

LFCC Three-day Expansion Fast Guidelines

Introduction

The purpose of this fast is to allow God to *expand* our hearts, minds, and bodies to be a people who live in His presence, doing acts of love, mercy and power. This is a fast to help transform us and renew our minds, so that we may be able to prove what the will of God is – that which is good and acceptable and perfect (Rom 12:2).

During this fast we will connect with God by meditating on His word and listening to the voice of His Spirit for the following: 1) His heart for us and His heart for the lost, 2) What we have in Him and the unique gifts He has given us, and 3) Being His light and overcoming obstacles that prevent us from shining.

Lists of scripture references are provided for each day's theme. Please note the lists are not exhaustive but should prove helpful in focusing your heart and mind.

It is important that you not only fast from something (i.e., food, television, etc.), but that you take time to reflect and listen.

It may be helpful to have a notepad nearby to capture what you hear and what God does in your heart as you connect with Him.

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Day 1 – Knowing the Father’s Heart

(Increasing our capacity to receive His love and building a desire to give it away)

For His Children

Being able to recognize the rich inheritance we have is essential to experiencing victory as well as having the ability to give it away and shine.

- But God demonstrates His own love toward us, in that while we were yet sinners, Christ died for us. (Rom 5:8)
- Greater love has no one than this, that one lay down his life for his friends. (John 15:13)
- See how great a love the Father has bestowed on us, that we would be called (children of God; (1 John 3:1a)
- For I am convinced that neither death, nor life, nor angels, nor principalities, nor things present, nor things to come, nor powers, nor height, nor depth, nor any other created thing, will be able to separate us from the love of God, which is in Christ Jesus our Lord. (Rom 8:38-39)
- ⁴just as He chose us in Him before the foundation of the world, that we would be holy and blameless before Him In love ⁵He predestined us to adoption as sons through Jesus Christ to Himself, according to the kind intention of His will, ⁶to the praise of the glory of His grace, which He freely bestowed on us in the Beloved. ⁷In Him we have redemption through His blood, the forgiveness of our trespasses, according to the riches of His grace ⁸which He lavished on us. In all wisdom and insight (Eph 1:4-8)

For the Lost

- "For God so loved the world, that He gave His only begotten Son, that whoever believes in Him shall not perish, but have eternal life. (John 3:16)
- Seeing the people, He felt compassion for them, because they were distressed and dispirited like sheep without a shepherd. (Matt 9:36)
- Luke 15 (lost sheep; lost coin, lost son)
- "I tell you that in the same way, there will be more joy in heaven over one sinner who repents than over ninety-nine righteous persons who need no repentance. (Lu 15:7)
- "For the Son of Man has come to seek and to save that which was lost." (Lu 19:10, Mt 18:11)
- The Lord is not slow about His promise, as some count slowness, but is patient toward you, not wishing for any to perish but for all to come to repentance. (2 Pet 3:9)

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Day 2 – Recognizing What We Have in Christ

(With the revelation of the Father's Heart)

What We Have (Corporately as Believers)

Being able to recognize the rich inheritance we have is essential to experiencing victory as well as having the ability to give it away and shine.

- But you are A CHOSEN RACE, A royal PRIESTHOOD, A HOLY NATION, A PEOPLE FOR God's OWN POSSESSION, so that you may proclaim the excellencies of Him who has called you out of darkness into His marvelous light; or you once were NOT A PEOPLE, but now you are THE PEOPLE OF GOD; you had NOT RECEIVED MERCY, but now you have RECEIVED MERCY. (1 Pet 2: 9-10)
- Therefore there is now no condemnation for those who are in Christ Jesus. (Rom 8:1)
- Blessed be the God and Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly places in Christ (Eph 1:3)
- "If you then, being evil, know how to give good gifts to your children, how much more will your heavenly Father give the Holy Spirit to those who ask Him?" (Lk 11:13)
- But if the Spirit of Him who raised Jesus from the dead dwells in you, He who raised Christ Jesus from the dead will also give life to your mortal bodies through His Spirit who dwells in you. Rom 8:11)
- But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, (Gal 5:22)
- It was for freedom that Christ set us free; therefore keep standing firm and do not be subject again to a yoke of slavery (Gal 5:1)

Our Unique Gifts (Our unique expression of His heart)

Understanding your unique expression of His heart will make it easier to share His love with others. This revelation will free you from condemnation of comparing yourself with others. He wants you to shine your unique light.

- But to each one is given the manifestation of the Spirit for the common good. ⁸ For to one is given the word of wisdom through the Spirit, and to another the word of knowledge according to the same Spirit; ⁹ to another faith by the same Spirit, and to another gifts of healing by the one Spirit, ¹⁰ and to another the effecting of miracles, and to another prophecy, and to another the distinguishing of spirits, to another various kinds of tongues, and to another the interpretation of tongues. (I Cor 12:7-10)
- Since we have gifts that differ according to the grace given to us, each of us is to exercise them accordingly: if prophecy, according to the proportion of his faith; ⁷ if service, in his serving; or he who teaches, in his teaching; ⁸ or he who exhorts, in his exhortation; he who gives, with liberality; he who leads, with diligence; he who shows mercy, with cheerfulness. (Rom 12:6-8)
- And He gave some as apostles, and some as prophets, and some as evangelists, and some as pastors and teachers, (Eph 4:11)

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Day 3 – Being Able to Shine

(With the revelation of what we have, corporately and uniquely)

The Commission

- ¹⁸ And Jesus came up and spoke to them, saying, "All authority has been given to Me in heaven and on earth. ¹⁹"Go therefore and make disciples of all the nations, baptizing them in the name of the Father and the Son and the Holy Spirit (Matt 28:18-19) (Mk 16:15)
- "Heal the sick, raise the dead, cleanse the lepers, cast out demons. Freely you received, freely give. (Matt 10:8)
- ¹⁴"You are the light of the world. A city set on a hill cannot be hidden; ¹⁵nor does anyone light a lamp and put it under a basket, but on the lampstand, and it gives light to all who are in the house. ¹⁶"Let your light shine before men in such a way that they may see your good works, and glorify your Father who is in heaven. (Matt 5:14-16)
- and walk in love, just as Christ also loved you and (C)gave Himself up for us, an offering and a sacrifice to God as a fragrant aroma. (Eph 5:2)
- For whoever has, to him more shall be given, and he will have an abundance; but whoever does not have, even what he has shall be taken away from him. (Mt 13:12)

Overcoming Obstacles

- ¹Therefore if you have been raised up with Christ, keep seeking the things above, where Christ is, seated at the right hand of God. ²Set your mind on the things above, not on the things that are on earth. ³For you have died and your life is hidden with Christ in God.

Fear, lack of courage

- For you have not received a spirit of slavery leading to fear again, but you have received a spirit of adoption as sons by which we cry out, "Abba! Father!" (Rom 8:15)
- For God has not given us a spirit of timidity, but of power and love and discipline. (2 Tim 1:7)

No opportunities

- Seeing the people, He felt compassion for them, because they were distressed and dispirited like sheep without a shepherd. ³⁷ Then He said to His disciples, "The harvest is plentiful, but the workers are few. ³⁸"Therefore beseech the Lord of the harvest to send out workers into His harvest." (Matt 9:36-38)

Rejection

- to the praise of the glory of His grace, by which He made us accepted in the Beloved. (Eph 1:6)
- For I am not ashamed of the gospel, for it is the power of God for salvation to everyone who believes, to the Jew first and also to the Greek. (Rom 1:16)

Lack of Education and Training

- Now to Him who is able to do far more abundantly beyond all that we ask or think, according to the power that works within us (Eph 3:20)
- for the Holy Spirit will teach you in that very hour what you ought to say." (Lu 12:12)

Not Having Enough Time or Lack of Concern for the Lost

- Phillipians 2