



The First Fast of 2012

Hello UBC NATION,

By now we all should have entered "the fast" for this season.

As normal we are fasting (not consuming any meat; nothing in the water, nothing on the land and nothing out of the air), NO MEAT! In addition to that, we will not consume any sweets.

This type of "Fast" is called a Daniel Fast. Dan 10:3 says: *I ate no pleasant bread, neither came flesh nor wine in my mouth, neither did I anoint myself at all, till three whole weeks were fulfilled.*

Fasting is a time of focus, where one chastens himself before God Almighty.

Many times this is caused by a state or condition which is displeasing to God and it is revealed to us, as was the condition of Israel, during Daniel's day.

Dan 10:2: *In those days I Daniel was mourning three full week.*

When a person is in mourning they typically do not have a desire for certain things because their desire is to see change in a condition.

What condition do you desire to see change in, in your life? Are you willing to chasten yourself? Join us this year as we discipline ourselves to see change in our situations. We desperately need change in our nation, all the way into our churches, schools, our state and local governments.

God has given us powerful tools to get the job done but the church must employ these tools to see the change we desire.

Follow these disciplines for change:

1. Cooperate with the guidelines of the fast
2. Increase your private and corporate time in prayer over this three week period.
3. Expect God to speak to you about your desire.
4. Do not limit God, don't demand of God for immediate results. Your complete understanding is the thing that needs change.
5. Remember that God is the Covenant Keeping God, therefore His promises are yea & amen.

Keep Walking by Faith,

Dr. Herbert H. Rowe