANGELISM

“But watch thou in all things, endure afflictions, do the work of an evangelist, make full proof of thy ministry.”

2 Timothy 4:5

As a church, we often see evangelism as done by the pastor, and a few members or a bible worker brought in from out of town. But evangelism is not the work of a few select individuals; it is a sacred work that everyone has been called to. If we see evangelism as our individual calling from God and not just a church event, then evangelism will take on greater significance for us.

When we view evangelism from the perspective of personal ministry, it will empower and energize us to equip ourselves and become effective in sharing the Gospel. 2 Timothy 2:15 says, Study to shew thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth.”

To be prepared to share the Gospel, the Bible says we should first study the word to ensure that we know the gospel we are sharing. When we have learned the word and are confident in our knowledge of it, we will feel comfortable sharing what we know.

Another aspect of personal evangelism is trust in God for the results. We often struggle with sharing our faith because we focus on the results. We wonder if people will reject us or if we will be able to convince them of what we are saying; if we trust God with the results, then we don't have to worry about the outcome; we will just share the truth. Let us, by God's grace, do our part to spread the everlasting gospel of Jesus Christ.

--Pastor Andre McCloud

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We need to praise God more “for His goodness, and for His wonderful works to the children of men.” Psalm 107:8. Our devotional exercises should not consist wholly in asking and receiving. Let us not be always thinking of our wants and never of the benefits we receive. We do not pray any too much, but we are too sparing of giving thanks. We are the constant recipients of God’s mercies, and yet how little gratitude we express, how little we praise Him for what He has done for us.

--Prayer, page 288

Fasting



So, He said to them, “This kind can come out by nothing but prayer and fasting.” (Mark 9:29 NKJV)

“Prove thy servants, I beseech thee, ten days; and let them give us pulse to eat, and water to drink.” (Daniel 1:12 KJV)

“But he answered and said, It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God.” (Matthew 4:4 KJV)

“So, we fasted and petitioned our God about this, and he answered our prayers.” (Ezra 8:23)

***Caution:** Any fast may have side effects or complications for people with medical conditions, pregnant, nursing and/or taking medicine. Consult your doctor and/or pharmacist before starting any fast. Ask them about instructions for your medication while fasting.*

Fasting Basics:

1. **Full Fast:** To abstain from all food.
2. **Partial Fast:** To eat only sparingly or of certain kinds of food, especially as a religious observance.
3. The denial/abstinence of any legitimate desire (no electronics, no social media, etc..) for spiritual purposes
4. Make time for prayer and study every day during the fast

In biblical terms, fasting **ALWAYS involves food and prayer**. 'Fasting' is a powerful discipline designed by our Creator to draw us closer to Him. Men and women throughout scripture have used it to obtain an answer from prayer, grow closer to God, and to get a breakthrough.

God did not give us an outline of how often we should fast, but He gave us some examples to follow. Pray and seek God's guidance as you decide the fast that is right for you.

Prepare your Body: Decrease your daily intake of caffeine, sugar, and processed foods to avoid a lot of withdrawals when you begin your fast. Review the foods you have on hand, first checking your perishables and then pantry items. Create a daily schedule, gather study materials, collect recipes and plan one week's menu before you begin your fast.

When you fast, your body detoxifies, eliminating toxins from your system. This can cause mild discomfort such as headaches and irritability during withdrawal from

caffeine and sugars. And naturally, you will have hunger pangs. Limit your activity and exercise moderately. Take time to rest. Fasting brings about miraculous results. You are following Jesus' example when you fast. Spend time listening to praise and worship music. Pray as often as you can throughout the day. Get away from the normal distractions as much as possible and keep your heart and mind set on seeking God's face.

Unplug from Electronics

Decreasing the amount of time on your cell phone, tablet, IPAD, game console, television, or social media will give you more time to study, pray and to spend with God.

Liquid Fast

- Consume liquids only and do not eat any food
- Examples: Water, Milk, Juice, Broth, Tomato Soup, Smoothies
- Try to avoid caffeinated products, alcohol, wine, liquids high in sugar, or sodas

Fruit/Veggie/Nuts

- Eat any amount of fruit, vegetables, or nuts
- Fresh, frozen, juiced, or cooked
- Avoid canned vegetables high in sodium or fried vegetables
- Avoid juices high in sugar

Partial Fast – (common)

You choose what food you will eat or not eat. The fast is very easy to customize to specific lifestyles. Some examples are below.

- No sweets (candy, desserts, or both)
- No meat, everything else is still available
- No snacking/eating between meals
- No junk food or reduce the amount of junk food

Daniel Fast

One of the great things about the Daniel Fast is that you are not limited to any specific amount of food, only the kind of foods you can eat.

Remember, READ THE LABELS to know all the ingredients included in prepared food. Look at the list of ingredients on the label. The contents should be free of all sweeteners and free of all man-made chemicals. Keep this in mind as you review this list of acceptable foods listed in the contents.

Foods to Enjoy

All Fruits Fresh, Frozen, dried, juiced, or canned (without syrup or added sweeteners)

All Vegetables Fresh, frozen, dried, juiced, or canned

Beverages Water, unsweetened juices, non-dairy milks, decaffeinated herbal teas

All Whole Grains Including tortillas, rice cakes, whole grain pastas, and popcorn

All Nuts & Seeds including nut butters

All Legumes Canned, frozen or dried

All Quality Oils Including but not limited to olive, coconut, peanut, and avocado

Other Tofu, soy products, seasonings, salt, herbs, non-dairy condiments & spices

Foods to Avoid

All Animal Products including eggs and dairy products

All Deep-Fried Foods

All Caffeinated Beverages

All Sweeteners

All Solid Fats

All Refined & Processed Foods

Junk Foods

Wine or Alcohol

Bread including Ezekiel Bread (it contains yeast and honey)

References

1. The Daniel Fast: Feed your soul, strengthen your spirit, and renew your body," by Susan Gregory; Tyndale House Publishers; copyright date 2010
2. "Prayer" by Ellen G. White; Pacific Press Publishing Association 2002
3. The Holy Bible



*“Moreover, when ye fast, be not, as the hypocrites, of a sad countenance: for they disfigure their faces, that they may appear unto men to fast. Verily I say unto you, They have their reward. But thou, when thou fastest, anoint thine head, and wash thy face; That thou appear not unto men to fast, but unto thy Father which is in secret: and thy Father, which seeth in secret, shall reward thee openly.”
(Matthew 6:16-18)*

"...Come Boldly to the Throne of Grace..."

Hebrews 4:16

10 DAYS OF

PRAYER & FASTING

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