

# **ENTERING INTO THE RHYTHM OF KINGDOM REST A 40-DAY FAST**

Greetings,

In the coming weeks and months when the world's focus will be on Philadelphia, we – the Church of Philadelphia - have an unprecedented opportunity. By coming together “in one accord” we can demonstrate and release the Brotherly Love that destroys division and releases the Glory of God to transform a city. This kind of one accord comes from our personal relationship with God. Thus we are seeking a deeper relationship with Him by entering into His kingdom rest.

Please join us as we explore facets of biblical rest and the seasons and cycles of rest that create the rhythms of the Kingdom that, in turn, enable us to be walk in and be carriers of His presence.

Fast as God leads you and as you use the following devotionals, we can be united in focus and prayer day-by-day.

All for Philadelphia  
Philadelphia House of Prayer  
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## **INTRODUCTION**

Rhythm is defined as a strong, regular pattern of movement or sound. For this reason, it is entirely accurate to speak of the rhythm of the kingdom. The kingdom has a sound and it is a movement, but perhaps more importantly (in this season), it has a pattern. Often times, in a sincere effort to be lead by the Spirit, we forget that God has given us repeating patterns to observe. These patterns and appointed times are not to be religious obligation, but life giving encounters with the Father of glory. As we are restored to these patterns, we will encounter the presence of God and enter into His rest like never before.

Much of the kingdom is about timing. We must be in time with the Lord and understand the seasons if we want to move effectively with Him - after all, this is what a rhythm is all about. Part of the timing of the kingdom is the yearly feasts. The Lord established yearly feasts with His covenant people Israel (see Numbers 28 and 29 for a list of kingdom rhythms). These feasts were rhythms of encounter and celebration for them even though they lived in the shadow of what God was speaking through these feasts. Today as New Testament believers, we are grafted in to these feasts and live in the realities of God's heart through the giving of His Son, the coming of the Holy Spirit and Jesus' coming again.

Additionally, God has set up times each month for us to celebrate (Psalm 81:3-4) and align ourselves with Him fresh and new. These months speak to the timing and purposes of God in that hour. Likewise, God sets a day every week for us to remember all His goodness and enter into His rest. The command to keep the Sabbath holy is foundational to God's kingdom people and is one of the fundamental aspects of His rhythms of rest. If God Himself rested on the seventh day, shouldn't we? The seventh day is a day that is holy and set apart to the Lord. It is this day that we enter into Sabbath rest, or the shalom of God.

But this principle of the 7th being set apart doesn't stop with the days of the week. In Leviticus 25, God speaks of the every 7th year being a sabbath year for the land. This year is called a Shemitah year. The Shemitah year began this past fall and will conclude on September 13th of this year. The Shemitah is one significant aspect of the timing of this fast. However, it doesn't end there either. As we end the Shemitah year, we are in a special time where the Shemitah is followed by the year of Jubilee (starting September 13th). The year of Jubilee occurs every seventh Shemitah year, or after 49 years - Jubilee is the 50th year. Jubilee is also a time of entering into the rest of the Lord and many of the same rules apply to Jubilee that apply to the Shemitah year.

In this season, where the Lord is speaking of a double portion of rest, it is extremely important that we hear the voice of the Holy Spirit and enter into that rest. That is what this fast is primarily about. We want to enter into a rhythm of rest like we never have before, and see our region and nation aligned with the purposes of God in this hour.

# DAILY DEVOTIONALS

## DAY 1 Biblical Rest

*And on the seventh day God ended His work which He had done, and He rested on the seventh day from all His work which He had done. <sup>3</sup> Then God blessed the seventh day and sanctified it, because in it He rested from all His work which God had created and made. Genesis 2: 2-3*

Rest is a concept that appears very early on in the Bible in Genesis where it speaks of God resting. Rest is not something that originates with man, but something that is divine in nature - something that the Father Himself enters into. The word 'rest' means 'to cease or desist - specifically from all exertion'. For God, it meant that he stopped creating and took some time to enjoy what He had created. For man, we are to enter into rest on several levels. In God's wisdom, he knew that we needed physical rest. Our bodies can only handle so much. So, a weekly time of ceasing from our labors and gratefully enjoying what God has given us is key to a healthy existence - but it goes much deeper than that.

The invitation to rest is a constant 'now' invitation to enter into the 'shalom' of God. God's shalom (or peace) is a wholistic word that means completeness - nothing missing, nothing broken, and all that binds to chaos being exposed and destroyed. This is the quality and nature of rest that God Himself enters into. This is also the nature of the rest He has invited us into. Hebrews 4 reminds us that there is an invitation 'today' to enter into the rest of the Lord. In this rest, we cease from our limited works and human striving (Psalm 46:10) and become aware of our oneness with the Father in a powerful and life giving way. We begin to see things from new perspectives. Anxiety and worry melt away. Our mind is renewed and we begin to gain the perspective of heaven regarding our circumstances. It is from this place of recalibration that we can face another day - another week.

As we move through this time of fasting and prayer, be aware of times in your day when you begin to lose vision or lose peace. These are the 'now' moments to enter into the rest/shalom of the Lord right where you are.

*Prayer: Father, we thank You that 'today' is the day to enter into Your rest. We enter in by the way of the Blood and no other way, for it is the only way. Thank You that you have made provision to enter into the same rest that You entered into when You ceased from your work. May we work from rest, not rest from work only.*

Jamie Fitt

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## **DAY 2**

### **The Gateways of Rest**

*Therefore do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things. But seek first the kingdom of God and His righteousness, and all these things shall be added to you. Therefore do not worry about tomorrow, for tomorrow will worry about its own things.*

*Sufficient for the day is its own trouble.*

Matthew 6:31-34 NKJV

The Sermon on the Mount is one of Jesus' greatest teachings on the Kingdom of God. In Matthew 6 Jesus specifically highlights the three Kingdom principles of prayer, fasting and giving. He concludes this section, by declaring that if we will seek first the kingdom of God and His righteousness then all the other things we are worried about and anxious for will be added unto us. In these times of shaking, we must seek first the kingdom and specifically the rhythm of the kingdom regarding prayer, fasting and giving. These three disciplines (which we will explore in more detail later) will become gateways of rest to us.

*Prayer: Declare that as our hearts are aligned with The Lord on these things, we will experience the righteousness, peace and joy of the kingdom in a new way.*

Jamie Fitt

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**DAY 3**  
**The Recipe for Rest**

*So we see that they could not enter in because of unbelief. Therefore, since a promise remains of entering His rest, let us fear lest any of you seem to have come short of it. For indeed the gospel was preached to us as well as to them; but the word which they heard did not profit them, not being mixed with faith in those who heard it. Hebrews 3:19 - 4:2 NKJV*

These Scriptures outline a simple 'recipe' for rest. We must allow the word of God (the promises of God) to mix with our faith. The result will be the blessing of God's rest. The writer of Hebrews goes on to exhort us to be diligent to enter into that rest so that we can walk in full obedience to God. In this season, we must hold fast to the word of God. His promises over us are the final authority concerning our destiny and the destiny of our bloodline.

*Prayer: Declare that faith is stirring in you in a new way and that you are walking in restful obedience to The Lord.*

Jamie Fitt

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**DAY 4**  
**God's Life Cycles - Part 1**

*I have been crucified with Christ; it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself for me. Galatians 2: 20*

We have a tendency to think of life having a beginning and an end, almost like a straight line. But let's imagine we pick up that line and form a circle. We see then that time is passed and connected to the next generation. We call this the cycle of life.

Since God is not restricted by time, He can access any part of your life as though it was the present. He is working in our lives looking for us to respond to Him. Once we respond by faith in the Son of God, we are now His ambassadors in the earth. We become a vessel He can use to invade the atmosphere and environment.

*The thief does not come except to steal, and to kill, and to destroy, I have come that they may have life, and that they may have it more abundantly.*  
John 10: 10

Mission: Recognize how the Lord is working in your life. Take time today to allow Him access to your LIFE CYCLE. Let Him reveal areas where He wants you to experience FREEDOM. It is time for you to be set FREE from generational iniquities, past sins, anything holding you back.

*Prayer: Heavenly Father, we know that all of time is present to you. I recognize that there are still areas of my life that I have not submitted to you yet. Open my eyes to receive the revelation of ways I need to change. I submit my life and my life cycle to the Holy Spirit now. This is not only for me, but for the generations to follow. Set me free! In Jesus name, AMEN .*

Ruth Willard

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## **DAY 5**

### **God's Life Cycles - Part 2**

*Do not love the world or the things in the world. If anyone loves the world, the love of the Father is not in him. For all that is in the world, the lust of the flesh, the lust of the eyes, and the pride of life, is not of the Father but is of the world. And the world is passing away, and the lust of it; but he who does the will of God abides forever. I John 2: 15-17*

The Greek mindset is operating in much of the Church today. The main principle of the Greek mindset is pride and human reason. Many have been taught that spiritual gifts are not for today. It has limited God and grieved the Holy Spirit. It has caused us to be a powerless church. Along with this we have been taught replacement theology (Church replaced the Jewish People).

When God called Abraham over 2000 years ago, He revealed Himself to them. He taught them righteousness and repentance. He introduced them to covenant, the biblical cycle of life: Sabbaths, appointed times (feasts) and lunar calendar (Hebrew months). He established a new mindset. The Hebrew mindset operating principle is to trust in God.

Mission: Ask yourself, how much of what I believe is biblical? Learn to think like a Hebrew, meditate on the Word, take your thoughts captive, and let God give you His mindset. Remember, that as you begin to seek knowledge ask for the Holy Spirit to guide you. Enjoy the journey, don't let it over take you. Let the Lord guide you into the truth.

*Prayer: Adonai, my Daddy, we have been led astray and have created our own way. We have embraced the Greek mindset and we repent and desire to change. We ask you to reveal your ways to us much like you did with Abraham. Direct us to receive the deep revelation of the things you have established way back with Abraham – Isaac – and Jacob. Awaken your people, change our mindset. We want to learn to think like God thinks, embracing a Hebraic attitude toward God, the biblical CYCLES of LIFE, and covenant blessings. Amen*

Ruth Willard

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## **DAY 6** **The Shemitah Year (The Sabbath Year) - Part 1**

*Six years you shall sow your land and gather in its produce, <sup>11</sup> but the seventh year you shall let it rest and lie fallow, that the poor of your people may eat; and what they leave, the beasts of the field may eat. In like manner you shall do with your vineyard and your olive grove. Exodus 23: 10-11*

The foundational truths about the Shemitah were given to Moses when God gave him the law or the Torah on Mt. Sinai. These laws would create the foundation on which the nation of Israel would rest.

Most Christians are familiar with Biblical teaching on the Sabbath. God called every seventh day the Sabbath. The Sabbath was unique among days. It was to be set apart and holy. It was the Lord's Day. On the Sabbath all regular work was to cease. It was a day to be devoted to the Lord. What is not as well known, is that the Sabbath was not only a day but also a year. Just as every seventh day was a Sabbath, so every seventh year was a Sabbath year.

The Sabbath year was also meant to be separated and unique from the six years that preceded it. It was to be a holy year, a year set apart and devoted

to the Lord. During the Sabbath year there was to be no working of the land. The land was to lie fallow and let to rest. So the Shemitah year was not only for the people to rest, but also for the land to rest.

Another key aspect of the Shemitah year was that the poor were to be able to access all the fields, the vineyards and the groves would be growing wild from lack of attention for that year. God's desire was for Israel to take care of the poor that lived among them.

*Pray: Lord, as we come into the last days of this Shemitah or Sabbath year, show me how you want me to rest and prepare for the Jubilee that is coming.*

Peter Smith

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## **DAY 7**

### **The Shemitah Year (The Sabbath Year) and Moses at Mt Sinai**

*And the LORD spoke to Moses on Mount Sinai, saying, <sup>2</sup> "Speak to the children of Israel, and say to them: 'When you come into the land which I give you, then the land shall keep a sabbath to the LORD. <sup>3</sup> Six years you shall sow your field, and six years you shall prune your vineyard, and gather its fruit; <sup>4</sup> but in the seventh year there shall be a sabbath of solemn rest for the land, a sabbath to the LORD. You shall neither sow your field nor prune your vineyard. <sup>5</sup> What grows of its own accord of your harvest you shall not reap, nor gather the grapes of your untended vine, for it is a year of rest for the land. <sup>6</sup> And the sabbath produce of the land shall be food for you: for you, your male and female servants, your hired man, and the stranger who dwells with you, <sup>7</sup> for your livestock and the beasts that are in your land—all its produce shall be for food.<sup>8</sup> 'And you shall count seven sabbaths of years for yourself, seven times seven years; and the time of the seven sabbaths of years shall be to you forty-nine years. <sup>9</sup> Then you shall cause the trumpet of the Jubilee to sound on the tenth day of the seventh month; on the Day of Atonement you shall make the trumpet to sound throughout all your land.*

Leviticus 25:1-9

The last Shemitah year was 2008 (the last time the stock market crashed badly) and now, almost seven years later, we are in the last few days of the current Shemitah year, the final days of this seven year cycle, and are preparing to enter a whole new seven year cycle (2015-2022).



Jonathan Cahn, the author of *The Harbinger* and *Unlocking the Mystery of the Shemitah*, refers to this Shemitah year we are in as a “super Shemitah”. A “Super Shemitah” happens every 49 years (or seven sevens,  $7 \times 7 = 49$  yrs) as stated in Leviticus 25:8 The crowning of the seventh Shemitah, or the seventh cycle of seven years is where we are right now. We are in the final days of this “Super Shemitah”. Many people, including Jonathan Cahn are suggesting that the unrest we see in the culture and the economy may indicate increasing chaos and crisis in the coming months.

Maybe, as a Christian, you are struggling with anxiety and worry and not really knowing what to do. Ask God to show you what to do to prepare yourself and your family. Spend time in God’s Word, seeking direction. God is waiting for you to ASK Him. God is waiting for you to SEEK Him.

*Pray: Lord give me ears to hear what You are saying. Show me what I need to see and lead me where I need to go. I commit myself to walking in FAITH and WISDOM, making the most of every opportunity and preparing for an amazing HARVEST.*

Peter Smith

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## **DAY 8**

### **Release Fear to Walk in Faith and Enter into Rest**

*See then that you walk circumspectly, not as fools but as wise, <sup>16</sup>redeeming the time, because the days are evil Ephesians 5:15-16*

God inhabits praise, but Satan inhabits fear. Which spiritual atmosphere are you releasing during this season, fear or faith?

We are to be carriers of the presence of God, but many believers are living fear-filled lives, that are not changing the spiritual climate. The last days of this Shemitah year should be a time of growing in deeper FAITH in our God and preparing for a coming harvest of souls and not walking in FEAR because of what we see happening around us.

Pray that God will use you to release FAITH into other believers who are struggling right now. Our nation desperately needs hope. Start by releasing

hope in your home, your church and your community. Allow God to use you to be an AMBASSADOR of HOPE (2 Corinthians 5:18-20) in this season.

*Prayer: Father, God, use me to release faith into the atmosphere around me at the end of this Shemitah year. Help me to speak Your peace and blessing over unbelievers and Christians operating in fear at this time. Use me to be an ambassador of peace to the lost and the hopeless world around me. Use me to encourage, comfort and lift up Christians who are struggling at this time. I pray this in the powerful name of Jesus Christ, the Savior of the world, Amen.*

Peter Smith

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## **DAY 9**

### **Reversing Curses – A Necessary Step for Coming into Kingdom Rest**

*Like a flitting sparrow, like a flying swallow, so a curse without cause shall not alight. Proverbs 26:2, NKJV*

Ever notice a particular area of your life where you seem to be habitually targeted? Prayer and time spent in the Word lessen it, but eventually it returns, especially during vulnerable times. Would you be willing to consider the possibility of a curse in operation?

Curses can come down our family lines, enter through “open doors” from past (or present) sins, especially seemingly small or long forgotten sins where the doors of “legal access” to the enemy were never fully closed. Curses can come from others, ourselves or even God, the latter happens when we break His laws, natural or supernatural. (God once told me, “*Your speeding is holding back your physical health.*” I repented and slowed down, clearing the way to experience abundant health).

Two examples of commonly heard self-curses are: “I can’t remember names” or “I can’t start my day without my first cup of coffee.” *Ouch, hallelujah!* (The Apostle Paul believes in self-blessing, “*I can do all things through Christ who strengthens me*” Phil. 4:13). We can also curse others by strongly thinking (believing) and/or saying, “He’ll never amount to anything” or “She’s doomed to always have financial (or \_\_\_\_\_) challenges.”

How do we break curses? In a nutshell: 1) Forgive 2) Repent 3) Break all legal rights and powers given to the demonic (often unknowingly) to carry out curses and/or judgments in our life or others' lives.

Let's be Teflon, instead of Velcro for the enemy, as we imitate Jesus who said, "...for the ruler of this world is coming, and he has nothing in Me" (Jn. 14:30b, emphasis added).

*Pray: Lord, I **forgive** \_\_\_\_\_ (self or others) for cursing me with the curse (or judgment) that \_\_\_\_\_. (Repeat this step until all known curses/judgments are forgiven).*

*I **repent** for giving this curse (or judgment) place in my life. I **receive** Your forgiveness. (Take a moment to really **receive** His forgiveness).*

*I **break** all legal rights and powers given to the demonic to carry out curses and judgments against me. I am no longer in agreement with this curse in anyway. I release freedom and healing to all. Amen.*

\*Once you Forgive, Repent and Break (FRB) some curses, you may find that other curses 'float to your remembrance.' It's normal to have several "FRB" sessions. Each time you FRB, you position yourself to gain more of your "land" (your rightful inheritance) back from the enemy (see Ex. 23:29-31).

Evelyn Streett

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## **DAY 10**

### **The Shemitah Year and the Resetting of Debt**

*At the end of every seven years you must cancel debts. v 2 This is how it is to be done: Every creditor shall cancel the loan he has made to his fellow Israelite or brother, because the Lord's time for cancelling debt has been proclaimed. Deuteronomy 15:1-2*

The word Shemitah actually means, "the release", "the letting fall". Shamat is the Hebrew root word from which Shemitah comes. It can be translated "to release" and "to remit", as in the remission or release from debts in the Year of the Shemitah. It can mean "to let alone", as in no longer watching over or maintaining that which had been watched over and maintained; as well as "to detach" and "to pull away", "to loosen", "to shake", "to overthrow", "to cast down", "to discontinue", "to let fall", or "collapse".

So on Elul 29, the very last day of the Hebrew civil calendar year, sweeping transformation took place in the nation of Israel's financial realm. Everyone who owed a debt was released from that debt. All credit was erased and all debt was wiped away. The nation's financial accounts were, in effect, reset and started over. Jonathan Cahn, in his book *The Mystery of the Shemithah* calls it, "Israel's day of financial nullification and remission."

So at the end of the Shemithah's year, "credit and debt reset" can create consequences that may affect the financial and economic realm. And these consequences can look like an economic and financial collapse.

In the Hebrew reckoning of time, each day does not begin in the morning but it starts with sunset. Because of this, the moment that all debt had to be reckoned as cancelled or erased was the sunset of Elul 29, which is the last month and the last day of the Jewish civil calendar. This Shemithah year the last day of the Shemithah year will be Sunday Sept. 13, 2015 / Elul 29.

One of the purposes of this 40 Day Fast is to remind us how important it is to enter into rest as we bring this Shemithah year to a close for it's in its last days, and as the new year begins, that the most dramatic repercussions and shakings are felt. So we release faith, peace, and trust in the Lord as our protection, provider, as our all-in-all in our city, over the Church and throughout our nation.

*Prayer: Father, God, we are reminded that all resources we have ever had are all yours. We actually own nothing. Teach us to RESET our TRUST back to you. We came into this life with nothing and we will take no physical possessions with us when we leave this world. Help us RESET our hearts back on you Father. Show us you have called us to be stewards, just like Adam and Eve in the Garden of Eden. You are calling us back to learn how to walk with you God in the garden. Take us into a deeper intimacy with you Father. Help us to experience your love and healing power through the Holy Spirit. In Jesus' name, Amen.*

Peter Smith

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