



We collectively fast and pray for signs, miracles, and wonders. We seek and proclaim victory against the hand of the enemy in all areas, and especially for **Faith, Family, Fitness, Finances, Future** and other personal challenges that impact our lives.

We invite and encourage you to be a part of our fast.

**1. To strengthen our ability to turn our attention to the Lord.**

**2. When facing a great challenge or obstacle.** Simply stated, when you don't know what to do, seek God. (In 2 Chronicles 20:1-4; similarly in Ezra 8:21-23).

Consider your role in listening for God's direction. When you want Him to reveal something in your life - big or small - you must first place yourself in a posture to hear from Him.

Christians are constantly under attack. We are only able to withstand these temptations and entanglements by prayer and fasting. (Mark 9:29, Matthew 4:1-3).

*\*Consult with your healthcare professional before starting any fast, particularly if you have special dietary considerations.*

## Commitment Fast Journal

[illegible]

\* **SELF**—Pray for your personal growth, your improvement, and other specifics pertaining to what you need.

\* **SITUATIONS**—Pray for specific situations you need help with.

\* **SUCCESS**—Pray for the ability to do well spiritually and physically.

\* **SURROUNDINGS**—Pray for Crossing Jordan Baptist Church.

# DECISIONS DETERMINE DESTINY

## 2016

# Crossing Jordan Baptist Church

# OUR PRIORITIES ARE DICTATED

# OUR PATHS ARE DIRECTED

## PROVERB 3:5-6

5 Trust in the Lord with all thine heart;  
and lean not unto thine own  
understanding.

6 In all thy ways acknowledge him, and  
he shall direct thy paths.

January 4 -January 24, 2016

CROSSING JORDAN BAPTIST CHURCH  
1401 Cypress Street  
Valdosta, GA 31601-4910  
(229) 249-9761



To My Beloved Church Family,

It is amazing to think that the year 2015 have to a close. As I reflect on the past 12 months, I am thankful to God for the blessings He has bestowed upon CJ and for keeping this ministry for 9 years. His grace and mercies have been evidenced through the innumerable miracles He has performed in the

lives of so many believers. To Him alone be glory and honor!

We believe that if we are going to have an impact on Valdosta community we will have to do so through meaningful ministry. We are mandated to minister to those who are suffering from the ravages of sin, Satan, and self. Our plan is to truly become a Kingdom building ministry. We are told in Ephesians 4:29c that we are to "....minister grace to the hearer."

We sense strongly a need to meet the needs of those who are facing misery and miserable situations. Even though we understand that life holds for all of us some seasonal situations, we want to be there to see people through. The world is filled with people who are facing unemployment, financial difficulties, sickness, mental stress, discouragement, bereavement, addictions, and more that can be classified as misery. There is no corner of the world where misery is not found. It is not relegated to one color, sex, or religious belief. Misery is everywhere. We are told in Ecclesiastes 8:6 that the "misery of the man is great upon the earth."

Brothers and Sisters, as we fast, let us do so with the intent of becoming Stronger in the Spirit, Steadfast in the Scriptures, and Secure in our Savior.

I pray God's blessings upon each of you and always remember this, if you will be good to God, then God will be good to you.

All Because of Calvary,

Dr. Ronnie Mathis  
Pastor/Teacher

Prayer call number every Monday at noon 1 (605)-475-4000 access code 451010 #  
Please after you say your name put phone on mute.

## THE DISCIPLES' FAST

Fasting to break addictions.  
*Matthew 17:20, 21*

## THE EZRA FAST

Fasting to solve problems and to seek protection.  
*Ezra 8:21-23*

## THE SAMUEL FAST

Fasting to win people to Christ and to get God to pour Himself out on mankind.  
*1 Samuel 7:1-8*

## THE ELIJAH FAST

Fasting to break every yoke.  
*1 Kings 19:2-18*

## THE WIDOW'S FAST

Fasting so that the needs of others will be met.  
*1 Kings 17:12*

## THE SAINT PAUL FAST

Fasting for wisdom and insight from God.  
*Acts 9:9-19*

## THE DANIEL FAST

Fasting for good health and for obedience toward God.  
*Daniel 1:12-20*

## THE JOHN THE BAPTIST FAST

Fasting for a stronger testimony and influence.  
*Matthew 3:4, Luke 1:15*

## THE ESTHER FAST

Fasting for protection from the evil one.  
*Esther 4:16*

## Commitment Fast Scriptures:

**Psalms 5, Psalms 21, Psalms 24, Psalms 29, Psalms 72,  
Psalms 112, Proverb 3**

## Commitment Prayer Calls:

**January 5, 2016 @ Noon  
January 12, 2016 @ Noon  
January 19, 2016 @ Noon  
January 26, 2016 @ Noon**

## PERSONAL FAST FOCUS

While we will fast corporately for 21 days, included here are options that can be utilized to assist :

### OPTION #1: The St. Paul Fast

Abstain from all foods and drinks.  
Focus: Fasting for wisdom and insight from God.

### OPTION #2: The Daniel Fast

Fruits and vegetables only.  
Focus: Fasting for good health and for obedience toward God.

### OPTION #3: Ezra and Esther Fasts

Abstain from sodas and sweets (desserts, pies, cookies, cakes, candy, etc.); natural sweeteners and fruits are okay.  
Focus: Fasting to solve problems and to seek protection from the evil one.

### OPTION #4: Samuel, Widow's and John the Baptist Fasts

Abstain from all types of fried foods and breads.

Focus: Fasting to win people to Christ and to get God to pour Himself out on mankind; fasting so that the needs of others will be met; and fasting for a stronger testimony and influence.

### OPTION #5: Disciples' and Elijah Fasts

Abstain from meats and sweets.  
Focus: Fasting to break addictions and every yoke.

## Commitment Fast Schedule

~WEEK ONE ~

Focus:  
**Families**

~WEEK TWO ~

Focus:  
**Finance**

~WEEK THREE ~

Focus:  
**FITNESS**