



# BE STRONG AND COURAGEOUS

JOSHUA 1

FASTING & PRAYER  
09/5/2022 -  
09/26/2022

## 21 days of growing together in strength and courage!

Evening: September 5, 2022

DAY ONE

### Joshua 1:6,7,9,18

Ever face a giant? In Joshua chapter one, God says four times to Joshua, His newly positioned warrior, "*Be strong and courageous!*" Anytime that God repeats Himself, it is worth taking note of. For more than forty years, Joshua followed Moses' lead. Now Moses was dead and the weight of a nation rested on Joshua. Moses was gone and the weight of the mission, "take the Promised Land," was Joshua's sole responsibility.

**He who carries the weight of responsibility needs to hear, repeatedly, "Be strong and courageous!"** Let those words sink into your spirit. Whatever you are facing, whatever you will face, the need is the same: strength and courage!

The two Hebrew words that are used there are very similar. The first word means to be strengthened to make hard. God is saying to Joshua, "Make up your mind to do this!" "Strengthen your resolve!" "Harden your will to accomplish the mission." The second word means to "be stout, secure, feeling strong, make yourself alert."

Often we find ourselves facing things in life that, in the moment, seem very threatening. The call of this fast is to hear the Word of God to Joshua and take it personally to our own hearts. God is giving us the invitation to join Him in possessing the things that He has promised. Yes, the land has giants but "Yes and Amen!" God has given us His promises!

Morning: September 6, 2022

DAY TWO

### Thought of the Day:

Consider this: you can become strong, pure, and holy in your heart as you deliberately pursue increasing in love for one another.

### Scripture:

1 Thessalonians 3:12-13 — And may the Lord make your love for one another and for all people grow and overflow, just as our love for you overflows. May he, as a result, make your hearts strong, blameless, and holy as you stand before God our Father when our Lord Jesus comes again with all his holy people. Amen.

### Commentary:

As we journey through life, while there may be aspects of our knowledge of God and His Word that we acquire through osmosis (a gradual, often subconscious process of assimilation or absorption), it is likely that much, if not *most*, of what we learn is achieved through intentional means. Reading and studying the Bible, spending time with God in prayer and times of worship, attending church services to hear anointed preaching and teaching are some of the things we can *choose* to do to develop into a mature disciple of Jesus.

How amazing it is, however, that we can also develop the inner man of the heart by being intentional in our pursuit of loving one another, especially our brothers and sisters in Christ. Let's ask the Lord to help us learn and grow in our ability to love one another. In time, we will begin to notice how our own hearts have become stronger, purer, and holier before God.

**Declaration:**

Lord, I declare you are causing my own heart to become more like yours as I devote myself to loving like Jesus.

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**Evening: September 6, 2022**

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**Joshua 1:7-9**

Giant Slayers, who are strong and courageous, know two things: One, **the Word works for those who work the Word**. And two, when God is with you, you do not have to be afraid.

God's command to Joshua was to meditate on the Word day and night. If you do this, you will be prosperous and successful. If you meditate on the Word, you will know what I, the Lord God, have promised you. You will walk with confidence having this knowledge of me. And you will not be afraid because you know I am with you, you know I am for you, and you know I am the Life giver...abundant life giver.

The Word is alive (Heb 4:12) and the Word is Spirit and Life (John 6:63). If you are going to walk in life, experience life, and overcome death with life, you will have to have the Word at work in your heart. God's instruction was setting Joshua up for success in the promised land no matter who or what he would face there. The question is: Are you positioned for success in the instruction of the Lord? What will you face your giants with? I am telling you...the Word works for those who work the Word!

I believe that one of the things God wants to do during our fast is to get His Word inside of us in greater measure. He wants us to experience the amazing testimonies that are available to all who will work His Word.

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**Morning: September 7, 2022**

**DAY THREE**

**Thought of the Day:**

I have all the power to reach my neighbor in his need, to whom God has sent me.

**Scripture:**

John 14:12 – “Very truly I tell you, whoever believes in me will do the works I have been doing, and they will do even greater things than these, because I am going to the Father.”

**Commentary:**

If we're to help one another, make a list of some of the things that the Holy Spirit was sent to do. What are those “greater things”? How has the Holy Spirit empowered you in your life? Are you taking advantage of the power and potential of the Holy Spirit you have received in your life? Seek God for more power and opportunities to use the Holy Spirit in your life and ministry.

**Declaration:**

I declare my community of faith bears one another's burdens in the power of Holy Spirit.

*“Let us hold fast the confession of our hope without wavering, for he who promised is faithful.”* (Hebrews 10:23, ESV)

Giant slayers have one thing to say: They say what God has already said without wavering. **What has God said that you too can say?** The Hebrew writer exhorts us to hold fast. What loaded words ‘hold fast’ are. They mean to hang on tightly, to consider nothing else. In a nautical situation, ‘hold fast’ means to steer towards or land at. Confession means to say the same thing to agree to the same thing.

The Hebrew writer is exhorting us to say the same things that God has already said. He is telling us to hang on tightly to what He has said, to consider no other opinion but God’s Word. He is commanding us to steer towards His Word and to land there.

When I face giants, the success of the Lord in my life is based upon my ability, in faith, to say the same things that God has already said. For example, the Word says, *“...By his wounds you have been healed.”* (1 Peter 2:24, ESV) This is God talking! If God has said it, therefore, I can say it too! What has God said that I too, can say? **“BY HIS STRIPES, I HAVE BEEN HEALED!”**

I am to hold fast, hang on tightly, steer towards and land on the truth. “By His stripes I have been healed!” I have to agree with God if I am to see God’s grace work in my life. This is the reason God stressed to Joshua that he meditate on the Word day and night. And if he did, he would be successful and prosper!

**Thought of the Day:**

We’re called to exercise the power of forgiveness towards one another that’s bestowed to us as new creatures in Christ.

**Scripture:**

2 Corinthians 5:17 – “Therefore if anyone is in Christ, he is a new creature; the old things passed away; behold, new things have come.”

**Commentary**

Make a list of what has “become new” in your life? How has your nature changed? How is your mind (thoughts) different? How has your will changed? How has your disposition changed? How have your affections changed? Anyone you need to forgive? As you inventory the magnificent changes that have occurred in your life because of your new birth, praise God for each of them.

**Declaration:**

I declare I have a forgiving heart as a new creature in Christ.

**Note to self: Fear is probably the sharpest and most used weapon in the devil's arsenal.**

My father-in-law used to joke around with the boys saying, "I'm not scared of the dark! I am afraid of what's in

it!" Isn't it true in life that the things that are unknown, unseen, and uncontrollable cause us the greatest anxiety? Satan uses fear to control. If I am in fear and Satan is in control, God is not leading me. This is the reason God says to Joshua three times, "Be strong and courageous!" God also gave Joshua the answer: Stay in the Word! If you stay in the Word, you will experience being led by God. How would you rate your ability to stay in the Word? What can you do to change it?

Jesus addressed the subject of fear and worry on three different occasions. In the sermon on the mount (Mt 6:25-34), He asked, "Why do you worry...? Later after quieting a storm (Mk 4:40), Jesus asked His panicked disciples, "Why were you afraid?" And once, while speaking about the end of the world, He told them, "Don't panic." (Mt 24:6)

Worry is fear, and it is a thief that steals from us. If I am being robbed, I am not prospering. But, if I continue in the Word, I am led by God and His ways are prosperous. God gives us His Word that we may know His ways and be led by them. That is the path of true understanding.

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**Morning: September 9, 2022**

**DAY FIVE**

**Thought of the Day:**

To put on the mind of Christ is to choose to think in accordance to His Word.

**Scripture:**

Matthew 3:8 – "Produce fruit in keeping with repentance."

**Commentary**

Repentance is not just about confessing your sins; it is about "turning" 180 degrees from your old life to your new life in Christ. It's the choice to think as Jesus thinks. Think of the ways that you have repented (turned) from your old life to your new life. Rejoice in what God has done in your life. The scripture indicates that the turn should cause us to bear fruit, in keeping with what God has done. What fruit are you bearing? Could you be more fruitful? Thank God for your fruitfulness and ask Him to make you even more fruitful. What fruit can you offer to one another? Kindness, love, a helping hand, encouragement, joy or a word of appreciation are all fruit from a good and honest heart.

**Declaration:**

I'm a fruitful branch bearing golden fruit for I'm firmly attached to Jesus, the vine.

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**Evening: September 9, 2022**

*"...Do not be afraid and do not be dismayed at this great horde, for the battle is not yours but God's." (2 Chronicles 20:15, ESV)*

There are times when life is just overwhelming! It appears that everything is going wrong, and everything is happening at once. Fear is knocking on your door.

Say it out LOUD! "FEAR HAS NO HOLD ON ME!" I am not afraid, and I am not dismayed. God has said, do not be afraid and do not be dismayed. Therefore, I say what God has said! "I am not afraid, and I am not dismayed." We know what it is to be afraid. But what does it mean to be dismayed? The Hebrew word means to be broken or shattered. Fear causes many people to 'fall apart' or be dismayed. God has given us His Word and His Spirit. Together, the two make us solid believers who do not fall apart easily, if at all.

Jehoshaphat and the people of his nation were afraid. But they directed themselves toward God. They humbled themselves in fasting and prayer before God when they were afraid. The result was that God spoke to them. God gave them direction. And God made clear that it was not their battle to fight but His. God wants to fight our battles. He wants to fight for us. We must stay in the place of humility before Him. Trust Him when He speaks. And worship God for who He is!

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**Morning: September 10, 2022**

**DAY SIX**

**Thought of the Day:**

The need to discern right from wrong, true from false is as great a need as it has ever been.

**Scripture:**

1 Corinthians 2:14 – “But the natural man does not receive the things of the Spirit of God, for they are foolishness to him; nor can he know them, because they are spiritually discerned.”

**Commentary**

Thank God for the work that He has done in your mind, for you're no longer foolish. Identify areas in which you have become spiritually wise. Consider areas in which you were once foolish and now you are able to spiritually discern the things of God.

Identify areas of spiritual insight that you would once have missed. Set your soul to engage with Holy Spirit in discerning the times and the issues of the day. We're to discern the body in wisdom and share with one another these insights provoking one another unto good works.

**Declaration:**

I have all the wisdom of God to discern rightly and I'm able to build one another in our most holy faith.

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**Evening: September 10, 2022**

*"He did not weaken in faith when he considered his own body, which was as good as dead (since he was about a hundred years old), or when he considered the barrenness of Sarah's womb." (Romans 4:19, ESV)*

"He did not weaken!" Those words are so encouraging to hear! Abraham was a trailblazer for you and me. He rested in a place of strength through his faith, patience, and obedience to God. Oh God, give us the faith of Abraham! The fantastic thing that Abraham does when he considers (thinks about) his own body is that he does not let what he sees and knows to be true, nullify the Word of God. He believed in God's unseen Word more than in his own body.

It is so easy to trust in or listen to our five senses. But God is calling us to grow into the faith of Abraham. He wants us to be people who do not weaken in faith when we consider our bodies or the things around us. How does that happen? You have to trust God. Abraham trusted God and later entered into a covenant with God. He became known as a friend of God! And as a covenant partner with God, all things became possible to him! Purpose in your heart to become a friend of God. And know that you have a better covenant with Christ Jesus your Lord! In doing so, you will consider (think about) God's Word, and it will speak more loudly than your senses are speaking. "Word of God, Speak!

**Thought of the Day:**

Grace is the power/ability of God in me to do those things I can't do in and of myself.

**Scripture**

1 Peter 5:5b-6 Yes, all of you be submissive to one another, and be clothed with humility, for "God resists the proud, but gives grace to the humble". Therefore, humble yourselves under the mighty hand of God, that He may exalt you in due time.

**Commentary**

When you consider the extraordinary ways God worked through men such as Moses and Paul, you may think, I can't measure up to people like them. I don't have what they had.

But you must realize these heroes of the faith were just common, ordinary people. It was their obedience, their complete yielding in humility to God, that gave them uncommon strength and faith. They humbly submitted their lives to God, which freed God to work through them.

I don't know about you, but their examples inspire me to re-evaluate my own obedience. Am I reluctant to listen to God because I think he is asking the impossible? Am I failing to make myself available to Him because I am doubtful or afraid? Your part is to simply obey, humble yourself and God will do His part to empower you with His grace.

**Declaration**

Lord, I see now that You can do anything through me if I will simply yield myself to you. I'll make myself more available to You today!

*"No unbelief made him waver concerning the promise of God, but he grew strong in his faith as he gave glory to God."*  
(Romans 4:20, ESV)

Abraham is an example of true faith; he accepts God's promise without distrust or wavering. To waver means to bounce back and forth between two opinions and not land on either one. We call that doubt. It also means to hesitate. James 1:7-8 says that man who wavers is doubleminded, unstable, tossed about, and will not receive anything from the Lord. Jesus asks his disciples in Mt 14, "Why did you doubt?" Later in Mk 11:22-24 He states: "*Truly, I say to you, whoever says to this mountain, 'Be taken up and thrown into the sea,' and does not doubt in his heart, but believes that what he says will come to pass, it will be done for him.*" (Mark 11:23, ESV)

God desires us to hold fast to the promises and grow strong in faith. "He grew" describes a process Abraham was involved in. Abraham gave himself to God and God's Word. The result was he grew in faith. It is the only way we can grow in faith. We have to hear God's Word and give ourselves to understanding it.

I believe the Word of the Lord is to hold fast to the Word of God. Like Joshua, consider it (think on it) day and night. Don't waver at the promise! Give God glory! And you, too, will prosper and be successful! Your giants are going to fall! Your mountain is going to move! You, my friends, are destined to overcome!