

The Focus Fast – Day 1

Hello and Welcome to Your First Day!

For the next 31 days, we will limit TV to one hour, NO video games (Candy Crush, Bejeweled, Words With Friends, etc) and pray 3 times per day: 6AM, 2PM and 10PM.

You may be asking, “What am I supposed to do?!” During this month, it is my prayer that you will do something every day to enhance yourself spiritually, physically, relationally, financially, and mentally. We will read one chapter of Proverbs every day and spend extra time in prayer to get closer to God. In addition, I will send out some tips for activities that you can do as well.

Use the time that you would usually watch TV or spend on Face Book or Twitter to work out (physical), read a book to enhance your passion (mental), balance your checking account (financial), or visit family/friends that you have not seen in a long time (relational).

I love you and I’m excited for the level that God is about to bring you to! It is my sincere belief that you will look back on today as the day that things started going higher and getting better in your life! It’s time to FOCUS so let’s get started!

I’m Praying for you,
Pastor

Proverbs 1

The Beginning of Knowledge

- 1 The proverb of Solomon the son of David, king of Israel;
- 2 To know wisdom and instruction, To perceive the words of understanding,
- 3 To receive the instruction of wisdom, Justice, judgment, and equity;
- 4 To give prudence to the simple, To the young man knowledge and discretion –
- 5 A wise man will hear and increase learning, And a man of understanding will attain wise counsel,
- 6 To understand a proverb and an enigma, The words of the wise and their riddles.
- 7 The fear of the Lord is the beginning of knowledge, But fools despise wisdom and instruction.

Shun Evil Counsel

- 8 My son, hear the instruction of your father, And do not forsake the law of your mother;
- 9 For they will be a graceful ornament on your head, And chains about your neck.
- 10 My son, if sinner entice you, Do not consent.
- 11 If they say, “Come with us, Let us lie in wait to shed blood;
Let us lurk secretly for the innocent without cause;
- 12 Let us swallow them alive like Sheol, And whole, like those who go down to the Pit;
- 13 We shall find all kinds of precious possessions, We shall fill our houses with spoil;
- 14 Cast in your lot among us, Let us all have one purse”-
- 15 My son, do not walk in the way with them, Keep your foot from their path;

16 For their feet run to evil, And the make haste to shed blood.
17 Surely, in vain the net is spread in the sight of any bird;
18 But they lie in wait for their own blood, They lurk secretly for their own lives.
19 So are the ways of everyone who is greedy for gain; It takes away the life of its owners.

The Call of Wisdom

20 Wisdom calls aloud outside; She raises her voice in the open squares.
21 She cries out in the chief concourses, At the openings of the gates in the city She speaks her words:
22 "How long, you simple ones, will you love simplicity? For scorners delight in their scorning,
And fools hate knowledge.
23 Turn at my rebuke; Surely I will pour out my spirit on you; I will make my words known to you.
24 Because I have called and you refused, I have stretched out my hands and no one regarded,
25 Because you disdained all my counsel. And would have none of my rebuke,
26 I also will laugh at your calamity; I will mock when your terror comes,
27 When your terror comes like a storm, And your destruction comes like a whirlwind,
When distress and anguish come upon you.
28 "Then they will call on me, but I will not answer; They will seek me diligently, but they will not find me.
29 Because they hated knowledge And did not choose the fear of the Lord,
30 They would have none of my counsel And despised my every rebuke.
31 Therefore they shall eat the fruit of their own way, And the complacency of fools will destroy them;
32 For the turning away of the simple will slay them, And the complacency of fools will destroy them;
33 But whoever listens to me will dwell safely, And will be secure, without fear of evil."

Today's Prayer:

Lord, thank you for the strength to FOCUS during this fast. Help me to create time with YOU and not be distracted by those things that have had me occupied in the past. Create in me the desire to hear your voice so that I can become the person you want me to be. Amen

The Focus Fast - Day 2

So, really...How did you do?

How was Day One? Initially, you may find that you miss all of the extra television, video games, and Social Media. But as you go along you will find that as your productivity rises, your desire to waste time decreases!

It was Zig Ziglar who said, "Lack of focus, not lack of time, is the problem. We all have twenty-four hour days." In other words, I don't have enough time..... is no excuse for the next 30 days.

Today, begin to really think about some other things you can do to increase your productivity: Do a family game night, or get an audio book to listen to while you're exercising. **FOCUS**

Proverbs 2

The Value of Wisdom

- 1 My son, if you receive my words, And treasure my commands within you,
- 2 So that you incline your ear to wisdom, And apply your heart to understanding;
- 3 Yes, if you cry out for discernment, And lift up your voice for understanding,
- 4 If you seek her as silver, And search for her as for hidden treasure;
- 5 Then you will understand the fear of the Lord, And find the knowledge of God.
- 6 For the Lord gives wisdom; From His mouth come knowledge and understanding;
- 7 He stores up sound wisdom for the upright; He is a shield to those who walk uprightly;
- 8 He guards the paths of justice, And preserves the way of His saints.
- 9 Then you will understand righteousness and justice, Equity and every good path.

- 10 When wisdom enters your heart, And knowledge is pleasant to your soul,
- 11 Discretion will preserve you; Understanding will keep you,
- 12 To deliver you from the way of evil, From the man who speaks perverse things,
- 13 From those who leave the paths of uprightness To walk in the ways of darkness;
- 14 Who rejoice in doing evil, And delight in the perversity of the wicked;
- 15 Whose ways are crooked, And who are devious in their paths;
- 16 To deliver you from the immoral woman, From the seductress who flatters with her words,
- 17 Who forsakes the companion of her youth, And forgets the covenant of her God.
- 18 For her house leads down to death, And her paths to the dead;
- 19 None who go to her return, Nor do they regain the paths of life-
- 20 So you may walk in the way of goodness, And keep to the paths of righteousness.
- 21 For the upright will dwell in the land, And the blameless will remain in it;
- 22 But the wicked will be cut off from the earth, And the unfaithful will be uprooted from it.

Today's Prayer:

Thank you Lord for the wisdom you are planting in me so that I might grow spiritually. Amen

The Focus Fast – Day 3

Bruce Lee said, “The successful warrior is the average man, with laser-like focus.” For the next 29 days, we are going to transform our lives from average to excellent.

Through my research, I’ve found the top three distractions that we all face: television, social media, and video games. This fast is less about taking away these things, and more about replacing them with things that will actually feed your spirit, body, mind, relationships, and your finances. This is the time to write your business plan or book, go on a date with your spouse (yes, you can go to the movies), or drop those extra pounds.

This is also an opportunity to spend more time with God. In addition to our times of daily prayer at 6am, 2pm, and 10pm, use this fast to spend time in God’s Word. Every day, read one chapter of Proverbs. I believe that this will give you wisdom & insight on how to move to the next level.

Proverbs 3

Kingdom Key - - - “This is the pearl of great price!”

Proverbs 3:13-15

13 Happy is the man who finds wisdom, And the man who gains understanding;

14 For her proceeds are better than the profits of silver, And her gain than fine gold.

15 [Wisdom] is more precious than rubies, And all the things you may desire cannot compare...

Today’s Prayer:

Lord, You said ask of wisdom and You will give liberally. May I find it and cause it to yield beyond my power. Amen.

The Focus Fast – Day 4

Time to take “IT” to the next level!

Everyone has an “IT” – assignment that God has given them to do; One that is uniquely theirs. What is your “IT”? Opening a business you should have done months ago? Developing a multi-million dollar idea? Completing a multi-platinum album? What is “IT”?

During this fast, while all of the distractions of life are on hold, is the perfect time to define your “IT” and take “IT” to the next level! While the TV is off and your phone is not buzzing with Tweets, Facebook posts, or Instagram pics, start to seek God about the plans He has for your life.

Brian Tracy said, “A clear vision, backed by definite plans, gives you a tremendous feeling of confidence and personal power.” This is your time to run with the vision God gave you! Are you ready? Set...Go

Proverbs 4

Kingdom Key - - - Prescription for Good Health

Proverbs 4:20-22

20-22 Dear friend, listen well to my words; tune your ears to my voice. Keep my message in plain view at all times. Concentrate! Learn it by heart! Those who discover these words live; body and soul; they’re bursting with health.

Today’s Prayer:

Lord, as I follow You and Your words are settled in the midst of my heart; I know the results will bring life and health unto me. Amen.

The Focus Fast – Day 5

It's Sunday Morning!

It's a time for you to hear from God about your situation. A time of corporate praise and corporate worship. A time where you can lay aside all of the weights and worries of the week and bask in God's presence.

One theologian said, "Sunday clears away the rust of the whole week."

Enjoy an experience with God today!

Proverbs 5

Kingdom Key - - - Faithfulness

Proverbs 5:15-2

15 Drink water from your own cistern, And running water from your own well.
16 Should your fountains be dispersed abroad, Streams of water in the streets?
17 Let them be only your own, And not for strangers with you.
18 Let your fountain be blessed, And rejoice with the wife of your youth.
19 As a loving deer and a graceful doe, Let her breasts satisfy you at all times;
And always be enraptured with her love.
20 For why should you, my son, be enraptured by an immoral women,
And be embraced in the arms of a seductress

Today's Prayer:

Lord, grant unto me Wisdom to know and avoid all evil & temptations.

It's my desire to stay on Your path.

Amen.

The Focus Fast – Day 6

Listen!

What if God has been giving you multi-million ideas for months, but you were too busy with TV, social media and video games to hear them? Now that the distractions of life have been shut off, take a few minutes every day and just...**listen**.

One theologian said, "Prayer at its highest is a two-way conversation, and the most important part is listening to God's replies."

What is He saying to you? **Are you listening?**

Proverbs 6

Kingdom Key - - - Never Lose Sight of God's Laws

Proverbs 6:20-21

20 My son, keep your father's command, and do not forsake the law of your mother

21 Bind them continually upon your heart; tie them around your neck

Today's Prayer:

Father, I thank You that Your word gives knowledge, instruction, wisdom, and understanding to all who pay attention to its truths. I will listen to Your Words and Your wise counsels.

Amen.

The Focus Fast – Day 7

Let It Go!

During this fast, you're more receptive to things of the spirit. Your mind is free of distractions and you're in a great place to hear from God. The things that you pray about right now are very important. Is there a better time to pray for God to reveal what (or who) you are holding on to and need to let go?

We all have debts in one way or another that we would love to be forgiven – a mortgage, student loans, or car payments. Could it be that the key to receiving forgiveness of your debt is forgiving someone of theirs? Maybe not just financially, but what if someone owes you an apology? Are you mature enough to receive the apology?

Harboring unforgiveness is like drinking poison and expecting the other person to die. It stops you from becoming everything you are supposed to be. Ask God to show you what you need to let go! Then...**let it go!**

Proverbs 7

Kingdom Key - - - Pay Attention!

Proverbs 7:24-25

24 Now therefore, listen to me, my children; pay attention to the words of my mouth:

25 Do not let your heart turn aside to her ways, do not stray into her paths

Today's Prayer:

I bind my mind to the mind of Christ, and I bind my will to the will of God.

Show me who, what, and how to let go! Amen.

The Focus Fast – Day 8

You Did It!

You've completed seven days of the Fast! A whole week! How do you feel? Productive? Enlightened? What projects are you working on? Reading a new book? How about writing your own book? Are you spending more time with your friends and family? I want to know!

Send me an email: BTRFLY5004@aol.com and let me know if this Fast has been helping you so far. A famous philosopher once said, "...Your actions become your habits, your habits become your values, your values become your destiny."

Keep pushing for the next 24 days, because you just may be around the corner from your destiny!

Proverbs 8

Kingdom Key - - - Wisdom is valuable

Proverbs 8:8-11

8 My advice is wholesome. There is nothing devious or crooked in it.

9 My words are plain to anyone with understanding, clear to those with knowledge.

10 Choose my instruction rather than silver, and knowledge rather than pure gold.

11 For wisdom is far more valuable than rubies. Nothing you desire can compare with it.

Today's Prayer:

I thank you Lord, that you have made wisdom available to all who ask for it.

I pray for wisdom now. Amen.

The Focus Fast – Day 9

Make God Happy!

“We do not sing because we are happy. “We are happy because we sing” – William James

Why is this true? Because your emotions follow your actions. The idea of being productive makes you happier. One of the reasons we are on this very unique Fast is to frame your mind to being more productive. The way to make this easier is to dedicate this Fast to God. Why? Because God is happier when you are more productive. I am learning so much during this Fast and I pray you are too.

Proverbs 9

Kingdom Key - - - Choose Wisdom

Proverbs 9:10-12

10 Fear of the Lord is the foundation of wisdom, Knowledge of the Holy One results in good judgment.

11 Wisdom will multiply your days and add years to your life.

12 If you become wise, you will be the one to benefit. If you scorn wisdom, you will be the one to suffer.

Today's Prayer:

Father, I want to apologize for the times that I chose to do the unwise thing. But, I want to thank You now for giving me the opportunity to choose wisdom today. God, I will choose wisdom from now on. Amen.

The Focus Fast – Day 10

Perfect Timing!

It's not a coincidence that the 10th day of the Fast takes place on the 10th day of the year. "Ten" is the number of Divine Perfection. In other words, today is the perfect day to do whatever you have been putting off. While you're on this Focus Fast, fill out the application to go back to school, send in your papers to start your non-profit, or finish writing the first chapter of your book.

You may be saying, "But Pastor what if I haven't been doing the Fast?" Well, now is the perfect time to start. Limit your TV time to one hour, don't participate in any Social Media, and don't play any video games and read one chapter of Proverbs per day. The goal of this Fast is to take away things that are distracting you and eating up your time and replace them with things that are going to make you a better you. Ready to get better and take your life to the next level?

It's The Perfect Time!

PS: Please feel free to send me an email: Btrfly5004@aol.com
I'd love to know how you're doing, what projects you're working on, what books you're reading, etc.

Proverbs 10

Kingdom Key - - - Get To Work

Proverbs 10:4 – 5 NLT

4 Lazy people are soon poor; hard workers get rich.

5 A wise youth harvests in the summer, but one who sleeps during harvest is a disgrace.

Today's Prayer:

Lord, strengthen my hands to complete the tasks that you have assigned me! I promise to work as hard as I can. Amen.

The Focus Fast – Day 11

Get Better!

I want you to know that this Fast has been as challenging to me as it has been for anyone else. There are mornings that I wake up just wanting to watch TV. So I turn it on, then I cut it off because I've decided that I want to spend my time being more productive. Here's an idea.....begin searching different podcasts of people that you think can help make you better. I realize that there is so much to learn and so much access to knowledge through books, podcasts, audio books, magazines, etc.

Ultimately in life we want to get better! We must make a decision whether we want to be purely entertained all of our lives or educate ourselves on what we need and want to know more about.

During this fast, take time to learn something that you've always wanted to learn so that you can be what you always wanted to be.

Proverbs 11

Kingdom Key - - - Righteousness Pays

Proverbs 11:24-25 NIV

24 One person gives freely, yet gains even more; another withholds unduly, but comes to poverty.

25 A generous person will prosper; whoever refreshes others will be refreshed.

Today's Prayer:

*Lord, we thank you for providing harmonic supernatural wealth through the obedience of giving.
Amen.*

The Focus Fast – Day 12

Keep Praying!

I'm expecting God to do amazing things in your life as a result of this fast. I believe that you'll have more peace in your house because you will be able to spend more time with your family. I believe that your life will be more fulfilled because you are investing in your destiny through empowering your passion. I believe that you will become healthier because you'll have a few extra minutes to work out. But one of the greatest investments of your extra time during this Fast is the extra time you spend with God.

It is my hope that you will develop a consistent prayer life. One philosopher said, "The value of consistent prayer is not that God will hear us, but that we will hear Him." In other words, a persistent prayer life will open your spirit to hear what God has to say about you and your situation. Some people need money; some need a job, and some, a spouse. But we can All use a Word from God.

Keep Prayer – God is Speaking!

Proverbs 12

Kingdom Key - - - SteadFASTness!

Proverbs 12:3 NIV

No one can be established through wickedness, But the righteous cannot be uprooted.

Today's Prayer:

Father guard my heart and mind with your word of righteousness that I may remain unmovable when faced with adversity. Amen.

The Focus Fast – Day 13

One Small Positive Thought...

I read a quote that said this: “One small positive thought in the morning can improve your whole day.” So, I wanted to give you one small positive thought: God Loves You!

In spite of what you’ve done in your past, God loves you. He even knows the thing that you will do wrong in the future, and He still loves you. His love is unconditional: there’s nothing you can do to make God love you anymore or any less. He just loves you – every part of you.

I believe that is why He instructed me to have us do this Fast, because He loves and wants us to experience the fullness of everything He has for us!

Aren’t you glad God loves you?

Proverbs 13

Kingdom Key - - - Willingness to Learn

Proverbs 13:10 NIV

Where there is strife, there is pride, but wisdom is found in those who take advice.

Today’s Prayer:

Lord, I thank you for this time where I can learn things which will increase Your wisdom within me. Amen.

The Focus Fast – Day 14

Reconnect!

During this Focus Fast, I can't think of a better time to go through your contacts and reconnect. And instead of doing it through Social Media, pick up the phone and make some calls. Reconnect with family, friends, or business contacts.

What other creative things can you do to expand your network? Research some innovative things you can do to expand your reach!

It's Time to Reconnect!

Proverbs 14

Kingdom Key - - - Proper Planning Leads to Prosperity

Proverbs 14:22-23 NIV

22 Do not those who plot evil go astray? But those who plan what is good find love and faithfulness.
23 All hard work brings a profit, but mere talk leads only to poverty.

Today's Prayer:

Lord, flood my mind with the plans that you have in store for me as I work to obtain them. Align my thoughts with your plans and discipline me to constantly speak and seek prosperity. Amen.

The Focus Fast – Day 15

A-Ha!

A-Ha! Moments happen when a light comes on; when something is revealed to us seemingly out of nowhere. They are created in a space in our minds after the mind has taken in months or even years of information and then POW!!!!

If you have had an Aha moments during this Fast, I want to hear about it. You can email me at BTRFLY5004@aol.com

Eureka!

Proverbs 15

Kingdom Key - - - Choose Your Words Wisely

Proverbs 15:1, 23 NIV

1 A gentle answer turns away wrath, but a harsh word stirs up anger.

23 A person finds joy in giving an apt reply – and how god is a timely word!

Today's Prayer:

Father, I pray that your Holy Spirit continuously convicts me in such a way, that gentleness of speech towards others becomes natural. Open your gate of discernment, Lord, that I may know what to say; and, most importantly, when to say it. Amen.

The Focus Fast – Day 16

Halfway There!

You've completed one-half of the Fast. WOW! How does it feel? I want to know, so email me at Btrfly5004@aol.com. The Bible says in Ecclesiastes 7:8 that the end of a thing is better than its beginning. I am believing God that the last half of this Fast is going to bless you even more than the first half! That the things that you prayed for in the first two weeks will come to pass in the last two weeks! Are you ready?

Even if you have not been fasting with us to this point, I would encourage you to start right now! Think about the things that have been eating away at your time, and get rid of them for the next 15 days. Spend that time doing things that are going to enhance your spirit, mind, body, relationships, and money. Read some books, start a savings plan, spend more time with family and friends, pray more and read one Proverb per day. Trust me, it's going to change your life!

I'm Praying for You!

Proverbs 16

Kingdom Key - - - The Way of Success

Proverbs 16:3, 20 NIV

3 Commit your works to the Lord, and your thoughts will be established

20 He who heeds the word wisely will find good, and whoever trusts in the Lord, happy is he.

Today's Prayer:

Thank you, Father, that as I commit my works unto you, that You will cause my thoughts to agree with your will. Thank you for wisdom, which helps me to lead a happy and successful life. Amen.

The Focus Fast – Day 17

Quiet!

I must admit that when I first announced we were doing this Fast, I didn't exactly know why God had us doing it. All I knew is that God spoke and I listened. Now, after 17 days, I am understanding it more and more.

Science tells us that after a period of learning, the brain needs some white space: a time of no stimulation, a time of quiet. Research has shown that a person whose mind has had a period of quiet is more open to learn new things. In other words, quiet time is necessary to create those Aha! Moments we spoke of on Day 15.

We're constantly bombarded by noisewe wake up to an alarm clock....., the TV is blasting,YouTube videos, etc..... it's very important to take some time everyday and just be...Quiet!

P.S: Shhh...

Proverbs 17

Kingdom Key - - - Words of the Wise

Proverbs 17:24, 27 NIV

24 Wisdom is in the sight of him who has understanding

27 He who has knowledge spares his words, and a man of understanding is of a calm spirit

Today's Prayer:

Father, I open my heart to receive wisdom, knowledge, and understanding. Fill me so that I may speak as one with knowledge, so that peace and calmness would surround me. Amen.

The Focus Fast – Day 18

Chaos!

God gives us insight, revelation, and Aha!! Moments in different times in our lives. God also speaks to us in times of chaos. You can get an Aha!! Moment in the middle of a chaotic situation. Let me take it a step further: I submit to you that God works better in chaos! This is why the Bible says that God's strength is made perfect in our weakness. The worse your situation is, the more it gives God an opportunity to work at His best!

Today, while you're going through the activities of the day, things may feel a little hectic. You may have to rush to get the kids to school, or you may have to hurry and finish that assignment before the deadline. Right in the middle of the chaos, step back and ask the Lord, "What are you teaching me in all this?" You may just get an Aha!! Moment right in the middle of your chaotic situation.

Learn from the Chaos.

Proverbs 18

Kingdom Key - - - Talk To the Tower

Proverbs 18: 10 NIV

10 The name of the Lord is a strong tower, the righteous run to it and are safe!

Today's Prayer:

Lord, I declare that your name is a strong tower of protection. I will open my mouth and my heart, and commune with you. You alone bring safety and security to me. I love the benefits of running to you! Amen.

The Focus Fast – Day 19

Success!

Success can be defined many ways – achieving your desires, reaching your goals, or realizing your dreams. For a long time, I used to believe that this ministry, which was founded by Bishop House was for everybody. But now I understand that it is only for those who want to go to the next level and for those who want to be successful. I believe that this Fast is the perfect opportunity for me to share things that I have learned on how to attain success from my three years of being your Pastor.

For a moment, let's think about your personal definition of success. Is it running a successful business, being a successful entrepreneur, being a successful parent, or even a student? Take time to find someone who is successfully doing what it is you want to be successful at doing. We'll call this person a model. Now, once you've identified this person, serve them, simulate their behavior, submit to them for a season, and sow into their life and you can achieve their results.

Success leaves dues, but it is up to you to follow those dues that lead you into dreams. But here's the question: are you willing to do the work? Do some research, read some books or magazine articles and find your model.

Now, Get To Work!

Proverbs 19

Kingdom Key - - - God's Way Will Prevail!

Proverbs 19: 8, 21, 23 NIV

8 He who gets wisdom loves his own soul, He who keeps understanding will find good

21 There are many plans in a man's heart; nevertheless, the Lord's counsel – That will stand

23 The fear of the Lord leads to life, and he who has it will abide in satisfaction

Today's Prayer:

I declare that only Your plans for my life will prevail, Lord! I receive a fresh filling of wisdom and understanding so that I can love myself as you do, and lead a happy life! Amen.

The Focus Fast - Day 20

Decisions!

How do you gain independence and move into the appropriate direction? You have to make the right decisions during your lifetime! How many times have we all made the wrong decision and had to learn the hard way?! Now those of us who have children...or those reading this that are children...listen up!

The only way you will have a healthy sense of reality is to make sure you understand the consequences of your own actions. Sometimes the only way a person understands something is to be exposed to disappointment and the pain associated with a certain behavior. During this Fast, consider making better decisions. Take this quiet time to reflect on some of the decisions that you've made in the past and think about what you will do the next time.

God is ready to move you to the next dimension.....but we all need to make better decisions...youth as well as adults!

Proverbs 20:23-25 NIV

23 The Lord detests differing weights, and dishonest scales do not please Him.

24 A man's steps are directed by the Lord. How then can anyone understand his own way?

25 It is a trap for a man to dedicate something rashly and only later to consider his vows.

Today's Prayer:

Lord help me to be mindful of your WORD so that I can only make decisions that you have directed. Let me hear your voice and let my behaviors and actions show those around me that you truly live inside of me! Amen

The Focus Fast - Day 21

Watch Your Mouth

We must watch what we say and be very careful the way you say WHAT you say!
Words are essential for us to communicate with each other, however our attitudes while expressing ourselves must be tempered with LOVE!

Let us spend this time during our FOCUS Fast reflecting on how we can use our THINK method before using our mouth to speak to others!

- T - IS it TRUE?
- H - Is it HELPFUL?
- I - Is it INSPIRING or INSPIRATIONAL?
- N - Is it NECESSARY?
- K - Is it KIND?

If your answer to ANY of these questions is "NO", then that is your clue that it SHOULD NOT BE SPOKEN!!!

Proverbs 21:6, 10, 23 NIV

- 6 A fortune made by a lying tongue is fleeting vapor and a deadly snare.**
- 10 The wicked man craves evil; his neighbor gets no mercy from him.**
- 23 He who guards his mouth and his tongue keeps himself from calamity**

Today's Prayer

Thank you Lord for guarding my tongue so that I can speak words that will be encouraging and helpful to everyone I am around today. Help me to be mindful of my words so that I remain positive and my light will shine for you. Keep my attitude positive today, so that others can see your spirit in me. Thank you for guiding me today! Amen

The Focus Fast – Day 22

Who's Holding Your Ladder?

A byproduct of this Fast may be you are reevaluating your circle of friends. A writer named Izaak Walton once wrote, "Good company in a journey makes the way seem shorter." It seems like there are some people who are only in your life to make the journey longer than it has to be. These are the ones you may need to delete out of your contacts!

But then there are those who are with you and you never have to worry about them. You know that they will be with you through thick and thin, through good and bad. These are the ones you want in your corner; the ones you know are praying for you even when it seems like you're by yourself. During this Fast, it may have been the person to encourage you to stick with it when you felt like quitting. As you climb higher and higher in your destiny, this is the person you want holding your ladder. I'm praying that God reveals them to you.

Who Is It?

Proverbs 22

Kingdom Key - - - Watch Your Company

Proverbs 22: 24-25 NIV

24 Do not make friends with a hot-tempered person; do not associate with one easily angered,
25 or you may learn their ways and get yourself snared

Today's Prayer:

God, give me the wisdom to surround myself with the right type of people: those who have a heart for you and a desire to get better. Amen.

The Focus Fast – Day 23

The Home Stretch

Bishop Lester Love says he had a conversation with a good friend of his who was a player and coach in the NBA. He asked him, “What’s the difference between a superstar and an average player?” He told him that as the game goes on and on, the average player is heading down. Their energy level is starting to wane, their muscles are beginning to ache, they are hitting the wall. However, the superstars seem to elevate their game as the time goes on. While everyone else is struggling to the finish line, they can take it to the next level during the home stretch!

Three weeks down, one to go. During this final week, you will be tempted to watch an extra 30 minutes of TV, start looking at Instagram or Face book, or start playing Candy Crush a little early. Take my advice: **FINISH STRONG!** One philosopher said, “We rate ability in people by what they finish, not by what they attempt.” I believe that God is going to do more for you in this last week of the Fast than He did in the first three weeks! You’re in the home stretch – it’s time to take it to the next level and....**Finish Strong!**

Proverbs 23

Kingdom Key - - - Discipline Your Seed

Proverbs 23: 13-14 NIV

13 Do not withhold discipline from a child; if you punish them with the rod, they will not die.

14 Punish them with the rod and save them from death.

Today’s Prayer:

God, I thank you for my seed: that which was produced out of my body. Be it my child, or my dreams, or my work, I pray that you bless it. Amen.

The Focus Fast – Day 24

It's A Matter of The Heart

Would it surprise you to know that the most repeated word in the book of Proverbs is not the word “wisdom”? That’s right there’s a word in the book of wisdom that’s mentioned more times than the word wisdom. What is that word? **Heart.**

In other words, God reveals His wisdom to us past our senses, past our flesh, and into our hearts. The question is: What’s in your heart?

The Bible says where your treasure is, there your heart will be also. The word “treasure” here has two meanings. First, treasure means your worship. Anything that you worship has your heart. Second, “treasure” here means your wealth. Something truly has your heart when you are willing to give your money to it! When you give God worship and your treasure, then He truly has your heart. So I ask you again...What’s in your heart?

Proverbs 24

Kingdom Key - - - What Have You Learned?

Proverbs 24: 32-34

32 I applied my heart to what I observed and learned a lesson from what I saw:

33 A little sleep, a little slumber, a little folding of the hands to rest-

34 and poverty will come on you like a thief and scarcity like an armed man.

Today's Prayer:

Father, I give you my heart today! I'm happy to give you my worship and my wealth. Amen

The Focus Fast – Day 25

Almost Over?

Research has showed us that whatever you do for at least 21 days straight will become a habit. After today is over, you will have completed 25 days of this Focus Fast. Now, I understand that on February 1st you may go running back to Social Media or try to catch up on Candy Crush; and that is okay. But I also believe that as a result of this Fast, there will be a few more days when you desire to turn the TV off and hear from God!

That's the thing about getting a real, true, on-time Word from God: once you've heard one, you desire to hear more! I challenge you now to begin to think and pray about February 1st. What have you learned during this Fast that you will implement from now on? Maybe you can take one day out of every week to shut the TV off, turn off Social Media, turn the video games off and spend extended time with God. Maybe you can start a weekly family night, where you spend time with loved ones.

The purpose of this Fast is less about sprinting towards the finish line, and much more about understanding and appreciating the journey. So, if you've learned something valuable, then the beauty of this Fast is that it never really has to end!

Enjoy the Journey!

Proverbs 25

Kingdom Key - - - Discipline

Proverbs 25: 27-28 NIV

27 It is not good to eat too much honey, nor is it honorable to search out matters that are too deep.
28 Like a city whose walls are broken through is a person who lacks self-control.

Today's Prayer:

God, I thank you that as a result of this fast I will live a more disciplined life. Thank you for showing me how to operate in self-control. Amen.

The Focus Fast – Day 26

Fast & Pray

There is a key to any fast in which you will participate. When His discipline was faced with a particularly tough situation, Jesus gave them two instructions: fast and pray.

In order to experience the full power of fasting, it must be coupled with prayer. This final week of the Focus Fast will be a great time to implement some structure in your prayer life. Implement a family prayer time, where you and your loved ones get together and seek the Lord. Start a prayer time everyday with your spouse or your children or even a neighbor, or a church prayer partner.

Whatever you do, make sure prayer is at the center of it all!

I'm Praying with You!

PS: Please keep in mind that a 60 – second prayer is still a prayer!

Proverbs 26

Kingdom Key - - - Who Can Curse What God Has Blessed?

Proverbs 26: 2, 26 NIV

2 Like a sparrow in its flitting, like a swallow in its flying, so a curse without cause does not alight.
26 The words of a whisperer are like dainty morsels, and they go down into the innermost parts of the body.

Today's Prayer:

Lord, look upon my affliction and repay me good for those who curse me. Amen.

The Focus Fast – Day 27

Get Back In!

With only 5 days left in the Focus Fast, I believe there are three categories of people. The first category contains those who will complete all 31 days of the Fast. To you I say, **FINISH STRONG!**

Secondly, there are those who decided from the first time we started talking about the Fast that they were not going to take part in it. Prayerfully, you have seen and heard about all the things that God has done and you can start today.

Finally, there are those who started the Fast with great intentions, but for whatever reason they stopped before the finish line. To you I say, **GET BACK IN!**

Author Carl Bard said, “Although no one can go back and make a brand new start, anyone can start from now and make a brand new ending.” How this FAST ends is totally and completely up to you. Regardless of how long it’s been since you’ve watched more than an hour of TV, or checked Instagram/Face book, or played Candy Crush; you can begin again right now!

Get Back In!

Proverbs 27

Kingdom Key - - - The Wisdom of Accountability

Proverbs 27: 5-6, 9, 17 NIV

5 Better is open rebuke than love that is concealed.

6 Faithful are the wounds of a friend, But deceitful are the kisses of an enemy.

9 Oil and perfume make the heart glad, So a man’s counsel is sweet to his friend.

17 Iron sharpens iron, So one man sharpens another.

Today’s Prayer:

Father, I open my heart to Godly counsel through the true covenant relationships that you have set in my life. Amen.

The Focus Fast – Day 28

The Key To Plenty

Today's Proverb jumped out at me. The first part of chapter 28 verse 19 says, "He who works will have plenty...." The key to excess, to overflow, to plenty can be found in your work. There are things that God has put into your hands to do. How you do them could be the key to your success.

The second part of verse 19, however, helped to put this whole Fast into perspective. It says, "He who follows empty pursuits will have poverty in plenty." What are empty pursuits? Things that add no value to your life. Things that, when you are finished with them, have not made you any better. Things like watching television, or spending more than half the day on Face book and Instagram, or things like playing Candy Crush. The Bible says that empty pursuits drain you of your overflow and leave you with only poverty.

As we approach the close of these 31 days, it is my prayer that you will reevaluate how much time you spend on empty pursuits. Instead, take that time and continue to work what God has given you so that you can have plenty!

Live in the Overflow!

Proverb 28

Kingdom Key - - - Work and You Will Prosper

Proverbs 28: 19-20 NIV

19 He who tills his land will have plenty of food, but he who follows empty pursuits will have poverty in plenty.

20 A faithful man will abound with blessings, but he who makes haste to be rich will not go unpunished

Today's Prayer:

Lord, let your favor be upon me, and confirm for me the work of my hands. Amen.

The Focus Fast – Day 29

Wow!

We're down to the final three days of this Focus Fast! When we first started talking about doing this, some of you thought that you would never be able to do it. Now look what you have accomplished: almost 31 days with only an hour of television per day, NO Candy Crush, NO Instagram, NO Face book, and NO Twitter! Wow!

How has reading the book of Proverbs helped you? How much more time did you spend with your friends and family? How many books did you read? How much more energy and effort did you put into bettering yourself? Has this fast transformed you?

I would love to know: send me an email and tell me about it at Btrfly5004@aol.com

Proverbs 29

Kingdom Key - - - Think Before You Speak

Proverbs 29: 8-9, 11 NIV

8 Scorners set a city aflame, But wise men turn away anger.

9 When a wise man has a controversy with a foolish man, the foolish man either rages or laughs, and there is no rest.

11 A fool always loses his temper, But a wise man holds it back.

Today's Prayer:

***Oh Lord, let the words of my mouth and the meditation of my heart be acceptable in your sight.
Amen.***

The Focus Fast – Day 30

A Vision Board

Do you have a vision board? If not, let me tell you what it is and why you should have one. A vision board is a place where you put all of your goals, dreams, aspirations, etc. It should be put in a place where you will see it every day. This is because the more you see what you want, the more you will begin to attract it into your life!

Now is the time to reevaluate and start preparing yourself for this year's goals. For the ones that you completed last year what's the next level for that goal? For the ones that you fell short on, think about why you did and how you can make sure you don't fall short again!

Prepare for the next level!

Proverbs 30

Kingdom Key - - - The Word of the Lord

Proverbs 30: 5, 6 NIV

5 Every word of God is tested; He is a shield to those who take refuge in Him.

6 Do not add to His words or He will reprove you, and you will be proved a liar.

Today's Prayer:

Father, I confess that your Word is proven and it is true. Let it be a shield to those of us who trust in your name. Amen.

The Focus Fast – Day 31

You Did It!

31 Days! You did no social media, no video games, limited TV to one hour for 31 days. You focused on things that will make you better for 31 days straight! You are a spouse, parent, worker, student, and friend because of what took place over the last 31 days.

I ask that each of you would take these lessons learned and apply all of them to your everyday life. It's okay to shut Face book off for a while; it's okay to turn off Candy Crush every now and then; and it's even okay to come home and instead of turning the TV on, spend more time with your family.

I pray that your life is forever changed because of the last 31 days. And it was my absolute pleasure praying for and walking with you during this Fast. I love you and I cannot wait to see what God has in store for your life!

Pastor G

Proverbs 31

Kingdom Key - - - Do Good

Proverbs 31: 8-9 NIV

8 Speak up for those who cannot speak for themselves, for the rights of all who are destitute.

9 Speak up and judge fairly; defend the rights of the poor and needy.

Today's Prayer:

Father, show me how to do good. Help me to be a blessing to those who need it most. Amen.