

**2020 CCoC Fasting Instruction Sheet and Quiet Times**  
Theme Scripture: 1 John 2:15-17

## On Not Loving the World

**15** Do not love the world or anything in the world. If anyone loves the world, love for the Father is not in them. **16** For everything in the world—the lust of the flesh, the lust of the eyes, and the pride of life—comes not from the Father but from the world. **17** The world and its desires pass away, but whoever does the will of God lives forever. John knows that the world is forever enticing us to join it in its ideologies, attitudes, and its sin. He reminds us that if there is love of the world within our hearts there can not also be love for God. During this packet the goal is to help you evaluate your life and doctrine that there may be no question that only the love of the Father dwells within you.

### **Fast Details**

Starts January 1st at 12am Ends January 19th (we decided to end on the 19th to break the fast together as the body of Christ).

### **Corporate focus for the Fast**

Pray for leadership and boldness for the Columbus Church to spread the gospel. Pray for maturity and growth in the church.

PRAYER - pray weekly with someone in the church.

Pray for everyone in your ministry and at least one day a week.

Pray for everyone in the church. Also pray for people in your life that you would like to see become Christians. In fact, it would be great to create a list so you have a reminder of who you're praying for.

### **Personal Focus**

Write out a spiritual hit list and decide what you will be fasting from before the fast begins. Think through and pray about it before you decide to share it with your family group. We are asking for you to keep a journal each day of the fast.

**Week 1** Pray every day alone or with someone.

**Memory Scripture: 1 John 2:15-17**

**Quite Time #1:** 1 John 2:15-17 The Word is very clear that we should love no part of the world! Today let's meditate and focus on why the Bible makes such a harsh statement about the world.

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**Quite Time #2:** 2 Timothy 3:1-9 We were once apart of this world and this scripture applied to us! Jesus in his mercy saved us from that life. Today, during your prayer and time with God remember who you were before Christ saved you and the person you are now in Christ. Meditate on how life would have gone without God and how Christ has saved you!

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**Quite Time #3:** Romans 12:2 The world is constantly asking us to conform to its lifestyles & ideology. Though we have given ourselves over to Christ there are still aspects of the world that can be tempting for us. Let us consider what areas of our lives are we still being tempted have our minds transformed by the world? Today when you pray truly consider what areas of your heart still lingers in the world and have yet to be transformed by the power of God.

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**Quite Time #4:** Isaiah 53:1-12 Jesus was beaten, spat on, tortured and more because he desired that we may have an opportunity for Salvation. This scripture is a great reminder that our immigration to the kingdom came at a great cost!! Today when you spend time with God meditate on the great cost that was payed and the love display for you because of God's great mercy.

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**Quite Time #5:** 1 Peter 2:9-10 God has brought us out of darkness into his wonderful light. God makes it very clear that while we were in the world we lived in darkness. Today let's focus on two things as we pray 1.) Do we see the world and its sin as this deep darkness? 2.) If it is this darkness, do we seek to rescue others that they may join us in this wonderful light?

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**Quite Time #6:** John 15:18-25 If you live according to the scriptures you will receive opposition. Having a love for God also means being bold for God. Today, let's consider how we allow this opposition to cause us to shrink back and I **Challenge** you to do something **Bold!!** (share your faith, pray/share scripture with someone you are reaching out to)

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**Quite Time #7:** Romans 5:6-8 While we were still God's enemies he died for us. Jesus makes it clear that the world is the Enemy! This concept is seen all throughout scripture. Do we treat our old sin as our enemy? Do we fight it like an enemy? Do we make plans to ensure our sin doesn't overcome us? During your time with God today consider how you can fight off any part of the world (sin) that still lives within your life.

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**Quite Time #8:** Hebrews 10:23-25 The world is always coming after us & the best way to combat this is spending time with the body of Christ. In fact, God saw it as sinful to stop meeting because he knows the great value of spending time with the body. Consider how you can spend more time with the body of believers even if it's just getting lunch/dinner with someone.

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**Challenge:** For the rest of the fast commit to abstaining from media (tv, internet and the like for non work related purposes)/social media and instead invest that time with your family and the body of Christ.

**Quite Time #9:** 1 Corinthians 3:1-3 Paul warns the church in Corinth that it is in fact very easy to let your spiritual life stagnate. During your time with God meditate and consider if you are continuing to mature in Christ. Here are great questions to ask yourself: How consistent are your times with God? When was the last time you were bold enough to share your faith? When was the last time you studied the Bible with someone? When was the last time you helped a brother or sister overcome sin?

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The next part of the packet is designed to challenge your faith and make you consider if you are a spiritual infant or mature(ing) in Christ. Are you kingdom focused or is your focus on the world?

### **Inwardly Focused**

**Christ wants us to be inwardly focused .... Inwardly focused on Him!!!!**

**Quite Time #10:** 2 Corinthians 5:14-16 So often we can let the thought of who we were while we were in the world define who we are as Christians. We are a new creation and it's important to understand that God doesn't see you in your sin but sees a righteous person. As far as a man is from God, is the person you were in your sin from the new creation God has made you. We rarely get a second chance to make a first impression; however, with Christ, WE ARE A NEW CREATION. During your time with God, consider who you want to be in Christ and how God can use you right here in Columbus.

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**Quiet Time #11:** Luke 14:25-27 Jesus did not shy away from communicating the cost of discipleship. In the same way he expects us to consider what it takes to put him first. In our hearts and our lives, He expects us to put him first. How is your relationship with God? Do you desire to pray to Him? Do you desire to seek Him out? Do you desire to be in his Word? Do you seek to put his word into practice in your life? During your time with God today consider if you desire for Jesus to be Lord of every aspect of your life.

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**Quiet Time #12:** 1 Kings 19:19-21 Elisha burned his yoke and cooked his oxen. He made clear that following Elijah was the most important thing to him to the extent that he let his old ambitions die. His oxen were his livelihood and in his ambition as a farmer, it would be to use his oxen to gain more. Instead, he put his old ambition behind him, gaining a new one in following Elijah. In the same way, we must let our old ambitions die. If Jesus is Lord of our lives, we aim to please him with our lives and his ambitions now become ours. During your time with God today consider have you pursued God ambitions or are your goals number one in your life.

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**Quiet Time #13:** Acts 17:26-28 God planned where we should live, the time period we should be born, and much more just to ensure we would have the best opportunity to know him. We often forget how valuable we are to God. This is a very encouraging reminder that God has done a great deal of planning in order that we may know Him. Today, during your time with God think about all the amazing things and situations God has brought you through.

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### Outwardly Focused

**Christ wants us to be inwardly focused .... Outwardly focused on Him!!!!**

**Quiet Time #14:** 2 Corinthians 5:14-16 This scripture emphasizes we are created new and with Christ we are capable of more. Let us be confident that the power of God lives within us. Do you believe you are an instrument for God? Today, during your time with God consider what stops you from believing this truth?

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**Quiet Time #15:** John 17:14-19 Jesus said this prayer knowing it would be difficult for us to live for Him in this world. He wanted us to have protection because he knew that Satan would do all he could to stop us from proclaiming the gospel. If we boldly proclaimed Christ, Satan knows that people would follow Him. Christ purposefully sent you into the world that you may help others seek him. During your time with God today, consider are you currently fulfilling the purpose for which God has sent you into the world?

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**Quiet Time #16:** Romans 12:1 God wants our hearts and he has made a way for us to outwardly show that we love Him. Giving your body as a sacrifice is a clear statement meaning God's wants us to worship Him with our bodies. Today, use your body to worship God.

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**Quiet Time #17:** 2 Corinthians 5:11-13 Paul explains nothing holds him back from seeking and saving the lost, to the point where his fellow Christians might say he is out of his mind. Paul proclaims he is out of his mind for Christ. Today during your time with God, consider do you take every opportunity to persuade others to follow God.

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Here are some things to consider as we end the fast

**Quiet Time #18:** 2 Timothy 2:4 As soldiers in Christ's army, though we live in the world, we are called not be entangled and consumed with the affairs of this world. In this week without media, has this time revealed how entangled you can be in the affairs of the world and the spiritual effect it can have on you. Today during your time with God, consider how you can strengthen your relationship with your body of Christ and weaken the entanglement of the world.

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**Quiet Time #19:** Galatians 2:20 Paul connected his life in the body of Christ with Christ living within him. He knew in order to make an impact; he needed the body. Today during your time with God, meditate on what it would look like for you to no longer live and instead for Christ to live within you, your new life being within the body.

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In conclusion, the world has much to offer but what Christ offers lasts forever. Hopefully this time revealed where your heart is, whether you are maturing and if your eyes are on the kingdom or if you have become stagnant and your eyes have wandered towards the world. Through a great cost, Jesus made a way for us to receive Salvation. Do not store up for yourself treasure on earth, instead let us store up for ourselves treasure in heaven for where our treasures are there our hearts will be also (Matthew 6:19-24).