

ONE DESIRE FAST 2022

# Beyond

FAST RESOURCES



# ONE DESIRE FAST 2022

At our church, we call our annual fast One Desire Fast because we want to start off the year united together as a church to fast and seek God as our ultimate desire.

We pray that this booklet would be a helpful resource for you and help you experience more of God during this fast!

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# WHAT IS FASTING?

Fasting is a spiritual discipline where we abstain from things we usually hunger and crave for as an expression of wanting to be filled with God's love and receive what He prepared and promised for us. In the Bible, fasting is a way to express a cry for help to God and an offering to glorify Him.

# HOW DO WE FAST?

As a church, our fasting starts at *sundown, Sunday January 16 until sundown, Friday January 28*. We suggest fasting this way, but you can customize your fast according to what suits you best. Also, please take into consideration your own health conditions.

The purpose of fasting is not to eat less than usual, but to build up on our relationship with God, and one of the best ways to know God is through prayer. As such, it might be helpful to consider other things that might distract you from spending time with God and decide whether it might be helpful to fast from it too (e.g. video games). While you fast, take time to evaluate how the fast is going, perhaps God is challenging you to take a step of faith and fast from something that is more difficult so you can depend on Him.

## Week 1

- Social media fast
- First timer: No meat
- Second timer or more: One meal a day

## Week 2

- Social media fast
- First timer: One meal a day
- Second timer or more: Liquids only

# WHY DO WE FAST?

## ① TURNING BACK TO GOD

*12 “Even now,” says the Lord,  
“Turn and come to Me with all your heart [in  
genuine repentance],  
With fasting and weeping and mourning [until  
every barrier is removed and the broken  
fellowship is restored];  
Joel 2:12 (Amplified Bible)*

Since God has demonstrated love for us first, fasting is a way to restore our relationship with Him through repentance. To repent means to decide to turn away from our old mindset, habits, fears, sin, and turn toward our heavenly Father.

## ② THINKING LESS OF OURSELVES AND MORE OF GOD

*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.  
Matthew 6:16-18 (English Standard Version)*

We want to shift our focus from ourselves to God. In Matthew 6:16-18 it reminds us that fasting is not for others to see, but it is an act of devotion to think more about God and less of ourselves. Fasting is not about gaining God's acceptance, but setting apart time to meditate on the truth that God already accepts us because Jesus died on the cross for us.

# WHY DO WE FAST? Continued

## ③ SEEKING GOD'S WILL

*2 "While they were worshiping the Lord and fasting, the Holy Spirit said, "Set apart for me Barnabas and Saul for the work to which I have called them." 3 Then after fasting and praying they laid their hands on them and sent them off.*

Acts 13:2-3 (English Standard Version)

Fasting is a process of setting aside our priorities and making God our first priority. God has an amazing plan for us to take part in His great work, but often the noise of the world makes it really difficult to hear what it is that God is trying to say. Fasting blocks out the noise and allows us to listen to God clearly.

## ④ OVERCOMING TEMPTATIONS

*6 "I will give you the glory of these kingdoms and authority over them," the devil said, "because they are mine to give to anyone I please. 7 I will give it all to you if you will worship me."*

*8 Jesus replied, "The Scriptures say, 'You must worship the Lord your God and serve only him.'"*

*12 Jesus responded, "The Scriptures also say, 'You must not test the Lord your God.'" 13 When the devil had finished tempting Jesus, he left him until the next opportunity came.*

Luke 4:6-8,12-13 (New Living Translation)

Whether we are aware of it or not, there is a spiritual war going on all around us. Satan wants us to always choose the easy but destructive path, while the Holy Spirit is helping us to obey God. Through prayer and fasting, we become closer to God and the Holy Spirit helps us resist those temptations.

# HOW DO WE FEAST?

While we fast from the things we easily depend on such as food and social media, we must also feast on things that enrich us spiritually. Think about it as resisting to eat candy before dinner so you don't get stuffed before a nourishing full meal.

This is how we recommend you to feast during our fast:

1. **Read the Bible:** Learn about what God is trying to say to us by routinely reading His word
2. **Pray and Meditate:** Spend quiet time talking with God and listening to Him
3. **Be in Nature:** Be in awe of God's creation to internalize His greatness
4. **Reflect & Journal:** Write down what God is speaking to you about and share with others

On top of those, here are some helpful tips that can help you during your fast:

- **Be hungry for God:** When we're eating what we normally eat, it's easy to just focus on hunger. Take the time you use to eat to instead pray, worship, and be in communion with God! Ultimately the purpose of fasting is not to eat less, but to know more of His Word.
- **Be accountable:** Fasting can be difficult and there are so many temptations around us but having people who are doing it with you and have the same goal is immensely helpful. Connect with your community and share and discuss what God is doing and your struggles.

# SHARING WITH FAMILY & FRIENDS

Fasting is not supposed to be an isolating experience, even though there will be people in our lives who will not fast with us. We want to still love and be intentional with those around us during ODF, therefore it's important to communicate with them about your fast.

Here are some tips on how to do it:

## 1. Let them know you're logging out

Before you begin the social media fast, let people who follow you on these platforms know that you won't be able to reply to their messages and provide alternative means to reach you. We still want to maintain our relationships while eliminating distractions.

## 2. Explain the whys

Rather than just letting people know what you'll be fasting from (that you won't join meals, open socials, etc.) let them know the purpose of your fast. Share about your personal conviction and some topics you want to pray for throughout the fast. By doing this, you are putting the focus less on yourself but rather on God and why He's compelled you to make this commitment. It can also be a good avenue to share about your faith especially to your pre-Christian friends and family!

## 3. Find other ways to connect

We are all familiar with the adage "food brings people together". It is, however, not the only means to connect with people. During the fast, make sure to find time to still interact with and serve others outside from having a meal together. You can engage in a conversation with people during a walk, over board games, running errands together, etc.

# YIELDED TO THE SPIRIT

January 17, 2022

## **What it means to be “Yielded to the Spirit”**

To yield means to give something up or to give yourself over. A person yielded to the Holy Spirit is one who surrenders to the Spirit’s will and submits to God’s authority.

When we decide to follow Jesus, we are called to surrender to His will and live a life of obedience, righteousness and fruitfulness. This means choosing to do what God wants, even if it is not what we want, and resisting temptation to live in righteousness and holiness. Every day we will face temptations to give in to our flesh. The Spirit is willing, but the flesh is weak (Matthew 26:41) and the desires of the flesh are against the desires of the Spirit, they are opposed to each other, keeping us from doing the things we want to do (Galatians 5:17). That is why we must actively make the decision to walk in the Spirit and yield to the Spirit daily.

## **Reflection and Application**

- Why is yielding challenging? Identify some reasons that usually hinder you from doing so.
- How do you foresee yourself being challenged in the next 2 weeks of fasting? Come up with some SMS (specific, measurable, set time) next steps and ask for accountability.



## Prayer

- Bring your struggles and temptations to God and ask Him to help you become willing to yield to Him
- Pray for the ministry in CUHK
  - For us to be transformed through going deeper in our relationship with God and each other. We want to be a campus that is dependent on God through prayer, and be vulnerable with one another
  - For 10 freshmen to commit to LIFE Group community and be the next generation of our campus (especially girls)
  - For two LIFE Groups on campus next ministry year

## Reflections and Takeaways

# OBEDIENT TO GOD'S WORD

January 18, 2022

## What it means to be “Obedient to God’s Word”

To be obedient means to submit to another’s authority. For us as Christ-followers, the ultimate authority is God and obedience means complying with everything God has commanded through His word (the Bible).

Oftentimes in life, we go through different circumstances and choose to let our own flesh lead instead of obeying God. We need God to guide us and reveal how sinful we are so we can thirst to be more like Him. God’s word is living and active, sharper than any two-edged sword (Hebrews 4:12). This means that God’s word reveals our sinful desires and guides us according to His will. God also reminds us that He is the vine and we are the branches (John 15:5) and His word is the lamp to our feet (Psalm 119:105). We need God’s word in order to be obedient.

## Reflection and Application

- Identify areas of your life that are not consistent with God’s commands in the Bible. Ask an accountability partner to help you. Why are those areas not consistent and what can you do to change that?
- As you reflect, how can God’s truth speak to you to fight for perspective? Find a verse that speaks to you and pray through it.

## Prayer

- Seek God to help you to commit to doing SOAP daily and be aware of opportunities to apply them in your life
- Pray for the ministry in PolyU
  - Pray for multiple layers of discipleship
  - Pray for more salvation and baptism in this semester
  - Pray for LIFE Group members be rooted deeper in the church

## Reflections and Takeaways

# NETWORKED WITH OTHERS

January 19, 2022

## What it means to be “Networked with Others”

According to the Cambridge English Dictionary, a “network” consists of smaller parts that are connected and make up a larger system. Similarly, the Bible tells us that each of us as followers of Christ “belong to one another” forming one larger network - “The body of Christ” (Romans 12:5).

Our modern culture is permeated by notions of “self-actualisation” and “individualism”. However, as fellow members of the body of Christ, we have been called to live life “networked with others”; a life that is relational, devoted to one another in love, and honors one another above ourselves (Romans 12:10). This is because God uses communities to enable us to experience the fullness of His love. In John 13:34-35, Jesus reminds us that we are commanded to love and serve one another out of our relationship with Him who loved us first. By devoting ourselves faithfully to the communities God has placed us in, we are able to experience God tangibly and meaningfully beyond our imagination.

*“Again I say to you, if two of you agree on earth about anything they ask, it will be done for them by my Father in heaven. For where two or three are gathered in my name, there am I among them.” (Matthew 18:19-20 ESV)*

A way we can demonstrate care for the networks and communities around us is to pray for them! In fact, Matthew 18:19-20 reminds us that there is great power when we do so with one another as this is when we experience the Father’s presence with us!

## How to pray in community through WEFIE?

- Wait upon the Spirit  
Listen to the Spirit for one minute as one group. He may give you a prayer prompting, a word, or even an image for yourself or another!
- Express personal prayers  
Take turns lifting up a personal prayer for yourself.
- Follow-up with prayers  
Take turns praying for one another in a decided order.
- Intercede for other requests  
Take turns praying for other topics (friendship circle, family, workplace, society).
- Encourage with God's promises  
Share a verse/vision/image that comes to mind, share what you've heard from the Spirit in prayer.

## Next Steps

- Connect with 2 to 3 members of your LIFE Group in-person or online and pray in community with the WEFIE method. Share your personal prayer requests with one another and intercede for the communities God has placed you in.
- Create a Whatsapp prayer chain: Share prayer requests in your LIFE Group Whatsapp chat and encourage each other by typing up prayers for one another.

## Reflections and Takeaways

# DECLARATIVE OF THE GOSPEL

January 20, 2022

## **What it means to be “Declarative of the Gospel”**

To be declarative means to make a simple statement of something and make it known among people. To be declarative of the gospel means to declare the good news of Jesus Christ and let other people know who God is.

As Jesus’ followers, our mission and duty is to share the gospel with those who have yet to experience and trust in Jesus. We must also declare God’s truths to ourselves and others because we so easily believe in the lies in this world. This means that we must go out of our comfort zone and be bold in sharing the gospel with others. We also ought to live in a Christ-centered and loving way so that when others see our good deeds they will be curious or even amazed by the way we live and glorify our Father in heaven. As Jesus said to His disciples, the harvest is plentiful, but the workers are few (Matthew 9:37).

## **Reflection and Application**

- Why is it hard to share the gospel with other pre-Christians? Identify some reasons that are preventing you from sharing the gospel with others.
- How can you get out of your comfort zone in the next two weeks to declare the gospel? Come up with some SMS (specific, measurable, set time) next steps and ask for accountability.

## Prayer

- Ask God to help you live in a Christ-centered lifestyle and shine your light in front of others
- Pray for the ministry in HKUST
  - Experiencing the joy of spending time with God, inspiring our campus to grow spiritually
  - Faith-filled discipleship relationships instead of fear, trusting that God will redeem and work in people's hearts
  - Boldly living out the gospel and being a witness to the lost

## Reflections and Takeaways

# BEING YIELDED AND DEPENDENT

January 21, 2022

*“I myself did not know Him, but He who sent me to baptize with water said to me, ‘He on whom you see the Spirit descend and remain, this is He who baptizes with the Holy Spirit.’” (John 1:33 ESV)*

Though we can baptize others in water, Jesus is the only one who baptizes with the Holy Spirit. To have a relationship with God stems from intimacy with the Holy Spirit in us, which means being yielded to God. We can only grow in our understanding of Him when we choose to let Him work. Yielding means giving up control and asking God for His solutions rather than our own. To yield more to the Spirit, we need to consciously be more aware of Him in our lives. The Christian life is not just about struggling but involves constant yielding to the Holy Spirit.

Ephesians 4:30 encourages us to not grieve the Holy Spirit, and to live in line with God’s purposes. The Holy Spirit dwells within us and knows our thoughts and actions — He is the one who helps us to live according to God’s purposes. We can yield to the Holy Spirit by praying in day to day moments to trust in His provision or solutions instead of our own.

Through fasting, our lack of food intake defines our health and body, causing us to feel a sense of weakness. It is this weakness that causes us to depend even more on God! Similarly, our intake of God’s Word and yielding to the Holy Spirit defines our spiritual health and maturity. Let’s commit to abiding and pausing in different moments throughout the day to pray and yield to the Holy Spirit speaking to us.



## Reflection and Application

- What is your view of the Holy Spirit? What makes it hard to yield in the day to day moments?
- Share with someone some practical habits you would like to build and exercise your sensitivity and yield to the Holy Spirit. (Specific, Measurable & Achievable)

## Prayer

- Have you been intimate with the Holy Spirit? Repent and ask God to dwell in your heart and be your best friend.
- Pray for the ministry in HKU
  - Pray for 2 new leaders and 5 new SALT community members
  - Pray for deeper friendship across differences (gender, major, hobbies)
  - Pray for transformation in spiritual growth and character through intentional community

## Reflections and Takeaways

# OBEDIENT TO GOD'S WORD: PRAYER OF REPENTANCE

January 22, 2022

Repentance is a crucial aspect of being obedient to God's word. We often fail to meet God's great commandment of loving the Lord and loving our neighbours as ourselves when we choose to worship our idols. Yet, God's kindness leads us to repentance. When we humble ourselves in prayer, He will forgive our sins (2 Chronicles 7:14). Repentance is not just about behaviour modification, but it means to turn away from sin and turn our hearts back to our Father.

## **Application: Praying with repentance with the 4R's of Transformation framework**

### **Realize**

- What thoughts, emotions, or behavior do you *realize* do not align with the Gospel?
- Ask the Holy Spirit to reveal areas of sin in your life in your prayer

### **Repent**

- How are these connected to a deeper idol in your heart that you need to *repent* of?
- Confess these idols in your hearts in your prayer

### **Receive**

- What truth of the gospel do you need to *receive* to expel the idol in your heart? Find scriptures to support the Biblical truths.
- Praise God and declare these truths in your prayer

### **Recommit**

- What must you do to turn away from the idol and *recommit* to living gospel-centered obedience and faith?
- Share with God your recommitment to Him in your prayer

## Prayer

- Pray through some things you need to confess to God.
- Pray and ask God to help you experience the 4R's, to fully experience repentance, and for a heart that's willing to recommit to God.



## Reflections and Takeaways

# NETWORKED WITH OTHERS: POWER OF COMMUNITY

January 23, 2022

*“And all who believed were together and had all things in common. And they were selling their possessions and belongings and distributing the proceeds to all, as any had need. And day by day, attending the temple together and breaking bread in their homes, they received their food with glad and generous hearts, praising God and having favor with all the people. And the Lord added to their number day by day those who were being saved.”*  
(Acts 2:42-47 ESV)

People often think that because faith is about our relationship with God, we don't need others. But even Jesus' disciples were together, loving one another and united in all they did (Acts 2:44-47).

*“But exhort one another every day, as long as it is called “today,” that none of you may be hardened by the deceitfulness of sin.”*  
(Hebrews 3:13 ESV)

In our limited perspective, we often don't see our own sin. If we're unaware, it is easy to fall into sin in ignorance, and the longer we dwell in sin, the more hardened we are to the Gospel. Having people around us who can see the blind spots allow us to see our sinfulness and point us back to the goodness of God (Hebrews 3:13).

There will be many times in our lives where we miss the blind spots of our sins or how far we are from God. Being networked with others means being accountable to one another, asking for encouragement and accountability as we walk this faith journey together.

## Reflection and Application

- Think of a time when someone pointed out a sin/unbelief in the past. How did you respond and why?
- What are some things you need to be kept accountable for?

## Prayer

- Bring up to God some of these areas that are harder for you to seek accountability for. Ask Him to soften your heart.
- Pray for the ministry in BaptistU and CityU
  - Salvations for our pre-Christian members.
  - Starting an official student group on the CityU campus
  - New leaders raised up from our ministry

## Reflections and Takeaways

# DECLARING THE GOSPEL WITH OBEDIENCE

January 24, 2022

Oftentimes, it is difficult to share the Gospel because we either feel that we don't know how or that it isn't our responsibility. But we're reminded that we are all called to "make disciples of all nations" (Matthew 28:19-20). One example of being declarative of the Gospel is from Philip the Evangelist's encounter with the Ethiopian eunuch (Acts 8:26-39). Philip was able to share the Good News to him through that, and that same day, the Ethiopian man received Christ!

## **What is the Gospel, and how do we share it?**

The Gospel message can be summarized through CFRR (Creation, Fall, Redemption, Restoration):

- **Creation:** God created everything and made man in His own image, and it was good.
- **Fall:** Though humans were created good, we chose to sin and turn away from God.
- **Redemption:** Despite our inescapable sin, God showed grace and sent His son Jesus, who was sinless, to die as a sacrifice for our sins.
- **Restoration:** Through Jesus' resurrection, God overcame sin and restored the relationship between us and Him. Through God, we are able to have a new purpose to love God and love others, and to have eternal life!

When sharing the Gospel, remember to weave elements of each part of the whole Gospel (CFRR) framework and to relate to where people are at. One great way to share the Gospel is to share your own life testimony, as this is often the most powerful and direct way of sharing the Good News. Philip was just an ordinary man who was

willing to obey God and to be declarative of the Gospel. Just like Philip, God can use us in powerful ways beyond our imagination, to reach the lost and help others hear the Good News.

### **Reflection and Application**

- Why is it sometimes difficult to share the Gospel with others for you personally?
- How has God been good to you? Take some time to reflect and to write out your own Gospel story.

### **Prayer**

- Pray for 1-2 people that God is asking you to reach out to, for an opportunity to share the gospel with others, and for God to work in them.
- Pray for a heart that is willing to go beyond and to share the Gospel with others
- Pray for City Ministry
  - Praying for 5 salvations (people experiencing Christ) through ODF
  - To see a multiplication of disciple making disciples who are gospel fluent
  - Extension from our members as they experience Christ-centered community

### **Reflections and Takeaways**

# LISTENING TO THE HOLY SPIRIT THROUGH PRAYER & MEDITATION

January 25, 2022

An important aspect of yielding to the Spirit is listening and discerning what He is saying. Throughout our daily lives, the Spirit often works to catch our attention and remind us of God's will when we are faced with temptations or decisions to make. Similar to any relationship, the more time we spend with the Spirit the more familiar we will be with His voice. One of the best ways to grow in this is through solitude, silence, prayer, and meditation.

## **Application: How to meditate?**

### **1. Find a time and place to pray**

Find a time and place during the day where you can get quiet and focus on prayer. Try to start with 5-10 minutes of meditation per day and gradually increase the time.

### **2. Listen to the Holy Spirit**

Start the meditation time with a prayer asking the Spirit to speak to you. This will also help position yourself to a posture of listening. Then spend time intentionally listening in silence.

### **3. Pray through scripture**

Instead of praying routine prayers from our own wisdom, open to a Psalm and pray according to that Psalm. First read a verse or two, and then pray through how that verse is relevant to your life.



#### 4. Keep a prayer journal

It is easy to forget or lose track of the things God has been speaking to us. Write down what you have prayed for and the different ways He has answered those prayers.

#### 5. Practice meditation regularly

Meditative prayer helps us grow in awareness, discernment and intimacy with God. As you continue to pray regularly, the Holy Spirit's voice will be louder and clearer and you will experience the joy of a Spirit-led life.

#### Next steps

Try to go through the steps and practice meditative prayer. The Holy Spirit may give you direction for your day, answer a prayer request or bring a scripture, a song or a person to mind to pray for. Write them down and share them with others for accountability.

#### Prayer

- Pray for Building Blocks
  - For 3 new kids to join our Building Blocks ministry
  - For our children to receive Christ for themselves and grow as disciples
  - For our children to grow and be able to share their faith with others

#### Reflections and Takeaways

# OBEDIENT TO GOD'S WORD: ABRAHAM AND THE SACRIFICE OF ISAAC (GENESIS 22)

January 26, 2022

God had promised several times that from Abraham's own body would come a nation as numerous as the stars in heaven (Genesis 12:2-3; 15:4-5). Later, Abraham was specifically told that the promise would be through Isaac (Genesis 21:12). But in Genesis 22:2, God gave Abraham a very strange and astounding command to sacrifice Isaac, which sounded contradictory to the very promise God made to Abraham.

What was Abraham's response? He rose early in the morning and prepared all things required for the journey by himself (Genesis 22:3). He obeyed the Lord without hesitation nor tried to debate with the Lord. His faith in God's providence remains strong (Genesis 22:4-10). At the last moment, an angel told him not to sacrifice Isaac because God had seen Abraham's obedience, not even withholding his own son. Isaac was saved from death and God had provided a ram for burnt offering in place of Isaac (Genesis 22:11-14).

## Takeaway

Abraham's story is just one of many in the Bible. His obedience to the Lord's commandment came from his reverence and trust for God that is above all other things, which even surpasses his love for his precious son, Isaac. That kind of reverential fear and awe only comes when one realizes how sovereign and big God is. God is constantly speaking to us through His active and living Word (Hebrews 4:12). Let's soak into His Word today, and learn to be obedient to His Word in our daily lives.

## Reflection and Application

- Has God asked you to sacrifice something that you have been holding onto and trust Him that He has something better? How have you responded?
- What are the things that are hindering you from obeying the Lord, especially when His Word seems unpopular or contrary to cultural or career norms? Share with your accountability partner(s).

## Prayer

- Seek for God's guidance and assistance in expelling the idols in your heart and declare that He is the ultimate King and Lord of your life.
- Pray for Covenant ministry
  - Spiritual growth and breakthrough in each person's life so that it can strengthen Christ-centered marriages and relationships within the family
  - Commitment to living intentionally & missionally, both within and beyond our families - through discipleship within the family, serving others, & building up the church
  - 3 new families who are committed to and invested in the mission and vision God has given our church

## Reflections and Takeaways

# NETWORKING IN COMMUNITY

January 27, 2022

“Therefore, as God’s chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. And over all these virtues put on love, which binds them all together in perfect unity” (Colossians 3:12–14 NIV)

Don’t we all long for a loving and unified community? A community that bears all and loves all. We want to be surrounded by people who are compassionate, kind, humble, gentle and patient. But the reality is that it is not always the case. We get hurt and we hurt others. How do we continue to love them?

Paul begins by reminding us of our union with Christ. “For you have died, and your life is now hidden with Christ in God” (Colossians 3:4). Paul is reminding us of our new identity. We are now like earthen vessels that carry the very heavenly presence of God. How valuable are we! Our identity has shifted from being a person who is trying to be more liked, trusted and valued to someone who is inherently “holy and dearly loved”. It is from that place of knowing that we are chosen, holy and loved that we can let go of our bitterness and anger towards others to justify ourselves. We are free to let go of sin! Instead we clothe ourselves with compassion, kindness, humility... because that is in line with our true identity!

Therefore, we must put to death our old earthly nature and embrace this new identity as God’s chosen people. Enjoying our perfect union with God allows us to freely

love and forgive those around us, abandoning our self-centeredness and self-protection, allowing us to be networked with others and experience unity in community.

### **Reflection and Application**

- Is there some bitterness or division in your life and with others around you? How can your gospel identity change your attitude?
- Reach out to someone who God has placed in your life today and show God's love to them.

### **Prayer**

- Ask God to reveal Christ that is in you and teach you how to love those around you
- Pray for our church's BOLD vision
  - Build 1 School of Ministry
  - Open 1 site locally & 1 church globally
  - Launch at least 1 LIFE Group on different universities and throughout HK region
  - Disciple 1,000 people through the ALIVE training course

### **Reflections and Takeaways**

# PRAYING DECLARATIVE PRAYERS

January 28, 2022

*“Keep on asking, and you will receive what you ask for. Keep on seeking, and you will find. Keep on knocking, and the door will be opened to you.”*

*(Matthew 7:7 NLT)*

Jesus teaches us how to be declarative in our prayers. Declaring God’s truth helps us to shift our thinking, surrender to God, and to fight against spiritual forces. When we choose to declare God’s truth, we shift towards a godly and holy mindset so that when we ask, we will receive what God wants for us. This helps us to discern what God is saying to us and for us to live out our faith boldly.

Declaring promises by faith gives us the confidence and boldness to surrender and trust in Him so that we can seek Him instead of our own plans. This means surrendering to God our own doubts and insecurities, and trusting in faith that though we don’t know how, God will work in our lives.

Declaring victory over sin, death, and spiritual forces allows us to be courageous instead of fearful, and walk through the doors that God opens for us and others. We must be declarative and bold in our prayers as we seek, ask, and knock. Let’s declare God’s promises through our prayers and see what He will do!

## **Application: How to Seek, Ask & Knock**

### **1. Seek with DEVOTION**

First, seek God's presence. Declare the Gospel over your life and decide to seek what He is saying to you. Surrender and trust God in the process, even when it is difficult.

### **2. Ask and PETITION**

Second, ask for bold requests. Declare His character as you align your requests with His will. As you grow closer to Him, you will be more confident and assured in His provisions.

### **3. Knock in INTERCESSION**

Third, engage in spiritual warfare for salvation and advancement of God's kingdom. Recognize that your enemies are not physical, but are spiritual forces from the enemy. Declare words of victory over other people in your life and for the Holy Spirit to work powerfully

### **Next Steps**

Write out a word/phrase of truth from a Bible verse to remind yourself of the Gospel and pray throughout the day. Incorporate this word/phrase into your speech today as you talk to others. Declare it over yourself, family, mission field, city and the world.

### **Reflections and Takeaways**

# ADDITIONAL RESOURCES

## 1 CHECK OUT OUR CHURCH SPOTIFY!

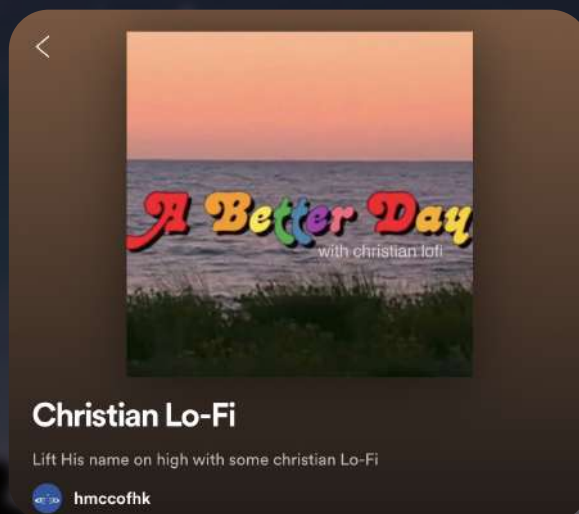
Find our profile & playlists at @hmccofhk - here are just a few of our playlists you can listen to!



### Christian Hip Hop



### Christian Lo-Fi



### Christian R&B





# ADDITIONAL RESOURCES

Continued

## ② LIST OF RESTAURANTS

Below are a list of restaurants you may want to check out during your fast! Scan the QR code to access links to open each restaurant's OpenRice page.



[bit.ly/odf-2022-restaurants](https://bit.ly/odf-2022-restaurants)

### Vegetarian Restaurants

#### Hong Kong Island

1. [O Veggie by Gingko House \(\\$50-100\)](#)
2. [Green Common -Wanchai \(\\$100-\\$200\)](#)
3. [Treehouse-Central \(\\$100-\\$200\)](#)
4. [Gaia Veggie Shop-Causeway bay \(\\$100-\\$200\)](#)
5. [Sofia \(On Fat Building\) -Western District \(\\$100-\\$200\)](#)

#### New Territories

1. [Tin Yan Vegetarian-Tsuen Wan \(\\$50-\\$100\)](#)
2. [CongSao Veggie Express-Tseung Kwan O \(\\$50-\\$100\)](#)
3. [Green Common-Tseung Kwan O \(\\$100-\\$200\)](#)
4. [Gaia Veggie Shop-Ma On Shan \(\\$100-\\$200\)](#)
5. [Friends of Years-Tsuen Wan \(\\$100-\\$200\)](#)

# ADDITIONAL RESOURCES

Continued

## ② LIST OF RESTAURANTS

### Kowloon

1. 2DP-Tsim Sha Tsui (\$50-\$100)
2. DAMA-Tsim Sha Tsui (\$50-\$100)
3. Green Common-Mongkok (\$100-\$200)
4. Green Common-Kwun Tong (\$100-\$200)
5. Kailash Parbat-Tsim Sha Tsui (\$100-\$200)
6. My Ahjussi-Olympic (\$100-\$200)
7. Gaia Veggie Shop-Prince Edward (\$100-\$200)

### Liquid Options

#### Hong Kong Island

1. Shake Shack-Central (\$50 and below)
2. No Milkshake No Life-Western District (\$50-\$100)
3. MANA! Soho-Central (\$50-\$100)

#### New Territories

1. Shake Shack-Sha Tin (\$50 and below)
2. Five Guys-Tsuen Wan (\$50-\$100)

#### Kowloon

1. A Yogurt Cow-Mongkok (\$50 and below)
2. No Milkshake No Life-Shek Kip Mei (\$50-\$100)
3. Five Guys-Kwun Tong (\$50-\$100)

# ADDITIONAL RESOURCES

Continued

## 3 DEBUNKING MYTHS & SHARING FACTS ABOUT FASTING

Many people view fasting as something that is detrimental to your health and lifestyle. However, that is not necessarily true if it is done properly with guidance.

The resources compiled below are for reference only and are not the main purpose of this fast.

\*Please note that the facts below are compiled for information purposes only. There is no express or implied guarantee or warranty as to the accuracy, completeness, usefulness of the information that will be provided through links to third party websites.

Scan the QR code to access links to sources and other resources listed below.



[bit.ly/odf-2022-myths](https://bit.ly/odf-2022-myths)

# ADDITIONAL RESOURCES

Continued

## 3 DEBUNKING MYTHS & SHARING FACTS ABOUT FASTING

### FASTING IN GENERAL:

*Myth:* Fasting puts your body in starvation mode and therefore compromises your health.

*Fact:* Your body will use energy in a different way and our human body is designed and has evolved to survive short periods of fasting with other merits like:

- Boosting cognitive performance
- Reducing inflammation
- Improving overall fitness
- Source: [8 Health Benefits of Fasting](#)
- [Steps for successful fasting](#)

### LIQUID FASTING:

*Myth:* I'll starve to death if I don't have solid food

*Fact:* There are different ways of doing liquid fasting such as having soup and smoothies. You can still get a sufficient amount of nutrients from liquids as long as you have done the preparation work, alongside with all these merits like:

- Resets your tastebuds and controls cravings
- Assists your body to heal and detoxify
- Boosts your immune system
- Source: [The Health Benefits of Liquid Fasting](#)
- [Steps for liquid fasting](#)

# ADDITIONAL RESOURCES

Continued

## ③ DEBUNKING MYTHS & SHARING FACTS ABOUT FASTING

### ONE MEAL A DAY: Why Intermittent Fasting?

- Saves money and time.
- Improves mood and energy.
- Improves digestion, immunity, health in general
- Source: [23 Benefits of 1 meal a day](#)
- [Step by step for Intermittent Fasting](#)

### SOCIAL MEDIA FASTING: Why Social Media Fasting?

- Rewires our brain from dopamine dependency
- Ability to regain focus
- Increased self-esteem
- Source: [What I've learned from Social Media Fasting?](#)
- [5 Steps to a Successful Social Media Fast](#)