

Welcome To 2020 Thirty Day Journey from the Desk of Linda Fuggs, MA, LPC/NCC

Greetings All,



I just had to share the attached article that I had the pleasure of reviewing. It is a wonderful reminder to be mindful of our motives. When I read it, I paused to ask myself: "Why am I fasting in the first place?" I had to take a quick inventory of my personal motives for doing anything that I do. As you read, ask yourself: "Why do I do, what I do?" Enjoy!



DAY 1

Good morning & Happy, Victorious Saturday,

Well, this is the first day of our 30-Day Fast Journey. I hope you are feeling optimistic; but even if you aren't, remember, that "we walk by FAITH."



The first thing that I would like to suggest, is to just take one day at a time and one step at a time. Remember, we can do "all things through Christ who strengthens us." Thank you so much for allowing me to share my Daily Reflections with you, ***The first one is attached.*** Remember to check your email daily.

One last thing. Please remember that I am sharing the reflections in a "blind" group email. If you have comments and/or responses that you only want me to see, click the "reply" tab; but if you would like to share with the entire group, click the "reply to all" tab.

Thanks again for journeying with me; and please pray for me, as I pray for you.

Together, we all succeed.



Thirty Day Journey

Day 1

Verse of the Day:

“I can do all things through Christ who strengthens me.” (Philippians 4:13 NKJV)

Reflection:

What a refreshing and empowering thought to begin a 30-Day Fasting Journey. In this verse, the Apostle Paul has come to the general conclusion, that “he could do all things.” According to Barnes’ Notes on the Bible, Paul’s own experience in the various changes of life had warranted him in arriving at this conclusion; and he now expresses the firm confidence that nothing would be required of him which he would not be able to perform.

This declaration was not a vain self-reliance, nor was it the mere result of his former experience. He knew well where the strength was to be obtained by which to do all things, so Paul writes the words “through Christ which strengthened me.” Paul realized his strength was not in any personal ability which he had; not in any vigor of body or of mind; not in any power which there was in his own resolutions; it was in the strength that he derived from Christ Jesus.

For that reason, during this 30-Day Journey, we can declare like the Apostle Paul, that “we can do all things through Christ who strengthens us.” As you begin the Journey, be reminded that it is Christ Jesus that will see you through until the end.

Prayer:

Father, as we begin this 30-Day Journey, thank you for reminding us that it is in You, that we will receive our strength. For that reason, we know that we will be successful in all that we attempt to do. Help us to stay focused on you; and not just on what we can or cannot eat or drink. We present our bodies, “Holy and acceptable unto You,” Father. You know what we are in need of. Help us to keep moving forward, looking unto You, “the Author and Finisher of our Faith. In Jesus’ Name, Amen.

