

**Preparing our Hearts for Easter
Weekday Daily Devotionals (9 AM)**

WEEK 1 - Redemption: The Grand Plan

- _____ Mon. 3/1 (Day 1)
- _____ Tue. 3/2 (Day 2)
- _____ Wed. 3/3 (Day 3)
- _____ Thu. 3/4 (Day 4)
- _____ Fri. 3/5 (Day 5)

WEEK 2 - Redeemed to have Peace with God

- _____ Mon. 3/8 (Day 1)
- _____ Tue. 3/9 (Day 2)
- _____ Wed. 3/10 (Day 3)
- _____ Thu. 3/11 (Day 4)
- _____ Fri. 3/12 (Day 5)

WEEK 3 - Redeemed to belong in God's Family

- _____ Mon. 3/15 (Day 1)
- _____ Tue. 3/16 (Day 2)
- _____ Wed. 3/17 (Day 3)
- _____ Thu. 3/18 (Day 4)
- _____ Fri. 3/19 (Day 5)

WEEK 4 - Redeemed for Forgiveness of Sin

- _____ Mon. 3/22 (Day 1)
- _____ Tue. 3/23 (Day 2)
- _____ Wed. 3/24 (Day 3)
- _____ Thu. 3/25 (Day 4)
- _____ Fri. 3/26 (Day 5)

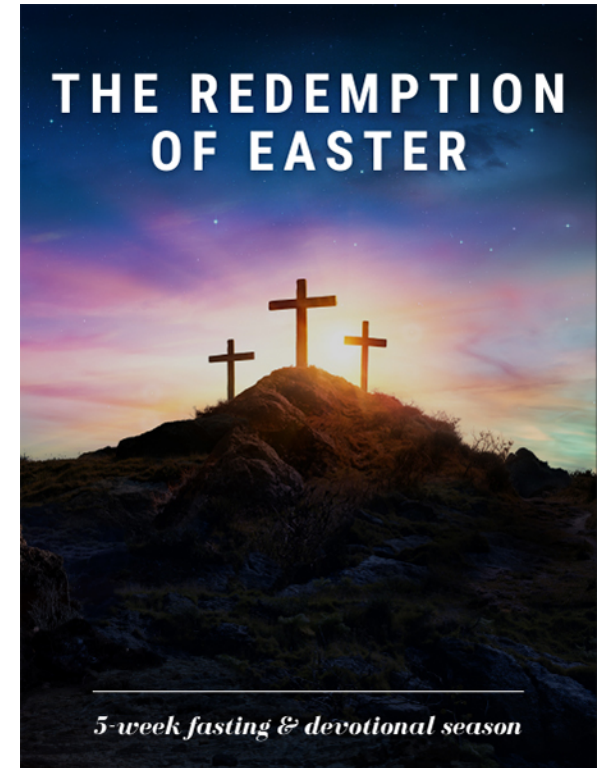
WEEK 5 - Redeemed to Live Free from the Bonds of Sin

- _____ Mon. 3/29 (Day 1)
- _____ Tue. 3/30 (Day 2)
- _____ Wed. 3/31 (Day 3)
- _____ Thu. 4/1 (Day 4)
- _____ Fri. 4/2 (Day 5)



Follow us on social media
@vvalleyvineyardchurch

For questions or more information
contact the church office:
818-776-9696
info@valleyvineyard.org



**A season of preparation
as we look toward Easter**

March 1 – April 2, 2021

Here at the Valley Vineyard, we want to invite everyone to join us in preparing our hearts for the greatest day of the year, Easter. Here is what we will be doing...

1. A Weekday Devotional

We want to invite you to watch the weekday daily devotionals on Facebook and YouTube every weekday (from Monday, 3/1- Friday, 4/2) at 9 AM.

2. A 5-Week Fast

We are calling everyone to fast on one level or another for five weeks. That may be daunting, but here is some helpful information about fasting. We truly want this to be a Holy Spirit-inspired journey.

Throughout the Bible, fasting is almost always the decision to abstain from food for a set period of time. In Matthew 4 we find that Jesus was “led by the Spirit” to go without food for 40 days. It also tells us that he got really hungry! It was an uncomfortable and challenging process, even for Jesus, but it produced powerful results. He not only resisted temptation, but His Spirit-led fasting resulted in three power-packed years of ministry.

3. Good Friday Service

Make plans to join us on Friday, April 2, at 7 PM, to recognize our redemption by the sacrifice of Jesus on the cross.

What should you fast?

Begin by asking Jesus what his Spirit is leading you to abstain from. It might be more beneficial for you to fast from things that feed your mind, body, soul, or imagination: television, sports, social media, alcohol, the news, shopping, or political discourse. You can also seek to abstain from certain foods, fast every morning or evening during this season, or fast a day or certain days of the week. You probably won't hear an audible voice, but you will have a sense of what the Spirit is targeting.

It's vital to understand that fasting is not an end in itself, but a spiritual discipline. Just like a physical discipline, you engage in it with a goal in mind. You don't diet just to diet, but to get healthy and lose weight. In the same way, as you fast, you should have a spiritual goal or purpose in mind.

As you look through the goals below, which one might Jesus be calling you to pursue?

- **A greater dependency on Jesus**
As you experience the discomfort of denying yourself something you enjoy, it can be a constant reminder to turn to the Lord for strength. Fasting can help us stay centered on Jesus. 2 Cor. 12:9
- **More time in prayer and the Word**
Imagine what would happen if all the time we spent looking at screens or eating meals was devoted to prayer and meditation on Scripture. Fasting can be a way of feasting on the Lord. John 4:27-38
- **Fasting for revival**
Fasting is a great way to revive your own spiritual life. It says you are serious about living a Spirit-filled life with Jesus. Jonah 3:7; Joel 1:14 & 2:12,15
- **A deepening in your walk with Jesus**
You may choose to fast because you hear Jesus calling, “Come away, my beloved!” He’s calling you to quiet your heart and go deeper. Song of Solomon 8:14
- **Reliving the Passion of Jesus**
In the 40 days leading up to Easter, you may want to simply meditate on the last few weeks of Jesus’ life by daily studying the various accounts in the Gospels. Mt. 21-28; Mk. 13-16; Lk. 21-24; Jn. 11-21
- **Spiritual Warfare**
Fasting can be a way of releasing God’s power to overcome evil. Mt. 17:18-21
- **Ministering to the needs of others**
When you fast from food and other pleasurable activities, you identify with those who are hungry and needy. This is the meaning of Is. 58:6-9. Fasting can produce compassion and a desire to do something about the oppressed.
- **A season of mourning**
It was common for those who were grieving to abstain from food for a season. Perhaps you need to mourn a loss. 2 Sam. 12:23; Neh. 1:4.
- **Facing a great challenge**
In 1 Chron. 20:3, the king called a fast when facing overwhelming odds in battle. The Lord gave him a great victory, v. 24 Also see Esther 4:16.

Some fasting no-no's

- Don't fast to look spiritual by telling everyone you are fasting. Mt. 6:16, 18
- Don't go around being miserable and cranky. Is. 58:4-6; Mt. 6:17
- Don't try to manipulate God. It doesn't work!
- Don't try to be a hero and overdo it. If you are new to fasting, you might start with one meal a day or one full day a week. If your fast is media-related, you might try 5 days a week and give yourself a break on the weekend or vice versa.
- Don't expect it to be easy.
- Don't expect instant results. Often, the fruit of fasting is seen after your fast is over. Therefore, don't be disappointed if you don't have an immediate breakthrough or if you feel, “It's not working.” Trust the Lord.
- If you are married, don't fast from sexual intimacy unless you both agree. 1 Cor. 7:5

Finally, although Jesus calls us to fast in secret. Mat. 6:16, He didn't mean you can't tell anyone. His intention was to stop us from bragging about how spiritual we are. We suggest you find someone to share with about your fast. If you are in a Connect Group, you should share with the group and ask them to pray for you. It will help you follow through.

“Fasting helps express, deepens, confirms the resolution that we are ready to sacrifice anything, even ourselves, to attain what we seek for the kingdom of God.”
- Andrew Murray