

9 When they had heard the king, they departed, and, to the star, which they saw in the east, went before them, till it came and stood over where the young child was.

10 When they saw the star, they rejoiced with exceeding great joy.

11 And when they were come into the house, they saw the young child with Mary his mother, and fell down, and worshipped him: and when they had opened their treasures, they presented unto him gifts, gold, and frankincense, and myrrh.

12 And being warned of God in a dream that they should not return to Herod, they departed into their own country another way.

The Flight to Egypt

13 And when they were departed, behold, the angel of the Lord appeareth to Joseph in a dream, saying, Arise, and take the young child and his mother, and flee into Egypt, and be thou there until I bring thee word: for Herod will seek the young child to destroy him.

14 When he arose, he took the young child and his mother by night, and departed into Egypt.

15 And was there until the death of Herod: that it might be fulfilled which was spoken of the Lord by the prophet, saying, Out of Egypt have I called my son.

16 Then Herod, when he saw that he was mocked of the wise men, was exceeding wroth, and sent forth, and slew all the children that were in Beth-lehem, and in all the coasts thereof, from two years old and under, according to the time which he had diligently enquired of the wise men.

17 Then was fulfilled that which was spoken by Jeremey the prophet, saying,

18 In Rama was there a voice heard, lamentation, and weeping, and great mourning, Rachel weeping for her children, and would not be comforted, because they are not.

The Return to Nazareth

19 But when Herod was dead, behold, an angel of the Lord appeareth in a dream to Joseph in Egypt,

20 Saying, Arise, and take the young child and his mother, and go into the land of Israel: for they are dead which sought the young child's life.

21 And he arose, and took the young child and his mother, and came into the land of Israel.

22 But when he heard that Archelaus did reign in Judaea in the room of his father Herod, he was afraid to go thither: notwithstanding, being warned of God in

a dream, he turned aside into the parts of Galilee.

23 And he came and dwelt in a city called Nazareth: that it might be fulfilled which was spoken by the prophets, He shall be called a Nazarene.

John the Baptist's Ministry

3 In those days came John the Baptist, preaching in the wilderness of Judaea.

2 And saying, Repent ye: for the kingdom of heaven is at hand.

3 For this is he that was spoken of by the prophet Ezechiel, saying, The voice of one crying in the wilderness, Prepare ye the way of the Lord, make his paths straight.

4 And the same John had his raiment of camel's hair, and a leathern girdle about his loins; and his meat was locusts and wild honey.

5 Then went out to him Je-ru-sa-lem, and all Judaea; and all the region round about Jor-dan.

6 And were baptized of him in Jor-dan, confessing their sins.

7 But when he saw many of the Pharisees and Sadducees come to his baptism, he said unto them, O generation of vipers, who hath warned you to flee from the wrath to come?

8 Bring forth therefore fruits meet for repentance.

9 And think not to say within yourselves, We have Abraham to our father: for I say unto you, that God is able of these stones to raise up children unto Abraham.

10 And now also the axe is laid unto the root of the trees: therefore every tree which bringeth not forth good fruit is hewn down, and cast into the fire.

11 If indeed baptize you with water unto repentance, but he that cometh after me is mightier than I, whose shoes I am not worthy to bear: he shall baptize you with the Holy Ghost, and with fire.

12 Whose fan is in his hand, and he will thoroughly purge his floor, and gather his wheat into the garner; but he will burn up the chaff with unquenchable fire.

The Baptism of the Beloved Son

13 Then cometh Je-sus from Galilee to Jor-dan unto John, to be baptized of him.

14 But John forbade him, saying, I have need to be baptized of thee, and comest thou to me?

15 And Je-sus answering said unto him, Suffer it to be so now: for thus it becometh us to fulfil all righteousness. Then he suffered him.

16 And Je-sus, when he was baptized, went up straightway out of the water: and

is, the heavens were opened unto him, and he saw the Spirit of God descending like a dove, and lighting upon him.

17 And lo a voice from heaven, saying, This is my beloved Son, in whom I am well pleased.

The Three Temptations of Jesus

4 Then was Je-sus led up of the spirit into the wilderness to be tempted of the devil.

2 And when he had fasted forty days and forty nights, he was afterward an hungred.

3 And when the tempter came to him, he said, If thou be the Son of God, command that these stones be made bread.

4 But he answered and said, It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God.

5 Then the devil taketh him up into the holy city, and setteth him on a pinnacle of the temple.

6 And saith unto him, If thou be the Son of God, cast thyself down: for it is written, He shall give his angels charge concerning thee, and in their hands they shall bear thee up, lest at any time thou dash thy foot against a stone.

7 Je-sus said unto him, It is written again, Thou shalt not tempt the Lord thy God.

8 Again, the devil taketh him up into an exceeding high mountain, and sheweth him all the kingdoms of the world, and the glory of them.

9 And saith unto him, All these things will I give thee, if thou wilt fall down and worship me.

10 Then saith Je-sus unto him, Get thee hence, Satan: for it is written, Thou shalt worship the Lord thy God, and him only shalt thou serve.

11 Then the devil leaveth him, and, behold, angels came and ministered unto him.

The Preaching Ministry of Jesus

12 Now when Je-sus had heard that John was cast into prison, he departed into Galilee.

13 And leaving Nazareth, he came and dwelt in Ca-per-na-um, which is upon the sea coast, in the borders of Za-bu-lon and Nephtali-m.

14 That it might be fulfilled which was spoken by Ezechiel the prophet, saying,

15 The land of Za-bu-lon, and the land of Nephtali-m, by the way of the sea, beyond Jor-dan, Galilee of the Gentiles.

16 The people which sat in darkness saw great light: and to them which sat in the region and shadow of death light is sprung up.

17 From that time Je-sus began to preach, and to say, Repent: for the kingdom of heaven is at hand.

The Calling of the First Four Disciples

18 And Je-sus, walking by the sea of Galilee, saw two brethren, Simon called Peter, and An-drew his brother, casting a net into the sea; for they were fishers.

19 And he saith unto them, Follow me, and I will make you fishers of men.

20 And they straightway left their nets, and followed him.

21 And going on from thence, he saw other two brethren, James the son of Zebedee, and John his brother, in a ship with Zebedee their father, mending their nets; and he called them.

The Healing Ministry of Jesus

23 And Je-sus went about all Galilee, teaching in their synagogues, and preaching the gospel of the kingdom, and healing all manner of sickness and all manner of disease among the people.

24 And his fame went throughout all Syria, and they brought unto him all sick people that were taken with divers diseases and torments, and those which were possessed with devils, and those which were lunatick, and those that had the palsy; and he healed them.

25 And there followed him great multitudes of people from Galilee, and from Decapoli-s, and from Je-ru-sa-lem, and from Judaea, and from beyond Jor-dan.

The Beatitudes

5 And seeing the multitudes, he went up into a mountain: and when he was set, his disciples came unto him.

2 And he opened his mouth, and taught them, saying,

3 Blessed are the poor in spirit: for theirs is the kingdom of heaven.

4 Blessed are they that mourn: for they shall be comforted.

5 Blessed are the meek: for they shall inherit the earth.

6 Blessed are they which do hunger and thirst after righteousness: for they shall be filled.

7 Blessed are the merciful: for they shall obtain mercy.

8 Blessed are the pure in heart: for they shall see God.

9 Blessed are the peacemakers: for they shall be called the children of God.

10 Blessed are they which are persecuted for righteousness' sake: for theirs is the kingdom of heaven.

11 Blessed are ye, when men shall revile

Fasting & Prayer Guide
January 12th - 18th

FASTING CHART

Join us each night
for prayer at 9pm.

Dial in: 425-
436=6316
Access Code:
676375

Focus: 2020 Vision/It's Manifestation Time!

Scripture: Habakkuk 2:2-3 (KJV)

"2 And the Lord answered me, and said, Write the vision, and make it plain upon tables, that he may run that readeth it. 3 For the vision is yet for an appointed time, but at the end it shall speak, and not lie: though it tarry, wait for it; because it will surely come, it will not tarry."

Dates: January 12th-18th

Goals: A time of fasting, meditation, and action in the Word of God as a corporate church body.

Activity: Prayer call each night of the fast with Pastor and other church leaders.

Week 1	Sunday 12 th	Monday 13 th	Tuesday 14 th	Wednesday 15 th	Thursday 16 th	Friday 17 th	Saturday 18 th
Prayer Focus	Prayer for our country. Pray for godly leadership.	Pray for families in our city, our nation, and around the world.	Pray that God would develop a giving heart in you.	Pray that you gain the strength to forgive someone today.	Reflect on the relationships in your life. Which of them strengthen you? Which of them don't?	Pray that you confront a fear of yours and put the Word of God on it.	Pray for the O.W.E Center that it would be all that God desires and that the community would be greatly blessed by it.
Scripture Meditation	1 Timothy 2:1-2 The Living Bible	Exodus 20:12 Ephesians 6:1-3	Proverbs 11:24-25 The Message Bible	Mark 11:24-26 King James Version	Proverbs 27:17 King James Version The Message Bible	1 John 4:18-19 The Amplified Bible King James Version	Matthew 18:19 King James Version
Prayer and Fasting Action	Make a list of elected officials that you will pray for daily and add to your prayer list. Pray for the mayoral race in Baltimore and the upcoming presidential race.	Check the health of your immediate family. Are there any changes that need to be made? What will you do?	Give something away that you don't need, that someone else can benefit from having.	Call someone who you need to apologize to.	Evaluate your friendships. Which of them need to be let go? Which of them need to be strengthened?	Write down a fear that you have. Pray and ask the Lord to help you overcome it. Google causes of that fear and increase your knowledge of overcoming it.	Begin to pray about your pledge for 2020. Ask the Lord to assist you with what type of sacrifice you will make this year towards the vision.

WHAT IS FASTING?

Fasting is a period of abstinence from all food or specific items. Fluids are consumed in sufficient quantity to satisfy thirst and physiologic requirements. During the absence of food, the body will systematically cleanse itself of everything except vital tissue. Starvation will occur only when the body is forced to use vital tissue to survive. Although protein is being used by the body during the fast, a person fasting even 40 days on water will not suffer a deficiency of protein, vitamins, minerals or fatty acids. In the breakdown of unhealthy cells, all essential substances are used and conserved in a most extraordinary manner. There is an unwarranted fear of fasting that strength diminishes from the catabolism of proteins from muscle fibers. Even during long fasts, the number of muscle fibers remains the same. Although the healthy cells may be reduced in size and strength for a time, they remain perfectly sound.

The human body has many ordinary modes of achieving elimination: the liver, lungs, kidneys, colon, etc. When these are overloaded, the body will resort to "extra ordinary" methods of elimination: boils, mucous and other discharges, sweats, vomiting, diarrhea, and many others. Should elimination be impossible or uneconomical of body energy, the toxic overload will go into storage forms in the joints, vessels, muscles, organs; almost any tissue in the body. While fasting, the body is highly conservative of its energy and resources. During this deep and profound rest, toxin intake and production are reduced to a minimum while autolysins and elimination proceed unchecked. Anabolic processes such as tissue and bone healing also proceed at a maximal rate during the fast.

WHAT IS FASTING (CONT'D)?

In the body, the first stage of cleansing removes large quantities of waste matter and digestive residues. The first few days of a fast can be rough due to the quantity of waste passing into the blood stream. The tongue becomes coated and the breath foul as the body excretes waste through every opening. After the third day of the fast, there is little desire for food. The second stage is the cleansing of mucous, fat, diseased and dying cells, and the more easily removed toxins. As the fast continues, the cleansing process becomes more thorough. The last stage is the cleansing of toxins that have been accumulating in your cellular tissue from birth, and the microscopic tubes that carry vital elements to the brain. Cleansing of the last layer is only possible through a combination of juice fasting, water fasting, and a healthy diet high in raw foods. To overcome a severe disease like cancer, it is important to continue through a series of fasts, to the point where the full scouring action of catabolism removes the disease from the tissue.

During extended fasts the body removes: dead, dying and diseased cells; unwanted fatty tissue, trans-fatty acids, hardened coating of mucus on the intestinal wall; toxic waste matter in the lymphatic system and bloodstream; toxins in the spleen, liver and kidney; mucus from the lungs and sinuses, imbedded toxins in the cellular fibers and deeper organ tissues; deposits in the microscopic tubes responsible for nourishing brain cells and excess cholesterol.

Nearly everyone who fasts, discovers the same thing, that when they fast they actually have no hunger and more energy than they normally have. It is indeed liberating to find out that if we let go and trust that we will be taken care of. Fasting is the simplest, easiest and most effective way to find out that we do indeed have the power and freedom to heal and take control of our bodies.

WHY FAST?

Fasting enhances mental acuity

Perhaps the most instructive testimony as to the acuteness of mental powers during fasting comes from Dr. Herbert Shelton who supervised the fasting of more than 40,000 people over a period of fifty years. His message is that the freer the body is of toxic materials flowing through the blood and lymphatic system, the clearer is the ability to think.

These facts are due to physiological causes. Large amounts of blood and nervous energies have to be sent to the digestive organs to digest a meal. If these energies are not required there, they may be used by the brain for better thinking. This increase in mental acuity doesn't usually happen until after the first few days of a fast, because the body is busy cleaning out excess toxins and substances and so the first few days can be a period of depression, with headaches and various pains as this process is underway. This makes the first stage of fasting difficult but after the body has thrown off its load of toxins, then the brain is fed by a cleaner bloodstream and the mental powers and clarity of thought are extraordinarily increased and the other senses also become more acute.

One's mind becomes clearer and one's ability to think and solve intricate problems is enhanced. One is simply more alert, and one's mind seems to open up into new fields. The mental and physical senses are heightened, and often there can be a feeling of euphoria, especially during longer fasts. Some, for the first time, will experience emotional stability. The reasons for this are multifold - the elimination of the emotional dependence on food, exclusion of stimulating foods like caffeine, processed sugars, recreational drugs, tobacco and trans-fatty acids, all of which can have a devastating effect on delicate emotions.

Dr. Ehret stated an amazing fact at the turn of the 20th century. He said that, for a water fast to awaken the higher mind functions, it had to be longer than 21 days. Fasting has a history of awakening intuitive senses, creativity, and deeper spiritual questions in those with enough determination to get past the 21 day mark.

WHY FAST (CONT'D)?

Healing

During a fast, a metamorphosis occurs. The body undergoes a tearing down and rebuilding of damaged materials. For this reason, fasting is famous for its ability to rejuvenate and give the body a more youthful tone. Why does fasting have such a powerful effect in healing the body? Fasting dissolves diseased cells in a systematic manner, leaving healthy tissue. The result is a thorough cleansing of the tube, membrane and cellular structures. There is a remarkable redistribution of nutrients in the fasting body. It hangs on to precious minerals and vitamins while catabolizing on old tissue, toxins and inferior materials.

Each cell of your body is a complete living entity with its own metabolism. It needs a constant supply of oxygen and sufficient nourishment. When due to nutritional deficiencies, sluggish metabolism, sedentary life, overeating and consequent poor digestion and assimilation of food, lack of fresh air and sufficient exercise and rest, our cells are deprived... they start to degenerate... the normal process of cell replacement and rebuilding slows down and your body starts to grow old, its resistance to disease will diminish and you become 'sick'.

Animals will naturally fast when they are sick or injured, and when we are ill, our hunger diminishes. If we get out of the way and allow nature to take its course, we will find that we can heal from any problem

WHY FAST (CONT'D)?

Benefits of Fasting

- ✓ Mental clarity is improved and brain fog is lifted.
- ✓ Rapid, safe weight loss is achieved without flabbiness
- ✓ The nervous system is balanced
- ✓ Energy level and sensory perception is increased. The longer the fast, the bigger increase in energy and vitality. You normally need less sleep.
- ✓ Organs are revitalized
- ✓ Cellular biochemistry is harmonized
- ✓ The skin becomes silky, soft, and sensitive
- ✓ There is greater ease of movement
- ✓ Breathing becomes fuller, freer and deeper
- ✓ The digestive system is rejuvenated and becomes more effective; the peristaltic action of the intestines (the cause of a natural bowel movement) is stronger after fasting.
- ✓ Fasting retrains your tasting sense back to more healthy food as acute sensitivity is restored.
- ✓ Fasting can increase confidence in our ability to have control over our lives and our appetite, and that our body is self-regulating and a self-healing organism capable of establishing balance when given the possibility to do so.
- ✓ Normal metabolic and cell oxygenation are restored.
- ✓ Detoxification - as soon as the body realizes that it's fasting it will begin to eliminate those things that cause disease, such as fat cells, arterial cholesterol plaques, mucus, tumors, stored up worries and emotions.

The elimination of toxins can irritate damaged nerves. Exercise will relieve tension. Use quarter slices of avocado to slow the fast or drink fruit juice if on a water fast. However, you should note that any food intake may cause one's hunger to return and make it more difficult to stay on the fast, just do the best that you can.