



40 Days & New Beginnings Personal Spiritual Application Sheet

"Come, let us return to YHWH; For He has torn, but He will heal us; He has stricken, but He will revive us... that we may live in His sight. Let us know, let us pursue the knowledge of YHWH. His going forth is established as the morning; He will come to us like the rain, like the latter and former rain on the earth. (Hosea 6:1-3)

I. United Pursuits

A. To Personally Encounter YHWH: He is our primary Focus

One thing I have desired of YHWH, That will I seek: That I may dwell in the house of YHWH All the days of my life, To behold the beauty of YHWH, And to inquire in His temple. Psalm 27:4

B. To Pray for Breakthrough/Blessing for Jerusalem/Israel

Pray for the peace of Jerusalem: "May they prosper who love you." (Ps. 122:6)

C. To Pray For Breakthroughs

1. For myself and my family: What breakthroughs do I need? What breakthroughs does my family need?
2. For my congregation: What breakthroughs are needed?
3. For my nation: What national breakthroughs are needed?

D. Seeking Greater Understanding of God's Heart

[A]sk that you may be filled with the knowledge of His will in all wisdom and spiritual understanding; Colossians 1:9b

E. To Pray for the Outpoured Spirit: To pray for God's Spirit to move with great power bringing conviction, salvation, healing, deliverance, and the baptism of the Holy Spirit.

F. Scriptural Focus: To prayerfully read through a portion of Scripture daily (perhaps a psalm, the Gospels, or *The Sermon on the Mount* [Matthew 5-7]) for each day of the month. Ask YHWH to speak to you through these words.

II. Breaking Up the Fallow Ground

Sow for yourselves righteousness; Reap in mercy; Break up your fallow ground, For it is time to seek YHWH, till He comes and rains righteousness on you. Hosea 10:12

Create in me a clean heart, O God, And renew a steadfast spirit within me. Psalm 51:10

A. Areas of Sin/Compromise: List out these areas that God is presently touching on in your life:

1. Where have I become hardened?
2. Where have the weeds of worldliness grown in my heart?
3. Where have I become unfruitful, idle?
4. Where are my present-tense testimonies of God's activity in my life?

B. Areas of Unknown Sin: Ask God to bring to light areas of unknown/unperceived sin.
Search me, O God, and know (reveal) my heart; Try me, and know (reveal) my anxieties. Psalm 139:23

C. Rapid Obedience: In what areas do I need to actively obey God right away?

III. Blessing Others

A. Spouse (if relevant): What do you appreciate about your spouse? What can you do to bless him/her? What area(s) of need can you pray about for him/her?

B. Family: What do you appreciate about your family? What can you do to bless them? What area(s) of need can you pray about for them?

IV. Personal Particulars

A. Questions for God: Are there any personal questions that you have for Him in this season?

B. Any Other Particular Pursuits: Is there anything else spiritually that you feel to add to these times?

C. When To Seek God? When during the day will you have/add time to specifically seek God in this season?

D. Accountability: It is strongly recommended if married, that you work through the heart of these commitments with your spouse prior to implementing them. Also, it is wise to have a same-gender spiritual friend that can pray for you and help keep you accountable to the heart of these commitments.

V. Fasting Particulars

A. Inclusions (for a Daniel Fast or the nutritarian diet as found in Joel Fuhrman's *Eat to Live* book): Eating *vegetables, fruits, whole grains* (breads or rice from whole grains), *legumes* (peas or beans), *nuts, seeds, tofu,* and *herbs* in moderation. Drinking only water or including noncaffeinated *herbal teas, fruit/vegetable juices.* Are there any other personal inclusions/exceptions for me on this nutritional plan?

B. Abstentions: Daniel abstained from all meat, sugar, dairy products, wine, and from all pleasant foods and beverages (all food flavor-enhancers—seasonings, salad dressings, sweetener, etc.). Also recommended to avoid white flour/sugar as well as fried/processed foods. Are there any other foods that I will abstain from/exceptions on this fast?

C. Media Fast: What specific areas of the media (facebook, netflix, internet surfing, etc.) do I want to fast from?

D. Other Specifics: Are there other personal specifics that I want to add to this fast time?