



2022 Fasting Instruction Sheet and Quiet Times

22 Days of fasting in 2022

Theme Scripture:

Isaiah 22:22b: What he opens no one can shut, and what he shuts no one can open.

God gave keys to Eliakim, not just any keys but the keys to the house of David and what he opens no one will shut and what he shuts no one will open.

God has given keys not only in the Old Testament but also in the new to allow access to his kingdom.

Matthew 16:18 And I tell you that you are Peter, and on this rock I will build my church, and the gates of Hades will not overcome it. **19** I will give you the keys of the kingdom of heaven; whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven."

The kingdom is wide open and even hades itself will not close what God has opened.

Fast Details

Starts January 1st at 12:01am Ends on January 22nd.

Limit yourself to no more than two meals per day, no snacks, no fast food. If you want to challenge yourself only eat one meal per day. You could also pick at least one day per week where you eat nothing.

Focus for the Fast

What God opens no one can shut and what God shuts no one can open.

Two focuses during this fast:

1. The things God has opened.
2. The things God will open

Challenges:

1. Each Monday fast from all electronics and media
2. Before you start, write out a spiritual hit list and decide what you will be fasting from
3. Pray every day

Memory Scripture:

Philippians 4:13 I can do all this through him who gives me strength.

There is additional reading at the end of this packet.

Quiet Time #1:

Matthew 7:7-12

God opens doors, but he loves it when we ask, seek, knock. When was the last time you made this kind of effort to see God open a door in your life? What does it look like for you to ask, seek, and knock? When you answer this question, start or continue to pray in that manner.

Quiet Time #2:

1 Corinthians 2:6-16

God has given us his Spirit so we can know the deep things of God. Through his Spirit we have access to the mind of God so that we may understand what he has freely given us. Knowing the mind of God, what are some things God wants to do in your Life?

Quiet Time #3:

Colossians 4:2-3 Devote yourselves to prayer, being watchful and thankful. **3** And pray for us, too, that God may open a door for our message, so that we may proclaim the mystery of Christ, for which I am in chains.

Paul recognized it was God who opened a door for him to be effective in his ministry.

1 Corinthians 16:9 because a great door for effective work has opened to me, and there are many who oppose me.

What door has God opened for you to minister the Gospel to your family, neighbors, co-workers or the lost? If you're not sure, make that a priority in your prayer in 2022 for God to make it known.

Quiet Time #4:

Acts 14:26-27 From Attalia they sailed back to Antioch, where they had been committed to the grace of God for the work they had now completed. **27** On arriving there, they gathered the church together and reported all that God had done through them and how he had opened a door of faith to the Gentiles.

God has already opened doors to share with others, are you faithful. God has opened door for your ministry too. So, what is your personal ministry? How are you helping the lost hear the gospel? If you are not sure, focus your prayers on asking God how you can better serve the lost. A door of faith!

Quiet Time #5:

Luke 11:5-13

v7 says "And suppose the one inside answers, 'Don't bother me. The door is already locked, and my children and I are in bed. I can't get up and give you anything.'" In desperate times, God will even open doors that have previously been shut and locked. Are you desperate to see God do things in 2022? How could you desperately ask God open doors he has already closed?

Quiet Time #6:

Revelation 3:7-13

v8 says "See, I have placed before you an open door that no one can shut." If God opens doors that no one can shut, then we can assume that the door is meant for us to go through. So, the questions are, do you know what the doors are? Are you looking for them? Are you going through them? If not, why?

Quiet Time #7:

Revelation 3:19 Those whom I love I rebuke and discipline. So be earnest and repent. **20** Here I am! I stand at the door and knock. If anyone hears my voice and opens the door, I will come in and eat with that person, and they with me. **21** To the one who is victorious, I will give the right to sit with me on my throne, just as I was victorious and sat down with my Father on his throne. **22** Whoever has ears, let them hear what the Spirit says to the churches."

In what ways or areas do we need to earnestly repent? How can we begin to dream again?

Quiet Time #8:

Acts 16:25-30 About midnight Paul and Silas were praying and singing hymns to God, and the other prisoners were listening to them. **26** Suddenly there was such a violent earthquake that the foundations of the prison were shaken. At once all the prison doors flew open, and everyone's chains came loose.

When was the last time you spent time worshiping God even through the night? Plan a men's night of prayer, and a women's night of prayer and singing.

Quiet Time #9:

John 10:1-10.

v9 says "I am the door; whoever enters through me will be saved. They will come in and go out and find pasture." If we are not moving towards the shepherd and the door he leads us through, we are vulnerable to strangers and hired hands. Please, please, please stop listening to all the outside or even inside voices and spend as much time as you can in God's word. Know, seek and ask how to learn God's word and to interpret God's word.

Quiet Time #10:

Revelation 4:1 After this I looked, and there before me was a door standing open in heaven. And the voice I had first heard speaking to me like a trumpet said, "Come up here, and I will show you what must take place after this."

John was able to look forward and see Jesus, Stephen also looked and seen Jesus, Abraham in the Old Testament was told about the Gospel, and he looked to Jesus.

Galatians 3:8 Scripture foresaw that God would justify the Gentiles by faith and announced the gospel in advance to Abraham: "All nations will be blessed through you."

John 8:56 Your father Abraham rejoiced at the thought of seeing my day; he saw it and was glad."

Do you See Jesus or are you listening to others or allowing your circumstances to dominate your thoughts? Let's look for God and see what he is doing, write them down. Share them with someone today!

Quiet Time #11:

Genesis 4:6-7 Then the Lord said to Cain, "Why are you angry? Why is your face downcast? **7** If you do what is right, will you not be accepted? But if you do not do what is right, sin is crouching at your door; it desires to have you, but you must rule over it."

The Gospel and living as a disciple is simple but not easy. We study the Bible, are called to repent and we decide to make Jesus Lord. We have our sins washed away by the blood of Jesus at our baptism. We choose to live for Jesus. Then we live our lives doing what is right and allowing Jesus and his word to transform our minds.

Romans 12:1-2

This takes making (every) effort. We have to choose every day how we will live and to choose to put God's word into practice. It is a daily decision and can eventually create Godly habits that become more of who we are. Today let's decide, what are some things you can stop doing and replace with living the way Jesus has called us to.

Quiet Time #12:

Genesis 19:1-13

v10-11 says *"But the men inside reached out and pulled Lot back into the house and shut the door. 11 Then they struck the men who were at the door of the house, young and old, with blindness so that they could not find the door."* God will close doors to protect us when we try to solve things on our own. Is there a situation that you have been through or are currently going through that you just need to surrender it to God? Sin can be one the the greatest causes of preventing us from seeing the door, or to discourage us from doing what God has called us to do.

Quiet Time #13:

Matthew 6:5-18

v6 says *"But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you."* This scripture speaks for itself, find a place behind closed doors in private and spend time praying.

Quiet Time #14:

Malachi 3:6-12

v10 says *"Bring the whole tithe into the storehouse, that there may be food in my house. Test me in this," says the Lord Almighty, "and see if I will not throw open the floodgates of heaven and pour out so much blessing that there will not be room enough to store it."* Only God can open the heavens and we learn here that there are things we can do in order for him to open, what are they?

Quiet Time #15:

Matthew 3:13-17

We learn from Jesus that through baptism God opens heaven and allows his Holy Spirit to descend on Jesus. We also learn from Luke 15:20 that heaven rejoices whenever a sinner repents. Remember the great miracle when God changed your heart? When you repented and were baptized into Jesus. Heaven opened up and all rejoiced! Share your testimony today.

Quiet Time #16:

John 1:43-51

Jesus calls Philip to Follow Him and immediately Philip tells Nathanael. Then Jesus tells him that he will see greater things. *"you will see 'heaven open, and the angels of God ascending and descending on' the Son of Man."* What Great things have you seen God do from heaven?

Quiet Time #17:

Acts 6:8 - Acts 8:1

v. 7:54-60 says *"When the members of the Sanhedrin heard this, they were furious and gnashed their teeth at him. ⁵⁵ But Stephen, full of the Holy Spirit, looked up to heaven and saw the glory of God, and Jesus standing at the right hand of God. ⁵⁶ "Look," he said, "I see heaven open and the Son of Man standing at the right hand of God." ⁵⁷ At this they covered their ears and, yelling at the top of their voices, they all rushed at him, ⁵⁸ dragged him out of the city and began to stone him. Meanwhile, the witnesses laid their coats at the feet of a young man named Saul. ⁵⁹ While they were stoning him, Stephen prayed, "Lord Jesus, receive my spirit." ⁶⁰ Then he fell on his knees and cried out, "Lord, do not hold this sin against them." When he had said this, he fell asleep."* Do we see Jesus, in the darkest moments of our lives? Share a challenge that has brought you to your knees.

Quiet Time #18:

Hebrews 3

Read this chapter. We learn that God opens a door that leads to his rest. This is where we want to be. Two things we can see in this chapter, we need to fix our eyes on Jesus and encourage others to do the same. What do we need to change to fix our eyes? Practice encouraging others to do the same this week.

Quiet Time #19:

Ephesians 2:1-10

We learn from this verse that God gives us his grace. It's our faith that allows us to have access to his grace. When you put faith with his grace it prepares us to do the work that God had predestined us to do. What work has God's grace produced in you?

Quiet Time #20:

Psalm 119:18 Open my eyes that I may see wonderful things in your law.

Psalms 119:131 I open my mouth and pant, longing for your commands.

Spend time today asking God to open your eyes to his wonderful word and then to open your mouth to speak his word.

Quiet Time #21:

Ephesians 3:14-21

v20 says "Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us." This is one of our memory verses that we have had in the past. My prayer for us is that this time of prayer and fasting opens our minds and hearts to see all the of the great opportunities that God has provided for each and every one of us. That we see that the door has already been opened for us to do immeasurably more than we can ask or imagine. Let's dream big in 2022 and I promise you no matter how big your dream you cannot out dream God.

We first ask, seek, and knock then we need to know what door God has already opened then we need to GO through it. All we need for all of this is faith. This Faith has already been given to each person according to **Romans 12:3**. We don't need something God has already given us.

Romans 8:24 For in this hope we were saved. But hope that is seen is no hope at all. Who hopes for what they already have?

We do not need to hope for faith because you already have it. What are your dreams for 2022?

Quite Time #22:

Today Break your fast together with your small group.

Psalm 118:24 The Lord has done it this very day; let us rejoice today and be glad.

Spend time today looking back over the fast and read some of the things you had written down. Decide to go after or go through the door God has already opened. Are going after a job? Are you pursuing a relationship? Is there something you desire to change in your character? Let's go after God with all or even more effort than you would with any other important thing in your life.

Additional reading

Proverbs 18:16 A gift opens the way and ushers the giver into the presence of the great.

Isaiah 26:1 In that day this song will be sung in the land of Judah: We have a strong city; God makes salvation its walls and ramparts. **2** Open the gates that the righteous nation may enter, the nation that keeps faith. **3** You will keep in perfect peace those whose minds are steadfast, because they trust in you. **4** Trust in the Lord forever, for the Lord, the Lord himself, is the Rock eternal. **5** He humbles those who dwell on high, he lays the lofty city low; he levels it to the ground and casts it down to the dust.

Matthew 25:1 "At that time the kingdom of heaven will be like ten virgins who took their lamps and went out to meet the bridegroom. **2** Five of them were foolish and five were wise. **3** The foolish ones took their lamps but did not take any oil with them. **4** The wise ones, however, took oil in jars along with their lamps. **5** The bridegroom was a long time in coming, and they all became drowsy and fell asleep. **6** "At midnight the cry rang out: 'Here's the bridegroom! Come out to meet him!' **7** "Then all the virgins woke up and trimmed their lamps. **8** The foolish ones said to the wise, 'Give us some of your oil; our lamps are going out.' **9** " 'No,' they replied, 'there may not be enough for both us and you. Instead, go to those who sell oil and buy some for yourselves.' **10** "But while they were on their way to buy the oil, the bridegroom arrived. The virgins who were ready went in with him to the wedding banquet. And the door was shut. **11** "Later the others also came. 'Lord, Lord,' they said, 'open the door for us!' **12** "But he replied, 'Truly I tell you, I don't know you.' **13** "Therefore keep watch, because you do not know the day or the hour.

Genesis 4:1 Adam made love to his wife Eve, and she became pregnant and gave birth to Cain. She said, "With the help of the Lord I have brought forth a man." **2** Later she gave birth to his brother Abel. Now Abel kept flocks, and Cain worked the soil. **3** In the course of time Cain brought some of the fruits of the soil as an offering to the Lord. **4** And Abel also brought an offering---fat portions from some of the firstborn of his flock. The Lord looked with favor on Abel and his offering, **5** but on Cain and his offering he did not look with favor. So Cain was very angry, and his face was downcast. **6** Then the Lord said to Cain, "Why are you angry? Why is your face downcast? **7** If you do what is right, will you not be accepted? But if you do not do what is right, sin is crouching at your door; it desires to have you, but you must rule over it. "

Door in Hebrew is pethach means opening, entrance. For us today the door represents a separation from one space to another. A door can be used for many things from privacy to safety. The Bible uses the door many times to describe many different things. In Genesis we learn that Cain felt dissed by God. Therefore, he became angry. God apparently wanted Cain to think about why he felt the way he did. God asked him "why are you angry"? He tried to direct Cain; I believe to help him do better. To allow Cain to work on his own heart. Perhaps what God said was more than just a warning for Cain but genuine concern for Cain. God's desire was to see Cain be successful in their relationship. He said, "but if you do what is right, will you not be accepted"? "Sin is crouching at your door". I think we are to understand what God is saying, that when we do wrong there's a good chance it will only lead us into sin. So why would God use the idea of a door here? There is still a separation from us and sin even if we don't do what is right. There is still a chance that we can make our wrong a right if we just choose to do good. There's always a door to choose.

Now here's the part that you and I don't know. How would Cain know his offering would or wouldn't be pleasing to God? He doesn't have the law and he doesn't have the Bible. It would seem that Cain and Able took it upon themselves to make a sacrifice to God. Just a thought, but what about you and I? Sometimes we do things that we may question is good or bad, not even sin. Praise be to God we have his word, his Holy Spirit to help us to do what is right and when we still fall short, we have his grace and Jesus to reconcile us. I think the lesson we can learn from Cain is that in all our decisions, there is a door and on the other side of that door could be God or sin and our choice can open opportunities to please God or for us to possibly be devoured by our sin.

Jesus is that Door.

John 10:1 "Very truly I tell you Pharisees, anyone who does not enter the sheep pen by the gate, but climbs in by some other way, is a thief and a robber. **2** The one who enters by the gate is the shepherd of the sheep. **3** The gatekeeper opens the gate for him, and the sheep listen to his voice. He calls his own sheep by name and leads them out. **4** When he has brought out all his own, he goes on ahead of them, and his sheep follow him because they know his voice. **5** But they will never follow a stranger; in fact, they will run away from him because they do not recognize a stranger's voice." **6** Jesus used this figure of speech, but the Pharisees did not understand what he was telling them. **7** Therefore Jesus said again, "Very truly I tell you, I am the gate for the sheep. **8** All who have come before me are thieves and robbers, but the sheep have not listened to them. **9** I am the gate; whoever enters through me will be saved. They will come in and go out, and find pasture. **10** The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full. **11** "I am the good shepherd. The good shepherd lays down his life for the sheep. **12** The hired hand is not the shepherd and does not own the sheep. So when he sees the wolf coming, he abandons the sheep and runs away. Then the wolf attacks the flock and scatters it. **13** The man runs away because he is a hired hand and cares nothing for the sheep. **14** "I am the good shepherd; I know my sheep and my sheep know me--- **15** just as the Father knows me and I know the Father---and I lay down my life for the sheep. **16** I have other sheep that are not of this sheep pen. I must bring them also. They too will listen to my voice, and there shall be one flock and one shepherd. **17** The reason my Father loves me is that I lay down my life--only to take it up again. **18** No one takes it from me, but I lay it down of my own accord. I have authority to lay it down and authority to take it up again. This command I received from my Father."