

# ***“A Time of Cleansing: Mind, Body, Church”***

## ***Fasting Devotional***

Corporate Fast: January 6-15, 2020 8am- 8pm



Church of the Redeemer, Baptist  
Philadelphia, Pennsylvania

Deacon William Nicks, Sr.  
Chairman of Deacons

Rev. Craig Campbell  
Transitional Pastor

## ***Mission Statement***

A Christian Church is a company of regenerate persons, baptized on a profession of faith in Christ, united in covenant for worship, instruction, the observance of Christian ordinances, and for such service as the gospel requires; recognizing and accepting Christ as their supreme Lord and Lawgiver, and taking His Word as their only sufficient rule of faith in all matters of conscience and religion.

The Church of the Redeemer Baptist shall be a place to worship, a place devoted to community activities and affairs, a place to embrace and enrich the total life of man spiritually, politically, educationally, socially, morally and economically

## ***Contact Us***

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Worship Service Times: Sunday mornings- 8:00 am & 11:15 am

Bible Study & Prayer Meeting Wednesdays- 6:30 pm

## **Day One: What is Fasting? Getting Started**

Fasting is one of the spiritual disciplines recognized by Christians as a means of connecting with God and deepening our relationship with God. It is a period of time when the believer offers a sacrifice, coupled with prayer (Acts 14:23), to demonstrate our reliance on God. Sacrificial fasting is an act of preparation for the season of your life that is to come. The focus should be on what you are going to do to get closer to God, rather than on what you are releasing as a sacrifice. As we create room in our bodies, in our hearts, souls and minds, we make room for God.

God desires that we be empowered to live in victory, through Him. Fasting is a way to become a stronger, more spiritually mature Christian, as it teaches us how to rely on God for every need. The Word says, “My grace is sufficient for you, for my power is made perfect in weakness.” and Paul’s response is “That is why, for Christ’s sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong.” (II Corinthians 12:9-10). We have an opportunity to see God more fully in our time of want.

If you aren’t clear about how to fast yet...that’s okay, be encouraged and continue on. This is not about perfection, it’s about you and God. Continue to walk toward God and allow God to be your help in this. Scripture says, “In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans.” (Romans 8:26). Pray that the Holy Spirit will guide and teach you what is necessary for you in this fast. Focus on your relationship with God because He knows where you are and He will meet you there and walk with you. At the conclusion of this fast, celebrate all that God has done. Be encouraged to continue to incorporate fasting and prayer in your life. Use a journal to record what you hear from God over this time and Enjoy!!

For more on the purpose and blessings of a fasted lifestyle, read Fasting Study Notes available at [www.cotrb.org](http://www.cotrb.org) (Media page). An online resource for Fasting Scriptures: <https://www.viralbeliever.com/scripture-topics/fasting-scriptures>

## **Day Two: “A Time of Cleansing: Mind, Body, Church”**

“In a large house there are utensils not only of gold and silver but also of wood and clay, some for special use, some for ordinary. All who cleanse themselves of the things I have mentioned will become special utensils, dedicated and useful to the owner of the house, ready for every good work. Shun youthful passions and pursue righteousness, faith, love, and peace, along with those who call on the Lord from a pure heart.” (2 Timothy 2:20–22 NRSV)

We are God’s ordinary people, set apart for special use!

As those saved by the blood of Jesus, we are called to a life of purity, and continual sanctification and consecration. The Lord has called us to be sons and daughters, who live lives that honor the Most High. The 2020 Corporate Fast and these scriptures and devotions challenge us to remember who we are, and to seek God for instruction and correction.

## **Day Three: CONSECRATION**

Consecration can be defined as...“Persons or things being separated to or belonging to God. They are holy or sacred. They are set apart for the service of God.” Holman Illustrated Bible Dictionary

Consider the Nazarites. They were set apart and required to follow a proscribed lifestyle that was designed by God. Numbers 6:1-21

“Speak to all the congregation of the people of Israel and say to them: You shall be holy, for I the LORD your God am holy.” Lev. 19:2

“Now therefore, if you obey my voice and keep my covenant, you shall be my treasured possession out of all the peoples. Indeed, the whole earth is mine,” Ex. 19:5

“But you shall be for me a priestly kingdom and a holy nation. These are the words that you shall speak to the Israelites.” Ex. 19:6

“Therefore, come out from them, and be separate from them, says the Lord, and touch nothing unclean; then I will welcome you, and I will be your father, and you shall be my sons and daughters, says the Lord Almighty.” 2 Corinthians 6:17–18 NRSV

SEEK GOD ABOUT HOW HE WANTS TO SET US APART IN THE MIND, BODY, AND AS THE BODY OF CHRIST/CHURCH COMMUNITY?

#### **Day Four: SANCTIFICATION**

Sanctification can be defined as the “Process of being made holy resulting in a changed lifestyle for the believer.”

Meditate on this thought: “...God is separate; things and people dedicated to Him and to His use are separate.” Holman Illustrated Bible Dictionary

Today, pray about the ways in which the Lord wants to separate your mind, body, and our church to be made holy.

#### **Day Five: PURIFICATION**

“Since the OT assumes that the people would encounter sin and uncleanness, it provides a way to return to cleanness.” Holman Illustrated Bible Dictionary

In the Bible includes purification rituals include water, fire (Numbers 31:23) and blood (Leviticus 16:14-19) to eliminate impurities such as evil, guilt and sin.

Religious purity is not for the sake of human affirmation or approval, but to sanctify and consecrate the sacrifice for God, so it will be pleasing to God.

Believers are called to be purified.

“If you put these instructions before the brothers and sisters, you will be a good servant of Christ Jesus, nourished on the words of the faith and of the sound teaching that you have followed. Have nothing to do with profane myths and old wives’ tales. Train yourself in godliness, for, while physical training is of some value, godliness is valuable in every way, holding promise for both the present life and the life to come. The saying is sure and worthy of full acceptance. For to this end we toil and struggle, because we have our hope set on the living God, who is the Savior of all people, especially of those who believe. These are the things you must insist on and teach. Let no one despise your youth, but set the believers an

example in speech and conduct, in love, in faith, in purity.” 1 Timothy 4:6–12  
NRSV

### **Day Six: A PURE HEART**

“Blessed are the pure in heart, for they will see God.” Matthew 5:8 NRSV

What else does scripture teach us about our hearts? What are ways that the Lord cleanses our hearts?

### **Day Seven: CLEANSING THE MIND**

“To the pure all things are pure, but to the corrupt and unbelieving nothing is pure. Their very minds and consciences are corrupted.” Titus 1:15 NRSV

“Rejoice in the Lord always; again, I will say, Rejoice. Let your gentleness be known to everyone. The Lord is near. Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

Finally, beloved, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things. Keep on doing the things that you have learned and received and heard and seen in me, and the God of peace will be with you.” Philippians 4:4–9 NRSV

What is the Lord challenging you to do to have a cleansed mind? What will you surrender to God for the sake of a cleansed mind?

### **Day Eight: SERVING TOGETHER, A HOLY CHURCH**

“As we work together with him, we urge you also not to accept the grace of God in vain. For he says, “At an acceptable time I have listened to you, and on a day of salvation I have helped you.” See, now is the acceptable time; see, now is the day of salvation! We are putting no obstacle in anyone’s way, so that no fault may be found with our ministry, but as servants of God we have commended ourselves in every way: through great endurance, in afflictions, hardships, calamities, beatings,

imprisonments, riots, labors, sleepless nights, hunger; by purity, knowledge, patience, kindness, holiness of spirit, genuine love, truthful speech, and the power of God; with the weapons of righteousness for the right hand and for the left; in honor and dishonor, in ill repute and good repute. We are treated as impostors, and yet are true; as unknown, and yet are well known; as dying, and see—we are alive; as punished, and yet not killed; as sorrowful, yet always rejoicing; as poor, yet making many rich; as having nothing, and yet possessing everything.” 2 Corinthians 6:1–10 NRSV

“Now that you have purified your souls by your obedience to the truth so that you have genuine mutual love, love one another deeply from the heart. You have been born anew, not of perishable but of imperishable seed, through the living and enduring word of God.”

1 Peter 1:22–23 NRSV

What will be the fruit of a church that is sanctified, purified, and consecrated for Him? How can Redeemer be a “Light” and “Salt”? Pray for the family of God, the Church as we serve together.

### **Day Nine: SEEKING GOD’S CLEANSING- “GOD WILL”!**

David cries to the Lord- Psalm 51. “Purge me with hyssop, and I shall be clean; wash me, and I shall be whiter than snow.” Psalm 51:7 NRSV

“Submit yourselves therefore to God. Resist the devil, and he will flee from you. Draw near to God, and he will draw near to you. Cleanse your hands, you sinners, and purify your hearts, you double-minded.” James 4:7–8 NRSV

We have the assurance that if we seek God’s cleansing...God Will respond. In what ways can you seek God more for him to cleanse your mind and body? How can we continue to seek God with our whole hearts for him to cleanse our Church?

### **Day Ten: THE BLOOD OF JESUS**

“But when Christ came as a high priest of the good things that have come, then through the greater and perfect tent (not made with hands, that is, not of this creation), he entered once for all into the Holy Place, not with the blood of goats and calves, but with his own blood, thus obtaining eternal redemption. For if the blood of goats and bulls, with the sprinkling of the ashes of a heifer, sanctifies those who have been defiled so that their flesh is purified, how much more will the blood of Christ, who through the eternal Spirit offered himself without blemish to God, purify our conscience from dead works to worship the living God!” Hebrews 9:11–14 NRSV

“This is the message we have heard from him and proclaim to you, that God is light and in him there is no darkness at all. If we say that we have fellowship with him while we are walking in darkness, we lie and do not do what is true; but if we walk in the light as he himself is in the light, we have fellowship with one another, and the blood of Jesus his Son cleanses us from all sin. If we say that we have no sin, we deceive ourselves, and the truth is not in us. If we confess our sins, he who is faithful and just will forgive us our sins and cleanse us from all unrighteousness.” 1 John 1:5–9 NRSV

Today, thank God for the blood. It is the power that makes it possible for our cleansing, sanctification and purification.

## **Celebrate**

This is the conclusion of this 10-Day fast. As we continue to live a fasted lifestyle, let us look forward to the next opportunity to fast for the Lord.

“Now unto him that is able to do exceeding abundantly above all that we ask or think, according to the power that worketh in us, unto him be glory in the church by Christ Jesus throughout all ages, world without end.” Ephesians 3:20-21  
Amen.



