



VICTORY OF THE CROSS

'JOURNEY TO CALVARY' - 1 PETER 2:21-24

E A S T E R 2 0 2 4

**Seven Days of Sacrificial Prayer and Fasting
March 24 – March 30, 2024**



“Building Faith to Win”

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“So mightily grew the Word of God and prevailed.” ~ Acts 29:20

What is Fasting?

Fasting is willingly setting your face in the direction of spiritual awareness for a specified period. It is the deliberate abstinence from some form of physical pleasure, in order to achieve a spiritual goal. Fasting calls for renouncing the natural, in order to embrace the supernatural. In Isaiah 58:5, the Lord says fasting is “a day for a man to humble himself.” Fasting demands humility (self-denial) and surrendering oneself completely to God for a spiritual purpose.

Why Fast?

Fasting is designed for spiritual maturity in Christianity and is encouraged as a regular practice for believers in Christ Jesus. As Jesus was talking with His disciples, He taught them about fasting. It was expected that they would fast often (Matthew 6:16-18). For Jesus and the disciples, prayer always accompanied fasting. Fasting calls for spending personal devotional time with God and allowing Him to reveal Himself through His Word.

If you do not already know the power and importance of fasting, here are some very important facts:

- I. Fasting was an expected discipline in both the Old and New Testament eras. For example, Moses fasted at least two recorded forty-day periods. Jesus fasted 40 days and reminded His followers to fast, "when you fast," not if you fast.
- II. Fasting and prayer can restore the loss of the "first love" for your Lord and result in a more intimate relationship with Christ.
- III. Fasting can transform your prayer life into a richer and more personal experience.
- IV. Fasting can result in a dynamic personal revival in your own life-and make you a channel of revival to others.
- V. Fasting and prayer are the only disciplines that fulfill the requirements of James 4:10, “Humble yourself in the sight of the Lord, and He will lift you up.”

5-Day Daniel Fast (Monday – Friday)

We will observe a Daniel Fast for 5 Days. It involves a food intake period of 7am -7pm, devoid of animal products and preservatives, and inclusive of fruits, vegetables, whole grains, legumes, nuts, and seeds.

According to passages in the Bible, Daniel fasted twice. During the first fast, he ate only vegetables and drank water to set himself apart for God. For a second fast mentioned in a later chapter, Daniel stopped eating meat, wine and other rich foods. Please read Daniel 1:8-14, 6:10-14 and 10:2-3.

During the fast this week, be sure to meditate on the truths in God’s Word. Prayer is the key component to giving thanks to God to combat attacks against any opposition. Praying also helps build our faith to believe God.

Disclaimer – *Fasting should be taken very seriously, especially for those with medical conditions. It may be necessary for those with a medical condition(s) to consult a doctor before taking on a fast. Even for those in great health, it may be necessary to seek a doctor’s advice before doing a fast. God has blessed us with many ways in which we can fast. A “Partial fast”, for example, can be consistently eating vegetables and water only or cutting out the meat and deserts. Also, if you are on a special diet, you may consider fasting from the internet, television, radio, telephone/cell phone, etc. In essence, even without a doctor’s advice, God has made provisions for you to fast.*

Things We Can Do This Week

Prayer Walk/ Stretch – As we make our sacrifice this week, take on a Prayer Walk/ Stretch (at or close to home). Each day as you exercise, pray for the people around you. Pray for your neighbors as you pass their homes, pray for the person parked at the stoplight beside you, pray for those people in your path.

Fast with a Purpose

It can be a great opportunity for spiritual growth when accompanied by prayer. Pray with purpose, expressing gratitude and articulating both your needs and the needs of others. Pause to reflect and meditate on your prayer and your fast. Make the fast an opportunity to step-up your spirituality. Set aside time to study scripture and other inspirational writings, and meditate on their meaning.

Pray Through Your Body.

Start at your feet and toes and pray something similar to this, “Lord, examine me from head to toe. Search for anything that is not pleasing to you, find anything that is toxic and does not honor you. Wash over my body with the blood of Jesus and help me to honor You.” Repeat this daily as rise in the morning and as you lie in bed and prepare to fall asleep at night.

Memorize Power Scriptures, Pray for Loved Ones, Community/Nation and the World

Fasting is a time to study God’s Word, meditate and pray. To help with this, plan a specific Bible passage or topic you want to study during your fast. Look for verses you want to memorize and meditate on. Prayer always accompanied fasting for Jesus and the disciples. Spend time talking to God and allowing Him to reveal Himself to you in His Word.

Avoid Routine Media Habits

Disconnecting from TV, radio, newspapers and the Internet can help you stay focused on your purpose for fasting. You will be less tempted by the constant bombardment of advertising as you become physically and emotionally challenged. Avoiding media will give you more time to focus on the Lord and His Word.

Start and End your Fast with Prayer.

If you were fasting with a specific purpose, take the opportunity again to express your purpose. Express gratitude for the opportunity to fast, and for being able to complete it!

Join in corporate prayer line – Times are 6:00am and 7:00pm

Pray special prayers for:

- Prevailing In Christ Ministries Church Family
- Prevailing Family Life Center Programs
- Pray for all Families & Marriages
- Pray for Strong Youth and Young Adults
- Pray for Focus, Future and Finances
- Pray for the Dedicated Pastors and Leaders
- Pray for Missions and Evangelism efforts
- Pray for Safer Schools and Communities
- Pray for our Country and our Government
- Pray for the Sick & Shut In and Bereaved Families
- Pray for Gun Control, War on Drugs & Crime
- Cure for the Cancer and Other Illnesses
- Unity in our Families, Churches & Communities
- Pray for Homeless and Disenfranchised individuals

Daily Devotions for Passion Week

***** Please Get & Follow Our Daily Devotional Book from the Bookstore - \$3.00 *****

SUNDAY – PRAY AND PREPARE FOR THE WEEK OF CONSECRATION AND FASTING

Palms Sunday Scripture of the day - “They took branches of palm trees and went out to meet Him and cried out: “Hosanna! ‘Blessed *is* He who comes in the name of the Lord!’ The King of Israel!” Then Jesus, when He had found a young donkey, sat on it; as it is written: “Fear not, daughter of Zion; Behold, your King is coming, sitting on a donkey’s colt.” – **John 12:13-15**

The phrase “I am” reflects Exodus 3:14, where God introduces himself to Moses with the expression “I am who I am.” This statement became a way to connect with God personally and was used throughout Israel’s history to convey that God always was, always is and always will be. In using this expression, Jesus is explicitly identifying himself as God, and bearing God’s presence on Earth.

This week we will focus on the Impressions of Christ through the “I Am” statements in God’s word.

MONDAY – “*I am the bread of life.*” – **John 6:25-35 (focus on v. 35)**

Jesus’ bold declaration “I am the bread of life” connects the miracle of the loaves and the fish, to the significance of his life purpose. Jesus is the “bread of life” as he nourishes people spiritually and satisfies the deep spiritual longings of their soul. In that sense, those who trust in him shall not hunger; their spiritual longing to know God will be satisfied.

Point to Ponder:

1. When was a time you looked to something that you truly thought would satisfy you and it left you still wanting more?

TUESDAY – “*I am the light of the world.*” – **John 8:2-20 (focus on v.12)**

The light shows what we could not see and guides our every step. We shall never be left alone as Jesus guides our way. Our part is to follow him, to submit ourselves to his guidance, and respond to his direction. It is not enough to *look* at his light, and to gaze upon it. We must follow it and walk in it; for it is a light to our feet, not only our eyes.

Point to Ponder:

1. What is the brightest light you have ever seen? What is the darkest dark you have ever experienced?

WEDNESDAY – “I am the door.” – John 10:1-10 (focus on vs. 7-10)

As “the door” Jesus made it explicitly clear, he is the only means of coming home to God. He is the only way one can become part of the people of God. There is no other way. When you go through “the door,” you are home, able to go “in and out” (10:9), where you find an abundant life, complete with fullness and freedom. What an incredible metaphor! Especially for a beggar who found himself alone and in need of a home.

Point to Ponder:

1. Is your experience with Jesus an open door to opportunity and life or a closed door of limitation, blocking you from what you desire. Why?

Reflection:

What *impression* did Jesus’ life have on you as the word was visualized in the scenes of the film?

Worship Service – 700pm

****** Please join in the Worship Experience as we sing songs of Praise at 7:00pm.******

THURSDAY – “I am the good shepherd.” – John 10:11-21 (focus on vs. 11-14)

As those he loves, we are able to hear his voice and follow his leadership, knowing he is good. We are not asked to measure up to some impossible standard or earn his approval. He simply asks us to hear and follow, but that decision is ours to make. He will not force it upon us.

Points to Ponder:

1. Who are some of the people you have followed in the past?
2. Who would Jesus call a thief today? Why?

FRIDAY - “I am the resurrection and life.” - John 11:17-27 (focus on v. 25)

Resurrection can be a concept that we can appreciate from afar. We can know its importance and accept its reality, but never really given time to pondering and sitting with it. As the resurrection and the life, Jesus is always writing better stories than we could ever pen. Martha and Mary would soon find this to be true in the most dynamic way. As we continue to reflect on Easter, so will we.

Points to Ponder:

1. Is there an area of your life that you find it hard to (completely) trust that Jesus understands and can make a difference? Why?

Good Friday Service – TONIGHT @ 7:00 p.m. at Prevailing

Saturday – “I am the way the truth and the life.” – John 14:1-14 (focus on v.6)

Jesus does not simply teach the way or point the way; he is the way. In fact, “The Way” was one of the earliest names for the Christian faith (Acts 9:2). Who better to show us the way and welcome us home than The Way himself?

Point to Ponder:

1. What are the things that rob you of your peace?

“I am the true vine” – John 15:1-8 (focus on 1-5)

This is the seventh and last of the “I am” statements of Jesus recorded in the gospel of John. With this one phrase Jesus presents an extended metaphor (15:1-8) and explains it (15:9-17), which lies at the very heart of the Farewell Discourse (13:31-16:33)—the last words of Jesus to his friends. If Jesus is the true vine, the implication is that there are false vines that we can, or may be, connected to and continue in. As the true vine, Jesus encourages us to “live, remain and make your home in me.” This invites us to have an ongoing, active connection to Jesus.

Points to Ponder:

2. What do you do to maintain the important relationships in your life?

3. Is this transferrable in how you maintain your relationship with Jesus?

Prayers, Reflections & Notes: