

## THE INNER COURT

### Think on these things (Phil 4:8)

May 2014

Greetings,

Is. 1:17 Learn to do well; Seek justice, rebuke the oppressor; Defend the fatherless, plead for the widow.

Time goes oh so quickly and I don't keep pace with it! Passover begins April 14, 2014, and is the time of our corporate fast. Unfortunately I haven't found the persons to establish an administrative team, which is the reason for the delay in getting calendars out. The good news is if and when we launch the website Dr. Petty has assured me that he'll help to keep things timely for at least a few months.

Our first yearly corporate fast, the Elias fast for example, will be as before where you'll have 10 days to choose when to begin prior to, and for some perhaps after, High Holy Week. When it ends for you depends upon the duration (40, 50, or 70 hrs). I've heard wonderful reports regarding it which I always love to hear but we have a testimony page on our site with only a couple of them on it so I would appreciate written ones from you. Those of you using medications may opt for the 40 hours. You've expressed how easy and excited you've been to do it and some continue long after the corporate ends. Remember this is an **Intermittent fast** and my suggestion is the same as before and that is for you to begin nightly anywhere between 6:30p and 8:30pm.

This is an example: You end water intake at 7:00pm until the next morning when you drink at 10:00am. Nightly you minus 7 hours of sleep, and your first night of fasting totals **8** hours. This pattern for the next 4 consecutive nights will then complete your **40** hours. Using the same example, if you end at noon you will have completed **50** hours. If you choose to end the **70** hours of fasting then the first few nights for a total of 10 hours I've found are easier. Please note that meals should be the modern "Daniel fast" who also fasted for shorter periods than 21 days. Please email any request, my phone has major issues. Also if you prefer to wait until the 48 hours international fast scheduled during National Day of Prayer in May then choose to fast from solids for the length you wish to.

On a sad note, you are perhaps aware that our beloved Pastor Barbara Mobley-Scott passed away, a soldier who chose to "war no more" and is Sister Reeda's best friend. She participated on both the "Seven Lamps" fasting chain and "By His Stripes" prayer chain. She invited me to visit her in Chicago which I regrettably never did and although her plate was full she spoke at the behest of Sister Reeda on Sunday nights occasionally. One of her topics was "Worship" that I wasn't in place to record but has stayed with me. I'll never forget the first time Sister Reeda introduced us over the phone and not long afterward we communed together face to face. A truly amazing musician and psalmist (reference 137# is one of her recorded teachings) with flare who made Beth's 2009 "The Light of Men" Prayer Initiative an unforgettable experience. Sister Reeda will represent Beth Ministries at the funeral, please lift her and Gracie in prayer as she intends to travel along with her.

