

BEYOND SUNDAY

A SERMON APPLICATION GUIDE

SERMON DATE • JANUARY 1, 2023

Missed the sermon? Watch [here](#).

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This guide is designed to offer a simple tool for those wanting to take the next step with Sunday's message. You can print this guide to study on your own, or use it in a group and experience transformation together.

MESSAGE THEME & PRAYER FOCUS

ALL IN

"Connecting With God Through Prayer and Fasting"

"Father God, thank you for listening to my every prayer. Thank you for desiring to spend time with me no matter how I may be feeling or acting. You are a good good father that cherishes time spent with me. God, you keep your promises and you are speaking to me. As I spend time with you this week, would you continue to make yourself known to me. I love you Lord, Amen."

KEY TRUTHS

Types of Visions:

Night Visions: Dreams

Closed Vision: Your eyes are closed

Open Vision: With your eyes open

Fasting doesn't change God, it connects us to God by changing us. What does biblical fasting look like? Our body is the house that our spirit lives in and we must discipline it. Our spirit needs to take dominion over our body. If our body had its way we would eat what we want, say what we want, watch what we want, and ultimately fall into unhealthy choices, patterns, and problems. But when we fast, our spirit rises up. We can connect with God and seek wisdom, making the right choices.

To lay out a different definition of prayer than what we might be thinking, it is simply connecting with God. This is not just talking but giving him time and space to respond as well. Prayer looks like meditating with God, over His word, His promises, and His faithfulness. Prayer looks like

resisting the enemy. Prayer is an ongoing conversation with God. We were created for God's pleasure. When it was just Adam and Eve on the earth, they had nothing to complain about, yet they talked to God constantly, building relationship with Him. Any time something comes up, we should first be asking 'what does the word say?' Instead of complaining in prayer, we should bring God's word to Him and hold the solution of the problem out, standing in faith that God sticks to his promises.

PRACTICAL APPLICATION

You are encouraged to participate with fasting however you see fit for yourself.

There are several types of fasting mentioned in the Bible. Some of them are; full fasting, where you don't eat food and all you drink is water. There is a Daniel fast, or a partial fast, that consists of sticking to fruits, vegetables, grains, legumes, nuts, and seeds. Another type of fasting mentioned is intermittent fasting where typically one meal would be skipped during the day. If fasting from food isn't something you are able to do, there is fasting from things like social media or the news.

KEY VERSES

- Isaiah 58:5-9
- 1 Thessalonians 5:23
- James 1:21
- Isaiah 58:5-9, 26:3
- 1 Thessalonians 5:23
- James 1:21
- 2 Corinthians 5:17
- 1 Corinthians 9:27
- James 2:26
- Daniel 10:2-3
- Revelation 4:11
- Proverbs 25:2
- Genesis 5:21-24
- Matthew 22:37
- Psalms 1:1-2
- Joshua 1:8
- Mark 16:20

DECLARATIONS

"I know that a relationship with God takes time, attention, and effort. I will be more intentional to not only speak God's promises but also take time to listen to Him. God is not far away, mad at me, or inactive. He is present where I am, he is proud of me, he loves me, and he is speaking to me."

WHAT'S NEXT?

Now it's time to write down anything the Lord has spoken to you. Praise Him, Thank Him and ask the Holy Spirit to help you walk this out.



*If hearing God or anything mentioned in this study is new to you then we invite you to take the Next Step.
Further information can be found at reslife.org/nextsteps*