WORD OF FAITH CHURCH

# THE Mercy King

## 21-DAY CONSECRATION

October 13 - November 2, 2026

Week 3

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# TAB

# A

# THE CONSECRATED FAST

## *How long is the Consecration?*

**21 Days. We will begin Monday, October 13 - Monday, November 2, 2026.**

## *What about medications?*

Please continue to take all medications as prescribed. It is vitally important that you do not stop taking your medications.

## *What is the key to a successful consecration or fast?*

Prayer and study of the Scriptures. Please spend time in private devotion (Prayer and Bible reading). ***See the attached scripture readings***. You may also want to share in a time of corporate prayer with your spouse, family members or other believers.

## *What are the dietary restrictions being observed?*

We are participating in a **"Daniel's Fast"**. The following foods are encouraged (Please Note: Those under medical care or supervision should seek to consult their physician and modify the fast by adding appropriate nutritional entrees or abstaining from other forms of activity such as television, radio, etc.):

- Fruits
- **Meats on Sundays only (Chicken or Fish, Baked) No fried**
- Vegetables
- Variety of seasonings (i.e., various herbs, olive oil, coconut oil, grapeseed oil, butter, etc.)

## *What's for Dessert?*

Fruit! No Coffee, No sweets or desserts during the consecration.

**PLEASE DRINK PLENTY OF WATER** (flavored with lemon or lime) – This serves as an excellent cleanser or drink apple cider vinegar (diluted with water).

## *When may I eat?*

Please enjoy fruits and vegetables daily or smoothies.

## *What about Unmarried or Pre-Marital Physical Intimacy?*

If this question is being considered, stop the activity, and schedule an appointment with the Pastor.

## *What are the Corporate Prayer Days and Times?*

- Morning Prayer: Sundays 8:30 a.m.; Tuesdays, Wednesdays and Fridays at 5:00 a.m.
- Noon Prayer: Tuesdays at 12:00 p.m.
- Evening Prayer: 2nd & 4th Fridays at 7:30 p.m.

- Please ask God to give you a Prayer Partner or someone to be accountable to.

## THE CONSECRATED FAST

***"I beseech you therefore, Brethren, by the Mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service. And be not conformed to this world: but be ye transformed by the renewing of your mind, that you may prove what is that good, and acceptable, and perfect, Will of God." (Romans 12:1-2)***

# KINGDOM PRAYER

| | |
|---|---|
| Our Father in Heaven | God's Love |
| Hallowed be your name, | God's Holiness |
| Your Kingdom come, | God's Sovereignty |
| Thy will be done on earth as it is in heaven, | God's Authority |
| Give us today our daily bread, | God's Providence |
| Forgive us our debts, as we also have forgiven our debtors, | God's Mercy |
| And lead us not into temptation, but deliver us from the evil one | God's Protection |

- *Matthew 6:9-13*

# DAILY CONSECRATION PRAYERS

## PRAYER TO ENERGIZE YOUR HUNGER FOR GOD.

Lord, You Are the Reason
Why I Am Still Alive Longing For Your Presence.
I Hunger for More Of Your Presence.
Lord Jesus, Fill Me With Your Holy Spirit.
Please Come Down And Flood Every Part Of My Being, And Change My Life For Your Glory.
Lord, I Am Nothing And Lost Without You.
You Are My All In All.

## PRAYER HUNGER FOR HOLINESS.

We Exalt Thee, Oh Mighty, Everlasting Father,
We Crave Your Holy Presence.
Rain Down, Lord, Draw Near To Me,
Your Humble Servant.

I Hunger For Holiness, I Desire To Drink From The Springs Of Living Waters; I Thirst, Quench My Spirit, Oh Eternal One.

Wash Away My Scarlet Sins,
To Become as White As Snow.

Change My Heart,
Fill Me With Kindness And Compassion
Towards My Brethren.

Lord, Today I Hunger for Holiness.

Fill Me Lord As I Seek You
And Draw Closer To You,
Each And Every day.

I Hunger for You and You Alone
Lord Jesus, I Bow At The Mention Of Your Holy Name,
Great Are You, Oh Lord,
And Greatly to Be Praised.

# TAB B

# WOFC DAILY/WEEKLY READING: Week 3

## DAY 14: Monday, October 26– Day 13: Tuesday, November 2

### The Mercy and Grace

Mercy withholds the knife from the heart of Isaac
Grace provides a ram in the thicket.

Mercy runs to forgive the Prodigal Son
Grace throws a party with every extravagance

Mercy bandages the wounds of the man beaten by the robbers
Grace covers the cost of his full recovery

Mercy hears the cry of the thief on the cross
Grace promises paradise the very day.

Mercy pays the penalty for our sin at the cross
Grace substitutes the righteous of Christ for our wickedness

Mercy converts Paul on the road to Damascus
Grace calls him to be an apostle

Mercy saves John Newton from a life of rebellion and sin
Grace makes him a pastor and author of a timeless hymn

Mercy closes the door to hell.
Grace opens the door to heaven

Mercy withholds what we have earned.
Grace does not give us what we have earned.

Mercy forgives our children
Grace saves them and brings them home

# 10 POWERFUL REPENTANCE PRAYERS AND FORGIVENESS

Since the dawn of humanity, the struggle between righteousness and sin has been an ever-present reality, often necessitating a heartfelt repentance prayer. Despite our best intentions, we find ourselves succumbing to temptation and straying from the path of righteousness. Yet, amidst our failures and shortcomings, there exists a profound source of hope-the promise of forgiveness and repentance offered by a merciful and loving God.

## God's Assurance of Forgiveness

In **Psalm 103:8-10,** we are reminded of the boundless love and mercy of God. Despite our propensity to sin, God does not condemn us outright. Instead, He extends His grace and forgiveness to all who seek Him. His compassion knows no bounds, and His love endures forever. In **2 Chronicles 7:14,** God makes it clear that His forgiveness is available to all who humble themselves, pray, seek His face, and turn from their wicked ways. This assurance of forgiveness is a testament to the depth of His love for humanity.

## David's Prayer of Repentance

One of the most compelling narratives of redemption in the Bible is found in the life of King David. Despite being described as a man after God's own heart, David was not immune to sin's allure. In a moment of weakness, he committed adultery with Bathsheba and orchestrated the death of her husband, Uriah. David's actions brought about divine judgment and severe consequences. However, his response to his sin is a powerful example of repentance and humility. In **Psalm 51,** David pours out his heart before God, acknowledging his wrongdoing and pleading for forgiveness. Through his repentance, David experienced the profound depth of God's mercy and grace. His story serves as a beacon of hope for all who find themselves trapped in the cycle of sin and shame.

## What Is True Repentance Prayer?

True repentance is not merely a superficial expression of remorse; but it is a heartfelt acknowledgment of our sinfulness and a sincere desire to turn away from disobedience. It also involves a deep sense of contrition and a commitment to walk in obedience to God's commandments. As **1st John 1:9 assures us, when we confess our sins, God is faithful and just to forgive us and cleanse us from all unrighteousness.** Repentance is not a one-time event but an ongoing process of transformation and renewal. It requires humility,

honesty, and a willingness to surrender our lives to God's will.

## How To Pray For Repentance?

As we embark on the journey of forgiveness and repentance, firstly, we must approach God with humility and sincerity. We cannot earn His forgiveness through our own efforts because, it is a free gift bestowed upon us through the sacrificial death of Jesus Christ. After that our role is to acknowledge our sinfulness, confess our transgressions, and turn our hearts back to God. This requires a genuine desire to change and a willingness to submit to God's authority in our lives. As we seek God's forgiveness, we must also extend grace and mercy to others, following the example set by Jesus Christ.

# 10 REPENTANCE PRAYERS AND FORGIVENESS

## Prayer For Repentance and Forgiveness

Merciful God, we come before You in deep humility, acknowledging Your compassion and grace. We know You are slow to anger and abound in love, and we are grateful for Your patience with us. As we approach Your throne of grace, we admit our need for Your forgiveness and mercy. We confess that we have sinned against You in our thoughts, words, and actions. We ask for Your loving kindness to envelop us, washing over us and cleansing us from all forms of unrighteousness. Lord guide us back onto the path of righteousness. In the precious name of Jesus, we pray, Amen.

## Repentance Prayer And Confession

Dear Lord, we come to You with hearts full of remorse for the times we have strayed from Your commandments. We regret the moments when we prioritized our own desires over Your divine will, and when we failed to seek Your wisdom and guidance. We turn away from our sins and renew our commitment to follow Your ways. Father, in Your infinite mercy, please erase our transgressions and remember our sins no more. Help us to live in a way that honors You. In Jesus' name, we humbly pray, Amen.

## Prayer For Repentance And Deliverance From Guilt

Heavenly Father, as You forgive our sins, we ask that You also deliver us from the heavy burden of guilt and self-condemnation. Help us to fully embrace Your mercy and grace, trusting completely in Your promise to blot out our transgressions. Fill our hearts with peace and confidence in Your love. Strengthen us to move forward with a renewed sense of purpose, free from the chains of past mistakes. In the liberating name of Jesus, we pray, Amen.

## Prayer For Repentance And Mercy

Lord, we are reminded of King David's example, who, in the depth of his sins, cried out to You for mercy. Like him, we come before You with contrite hearts, sincerely confessing our wrongdoings and seeking Your forgiveness. Just as You forgave David, we trust in Your unfailing love and mercy to cleanse us and restore our relationship with You. Guide us to live in a manner that is pleasing to You, always aware of Your presence and guidance. In Jesus' name, Amen.

## Prayer Of Repentance And cleansing

Lord Jesus, we are eternally grateful for the sacrifice You made on the cross, bearing our sins and providing the path for our reconciliation with God. We thank You for Your immense love and ask that You cleanse us from all unrighteousness. May Your precious blood, shed for our sins, purify us completely. Empower us to walk in the light of Your truth, living lives that honor and glorify Your holy name. In the name of Jesus, Amen.

## Prayer for Grace to Forgive Others

Gracious God, we seek Your grace to forgive others as You have forgiven us. Help us to let go of all bitterness, resentment, and anger. Fill our hearts with Your love, enabling us to extend forgiveness to those who have wronged us. We acknowledge that forgiveness can be challenging, but with Your help, we can release these burdens. Fill our lives with Your peace and love, making us instruments of reconciliation and healing in the world. In Jesus' name, Amen.

## Repentance Prayer For Peace And Healing

Father, we ask You to help us release all bitterness, resentment, and anger, extending Your love and forgiveness to those who have hurt us. Transform our hearts through Your Spirit, renewing our minds so that we may be conformed to the image of Your Son, Jesus Christ. Use us as agents of reconciliation and healing in a world in need of Your peace and love. Let Your Spirit work in and through us to bring about restoration. In Jesus' name, Amen.

## Prayer For Walking In Truth

Lord Jesus, help us to walk steadfastly in the light of Your truth. Guide our steps so that our lives are pleasing to You. Cleanse us from all forms of unrighteousness and fill us with Your wisdom. May our actions reflect Your love and righteousness, and may we be beacons of Your truth in the world. Strengthen our resolve to follow Your teachings and live according to Your will. In Jesus' name, Amen.

## Prayer For Holy Spirit Guidance

Holy Spirit, we invite You to fill our hearts and minds, convicting us of our sins and leading us on the path of righteousness. Help us turn away from our sinful ways and embrace a life of obedience to God's Word. Grant us the

strength to resist temptation and to live lives that are holy and pleasing to God. Guide us in every decision and action, and help us to be sensitive to Your leading. In the powerful name of Jesus, we pray, Amen.

## Repentance Prayer For Faith And Freedom

Heavenly Father, we offer this prayer with a deep sense of faith, believing in Your faithfulness to forgive and cleanse us from all unrighteousness. May Your mercy and grace overflow in our lives, freeing us from the chains of past sins and filling us with the joy and freedom that come from being forgiven by You. Help us to walk in this newfound freedom, continually seeking to glorify You in all that we do. In the mighty name of Jesus, we pray, Amen.

## Conclusion

Going through forgiveness and repentance is a truly transformative experience that brings us closer to God. First, with heartfelt contrition and unwavering faith, we find comfort in the endless grace and mercy that our Heavenly Father extends to us. Then, as we dive into prayer, seeking divine forgiveness and offering it to others, we become channels of God's love and instruments of reconciliation in a world that needs it so much. Next, let's take on this journey with sincerity and warmth) always remembering that God's love and mercy are just a prayer away. Ultimately) through this sacred dialogue of prayer) we not only find peace for ourselves but also help spread God's love and healing to those around us.

# 10 BIBLE VERSES FOR REPENTANCE AND FORGIVENESS

**Psalm 103:8-10 (NIV)**

"The Lord is compassionate and gracious) slow to anger) abounding in love. He will not always accuse) nor will he harbor his anger forever; he does not treat us as our sins deserve or repay us according to our iniquities."

**Lamentations 3:22-23 (NIV)**

"Because of the Lord's great love we are not consumed) for his compassions never fail. They are new every morning; great is your faithfulness."

**Isaiah 43:25 (NIV)**

"I, even I, am he who blots out your transgressions) for my own sake) and remembers your sins no more."

**Matthew 11:28-30 (NIV)**

"Come to me, all you who are weary and burdened) and I will give you rest. Take my yoke upon you and learn from *me)* for I am gentle and humble in heart) and you will find rest for your souls. For my yoke is easy and my burden is light."

**1 John 1:9 (NIV)**

"If we confess our sins) he is faithful and just and will forgive us our sins and purify us from all unrighteousness."

**Luke 15:20 (NIV)**

"But while he was still a long way off, his father saw him and was filled with compassion for him; he ran to his *son)* threw his arms around him and kissed him."

**Ephesians 4:32 (NIV)**

"Be kind and com passionate to one another) forgiving each other, just as in Christ God forgave you."

**Micah 7: 18-19 (NIV)**

"Who is a God like you, who pardons sin and forgives the transgression of the remnant of his inheritance? You do not stay angry forever but delight to show mercy. You will again have compassion on us; you will tread our sins underfoot and hurl all our iniquities into the depths of the sea."

**Romans 8:38-39 (NIV)**

"For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord."

**2 Corinthians 5:17 (NIV)**

"Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!"

# TAB C

# The Mercy Seat



## Exodus 25:22

*"And there I will meet with thee, and I will commune with thee from above the mercy seat, from between the two cherubim which are upon the ark of the testimony, of all things which I give thee in commandment unto the children of Israel." Here are two things clearly mentioned: fellowship and the receiving of light.*

## THE BASIS OF FELLOWSHIP WITH GOD AND OF RECEIVING LIGHT FROM HIM-THE MERCY SEAT AND THE CHERUBIM-Scripture

Reading: Exodus 25:10-22

- Exodus 25:22 says, "And there I will meet with thee, and I will commune with thee from above the mercy seat, from between the two cherubim which are upon the ark of the testimony, of all things which I will give thee in commandment unto the children of Israel." Here two things are clearly mentioned: fellowship and the receiving of light.
- "I will, commune with thee from above the mercy seat, from between the two cherubim which are upon the ark of the testimony, of all things which I will give thee in commandment unto the children of Israel." This is the receiving of light.
- We will only concentrate on the mercy seat upon the ark and the two cherubim wrought of gold which were upon the mercy seat. God intended to speak and to commune with Moses from the midst of the two cherubim on the mercy seat.
- We need to realize that God fellowships with man from the midst of the two cherubim on the mercy seat; He speaks to man and man receives light from Him from the midst of the two cherubim on the mercy seat. **FELLOWSHIP**
- The mercy seat is the place where God bestows His grace. On the day of propitiation, the tenth day of the seventh month, the blood of the sin offering was brought to the mercy seat (Lev. 16:14-15).
- The mercy seat is the place for the propitiation of sins. God's grace comes to man only after the propitiation of sin.
- If man is not propitiated for, he can never receive mercy from God. On the golden mercy seat, there must be the sprinkling of the blood of the sin offering before God can bestow grace to man.
- There is a human thought that since God has the authority to bestow grace, He can bestow grace any time He wants and grant mercy any time He wants. God does have the goal of bestowing grace.
- This is the reason He set up the mercy seat. But we must realize that without the day of propitiation every year, in which the high priest sprinkled the blood on the mercy seat, God could not forgive anyone's sin.
- On the two ends of the mercy seat were the cherubim, and God's glory was on the cherubim (Ezek. 9:3; Heb. 9:5). One touches God's mercy on the mercy seat, and one touches God's glory in the midst of the cherubim.
- God must bestow His grace in such a way that it matches His glory. God cannot have the mercy seat without the cherubim; He cannot bestow grace from the mercy seat without passing through the cherubim.
- God can be gracious to us, and He desires to deal with us in grace. However, He cannot deal with us through the mercy seat alone; He must also deal with us through the cherubim.
- If God dealt with us according to His glory, none of us would be eligible to receive His grace. We would only be qualified to be cursed; we could not receive mercy.

- Therefore, the blood of propitiation must be the sprinkling of the blood of propitiation upon the mercy seat before God can deal with us in glory and upon the mercy seat. This shows us that our fellowship with God is based on our compatibility with His glory; it is based on our matching the glory of God.
- Whenever we fall short of God's glory, and whenever we cannot attain to God's glory, fellowship is frustrated. Thank the Lord that there is the blood of the cross upon God's mercy seat today.
- In the matter of fellowship, God stressed the fact that fellowship and communion with Moses was based on the mercy seat. However, He has no intention that we forget the cherubim; He has no intention that we forget His glory.
- If man can fellowship with Him upon the mercy seat, he is able to hear God's word from the midst of the cherubim. Of course, God has no intention that we forget the mercy seat either.

## THE MERCY OF GOD

- When we read Romans 9, we have to pay attention both to its principle and to its application. This chapter reveals the principle that everything depends on God's mercy.
- The apostle applies this principle to the Israelites. He shows us that everything that happened to the Israelites was of God's mercy.
- Not only do we need to pay attention to the application today, but we also need to pay attention to the principle behind the application. Romans 9: 16 says that "it is not of him who wills, nor of him who runs, but of God who shows mercy."
- Everything depends on the mercy of God. Only the Holy Spirit is able to lead men to a proper standing.
- There must be at least one time that a person sees God's mercy. Concerning this matter, our eyes must be opened at least once.
- Of course, it is good if our eyes can be opened more than once. But there must at least be one time when we see that everything depends on God's mercy.
- Whether we see this matter all at once or realize it through a process, the minute we touch this matter, we touch the fact-not a feeling, but the fact that everything depends on God's mercy. God's mercy is a fact.
- It is the same in principle in regard to man's understanding of God's mercy. There must be at least one time when a person definitely touches God's mercy.
- Unless a man is dealt with in these three areas, he cannot know God's mercy. After a man has been dealt with by God, he will be tempered in his spiritual life.
- Everything depends on God's mercy. Before I was saved, I planned to go to America.
- It was God's mercy that I met Miss Dora Yu at that time. It was neither too early nor too late.
- In order to be tempered in spiritual matters, we need to pay attention not only to the spirit, but to our heart as well. **THE WAY OF THE CHURCH-LOOKING TO GOD'S MERCY**
- The way of the church during the past two thousand years is a way of looking to the mercy of God. Only God's mercy can temper us.

- I have often told the young people that they may have to wait for five years before they will realize that everything is of God's mercy. A person has an average of one hundred forty thousand hairs.
- When God wants to save us, we are saved. If God did not show mercy, no one could be saved.
- Only God's mercy can put a person on the way. It is God's work that puts a person on the way.

# PRAYING FOR OUR CHILDREN

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|---|---|---|---|---|---|---|
| 1 **SALVATION**<br>Lord, I pray that I / my children would obtain the salvation that is in Christ Jesus, with eternal glory.<br>***2 Timothy 2:10*** | 2 **GOD'S GRACE**<br>I pray that I /my children may grow in the grace and knowledge of our Lord and Savior Jesus Christ.<br>***2 Peter 3:18*** | 3 **LOVE**<br>Father, grant that I / my children would learn to live a life of love, through the Spirit who lives in me/them.<br>***Ephesians 5:2*** | 4 **INTEGRITY**<br>Lord, may integrity and uprightness protect me / my children because my/their hope is in you.<br>***Psalm 25:21*** | 5 **SELF-CONTROL**<br>Father, help my children not be like many others, but to be alert and self-controlled in all they do.<br>***1 Thessalonians 5:6*** | 6 **LOVE FOR GOD'S WORD**<br>Lord, may my children regard your Word as more precious than gold and sweeter than honey.<br>***Psalm 19:10*** | 7 **JUSTICE**<br>God, help my children to love justice as You do and act justly in all they do.<br>***Psalm 11:7 & Micah 6:8*** |
| 8 **MERCY**<br>Oh Father, grant that my children would be full of mercy and compassion as you are Lord.<br>***James 5:11*** | 9 **RESPECT**<br>Lord, help my children to show proper respect to everyone, as your Word commands.<br>***1 Peter 2:17*** | 10 **SELF-ESTEEM**<br>God, help my children develop a strong self-esteem rooted in the realization that they are Your workmanship.<br>***Ephesians 2:10*** | 11 **FAITHFULNESS**<br>Let faithfulness never leave my children, but bind this virtue around their necks.<br>***Proverbs 3:3*** | 12 **COURAGE**<br>Lord, may my children always be strong and courageous in their character and their actions.<br>***Deuteronomy 31:6*** | 13 **PURITY**<br>Create in my children pure hearts, O God, and let that purity of heart be shown in their lives.<br>***Psalm 51:10*** | 14 **KINDNESS**<br>Father, I pray that my children would be kind to each other and to everyone else.<br>***1 Thessalonians 5:15*** |
| 15 **GENEROSITY**<br>Lord, I pray my children would be rich in good deeds, generous and willing to share.<br>***1 Timothy 6:18*** | 16 **PEACE LOVING**<br>Father God, help my children make every effort to do what leads to peace.<br>***Romans 14:19*** | 17 **JOY**<br>Heavenly Father, grant that my children would be filled with the joy given by the Holy Spirit.<br>***1 Thessalonians 1:6*** | 18 **PERSEVERANCE**<br>Lord, teach my children to persevere in all they do, and help them run with perseverance the race set before them.<br>***Hebrews 12:1*** | 19 **HUMILITY**<br>God, please cultivate in my children the ability to show true humility toward all.<br>***Titus 3:2*** | 20 **COMPASSION**<br>Holy Father, I pray that You would clothe my children with the virtue of compassion.<br>***Colossians 3:12*** | 21 **RESPONSIBILITY**<br>Lord grant that my children would learn to be responsible, for each one should carry his own load.<br>***Galatians 6:5*** |
| 22 **CONTENTMENT**<br>Father, teach my children the secret of being content in every situation, through Him who gives them strength.<br>***Philippians 4:12-13*** | 23 **FAITH**<br>Lord, help my children to fight the good fight of faith, taking hold of the eternal life to which they were called.<br>***1 Timothy 6:12*** | 24 **A SERVANT'S HEART**<br>God, help my children develop servants' hearts, that they may serve wholeheartedly.<br>***Ephesians 6:7*** | 25 **HOPE**<br>God of hope, grant that my children may overflow with hope and hopefulness by the power of the Holy Spirit.<br>***Romans 15:13*** | 26 **PATIENCE**<br>God, strengthen my children with all power, so that they may have great endurance and patience.<br>***Galatians 5:22*** | 27 **PASSION FOR THE LORD**<br>Lord, I pray my children's souls would pant for you as the deer pants for streams of water.<br>***Psalm 42:1*** | 28 **WISDOM**<br>Father, I pray my children would ask and that you would generously give wisdom to them as you promise.<br>***James 1:5*** |
| 29 **PRAYERFULNESS**<br>I ask that my children would be committed to prayer, and not faint, lose heart or give up.<br>***Luke 18:1*** | 30 **GRATITUDE**<br>Lord, help my children to live lives that over-flow with thankfulness, always giving thanks to You.<br>***Ephesians 5:20*** | 31 **BOLDNESS**<br>I pray that my children would fearlessly make known the mystery of the gospel of Christ Jesus.<br>***Ephesians 6:19*** | | | | |

Prayer Changes Things!!!!

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# FASTING

Moses fasted forty days, **Deuteronomy 9:11-18.**
In time of sorrow, **1 Samuel 31:13; 1 Chronicles 10:12; 2 Samuel 3:35.**
During national crisis, **2 Samuel 1:12.**
Fasting for people's sins, **Ezra 10:6.**
In need of courage, **Esther 4:16.**
Humbled by fasting, **Psalm 35:13.**
Scorn for acts of humility, **Psalm 69:10-11.**
Weakness from fasting, **Psalm 109:24.**
Real meaning of fasting, **Isaiah 58:3-7.**
Egypt's desolation, **Ezekiel 29:11-13.**
Distraught king, **Daniel 6:18 (KJV).**
Prayer and fasting, **Daniel 9:3.**
Fasting for repentance, **Joel 1:13-14.**
Animals and men fast together, **Jonah 3:7.**
Insincere fasting, **Zechariah 7:1-6.**
Joyful fasting, **Zechariah 8:19.**
Example of Jesus, **Matthew 4:1-2.**
Pretense of fasting, **Matthew 6:16 (CEV).**
Disciples did not fast, **Matthew 9:14-15.**
Some fast, others do not, **Mark 2:18-20.**
Four thousand people fasting three days, **Mark 8:1-3.**
Jesus in desert, **Luke 4:1-2.**
Time to eat, to fast, **Luke 5:33-35.**
Worship and fasting, **Acts 13:2-3.**
Fasting with evil intent, **Acts 23:12-13.**
Anxiety, lost appetite, **Acts 27:33-36 (AB).**
Little value in itself, **1 Corinthians 8:8**

# SOUL-WINNING

Seeking soul, **1 Kings 18:1; Matthew 12:42.**
Outreach to lost, **Psalm 51:13.**
Tell someone every day, **Psalm 96:2 (LB).**
Compassion for soul-winning, **Psalm 126:5-6.**
The wise who win souls, **Proverbs 11:30.**
Harvest past, summer ended, no salvation, **Jeremiah 8:20.**
Day coming when soul-winning not necessary, **Jeremiah 31:34.**
Penalty for failing to witness, **Ezekiel 3:18-19**
Identification on forehead of those who re- pent, **Ezekiel 9:3-11.**
Shepherds refuse to look for lost sheep, **Ezekiel 34:1-31.**
Those who witness shine like stars, **Daniel 12:3.**
Rescue too late at lion's mouth, **Amos 3:12.**
Inviting others to seek the Lord, **Zechariah, 8:20-22.**
Fishers of men, **Matthew 4:19; Luke 5:10**.
Plentiful harvest, few workers, **Matthew 9:37-38.**
Worth of one lost sheep, **Matthew 18:12- 14.**
Some refuse, others accept, **Matthew 22:1- 14.**

# TOP 10 BEST & WORST FOODS TO EAT FOR BRAIN HEALTH

## BEST



**Avocados.** Rich in antioxidants that suppress free radicals, can prevent neuron death, may help prevent neurodegenerative disease. Contains monounsaturated fatty acids and folate, both help prevent Alzheimer's. [1 2 3 4]



**Blueberries.** Researchers have found that eating 2 servings of blueberries per week may delay cognitive decline by 2 ½ years. [5]



**Coffee.** Has anti-inflammatory and antioxidant compounds that protect the brain from damage. One study showed 3-5 cups of coffee/day at midlife was associated with a 65% decreased Alzheimer's risk. [6]



**Dark Chocolate.** Cacao is a rich source of flavonoids that promote neuron and blood vessel growth in the brain, stimulate brain blood flow, and may improve recall and cognitive processing. [7 8 9 10]



**Green Tea.** Green tea contains EGCG, a flavonoid that can bind to and prevent formation of beta-amyloid proteins, helping to prevent Alzheimer's. White, oolong, black, and peppermint tea have brain benefits, too. [11 12 13]



**Herbs & Spices.** Turmeric reduces inflammation and increases blood flow to the brain. Apigenin in parsley, thyme, oregano, and basil, can protect the brain from inflammation, oxidation, and plaque formation. [14 15 16 17]



**Leafy Greens.** One study found that a daily serving of leafy green vegetables could slow cognitive aging by 11 years. Put kale, collard greens, spinach, and salad lettuces on your menu! [18]



**Legumes.** High in protein and fiber that may halt or significantly slow Alzheimer's progression by preventing formation of amyloid-β plaque. Get at least 3 weekly servings of beans for optimal brain health. [19 20 21]



**Nuts & Seeds.** Anti-inflammatory and rich in sterols, stanols, fiber, minerals, and vitamin E, which protect brain cells from oxidative damage and boost cognitive function. [22 23]



**Whole Grains.** Diets rich in whole grains (high in fiber and vitamin E) are associated with lower risk of cognitive decline. Enjoy 3 servings/day of whole grains such as quinoa, amaranth, oatmeal, teff, and buckwheat. [24 25]

## WORST



**Processed Foods.** High in saturated and trans fats, added sugar and refined carbs, all of which are associated with poorer cognitive outcomes. [26 27 28 29]



**Processed Meats.** Foods like bacon, sausage, beef jerky, and lunch meats that have been smoked or preserved with nitrites form compounds called nitrosamines, which promote neurodegeneration. [30]



**Red Meat.** Concentrated source of heme iron. An excess increases oxidative stress that's toxic to the brain and raises risk for Alzheimer's advancement. [31 32]



**Butter & Vegan Butter Substitutes.** Concentrated sources of saturated fat, regular consumption of which is associated with cognitive decline. Studies recommend no more than one tablespoon per day. [33 34 35 36]



**Aspartame.** Acts as a stressor in the body, raising cortisol levels and causing excess production of free radicals. Artificially-sweetened sodas are associated with a higher risk for stroke and dementia. [37 38 39]



**Fried Food.** Associated with worsened memory and cognitive function, especially when animal-derived ingredients are used. [40 41 42]



**Cheese.** A leading source of saturated and trans fats, which have been linked to increased oxidative stress and poorer cognitive outcomes. [43 44 45 46 47]



**Pastries & Sweets.** Eating processed baked goods spikes insulin production, which can lead to insulin resistance in the brain, impairing memory and cognitive function. [48 49 50]



**Sugary Drinks.** Drinking multiple sugary drinks per day is linked to smaller brain size and worse memory. Regularly drinking two sodas per day may worsen memory function similar to aging more than ten years. [51]



**Excessive Alcohol.** Heavy drinking — defined as drinking more than 8 drinks per week — is associated with faster cognitive decline. [52 53 54]