



**EASTING
MANUAL**

DAILY DEVO

THE YEAR OF THE RECORD BREAKERS

**TO THE
FUTURE**



To The Future!

The Year of the Record Breakers — Fasting Manual

Thoughts on Fasting

From Jentezen Franklin

1. Fasting is taking time to regain the edge, preparing the way for you to accomplish so much more through the power of the Holy Spirit than you could accomplish through your own limited strength.
2. Fasting is not a requirement. Fasting is a choice. Whenever a believer chooses to begin a spiritual fast for one day or for several days, he or she makes a choice to break out of the routine in order to draw closer to God.
3. Remember, fasting without prayer is simply a diet. Just as fasting cleanses your physical body of trash – it cleanses you spiritually as well.
4. Seasons of fasting and prayer help you get your sensitivity back to the things of God. When you have become dull by the constant bombardment of trash all around you, fasting helps get the edge back to cut through the trash and clean it out.
5. Whether you are considering a fast that lasts one day or several days, the only way to know you can succeed is to make up your mind – determine in advance – that you will succeed, remaining faithful for the full length of the fast.
6. While you must use wisdom on a fast, you must also use determination to stick to the plan. You will be able to make it when you stay focused on what you decided before your flesh started crying out.
7. Make up your mind to not compromise!
8. Fasting is telling God that you want to be with Him more than you want to spend time with others.
9. Fasting “dethrones” the rule of our demanding fleshly appetites so that we can more easily follow the leading of the Holy Spirit.
10. Prayer and fasting were a big part of Jesus’ life. Why should it be such a small part of yours?
11. Fasting is suppose to break [your] routine, not become another passionless performance.
12. Is there something in your life that has you bound, weighed down, and/or held back? Are you yoked to a bad habit, an iniquity, a habitual sin? The fast God chooses breaks every yoke (Isaiah 58:6- 11)!
13. The fast God chooses gives revelation to areas that have been clouded in your life as He communicates His will and direction for your life.
14. While you fast and pray, ask God to restore what the enemy has taken from your family. Pray that lines of communication that have been destroyed between your own flesh and blood relatives will be restored.
15. Fasting helps you bring your desires into alignment with God's desires.
16. When you ask God to enlarge your territory, what you are really saying is, “Lord, thank You for the achievements of the past, but don’t let it stop; I believe there is more that I can do.” (This is my personal prayer for each of us as we enter this time of fasting and prayer).

Corporate Prayer Opportunities

1. Join us at 6:00am every morning from 01/03-01/16 in our Facebook Member Group for corporate prayer and intercession.
2. Follow along with the daily focus points to keep your heart open to everything God is speaking to you each day of the fast.
3. Meet us on Wednesday, January 16th at 7:30pm to culminate our fast with a night of intercession.

Fasting Preparation

1. Enter this fast and any fast prayerfully and with expectation. If you do not have a plan on what you want to discover in your time of drawing closer to Him, you will not know what to expect coming out of the fast.
2. Prayerfully decide which fast you will take part in. The desire should be for the wisdom of the Holy Spirit to direct you on what to sacrifice.
3. Fasting is a sacrifice and sacrifice hurts. Make sure that whatever you choose to give up is worthwhile (i.e. don't fast from social media if you do not have any social media accounts).
4. Be intentional about your time with God while on your fast. The time that you would



normally spend doing whatever you choose to give up should be concentrated more on prayer, meditation, and the Word of God.

5. Stay focused. Temptations will come from the left and the right, but stick to your plan! Self-control is a must.

6. Expect God to speak. If there is an expectation that God will speak to you (through His Word, through His Spirit, or through His people), there will be a stronger sensitivity to what God desires to say.

7. Take time to write or journal. It may be something you consider to be minor today, but it could have heavy consequences for your future. Write down what you sense God speaking to you.

Fasting Crash Course

What is Fasting? Fasting is the intentional denial of something that you desire with the designed purpose of becoming closer to God. It is in essence a physical sacrifice for spiritual growth. Fasting is rooted in a commitment to deny our own physical desires to increase our spiritual effectiveness. In order for fasting to be effective, there must be prayerful discipline (Mark 9:29).

What is Prayer? Prayer is an intentional, two-way communication with God for the purpose of receiving His direction for life. There are several types of prayers that include – thanksgiving (showing gratitude or gratefulness for what God has done), requests or desires (letting God know what is on your heart or your specific need), intercession (praying on the behalf of others for God to intervene in their lives). Prayer is intended to line up with the Word of God and His will for your life (James 5:16).

What is Meditation? Meditation is the act of giving your time or attention to a specific thought, concept, situation, or person. Meditation means to consider or to think strongly upon. Meditation often involves reflection in order to understand the will of God (Joshua 1:8). Through meditation, we speak back to God what it is that He has given us as a prevailing thought during our meditation time.

How Do I Fast? Fasting is not something that should be taken lightly. First, be prayerful concerning God's direction on the type of fast that would be best for you (see fasting types below). Next, if you have any serious health concerns, please consult your physician before participating in a fast that could hurt your health. Finally, remember that fasting is a sacrifice. Whatever type of fast you choose, remember to fill that time or desire with prayer, meditation, and/or the Word of God.

There are several fasting choices. For the purpose of our fast, these options include:

Denial: No food at all from sunrise to sunset. • Daniel: Fruit, vegetables, juice, and water only for the entire day. • Desert: Water is your only beverage of choice during the fasting period. You may eat whatever you desire that fits within the context of the Daniel Fast.

• Drought: No television, social media, or Internet (with the exception of work-related needs) which does not include the news and religious programming.

• Deliverance: All members are asked to abstain from sinful habits or habitual behaviors in addition to the options above to receive the maximum results from the fasting experience (Example: cursing, gossip, overreacting, alcohol, ungratefulness, sexual sins, etc. Read Galatians 5:15-26 and Hebrews 12:1). Prayerfully after the fast, you won't look back to any of these things!

With the exception of our morning devotionals and social media postings directly affecting All Nations Worship Assembly - Atlanta, we are asking all members to join in on the social media drought and deliverance fasting. In addition, choose the Denial, or Daniel, or Desert Fast daily.



Thursday, January 3rd
Your Future, Your Grace

John 1:14-16

And the Word became flesh and lived among us, and we have seen His glory, the glory as of a Father's only Son, full of grace and truth. (John testified to Him and cried out, "this was He of whom I said, 'He who comes after me ranks ahead of me because He was before me.'") From His fullness we have all received, grace upon grace.

Future Truth: Grace is not simply the few words we utter before consuming a meal, the "get out of jail free card" when we sin, or the guard that keeps us from sinning. Instead, grace is a powerful release from God that empowers you to fulfill your specific, God ordained purpose. Grace flows from who God is and empowers us to accomplish all that He has trusted us to perform. We fulfill our purpose and walk in His will, not out of a matter of our personal worthiness, but as an extension of His amazing grace released to us daily. Grace, then, is something that we can continue to grow in. When we discover and welcome grace, we receive from the fullness of who God is. The only way your life will break the records of years past is by walking in the totality of the grace God has afforded for your future.

Future Declaration: Thank You for a grace that is so amazing that it goes before me and exceeds every one of my expectations. I declare that I will not trample on or take Your grace for granted, but instead embrace it as a tool that will help me to accomplish all that You created me for. In that embrace, I will continue to grow from grace to grace so that I will understand Your purpose, plan, and will for My life. I will not allow my future to be short-changed by living in the mistakes that grace covered. I declare that I am not where I once was and will daily strive to live the life that God has ordained for me.

Friday, January 4th
Forgetting For Your Future

Philippians 3:12-14

Not that I have already obtained this or have already reached the goal; but I press on to make it my own, because Christ Jesus has made me His own. Beloved, I do not consider that I have made it my own; but this one thing I do: forgetting what lies behind and straining forward to what lies ahead, I press on toward the goal for the prize of the heavenly call of God in Christ Jesus.

Future Truth: The key to the best of your life is moving past the worst of it. Though we needed our past to help shape us into who we are today, we cannot live in the pain and misery that it possibly helped to create or the chaos that once existed. When we grasp that our past was a catapult to help us arrive into our future, we will appreciate the experience while embracing the opportunity for what lies ahead. Never get so sidetracked with what happened that you neglect the moment to embrace what will be. You look better in your future! Record breakers don't live in what was— they strive for what will be.

Future Declaration: Thank You for allowing my past to be a bridge that prepared me for my future. I declare that I will not live in my mistakes, mishaps, or missed opportunities from chances that were once there. I will realize that everything You have allowed has been for my good and for Your glory. My future will not be held hostage because of the mistakes of my yesterday. I will be fully aware and fully engaged with everything that my tomorrow holds for my life. I declare that I look with intent and concentration into a tomorrow that is yet to come, but I know is headed my way.

Saturday, January 5th
Your Future Has Favor

Proverbs 3:1-4 My child, do not forget my teaching, but let your heart keep my commandments; for length of days and years of life and abundant welfare they will give you. Do not let loyalty and faithfulness forsake you; bind them around your neck, write them on the tablet of your heart. So you will find favor and good repute in the sight of God and of people.



Future Truth: Favor from God is an attribute of His character that helps to make ways for us in fulfilling our purpose for life. When we discover the power of favor, we understand that it provides for us things that money cannot buy and that people cannot create. Favor will allow us to be placed in positions we were not qualified for and fulfill assignments that could only be mastered through the grace of God. We release frustrations over our own capabilities when we choose to abide in the favor provided by God. When we are faithful to the call and plan of God for our lives - even in the midst of temporary setbacks - favor still has an uncanny way of finding us.

Future Declaration: Thank You for favor that is better than life and worth more than silver and gold. I declare that I will be a walking magnet for favor with God and with man. The favor that You bestow upon my life will give me access to people and places that my own capabilities could never make happen. I will break records this year because Your favor will continue to open doors that no man can shut, make ways in the wilderness, allow rivers in the desert, and create opportunities for me to excel in fulfilling Your ordained plan for my life.

Sunday, January 6th
He Guides My Future

Psalm 23:1-6

The Lord is my shepherd, I shall not want. He makes me lie down in green pastures; He leads me beside still waters; He restores my soul. He leads me in right paths for his name's sake. Even though I walk through the darkest valley, I fear no evil; for You are with me; Your rod and Your staff — they comfort me. You prepare a table before me in the presence of my enemies; You anoint my head with oil; my cup overflows. Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the Lord my whole life long.

Future Truth: The leadership of God in our lives makes all the difference, especially when we acknowledge Him for who He is. His guidance does not make valleys disappear, but instead goes before us to remind us that He is the God of the deepest valleys we encounter. His guidance leads us to provision, peace, and preparation for our future. We discover God to not only be the Master and Lord of our lives, but also the Leader and Guide for everything He created us to be. We are not looking for a genie in a bottle; we want to acknowledge and follow the God who has gone into our future, numbered our days, and made the path clear for us.

Future Declaration: Thank You for guiding me through every situation my life has ever and will ever embrace. I declare that I will continuously lean on You to order my steps according to Your created purpose for my life. I will not be frustrated when I feel as if I have reached a dead end but will instead trust and believe You to be the God that will navigate me through it. As my guide, You have never been lost and I trust You that even when I do not understand it, You are guiding my life down the path that You created for me. I declare that my steps are sure and my future is sound because You have gone before me. I have no reason to fear.

Monday, January 7th
My Future Has Provision

Genesis 22:11-14

But the angel of the Lord called to him from heaven, and said, "Abraham, Abraham!" And he said, "Here I am." He said, "Do not lay your hand on the boy or do anything to him; for now I know that you fear God, since you have not withheld your son, your only son, from me." And Abraham looked up and saw a ram, caught in a thicket by its horns. Abraham went and took the ram and offered it up as a burnt offering instead of his son. So Abraham called that place "The Lord will provide"; as it is said to this day, "On the mount of the Lord it shall be provided."

Future Truth: God is a Provider and sends provision in ways that are practical and miraculous. We live in the seat of expectation for Him to provide for us not just through



financial means, but in meeting our needs, wants, and desires in ways that we could not create in our own strength and power. We declare and believe that everything in the earth belongs to God. Because it is all His, there is never a lack in His capacity to provide what we need when we need it for every season of our lives. Our truth is that this year, God will break records in releasing His provision over us.

Future Declaration: Thank You for being my Provider. I declare that there has never been a moment when You have not come through and there never will be a time when You do not bring to my hands everything that I need to become all You created me to be. I will not trust in my own capacity or capability to simply make things happen outside of You. I will trust You, Your resources, and Your release of everything that I need for every day of my life as the God who provides for my life. I declare that every need in my life is met because You are my Jehovah Jireh.

Tuesday, January 8th
We Won't Go Without Him

Psalm 139:7-12

Where can I go from Your spirit? Or where can I flee from Your presence? If I ascend to heaven, You are there; if I make my bed in Sheol, You are there. If I take the wings of the morning and settle at the farthest limits of the sea, even there Your hand shall lead me, and Your right hand shall hold me fast. If I say, "Surely the darkness shall cover me, and the light around me become night," even the darkness is not dark to You; the night is as bright as the day, for darkness is as light to You.

Future Truth: The amazing thing that we discover about the grace and love of God is that it surrounds us continuously - even at our lowest points and highest ascents in life. His presence brings peace in our sorrows, celebration in our joys, and support through every endeavor that we set our hands to do. Even more, without His presence, our lives would be utterly meaningless. He is the only reason that we live and every day we discover all the more our importance to live for Him. If we are going to the future, we cannot go without Him!

Future Declaration: Thank You for never leaving me alone. I declare that I will trust Your presence, even in my most difficult seasons, to be my light and life to move forward. Thank You for grace that has guided me through my various roller coasters of life. Thank You for love that has supported me in my weakest moments. Most importantly, thank You for Your presence that has been like a blanket in my coldest nights and consistently reminded me that with You, I can do all things. I declare as I walk boldly into my tomorrow, I will not do it without You with me.

Wednesday, January 9th
Peace For The Future

Philippians 4:4-7

Rejoice in the Lord always; again I will say, Rejoice. Let your gentleness be known to everyone. The Lord is near. Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

Future Truth: God's peace cannot be purchased with money or obtained through our own works of self-righteousness. Instead, the more we walk with God we discover that His peace is a byproduct of His presence. He releases His peace into our lives so that we can remain consistent through the various twists and turns that our lives may take. Our minds may never fully grasp or understand it, but our lives cannot be fully lived without God's peace. In a life full of chaos, the peace of God transcends the noise and keeps us stably seated in His presence.

Future Declaration: Thank You for a peace that is deeper than anything that I could ascertain in my own limited understanding. I declare that I will walk in Your peace regardless of what storms may attempt to arise in my life. Your peace keeps my mind steady, my heart at ease, and my emotions in check. I will not allow my life to operate outside of the peace that you provide for me in every situation I encounter. I declare that You surround me with Your peace and it serves as a compass for my next step.



Thursday, January 10th
Triumphing Through Your Storms

I Peter 5:10-11

And after you have suffered for a little while, the God of all grace, who has called you to His eternal glory in Christ, will Himself restore, support, strengthen, and establish you. To Him be the power forever and ever. Amen.

Future Truth: In life we often try to avoid as many storms as humanly possible, but there are seasons when we must go through them. The beauty of our storms happen when we grasp that everything we go through has a purpose that is greater than us and a design that helps to pull greatness out of our lives. Suffering and storms are all a matter of perspective. Once we take our eyes off of what we are going through and place our eyes on Jesus as the Author and Finisher of our faith, we realize that He never takes us through anything we cannot handle with Him. Actually, He is using your "right now" to prepare you for your future!

Future Declaration: Thank You for every storm that my life has encountered. I declare that my storms are making me stronger and giving me the ability to persevere through momentary inconvenience to see You revealed. Everything that I experience may not feel good, but it all works out for my good and for Your glory. Help me to remember that at my lowest, You have already created a space for the grace I need to help me survive what would devour me. I declare that the storm will not have me because I will always look for You in it.

Friday, January 11th
Record Breaking Joy

James 1:2-4

My brothers and sisters, whenever you face trials of any kind, consider it nothing but joy, because you know that the testing of your faith produces endurance; and let endurance have its full effect, so that you may be mature and complete, lacking in nothing.

Future Truth: Amazingly enough, God sometimes allows the greatest joy in our lives to be hidden in the midst of our trials and situations. Our plight through faith is to discover that in the middle of every crossroad and at the intersection of every ounce of suffering, God is still releasing joy back into our lives. Joy is not based upon materialistic gains or momentary bouts of pleasure, but in knowing that in all circumstances the Creator of life is guarding and guiding. It is that joy that the world cannot release and cannot take away.

Future Declaration: Thank You for a joy that, at times, is unspeakable and yet so necessary for my growth and development as a believer. I declare that I am a full recipient of the joy that comes only from knowing You. I will not let temporary inconveniences or circumstances block me from receiving the permanent place of joy that you created for me to live in. I will continuously count my life situations from a perspective of joy because I know You work all things together for my good. I declare that my future will break records not because I am happy, but because I am filled with the joy of the Lord.

Saturday, January 12th
Stop Hiding

Matthew 25:14-18

"For it is as if a man, going on a journey, summoned his slaves and entrusted his property to them; to one he gave five talents, to another two, to another one, to each according to his ability. Then he went away. The one who had received the five talents went out at once and traded with them, and made five more talents. In the same way, the one who had the two talents made two more talents. But the one who had received the one talent went out and dug a hole in the ground and hid his master's money.

Future Truth: We are called to be good stewards of everything that God allows to grow through our lives. When we become improper stewards, we mismanage the blessings that God has



designed to enhance our lives. When we discover the trustworthiness that is necessary for sound stewardship, we will not think of ways that we can waste before we discover ways to conserve and properly manage all God has blessed us with. Stewardship is not just about money – it is about life as a whole. Commit this year to no longer hold back what the world and your future needs to see.

Future Declaration: Thank You for calling me to a higher level of stewardship. I declare where I have mismanaged my finances, my faith, my time, etc. that I will strive to govern myself according to Your will for my life. Help me to avoid frivolous moments and actions that cause me to miss what You are attempting to do in my heart and life. Make me sensitive to the value that You place on everything that You entrust to my hands and help me to manage it appropriately. I declare no more missteps - I am managing my time and my life with great efficiency.

Sunday, January 13th
Record Breaking Finances

Malachi 3:10-12

Bring the full tithe into the storehouse, so that there may be food in my house, and thus put me to the test, says the Lord of hosts; see if I will not open the windows of heaven for you and pour down for you an over flowing blessing. I will rebuke the locust for you, so that it will not destroy the produce of your soil; and your vine in the field shall not be barren, says the Lord of hosts. Then all nations will count you happy, for you will be a land of delight, says the Lord of hosts. Give and it shall be given...

Future Truth: Our finances are the mechanism that God has blessed us with in the earth to handle kingdom business. Though God has given us this tool, we will not be bound by what its capabilities are. God did not give us money or the potential for wealth for it to control our lives and actions, but rather for us to be able to establish His kingdom and to do His business in the earth. We learn to trust God even the more with our finances and sowing when we remember one simple principle: everything that we have belongs to Him! Your finances will break records this year as you discover the other side of heaven's provision and release.

Future Declaration: Thank You for blessing me with finances and resources here in the earth. I declare that I will never make money my god or give it the power to rule and control my life. Everything that I have has been a blessing from You and consequently, I will honor You with all that I have. My financial outlook will not be based on the world's system of debt, but in believing and honoring You with all that You have blessed me with. I declare that my tithe unlocks my wealth and wealth is coming to me now.

Monday, January 14th
Future Faith

Matthew 17:18-20

And Jesus rebuked the demon, and it came out of him, and the boy was cured instantly. Then the disciples came to Jesus privately and said, "Why could we not cast it out?" He said to them, "Because of your little faith. For truly I tell you, if you have faith the size of a mustard seed, you will say to this mountain, 'Move from here to there,' and it will move; and nothing will be impossible for you."

Future Truth: Our faith should be ever-evolving and growing as we go higher and deeper in God. When we discover the simplicity of mustard seed faith, we will understand the truth that a little goes a long way. We must always stand ready to believe God for the impossible by simply knowing His impeccable track record. We have faith in Him because when everything else has failed us, His name has been our banner, strength, shield, and protector. He is consistently faithful and we in turn are called to constantly flourish in our faith.

Future Declaration: Thank You for the gift of faith. I declare that I will use my faith to believe You to perform signs, wonders, and miracles that can only happen by Your hand. My faith will not be robbed by my doubt, shortcomings, or my own personal experiences. Instead, I will constantly strive to stretch to new depths in trusting You with a faith that is unwavering. Teach me how to launch out into the deep seas of faith and allow You to steer the ship of my life.



Tuesday, January 15th
Your Future Has Freedom

2 Corinthians 3:17-18

Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom. And all of us, with unveiled faces, seeing the glory of the Lord as though reflected in a mirror, are being transformed into the same image from one degree of glory to another; for this comes from the Lord, the Spirit.

Future Truth: We all have experienced bondage at one point or another in our lives (spiritual, emotional, financial, mental, etc.). When we discover the freedom that has been released into our lives through Holy Spirit, we will refuse to be bound by the circumstances of life and simply trust God with the fragile scars of bondage. God at work in us gives us the capability of fulfilling the impossible and even healing from the deepest wounds. True freedom is not in word, but in the ability to live free and stay free in Christ.

Future Declaration: Thank You for the price that You paid for me to live in freedom. I declare that I will not take that price for granted but will live every day in the joy of the Lord. I will not be bound by my own brokenness, mistakes, or circumstances. Each day, I will embrace the power that You release into my life to own my freedom. I trust the Holy Spirit to lead me down a path that only reveals Your will - one that is not laced with the bombs of bondage. I am free because the Son has set me free, indeed!

Wednesday, January 16th
Prepared for My Future

Jeremiah 33:1-3

The word of the Lord came to Jeremiah a second time, while he was still confined in the court of the guard: thus says the Lord who made the earth, the Lord who formed it to establish it—the Lord is His name: Call to Me and I will answer you, and will tell you great and hidden things that you have not known.

Future Truth: Since the beginning of creation, God has always moved with clear motives and agendas. When we embrace that there is no such thing as an accident in God's eyes, we begin to look deeper into our own purpose and design for life. There are mysteries concerning our purpose that will only be found as we find ourselves in Him. Even more, we begin to grasp that every second that we exist means something to God and consequently we should not waste a single moment that He graces us to be alive.

Discovery Declaration: Thank You for creating me with a clear intention and a created purpose. I declare that I will spend the rest of my life discovering and fulfilling the purpose that You specifically designed me for. I will not get frustrated with the process but will seek You for clarity and understanding where confusion may attempt to flourish. I declare that the beat of my heart will be to discover every hidden thing that is found in You concerning my life and bring to manifestation everything I have been designed for.