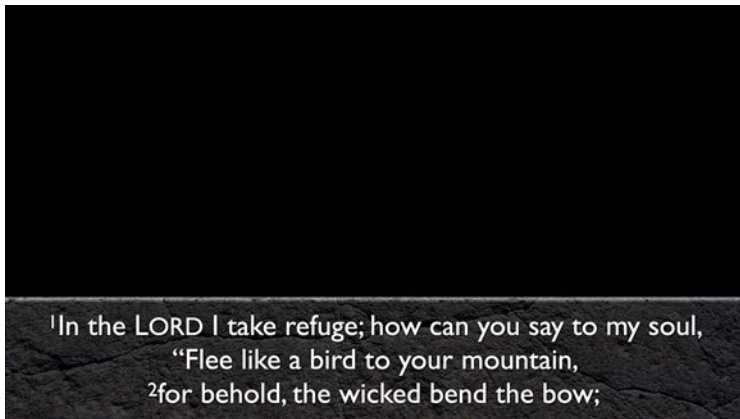


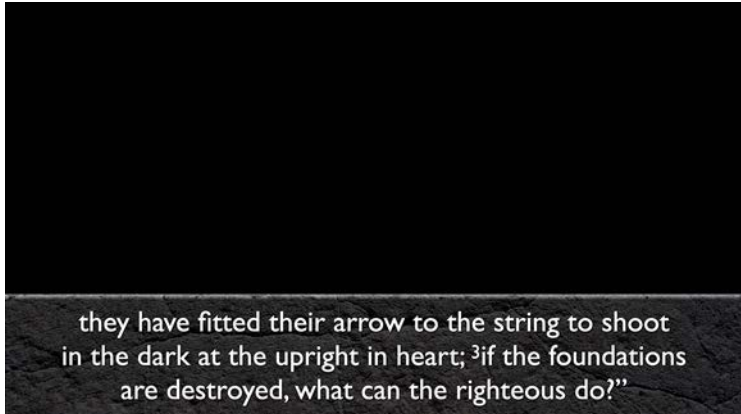
“Most of Scripture speaks to us,  
while the Psalms speak for us.”  
—Athanasius

-001.tiff



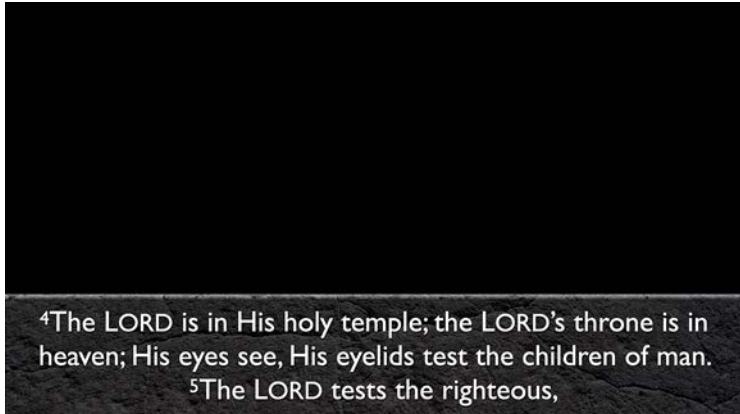
<sup>1</sup>In the LORD I take refuge; how can you say to my soul,  
“Flee like a bird to your mountain,  
<sup>2</sup>for behold, the wicked bend the bow;

-002.tiff



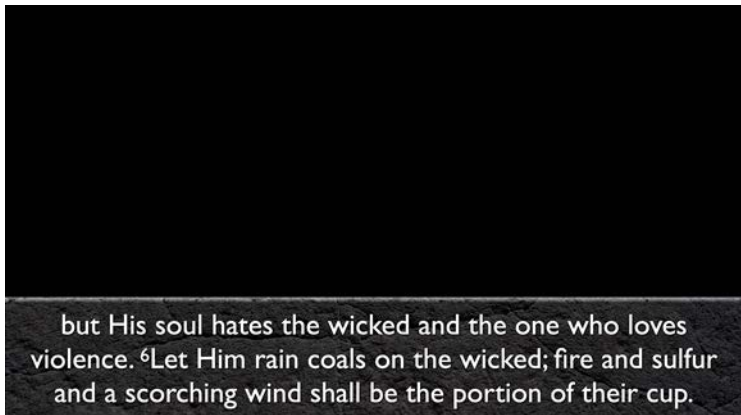
they have fitted their arrow to the string to shoot  
in the dark at the upright in heart; <sup>3</sup>if the foundations  
are destroyed, what can the righteous do?”

-003.tiff



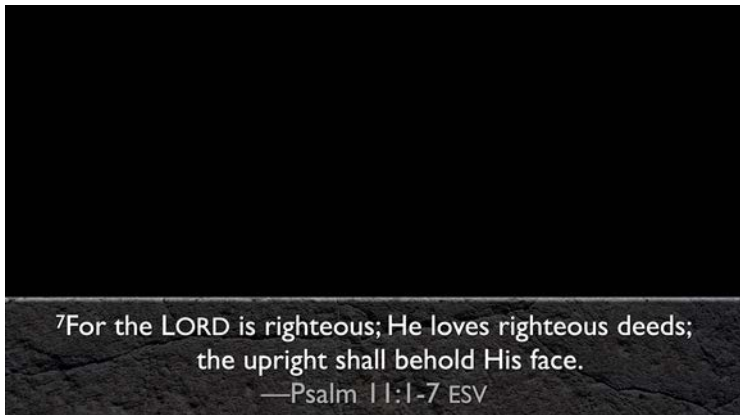
<sup>4</sup>The LORD is in His holy temple; the LORD’s throne is in  
heaven; His eyes see, His eyelids test the children of man.  
<sup>5</sup>The LORD tests the righteous,

-004.tiff



but His soul hates the wicked and the one who loves  
violence. <sup>6</sup>Let Him rain coals on the wicked; fire and sulfur  
and a scorching wind shall be the portion of their cup.

-005.tiff



<sup>7</sup>For the LORD is righteous; He loves righteous deeds;  
the upright shall behold His face.  
—Psalm 11:1-7 ESV

-006.tiff

1 Samuel 18:5, 7-9    Saul  
2 Samuel 15-18        Absalom

-.007.tiff

## I. A Challenge to Run

-.008.tiff

“What if the foundations are destroyed?”

-.009.tiff

“Those who oppose God’s rule are fully intent on making anarchy a way of life... they would rid themselves of anyone who would do God’s will on earth...”

-.010.tiff

They seek to destroy the very ‘foundations’—a metaphor for order of society. This order has been established by the Lord at creation and is being maintained.

-.011.tiff

God’s justice and law are being replaced by human autonomy and resultant anarchy.”  
—NIV Bible Commentary

-.012.tiff

And I tell you, you are Peter, and on this rock  
I will build My church, and the gates of hell  
shall not prevail against it. —Matthew 16:18 ESV

-013.tiff

“What will the righteous do?”

-014.tiff

## 2. A Call to Action

-015.tiff

<sup>2</sup>The LORD is my rock and my fortress and my  
deliverer, my God, my rock, in whom I take refuge,  
my shield, and the horn of my salvation,  
my stronghold... <sup>8</sup>Oh, taste and see that the LORD is  
good! Blessed is the man who takes refuge in Him!...  
<sup>1</sup>God is our refuge and strength, a very present help  
in trouble... <sup>1</sup>Be merciful to me, O God, be merciful  
to me, for in You my soul takes refuge; in the shadow  
of Your wings I will take refuge, till the storms of  
destruction pass by. —Psalm 18:2; 34:8; 46:1; 57:1 ESV

-016.tiff

The LORD is in His holy temple; the LORD's throne  
is in heaven; His eyes see, His eyelids test  
the children of man. —Psalm 11:4 ESV

-017.tiff

“Sinning times have ever been the saints praying times.  
Yes, this they may and should do, ‘fast and pray.’”

-018.tiff

There is yet a God in heaven to be sought to, when a people's deliverance is thrown beyond the help of human policy or power." —William Gurnall

-019.tiff



-020.tiff

<sup>13</sup>And no creature is hidden from His sight, but all are naked and exposed to the eyes of Him to whom we must give account.

-021.tiff

<sup>14</sup>Since then we have a great High Priest who has passed through the heavens, Jesus, the Son of God, let us hold fast our confession.

-022.tiff

<sup>15</sup>For we do not have a High Priest who is unable to sympathize with our weaknesses, but One who in every respect has been tempted as we are, yet without sin.

-023.tiff

<sup>16</sup>Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need. —Hebrews 4:13-16 ESV

-024.tiff

**RE>FOCUS** SEPT 10-30  
 21 DAYS OF PRAYER AND FASTING

**DAILY eBLASTS & WEB POSTS**  
 Throughout the 21 Days of RE>FOCUS

**PRAYER GATHERINGS**  
 Wednesdays at Noon AGS | Thursday PM GT

**ALL-CHURCH WORSHIP**  
 Wednesday, Sept. 30 | Outdoor Tent | Augusta Campus

[warrenbaptist.org/prayer](http://warrenbaptist.org/prayer)

-025.tiff

What is fasting? It is choosing to go without food or some other regularly enjoyed practice or experience for the expressed purpose of seeking God in prayer and spiritual wisdom.

-026.tiff

<sup>16</sup>And when you fast, do not look gloomy like the hypocrites, for they disfigure their faces that their fasting may be seen by others.

-027.tiff

Truly, I say to you, they have received their reward.  
<sup>17</sup>But when you fast, anoint your head and wash your face,

-028.tiff

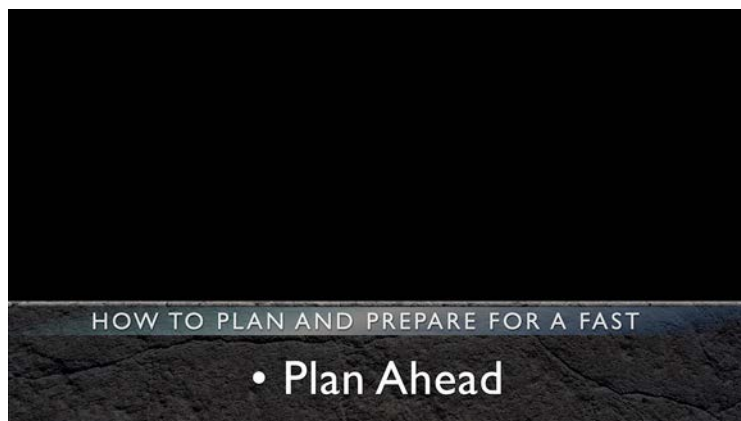
<sup>18</sup>that your fasting may not be seen by others but by your Father who is in secret. And your Father who sees in secret will reward you. —Matthew 6:16-18 ESV

-029.tiff

HOW TO PLAN AND PREPARE FOR A FAST

- Start Small

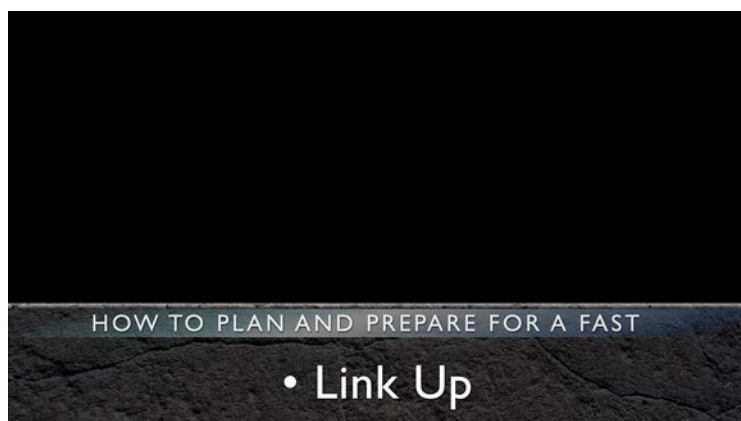
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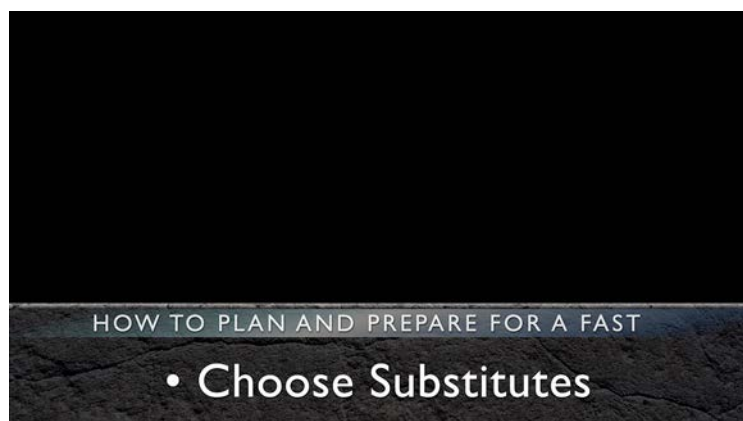
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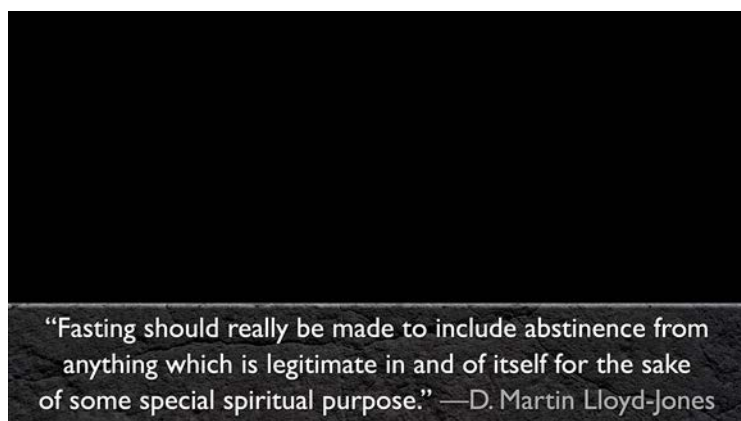
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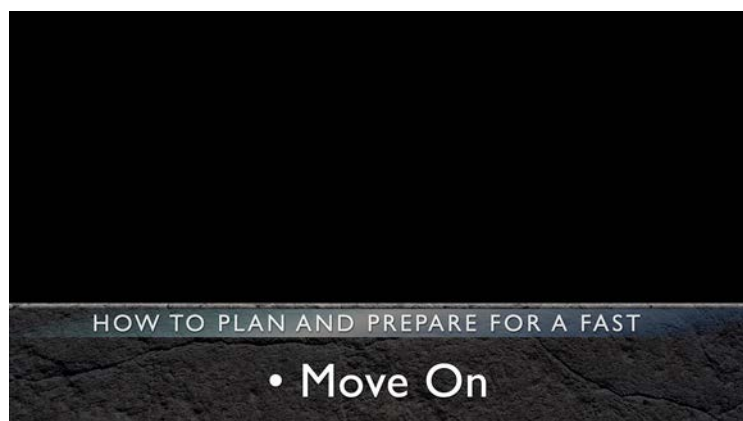
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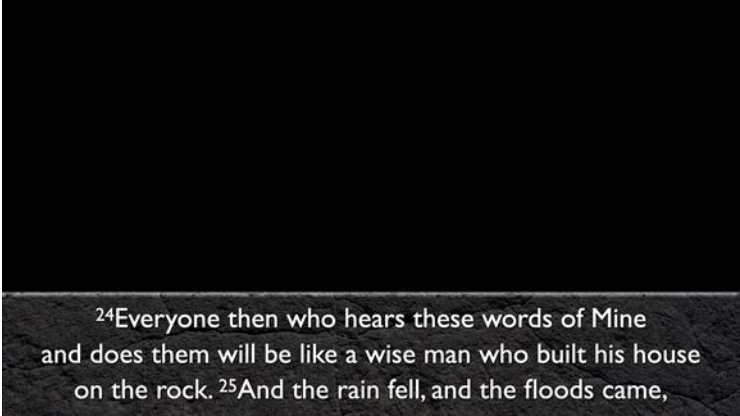
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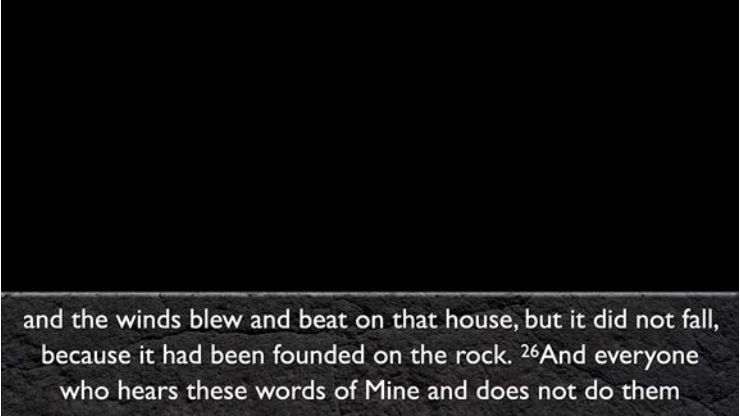


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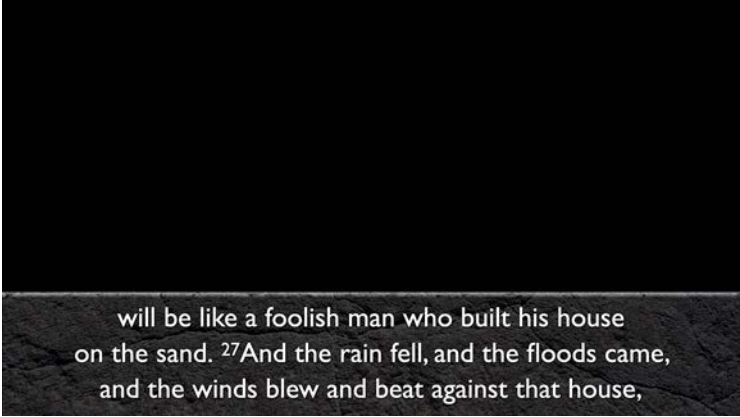
<sup>24</sup>Everyone then who hears these words of Mine and does them will be like a wise man who built his house on the rock. <sup>25</sup>And the rain fell, and the floods came,

-037.tiff



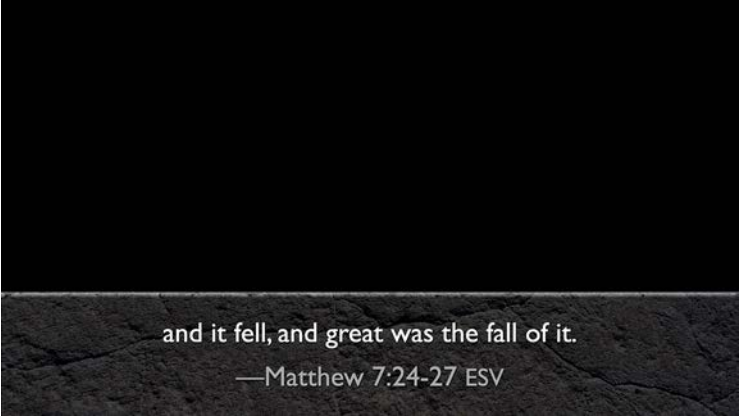
and the winds blew and beat on that house, but it did not fall, because it had been founded on the rock. <sup>26</sup>And everyone who hears these words of Mine and does not do them

-038.tiff



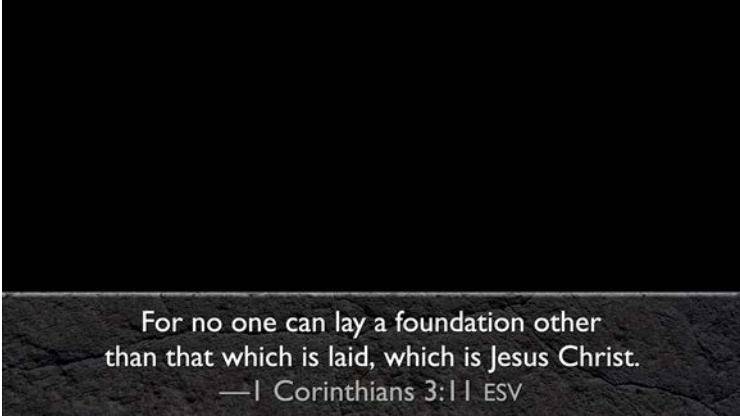
will be like a foolish man who built his house on the sand. <sup>27</sup>And the rain fell, and the floods came, and the winds blew and beat against that house,

-039.tiff



and it fell, and great was the fall of it.  
—Matthew 7:24-27 ESV

-040.tiff



For no one can lay a foundation other than that which is laid, which is Jesus Christ.  
—I Corinthians 3:11 ESV

-041.tiff