

# The Communion Fast

The covenant promises of God throughout Scripture confirm the remarkable hope we find in the Lord. The covenant promises of God bring incredible revelation of GOD'S GRACE; GOD'S FAITHFULNESS; GOD'S MERCY AND GOD'S LOVE for all of humanity. In the Communion Fast we begin on DAY 1 celebrating these remarkable attributes of the Lord and the hope He alone brings to our lives. Let's get started by reflecting on the Redemptive Names of God below and the Scriptures provided for each.

I cannot overstate at the beginning of this Fast enough the immeasurable value of Journaling Your Journey! Journal TODAY the things you hear the Lord ministering to you.

Discover today on the Redemptive Names of God and begin to declare His attributes over your life:

Jehovah: (Yahweh or Jah) The Lord, Covenant Redeemer (Exodus 2:23-24). The Lord heard their cry and remembered His covenant! Know today the Lord hears your cry with the faithfulness of His remembrance. Let your cry come before Him.

Jehovah-Elohim: The Creator of Redemption (Genesis 2:4). This passage reveals the origin of and the history of generations, families in the earth. The Power of God moved upon the earth establishing order and bringing forth generations. Rejoice today that He has brought you forth!

Jehovah-Elohim-Saboath: The Lord God of Hosts (Psalm 84:8). The Lord is Lord of "hosts" which means that which goes forth, army,

warfare, host whether organized of men or of angels. Rejoice today in the right season, the right time the Lord of hosts will bring you out of and in to all that He has purposed for you!

Adonai-Jehovah-Saboath: Master, Lord of Hosts (Psalm 69:6). Here He is called Master, "Adonay". It is a title used for God and some of its meanings are Master, King, firm and strong, husband. The Lord is strong and Mighty and He gives to us the power to live the Champion Life! Decree today you are deeply loved and living Champion Life!

Jah-Jehovah: Lord Jehovah for double emphasis (Isaiah 12:2; 26:4). "I will trust and not be afraid for the Lord Jehovah is my strength and my song He also is become my salvation". Rejoice today in the Lord and do not be afraid! Decree freedom from fear over your life today!

Jah-Elohim: Lord God (Psalm 68:18). The Lord ascended on high and lead captivity captive!  
Journal Your Journey

What are your goals for the Communion Fast?

Write a sentence of thanksgiving for each of the four attributes of God mentioned: His Grace, His Faithfulness, His Mercy and His Love:

He has received gifts for men according to Psalm 68:18, and He dwells among them! Decree that today the Lord is with you and that He has lead captivity captive and today you are free to live in the fullness of His provision for your life.

Jehovah-Jireh: The Lord Who Provides (Genesis 22:14). Literally, the Lord Who will see to it! I love that! Abraham named the place of God's provision after the power of His faithfulness to provide the ram.

Decree today the Lord provides over your life! He is the supernatural

sustaining, strengthening One who will “see to it”!

Jehovah-Rapha: The Lord Who Heals (Exodus 15:26). What an amazing passage! The word means to thoroughly make whole or to heal and make healthy! Decree today the Lord is your healer and He desires to make you thoroughly whole and complete through His covenant promise!

Jehovah-Nissi: The Lord Our Banner (Exodus 17:15). This is the name that Moses gave to an altar he built. The Lord is our banner. Decree today the Lord is your banner upon which His love is manifest to you!

Jehovah-Kanna: The Lord Who is Jealous (Exodus 20:5; 34:14). What amazing love and protection is found in the manifest heart of the Father who watches over us with a jealous love! Decree you belong to the Lord alone and He is yours jealously guarding your heart in love!

Jehovah-Mekaddeskum: The Lord Who Sanctifies (Exodus 31:13; Lev. 20:8). The word means to set apart, to consecrate, to prepare or to make pure. The Lord has set you apart unto Himself for His purpose to be manifest through you in His glory! Decree today you are set apart, consecrated and fully prepared to become all He has called you and equipped you to become.

Jehovah-Shalom: The Lord Our Peace (Judges 6:24). Again, we find this revelation of the nature and attribute of God emerging from the worship of Gideon building an altar. The Lord is our Peace. The Lord is the Prince of Peace! Decree peace over your life, family and all that you have and call your own including His divine purpose and plan for your life.

Jehovah-Shaphat: The Lord is Judge (Judges 11:27). The word

means to govern, to judge or to vindicate! Worship the Lord today as the Righteous Judge who vindicates and governs the affairs of our lives!

Jehovah-Saboath: The Lord of Hosts (I Samuel 1:3; Psalm 24:10; 84:1-3). "Lift up your heads, O ye gates; even lift them up everlasting doors; and the King of Glory shall come in. Who is this King of Glory? The Lord of hosts, He is the King of Glory". Decree Him to be the King of Glory over your life and the Communion Fast. We are fasting for the manifest glory of His appearing!

Jehovah-Elyon: The Lord Most High (Psalm 7:17)

The Communion Fast is not about what we are fasting from, but what we are fasting for!

Write a short paragraph about your most significant encounter with the Lord:

What is your favorite story of revival in history? Why?

What needs to be said about Psalm 7:17? The Lord is Supreme and His Name above every Name! Decree the Lord today is Supreme, Ascended above all and releasing His power to bring you today into the place of a fresh and life changing encounter!

Jehovah-Raah: The Lord My Shepherd (Psalm 23:1). He is the One who will keep, pastor or the word even means to company. Decree today the Lord is leading you in the Communion Fast. Ask the Lord to lead you into the fresh pastures of an encounter with His manifest glory.

Jehovah-Hosenu: The Lord Our Maker (Psalm 95:6). Celebrate today

that the Lord is Our Maker. Set your heart today to search out the Lord during the Communion Fast. He is the covenant making and covenant keeping God.

Jehovah-Gibbor: The Lord is Mighty (Isaiah 42:13). The Lord is Mighty, Valiant as the Champion of all! Spend some moments today envisioning the Lord as Strong and Mighty releasing into your life all of the attributes of the Champion's Life!

Jehovah-Tsidkenu: The Lord Our Righteousness (Jeremiah 23:6). Decree the Lord is Righteous and Holy and is rendering His justice in the earth.

Jehovah-Shammah: The Lord is Here, Ever-present (Ezekiel 48:35). The Communion Fast is focused on preparing our hearts and the land for the manifest glory of His Presence! He is Here!