



Welcome to our 2022 Fall Fasting Forward! During this time of fasting, it will be a time of recalibration and rededication of shifting our focus back to the Lord.

As you give way during this Fast, keep a journal nearby and record what the Lord is saying to you directly and what He is saying corporately. We would love to hear any testimonies or prophetic words the Lord gives you during this time. Expect to hear from the Lord about things He wants to do in your life in the seasons ahead. Begin to pray and prophecy, decree those things. Let the words of your mouth fame your world. It is time for us to tame our tongues and begin to speak life into the world around us. There is a great emphasis on WORDS. What has become the meditation of your heart and what things are you agreeing with?

Here are some key areas of focus. We are not limited to these things, these are merely conversation starters between you and the Lord. Take these topics and inquire of the Lord. Use these to meditate, pray, and Prophecy. Click here: to [see this month's epistle/newsletter with daily scriptures about Fasting](#) to also prophecy over our body as we all together join in for this time of getting it together, all together

1) Sanctification

- Jesus answered, "I am the way and the truth and the life. No one comes to the Father except through me. [John 14:6](#)
- But we should and are [morally] obligated [as debtors] always to give thanks to God for you, believers beloved by the Lord, because God has chosen you from the beginning for salvation through the sanctifying work of the Spirit [that sets you apart for God's purpose] and by your faith in the truth [of God's word that leads you to spiritual maturity]. [2 Thessalonians 2:13](#)

- ‘Now get up and stand on your feet. I have appeared to you to appoint you as a servant and as a witness of what you have seen and will see of me. **17** I will rescue you from your own people and from the Gentiles. I am sending you to them **18** to open their eyes and turn them from darkness to light, and from the power of Satan to God, so that they may receive forgiveness of sins and a place among those who are sanctified by faith in me.’ Acts 26:16-18
- **21** Those who cleanse themselves from the latter will be instruments for special purposes, made holy, useful to the Master and prepared to do any good work. **22** Flee the evil desires of youth and pursue righteousness, faith, love and peace, along with those who call on the Lord out of a pure heart. [2 Timothy 2: 21-22](#)
- for God bought you with a high price. So you must honor God with your body. [1 Corinthians 6:20](#)
- Then Jesus said to his disciples, “Whoever wants to be my disciple must deny themselves and take up their cross and follow me. [Matthew 16:24](#)

We are sanctified through our FAITH in the finished work that Jesus did for us on the cross. Did you catch that? We have faith in what Jesus did for us. Sanctification is a choice. It is through dying to ourselves and living a resurrected life through and for Jesus that we fulfill our purpose. We are no longer our own but bought with a price. Know your Worth. That means you are set apart, called to a higher standard for a purpose far greater than yourself. We believe in our hearts that Jesus took care of all our sin on the cross, so we need to crucify our flesh, deny ourselves and live according to the righteousness Jesus paid the price for us to have. Simply put, sometimes we have to tell ourselves no. The return is far greater than anything we could hope for or imagine. Far more than we could ever accomplish by our own might. Far beyond our understanding. It is an infinite return. It is a return to the joy of our salvation.

2) Salvation:

- Psalm 51:12 (Multiple Translations)
 - NIV: Restore to me the Joy of your salvation and grant me a willing spirit to sustain me
 - NLT: Restore to me the Joy of your salvation and make me willing to obey you
 - ESV: Restore to me the Joy of Your salvation and uphold me with a willing spirit
 - NKJV: Restore to me the Joy of Your salvation and uphold me by Your generous Spirit

- AMP: Restore to me the Joy of Your Salvation and sustain me with a willing spirit
- TPT: Let my passion for life be restored, taking joy in every breakthrough you bring to me. Hold me close to you with a willing spirit that obeys whatever you say
- The Voice: Give back to me the deep delight of being saved by You; let Your willing Spirit Sustain me
- Restore: (H775)
 - A primitive root word meaning to turn back literally and figuratively.
 - To retreat, break, build, circumcise, dig, lie down, make, cause to answer, bring back home, call to, carry again, deliver, get oneself back again, pull in, recall, recompense, render, rescue restore, reverse, reward, slide back, take back, to bring back to mind.
- Salvation (H3468)
 - Liberty, deliverance, prosperity, safety, victory, to be open wide, to be safe, free
- Everyone who calls upon the name of the Lord will be saved.
- Be praying for the lost. This has become so cliché and even sounding like religion. However, this is the great commission. Do you have ones around you that have not called upon the Lord and been saved? Pray for them.

The Lord is wanting to restore to us the JOY of our salvation. Fling wide the gates! Let Him in again. Open the ancient gates so that the king of Glory may enter in. Remember what it felt like when you first said yes. When you first felt Jesus and invited Him into your heart. Remember what it felt like when you first said yes and the JOY that came as the weight lifted. Has it been so long that you've forgotten? Ask Him to take you back to that place and remember that moment, that changed everything. Our willing spirit allows him to sustain us through the impossible. Call upon the Lord, begin to thank Him for saving you, and ask Him to return to the JOY of your salvation.

Testimony: I was saved when I was 9 years old. Its been a long time, being saved at such a young age I can't remember much about how it felt to not be saved. However, as I walked out this activation, I felt a refreshing touch as if I was saved all over again. I remembered how the Lord called out to me that night. I didn't know what was happening or why I felt like I needed to get to the altar. Me always being the one that wants to blend in the background, I just wanted to leave and get back home to my room to hide. I actually got in the car but couldn't hold it in. I began to weep uncontrollably. My mother knew what was happening and got me to that altar for prayer. I'm thankful the Lord didn't let me leave that parking lot without letting me know how much He loved me. How he could see me, he knew me, and wanted me to feel His love in my heart all the days of my life. That is sweet Joy the world cannot take away.

****If you would like to share your testimony of when the Lord first encountered you, please email cdockery@newcovenantatlanta.com*

3) Mercy of God - What is Mercy? What is the Lord saying to you about His Mercy? Look up scriptures on Mercy. Here are a few to get you started.

- For the Lord your God is a merciful God. He will not leave you or destroy you or forget the covenant with your fathers that he swore to them. [Deuteronomy 4:31](#)
- Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need. [Hebrews 4:16](#)
- For you, O Lord, are good and forgiving, abounding in steadfast love to all who call upon you. [Psalm 86:5](#)
- If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness [1John 1:9](#)
- For judgment is without mercy to one who has shown no mercy. Mercy triumphs over judgment. [James 2:13](#)

4) Communion

A key tool/strategy the Lord has given for the days ahead is communion. Taking time daily to communion with Him. To remember Him, to remember who He is and that He is in you and you are in Him. Remembering the covenant we have with Him.

- 1 Corinthians 11:26. For as often as you eat this bread and drink the cup, you proclaim the Lord's death until he comes.

1 John 1:3 We proclaim to you what we have seen and heard, so that you also may have fellowship with us. And our fellowship is with the Father and with his Son, Jesus Christ.

1 Corinthians 10:16 The cup of blessing that we bless, is it not a participation in the blood of Christ? The bread that we break, is it not a participation in the body of Christ?

John 6:53-58

So Jesus said to them, “Truly, truly, I say to you, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you. Whoever feeds on my flesh and drinks my blood has eternal life, and I will raise him up on the last day. For my flesh is true food, and my blood is true drink. Whoever feeds on my flesh and drinks my blood abides in me, and I in him. As the living Father sent me, and I live because of the Father, so whoever feeds on me, he also will live because of me. ...

5) Awaken

The Lord is calling His Bride, the church to awaken. Darkness is covering the earth and we must be the light. We must reflect His Glory.

- ¹³ But everything exposed by the light becomes visible—and everything that is illuminated becomes a light. ¹⁴ This is why it is said:

**“Wake up, sleeper,
rise from the dead,
and Christ will shine on you.”**

¹⁵ Be very careful, then, how you live—not as unwise but as wise, ¹⁶ making the most of every opportunity because the days are evil. ¹⁷ Therefore do not be foolish, but understand what the Lord’s will is [Ephesians 5:13-17](#)

- Take time to read and meditate on Ephesians 5:1-20
- Ask the Lord to shine His light upon you and awaken you to anything you may be sleeping on
 - This could be assignments
 - Blessings
 - Perhaps hidden sin, the Lord is shining Light into the Dark take time to privately allow Him to expose things, repent, and get in right standing
- “Arise, shine, for your light has come,
and the glory of the LORD rises upon you.
² See, darkness covers the earth
and thick darkness is over the peoples,
but the LORD rises upon you
and his glory appears over you. [Isaiah 60:1-2](#)

6) Strength & Perspective

We need strength, supernatural strength for the days ahead. Where does it come from? In the days ahead we are especially going to need to pull on supernatural strength to withstand some things that we or our loved ones may endure. We gain that strength in the Lord, relying on Him to be our help. Humbling ourselves before Him, decreasing and allowing Him to increase. We must not be too proud to fervently ask the Lord for help, daily.

But those who trust in the LORD will find new strength. They will soar high on wings like eagles. They will run and not grow weary. They will walk and not faint. [Isaiah 40:31](#)

As we soar on wings like eagles, we go up higher. We get a higher perspective. We gain God's perspective and it SHIFTS how we view our past, present, and future circumstances. We have Heaven's insights and secrets. We unlock Godly wisdom on how to navigate what is around us. It's like taking a close up picture of a tiny rock vs a picture of the entire mountain with a drone.

Other Scriptures to meditate on and declare :

- My help comes from the LORD, the Maker of heaven and earth. [Psalm 121:2](#)
- Set your minds on things that are above, not on things that are on earth. [Colossians 3:2](#)
- The Lord is my strength and song, and He has become my Salvation, he is my God and I will praise Him - [Exodus 15:2](#)
- Lord, You are my Light and my salvation. You are the strength of my life. I will not fear anything or anyone [Psalm 27:1](#)
- There are so many, click here for a [list of scriptures](#) about perspective. . . What is the Lord saying to you through these? Can you find some that really speak to you to meditate on daily to keep you in perfect peace? As you meditate on these, ascend into the Throne Room and be strengthened. Allow God to shift your perspective to be KINGDOM minded, put on the Mind of Christ, keep your mind on the things above.

7) Full-Court Press (Prayer)

It is time to press in not just for your household but as a church. Press into praying and declaring the Word of God over each other daily. In sports there is a thing called a full-court press, this is its definition: a defensive tactic in which members of a team

cover their opponents throughout the court and not just near their own basket. The term alludes to a basketball tactic in which the defenders put pressure on the opposing team over the entire court, trying to disrupt their dribbling and passing.

CHURCH! It is time for a full-court press against the enemy. Let's all begin to press for one another daily. If you haven't been... that's okay. I haven't either, but I make a commitment to correct that. It is time for us to put the full-court press on each other's opponents. Our prayers can disrupt the movement (dripping) and the tactics (passing) of the devil. Let's go team! It's time to get off the bench and get into the game.

In relation, another phrase I keep hearing is, ALERT, ALL HANDS ON DECK! It is time for us to return to our positions. It is time to return to prayer and declaring God's word over one another like never before. Yes... you! Begin simple and know that the Lord is hearing your prayers.

Hebrews 10: 19-25 (The Voice)

So, my friends, Jesus by His blood gives us courage to enter the most holy place.²⁰ He has created for us a new and living way through the curtain, that is, through His flesh.²¹ Since we have a great High Priest who presides over the house of God,²² let us draw near with true hearts full of faith, with hearts rinsed clean of any evil conscience, and with bodies cleansed with pure water.²³ Let us hold strong to the confession of our hope, never wavering, since the One who promised it to us is faithful.²⁴ Let us consider how to inspire each other to greater love and to righteous deeds,²⁵ not forgetting to gather as a community, as some have forgotten, but encouraging each other, especially as the day of *His return* approaches.

1 Corinthians 13:5-9 MSG:

Test yourselves to make sure you are solid in the faith. Don't drift along taking everything for granted. Give yourselves regular checkups. You need firsthand evidence, not mere hearsay, that Jesus Christ is in you. Test it out. If you fail the test, do something about it. I hope the test won't show that we have failed. But if it comes to that, we'd rather the test showed our failure than yours. We're rooting for the truth to win out in you. We couldn't possibly do otherwise.

We don't just put up with our limitations; we celebrate them, and then go on to celebrate every strength, every triumph of the truth in you. We pray hard that it will all come together in your lives.