

## First 2019 Principle of First

### WHY 21 DAYS OF PRAYER AND FASTING?

21 days creates a habit

- We become what we repeatedly do
- We all have habits, but our habits eventually form us. They make us into who we are.
- 21 days to create habits of prayer, fasting and time in His word.

As believers, our habits are not be the same as the world's habits. Our goals are not the same as the world's goals. We cannot base our priorities how what the world bases its priorities on.

**We live IN the world, but we are not OF the world.**

John 17:15-16 - *15 I do not ask that you take them out of the world, but that you keep them from the evil one. 16 They are not of the world, just as I am not of the world.*

The world is our location...but it is not our destination...which means it cannot be our source of information.

James 4:8 - ***Draw near to God, and he will draw near to you***

This is why we are doing the 21 days of prayer and fasting.

### TYPES OF FASTS

#### **Complete Fast**

In this type of fast, you drink only liquids, typically water, light juices, coffee, or tea.

#### **Selective Fast**

This type of fast involves removing certain elements from your diet. One example of a selective fast is the "Daniel Fast", during which you remove meat, sweets, and bread from your diet.

#### **Partial Fast**

This fast is sometimes called the "Jewish Fast" - It's just where you don't eat from sunup to sun down.

#### **Soul Fast**

This fast helps you to refocus certain areas of your life that are out of balance. For example, you might choose to stop using social media or watching television or listening to certain music for the duration of the fast.

### REASONS NOT TO FAST

1. Lose weight
2. To be accepted and loved by God
3. To show how awesome and close to God you are

**Matthew 6:16-18** - *16 "And when you fast, do not look gloomy like the hypocrites, for they disfigure their faces that their fasting may be seen by others. Truly, I say to you, they have received their reward. 17 But when you fast, anoint your head and wash your face, 18 that your fasting may not be seen by others but by your Father who is in secret. And your Father who sees in secret will reward you.*

## REASONS TO FAST

1. Jesus said to...and Jesus did.

**Matthew 6:16** - 16 *“And when you fast...”*

2. To prepare for spiritual battle. To get breakthrough.

**Matthew 4:1-4** - *Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. 2 **And after fasting forty days and forty nights**, he was hungry. 3 And the tempter came and said to him, “If you are the Son of God, command these stones to become loaves of bread.” 4 But he answered, “It is written, “**Man shall not live by bread alone, but by every word that comes from the mouth of God.**”*

**Fasting is not just abstaining FROM something...it's giving yourself TO something.**  
*Prayer, hearing God, study of His word.*

### **Matthew 17:16-21 NASB**

*16 I brought him to Your disciples, and they could not cure him.” 17 And Jesus answered and said, “**You unbelieving and perverted generation**, how long shall I be with you? How long shall I put up with you? Bring him here to Me.” 18 And Jesus rebuked him, and the demon came out of him, and the boy was cured at once. 19 Then the disciples came to Jesus privately and said, “Why could we not drive it out?” 20 And He \*said to them, “Because of the littleness of your faith; for truly I say to you, if you have faith the size of a mustard seed, you will say to this mountain, ‘Move from here to there,’ and it will move; and nothing will be impossible to you. 21 But this kind does not go out **except by prayer and fasting.**”*

**Unbelieving is far from God. Perverse is close to the world.**  
**Prayer is close to God. Fasting is far from the world.**

The goal of this 21 days is to get close to God and get far from the world.

## WHY THE FIRST?

**Firstfruits - This principle is found all through the bible - Genesis to Revelation**

In the old testament there was a feast of firstfruits and firstfruits offerings that were brought to God...the first of whatever they had. **Not just the first, but the best.**

**God wants to be first.** - If God isn't the first priority in your life, then he isn't a priority at all in your life. He won't accept 2nd place.

- The first commandment is “you shall have no other gods before me”

Matthew 6:33 - *Jesus said **But seek first** the kingdom of God and His righteousness, **and all these things** shall be added to you.*

**Whatever you seek first organizes your life**

**Romans 11:16** - *If the dough offered as **firstfruits** is holy, so is the whole lump, and if the root is holy, so are the branches.*

**Principle of the first: The first has the power to bless the rest.**

**Proverbs 3:9-10** - *Honor the Lord with your possessions, And with the **firstfruits** of all your increase; **So your barns will be filled with plenty, And your vats will overflow with new wine.***

**The FIRST activates our FAITH.**

**GIVE GOD THE FIRST OF EVERYTHING**

**1. Your Year**

1. Ask God for God goals this year
2. Participate in the 21 days of prayer and fasting

**2. Your Time**

1. Daily time with God through prayer journal.
2. Give him the first of your thoughts.
3. First of your week - Church - Begin your week with God. Gathering with God's people. Take a sabbath on Sunday.
4. Lead and attend life group

**3. Your gifts**

1. Serve him by using our gifts to bless others.
2. Get involved in a serve team here if you're not

**4. Your increase**

1. First fruits offering
2. Tithe - 10%

**Jeremiah 29:13** - *You will seek me and find me, when you seek me **with all your heart.***

**\*\*Hebrew word for "heart" means - the inner man, comprehending mind, affections and will.**

When we commit to seek Him with our whole heart...our whole mind, will and affections...we will find him. He will speak to us!

He will answer us...if we will call to him. Draw near to Him, separate ourselves from the world. - ***Turn down the volume of the world, to turn up the volume of God***