

ONE

WITH GOD

WITH YOUR FAMILY

WITH YOUR CHURCH



COMMUNITY

WHAT SHOULD YOU DO

SO THAT THIS TIME CAN BE EFFECTIVE AND TRANSFORMING FOR YOUR LIFE?

A. DEDICATE TO SEEK GOD IN A SPECIAL WAY

Ecclesiastes 4:12 NIV

12 Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken.

During this time, you should detain yourself and seek God in a special way, profoundly, and seriously.

For us, the children of God, there are 3 spiritual disciplines that when combined produce spiritual strength, joy, passion, and effectiveness in life. The three are: prayer, scripture reading/meditation, and fasting.

When we talk about prayer, we refer to our conversations with God. Although it's one of the most common spiritual disciplines, it is one of the most forgotten

Matthew 6:6 NIV

6 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.

Scripture reading and meditation (The Word revealed and written by God) is vital for our spiritual strength and growth. However, it is also relegated today by God's children. The many distractions of this world takes our sight off of knowing and fulfilling what God has established.

Luke 4:4 NKJV

4 But Jesus answered him, saying, "It is written, 'Man shall not live by bread alone, but by every word of God.'"

Psalms 119:105 NKJV

105 Your word is a lamp to my feet, And a light to my path.

The third spiritual discipline that is very important is fasting. Simply put, fasting is restricting yourself from material things to seek spiritual strength.

Matthew 6:16-18 NIV

16 "When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. 17 But when you fast, put oil on your head and wash your face, 18 so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.

THE COMBINATION OF THESE 3 SPIRITUAL DISCIPLINES PROVOKES
GOD'S SUPERNATURAL POWER TO MANIFEST IN AN OVERWHELMING WAY.

SOME POWERFUL TRUTHS

ABOUT FASTING:

A. FASTING HELPS YOU DEVELOP A CLOSER RELATIONSHIP WITH YOUR HEAVENLY FATHER, JESUS YOUR SAVIOR, AND THE HOLY SPIRIT, YOUR FRIEND.

Luke 4:1-2, 14 NKJV

1 Then Jesus, being filled with the Holy Spirit, returned from the Jordan and was led by the Spirit into the wilderness, 2 being tempted for forty days by the devil. And in those days He ate nothing, and afterward, when they had ended, He was hungry. 14 Then Jesus returned in the power of the Spirit to Galilee, and news of Him went out through all the surrounding region.

Fasting is very important in the life of every child of God. Think about it, if it wasn't important, why did Jesus, the Son of God, fast before beginning his mission here on earth? Fasting, like prayer and reading/meditation of the Scripture, is a choice. It's voluntarily breaking the routine with the purpose of getting closer to God. To achieve a spiritual awakening and refreshment, it is necessary to sometimes limit yourself from what feeds the flesh and dedicate yourself to what feeds the spirit. Fasting is a door through which God frees his supernatural power in our lives. However, the choice is ours: we can open and enter through this door, or simply ignore it and continue in our routines.

The principal motivation of fasting is to seek and know God more profoundly.

Although fasting has other similar benefits, these cannot be the most important. For example, if you do the fasting seriously, you will surely lose some pounds, detoxify your body, and heal from some sicknesses provoked by poor nutrition.

B. REASONS AND NEEDS TO FAST.

God instructed his people to fast:

To receive grace and favor in times of crisis. Ester is an example of this, when she was going to present herself before the king, she and all the people fasted.

Ester 4:16 NIV 16 *“Go, gather together all the Jews who are in Susa, and fast for me. Do not eat or drink for three days, night or day. I and my attendants will fast as you do. When this is done, I will go to the king, even though it is against the law. And if I perish, I perish.”*

- Need of understanding, focus and clarity for the vision and purpose of your live. Daniel is an example of this, when he received revelation of the vision that God had given him in his life.
- When they had to self-examine their life and walk with Him. (Jeremiah 36: 6)
It is important before a battle. (Jude 20)
- When someone rises unjustly against them, and they want the justice of God to be manifested. (1 Kings 21: 27-29)
- When they need healing. (Isaiah 58: 6-9)
- When they need self-control. (Luke 4: 1-2)

**GOD
INSTRUCTED
HIS PEOPLE TO
FAST**

C. THE RESULTS OF FASTING

You will find the right path that you have to follow to achieve a better life on this earth. This includes: Divine direction for transitions, wisdom for decisions and solutions for your problems.

You will build the foundation of the new generation that comes after you. This includes your children and your disciples. You will be spiritually opening the way for them.

You will receive the resources you need to achieve your purpose, desires and dreams. God is your source of blessings, the closer you are to him, the more access you will have to his resources.

D. THE TYPES AND TIMES OF FASTING

There are individual, family and corporate fasts.

There are total fasts (only liquids) and partial fasts (stop eating some specific foods).

There are fasts of 1, 3, 7, 21 and 40 days.

There are complementary fasts to food (leave the TV, internet, social networks, newspapers, etc.).

We choose the month of January for this fast, in order to give God the first fruits of our love, as we assure a new year full of victories.

E. PREPARATION FOR FASTING

Hebrews 11: 6

In reality, without faith it is impossible to please God, since anyone who approaches God has to believe that he exists and that he rewards those who seek him.

The first thing you need to do is make the decision to recover your passion, your dreams and your joy in life. The only way to achieve it is by approaching God.

Believe with all the strength of your heart that great things will happen and that God has prepared rewards for you. BELIEVE THAT THERE ARE MORE.

Define what you want to achieve with this time of fasting. Establish three things that you would like God to cause to happen in your life, family, group, company, etc.

Prepare for action: Define the time and type of fasting. Choose a place to pray, read and meditate on the scriptures each day.

**PREPARE
FOR A SPECIAL COMMUNION
TIME WITH GOD
AND STAY TO RECEIVE
THE MANIFESTATION
OF YOUR SUPERNATURAL
POWER ABOUT YOUR LIFE AND
YOUR FAMILY**

ONE

INTRODUCTION

One of the most significant prayers that Jesus did on earth, he did the night he was going to be arrested, a day before being crucified to pay for our sins.

This prayer was for the unity of the people who had believed in Him and followed Him, those who would take the gospel of salvation to the world.

John 17:21

21 that all of them may be one, Father, just as you are in me and I am in you. May they also be with us so that the world may believe that you have sent me.

Based on the dictionary the word unity means: “the state of being united or joined as a whole”. Jesus literally asked his Father to give his followers the power to be indivisible, the power to remain being ONE. The example that He used for unity was the relationship that He had with his Father: “as you are in me and I am in you”. The perfect unity of Jesus with his Father is our guide and goal of unity with our God Father, as well as with our family and our spiritual family. In the next 21 days, you will have the opportunity to read the Word of God, pray and fast. This will allow you to get closer to God, unite with your family and be more connected to your spiritual family in a special way.

Remember that the combination of prayer, reading the Word of God and fasting, produces a powerful strength that is capable of letting out all of the potential that God has put inside of you. When this potential is freed it can guide you to develop a friendship and closeness with God like you had never imagined. As well, as uniting you with your family like never before, and connecting you with your church to reach the goals that you have always dreamed of in your life.

Who needs to become ONE with God, with their family, and with their church?

We all need to, and each one of us needs to experiment the power that there is in real unity. Unity makes you stronger, more effective, gives you security and it makes you happier. God created us with the capability and necessity to have relationships, and the best we relate to others more fulfillment we will have in our lives. Take the decision today to open up your heart to God in a special way in this 21 days, I assure you that your life will never be the same.

WEEK 1

ONE WITH GOD

COME CLOSE TO GOD

“Come near to God and he will come near to you.
Wash your hands, you sinners, and purify your hearts, you double-minded”.
James 4:8

“Your beginning is God and if you become ONE with Him, your life will achieve
its maximum potential”.

David S Rivera



Day #1:**“ONE WITH YOUR CREATOR AND HEAVENLY FATHER”.**

Matthew 6:9-10

*9 This, then, is how you should pray: “Our Father in heaven, hallowed be your name,
10 your kingdom come, your will be done, on earth as it is in heaven.”*

Jesus taught his disciples to talk to God like if they were talking to their father. Why? because their life started in God the Creator's heart, He desires a relationship with you, as His son or daughter. This is the only way in which you can reach fulfillment in life. The first step to becoming one with God is to recognize that He is your creator. You are not a product of evolution or a universal accident, your existence is the product of God's love. He gave you life and it is Him who opened the way to your salvation and eternal life. His desire is for you not to see him as a “distant God”, but that you can get to relate to Him as a Father. God as your Father has the best life for you, and the key is for you to allow Him to do His will through you. Take the decision to let go of any idea or theory that is different to the creation of God. Open your heart and find the way to become ONE with your creator and Father!

Day #2:**“ONE WITH HIS LOVE”**

1 John 4:19

19 We love because he first loved us

When you decide to open your heart to know the heart of God the Creator and Father, inevitably you will find His love. God's love is misunderstood because it is many times compared to the human love, which the dictionary defines it as a mixture of emotions that tie a person to another person. God's love is much more than a mixture of emotions, God's love is a pact, a commitment of love is the essence of his nature (8 Whoever does not love does not know God because God is love, 1 John 4:8). He showed His love when he took the first step by sending His son to save you. Now He is waiting for you to answer to His love. There is nothing that you can do that can make your Celestial Father not love you, this is known as unconditional love. Is your love for God unconditional? The truth is that our human nature pushes us to love “with conditions”. Many times consciously or unconsciously we limit our love and relationship with God to the circumstances in our lives, and what we consider that God should do for us. Today, decide to let go of any constraint that you might have put in your relationship with God the Father and become ONE with His love!

Day #3:**ONE WITH HIS SON**

1 Corinthians 1:9

9 God is faithful, who has called you into fellowship with his Son, Jesus Christ our Lord.

As we become sons and daughter of God we are made brothers and sister of Jesus, only begotten-son, and God's desire is for us to be united with our older brother. There is no way to love God the Father, without loving His son Jesus, just like you can love Jesus without loving God the Father. They are one, and just like we need to develop our relationship with the Father, we also need to develop our relationship with Jesus our brother, who is Lord and Savior. Jesus is the eternal heir and with desire is to share with you the blessings that He has received from the Father. (Now if we are children, then we are heirs—heirs of God and co-heirs with Christ, if indeed we share in his sufferings in order that we may also share in his glory, Romans 8:17). Jesus desires to have communion and intimacy with you, because He wants to show you and activate eternal life, abundant for which He paid for by dying on the cross of Calvary. For this, He needs for you to trust in Him and only in Him as your Savior. He is the only way to God the Father, in Him, you will find the truth, and from Him, you will find the fullness to live. Open your heart to Jesus today, God the Father already paid a high price so that you can be ONE with His Son!

Day #4**“ONE WITH HIS WORD”**

John 13:23 (NIV)

23 Jesus replied, “Anyone who loves me will obey my teaching. My Father will love them, and we will come to them and make our home with them.

There is no greater practical expression of your love for God than your obedience. The important question regarding serious obedience is - How can you obey someone without knowing what is expected of you? There is no way. How good it is to know that God expresses his will through his written Word (The Bible). That is why it is so important that you value, love and make it your Word, because it is your guide to obey and demonstrate your love for God. You need to read, meditate and practice what Scripture says so you can experience the manifestation of God's love in your life. (Whoever has my commands and keeps them is the one who loves me. The one who loves me will be loved by my Father, and I too will love them and show myself to them, John 14:21 NIV). Surely you will find some instructions, commandments, and statutes in His word that you will not understand or will be hard to obey. Keeping these will be a proof of your trust in God the Father, because you need to believe that obeying the will of God is the best option for your life. Take the step today to value and fulfill the will of God the Father and become ONE with His Word!

Day #5**“ONE WITH HIS SPIRIT”**

John 14: 16-17 (NIV)

16 And I will ask the Father, and he will give you another advocate to help you and be with you forever— 17 the Spirit of truth.

The world cannot accept him, because it neither sees him nor knows him. But you know him, for he lives with you and will be in you.

The most important person on the face of the earth is the Holy Spirit of God. He, despite being part of the divine trinity, is the least recognized person and sometimes, wrongly, considered the third person or third place of the trinity, as if He were less God than The Father or The son (And so I tell you, every kind of sin and slander can be forgiven, but blasphemy against the Spirit will not be forgiven, Mathew 12:31 NIV). The Holy Spirit was sent to earth by God the Father after Jesus finished his mission on earth and ascended to heaven. Today, The Spirit is within each child of God and is a constant and determined companion. If you allow Him to, He will be constantly guiding you towards all truth, will be revealing to you the written Word of God the Father and will also bring to your mind all that Jesus declared while on earth. Make sure you receive the gift of God the Father and be ONE with His Spirit.

Day #6:**“ONE WITH HIS PLAN”.**

Jeremiah 29:11 (NIV)

11 For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future.

The desire of every good father is to give the best to his children. If this is a truth for us imperfect human beings, how much more can you expect from God the Father? The truth is that you can expect the best of the best. God gave you life because he loved you, at the same time He designed a plan for your well-being (happiness, blessings, comfort, wealth, abundance, peace, pleasure, tranquility, convenience and so much more). Your part is to agree with Him, this way you activate His full plan for your life. Many times, incorrectly, some people attribute misfortune to God's plan; as if it was God who caused the difficult and painful moments. This could not be further from the truth and the desires that are in the heart of God for his children (“For my thoughts are not your thoughts, neither are your ways my ways,” declares the Lord. “As the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts. Isaiah 55:8-9 NIV). Always remember that God the Father wants the best for you and your loved ones, so take the decision today to become ONE with His plan.

Day #7:**“ONE WITH HIS CAUSE”.**

1 Timothy 2:3-4 (NIV)

3 This is good, and pleases God our Savior, 4 who wants all people to be saved and to come to a knowledge of the truth.

The burning desire in the heart of God the Father is that each person can be set free from eternal condemnation, which is the consequence of sin. The Word of God is clear when it comes to explaining the two eternal paths for men ": Eternal life and eternal death. This is a truth that God wants everyone to know, and He also wants everyone to have the opportunity to recognize Jesus as Savior and obtain abundant life. Who would cry out to God the Father and reach salvation? This is not known until someone takes the cause of God the Father as his own and boldly proclaims the good news of salvation (How, then, can they call on the one they have not believed in? And how can they believe in the one of whom they have not heard? And how can they hear without someone preaching to them? Romans 10:14 NIV). Deciding to join God the Father also includes being passionate about what His heart burns for. It requires determination to tell others (family, friends, neighbors, co-workers or classmates) what He has done for you and wants to do for them. This is valuing the redeeming work of Jesus and the wonderful work of the Holy Spirit on Earth, to say to God the Father: "Count on me" I am ONE with your cause!

ONE

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DAYS OF FAST
AND DEVOTIONAL
MEDITATIONS.

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