

Wednesday, January 14th

PRAY TO INCREASE IN SPIRITUAL HUNGER

As the New Year begins, ask the Lord to awaken your heart to His love. Pray for increased hunger to spend more time in prayer, worship, and God's word. Pray for a greater awareness of God's holiness and ask Him to give you a tender conscience and a heart to please Him in your every thought, word, and deed.

Create in me a pure heart, O God, and renew a steadfast spirit within me. Do not cast me from your presence or take your Holy Spirit from me. Restore to me the joy of my salvation and grant me a willing spirit, to sustain me (Psalm 51: 10-12, NIV).

PRAY TO ENTRUST OURSELVES TO GOD

Pray for any loved ones by name who are far from God. Ask the Lord to reveal himself to them as the awesome God that He is. If any are filled with hurt, shame, doubt, fear, pray that they will run to God and not away from Him. Pray for those close to you to be kept from all deception, temptation, and any plans for the enemy that would thwart the good plans God has for them.

Believe in and on the Lord Jesus Christ – that is, give yourself up to Him, take yourself out of your own keeping and entrust yourself into His keeping, and you will be saved; (and this applies both to) you and your household as well (Acts 16:31, AMP)

Thursday, January 15th

PRAY TO KNOW JESUS MORE DEEPLY

Ask the Lord to open your eyes to see Him more clearly and your ears to hear anything He desires to speak. Pray for a Spirit of wisdom and revelation that you might know Jesus and His life-giving message more deeply and have a profound understanding of the power He has given you.

I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit of wisdom and revelation, so that you may know Him better. I pray also that the eyes of your heart may be enlightened in order that you may know the hope to which He has called you, the riches of His glorious inheritance in the saints, and the incomparably great power for us who believe (Ephesians 1:17-18, NIV)

PRAY TO BE A CONDUIT OF RESTORATION

Pray for your family and for the healing of families in your city and region. Ask God to restore any broken marriages you are aware of. Pray for reconciliation between parents and children and to repair breeches among family members and other broken relationships. Set aside time today to pray with at least one other family member.

As for me and my house, we will serve the Lord! (Joshua 24:15, NKJV). Turn the hearts of the fathers to the children, and the hearts of the children to their fathers (Malachi 4:6, NKJV).

Friday, January 16th

PRAY TO EXPERIENCE GOD IN FRESH WAYS

Invite the Lord to visit your family in a fresh new way in 2015. Pray that this year, you and your family and your close friends will encounter the holiness and sovereign power of God that will leave each one changed by His touch.

Behold I am doing a new thing; now it springs forth; do you not perceive and know it, and will you not give heed to it? I will even make a way in the wilderness and rivers in the desert (Isaiah 43:19, AMP).

PRAY TO BE LED BY THE HOLY SPIRIT

Ask to be filled and led by the Holy Spirit. Pray for the supernatural works of Christ to be manifested in your life so that those around you will be transformed as they seek to know the powerful God we serve. Pray that God will fulfill His purpose in your life and in your community this year.

May the God of hope fill you with all joy and peace as you trust in Him, so that you may overflow with hope by the power of the Holy Spirit (Romans 15:13, NIV).

Saturday, January 17th

LET'S BREAK OUR FAST WITH CLEAN FOOD

Your system has been purified and your spirit has been renewed. We need to break our fast with clean food so as to not “junk it up” with heavy “not good for you” eating that will just weigh you back down.

Break your fast with white fish, a salad, and veggies. Enjoy a light dessert such as the Apple Whey Good Crispilicious recipe below and reap the continued benefits of Lean Clean Living.

APPLE WHEY GOOD CRISPILICIOUS RECIPE:

Base:

- (3) apples, cored and sliced
- 1½ teaspoons lemon juice
- (1) scoop Vanilla Complete Protein Powder
- (½) teaspoon cinnamon
- (½) cup applesauce, unsweetened
- (1) teaspoon Splenda
- (1) teaspoon Splenda brown sugar

Topping:

- (1) cup oatmeal
- (1) scoop Vanilla Complete Protein Powder
- (2) tablespoons Splenda brown sugar
- (2) tablespoons Smart Balance (optional)

Mix together base ingredients and spoon into a greased (use spray) cooking dish. Combine the topping mix and crumble over the base.

Bake at 350 degrees for 20-30 minutes or until golden brown.

Serve with (1) scoop of vanilla nonfat sugar-free yogurt.