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40 DAYS OF GETTING TO KNOW &
PARTNERING WITH THE HEART OF GOD

2026 EDITION



WELCOME

SHALOM & welcome to “Fast 40 To Yeshua” 2026! As we enter this season of prayer and fasting, we encourage you to come with expectation that the Lord will move powerfully in all of our lives. These final forty days of the Biblical New Year are a special time to reflect, refocus, and believe God for breakthrough as we prepare to begin a new season. Our desire is to see the Body of Messiah united as one new man—growing in intimacy with the Lord, partnering with Him in intercession, and preparing the way for revival in our land - ultimately for Yeshua’s return! This is why we fast & pray.

There are many ways to fast, so if you’ve not yet decided, we encourage you to participate as the Holy Spirit leads you. Whether a partial fast (from meat & sweets), a juice or water fast, abstaining from media, or fasting on specific days of the week - we want to give something costly to the Lord as an expression of our love for Him. At the same time, remember that what you choose to take into yourself is just as important as what you choose to give up. Without spending time in worship, prayer and the Scriptures, even a 40-day water fast is only a physical act. However, this season is unto Yeshua, not to ourselves—so let’s set our hearts to seek Him.

That’s why we’ve created this booklet. The first twenty days are focused on knowing the Lord; the final twenty on partnering with Him in intercession. So we encourage you to use it daily as a guide for devotion and prayer. Write down your thoughts, impressions & prayers. Take note of scriptures or prayer focuses you sense the Lord emphasizing. He wants to touch you & speak to you, so pay attention to what He’s doing. Let’s use this season to pursue His heart & to see His Kingdom come on earth as it is in heaven!

For Revival & Yeshua’s Return,
The Solu Team

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SEEK HIS FACE

A PURE HEART

“Flee from youthful passions and pursue righteousness, faith, love, and peace, together with those who call on the Lord out of a pure heart.”

- 2 Timothy 2:22

In this season we’ve begun, we are seeking Yeshua. Our desire is to call upon Him together and with a pure heart. We must flee from desires that only lead us to temporary pleasures. Many things pull our hearts in other directions and draw us away from Yeshua. These desires bring shame and distance—both from Yeshua and from our brothers and sisters in faith.

Examine your heart and turn away from anything that may hinder the love of God from working in your life during this season. Ask the Holy Spirit to show you areas in your life where there is compromise or sin—lust for money, self-honor, pleasure, sex, or anything else. At times, the influence of these desires can be seen in how you choose to spend your free time.

Come before the Lord now regarding everything that rises in your heart—ask for forgiveness and lay it before Him in prayer. Then, receive His forgiveness and His love by faith. What practical steps can you take so that you do not return to the same sin again? Choose one clear, practical step and begin it today. If possible, share this with someone you trust and ask them to walk with you in prayer and encouragement.

Scriptures for Prayer & Meditation: 1 Cor 10:13; Heb 12:1; 1 John 1:5-9

SEEK HIS FACE

BEHOLD HIS BEAUTY

“Flee from youthful passions and pursue righteousness, faith, love, and peace, together with those who call on the Lord out of a pure heart.”
- 2 Timothy 2:22

We are not only called to flee from sin, but also to pursue the beauty of God. As we look at His greatness in prayer and meditation, we come to know Him more deeply. And the more our desire for Him grows, the more the pull of the fleeting pleasures of the world naturally fades.

Direct your heart to desire “one thing”—to be close to Him, to behold the goodness of God.

Yeshua said that of all things, “one thing is necessary.” In the coming days, observe how you spend your free time and choose to set aside whatever fills it in a way that distances you from Him—this could be social media, movies, music, or anything else.

Over the next seven days, we will be meditating on who God is. Pause, be present, and listen to what He wants to say to you. Respond creatively: write, draw, or take a walk, asking Him to reveal His character. If He shows you something, record it and thank Him.

Scriptures for Prayer & Meditation: Ps 27:4; Luke 10:42

WHO IS GOD?

THE CREATOR

"For by Him all things were created that are in heaven and on earth, visible and invisible, whether thrones or dominions or principalities or powers — all things were created through Him and for Him. And He is before all things, and in Him all things consist." - Colossians 1:16-17

Our God, Creator of heaven and earth, King of the world and Ruler above all. He was, He is, and He will be forever. He created everything we see, and also everything hidden from our eyes. Every detail and every particle of creation — from the largest to the smallest — is known to Him. He created everything with purpose, meaning, and love. Every hair on your head is known to Him. Every feeling, every thought, every prayer — all are visible before Him. He has a good plan for you, and you can be encouraged and rejoice today: your Creator loves you, and He is the Ruler over every situation in your life.

Now pause for a moment and turn your heart to Him. Thank Him — the God who created you, who loves you, and who rules with perfect sovereignty over your life at all times and in every situation. Rest in the knowledge that He is above and beyond everything you are going through and that He is working for you, even when you do not see it.

Scriptures for Prayer & Meditation: 1 Cor 10:13; Heb 12:1; 1 John 1:5-9

WHO IS GOD?

THE HOLY ONE

“For I am the Lord your God; you shall consecrate yourselves and be holy, for I am holy; and you shall not defile yourselves with any of the swarming creatures that crawl on the earth.” - Leviticus 11:44

Much can be said about God, but one word sums it all up: Holy. God’s holiness is evident in every aspect of who He is—His love, His words, His thoughts, His actions, His justice, and His wisdom. He is the Holy One. “Holy” means set apart, perfect, and pure.

That is why the seraphim call out day and night:

“Holy, holy, holy is the Lord of hosts; the whole earth is full of His glory.” (Isaiah 6:3)

When Isaiah encountered God’s holiness, he saw his own impurity and responded in terror: “Woe is me, for I am undone!” The more our revelation of God’s holiness grows, the more we turn away from sin and draw closer to Him in truth.

Holiness is not only an attribute of God—it is also a call for us. Today God says to you: “I am the Lord your God—consecrate yourselves and be holy, for I am holy.” Like Isaiah, we are not able to purify and consecrate ourselves by our own power. Yet God desires to do this within us.

Lord God, Holy One, help me to understand and discover more of Your holiness today. What is it that sets You apart from this world? I want to be holy like you. Holy Spirit, make me holy—my thoughts, my desires, and my actions. Set me apart from the world and make me into the image of Your Son. In the name of Yeshua the Messiah, Amen.

Scriptures for Meditation and Prayer: 1 Pet 1:15-16; Isa 6:3-7; Ps 99:9

WHO IS GOD?

RIGHTEOUSNESS AND TRUTH

“And they sang the song of Moses, the servant of God, and the song of the Lamb, saying: ‘Great and marvelous are Your works, Lord God Almighty; just and true are Your ways, King of the nations.’” - Revelation 15:3

In Revelation, we see a beautiful picture: all who have overcome the enemy are singing together. Their song praises God’s works and ways, declaring: “Just and true are Your ways.”

God’s righteousness and truth are not just qualities—they are the very way He governs creation. This is how He rules, acts, and sustains everything, and it will never change. So great is His righteousness that He sent His Son to die for our sins, so that we could stand justified before Him, truly righteous, in Yeshua the Messiah.

Take a moment today to reflect on God’s righteousness and truth. Speak to Him: “Lord, You are my King and Creator—help me to walk in Your ways and live in righteousness and truth.” Ask Him to open your eyes to see His justice and faithfulness—in the world around you, in your daily life, and within your own heart.

Scriptures for Meditation and Prayer: Isa 1:17; Ps 25:5; Ps 89:15

WHO IS GOD?

POOR IN SPIRIT AND HUMBLE

“Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.” - Matthew 11:29

Though He is the King of the world, Yeshua is gentle and humble in heart—and He invites you to learn from Him so that you can find rest for your soul. How incredible that the King of the universe humbled Himself completely. He was born in the flesh, lived as a man, and though He never sinned, He died as a criminal for our sake.

Throughout His life and ministry, He lived in total dependence on His Father in heaven. In doing so, He showed us the source of His true strength and authority. As John 5:30 says, “The Son can do nothing by Himself.”

Because He is both your Creator and a man who walked the earth, He fully understands your weaknesses—and also your full potential. That is why He wants to teach you how to live the way you were created to live.\

Look at the life of Yeshua, and take time to ask yourself: How does humility and dependence on the Father show up in my life? In what areas do I recognize pride or self-reliance? Thank Him for the victories, and at the same time repent for the places where you have failed. Ask for His help, and choose to follow Him. There — you will find rest for your soul.

Scriptures for Meditation and Prayer: Phil 2:3-8; Heb 4:15; John 5:30

WHO IS GOD?

MERCIFUL AND GRACIOUS

“When he was still a long way off, his father saw him and was filled with compassion. He ran to him, threw his arms around him, and kissed him.”

- Luke 15:20

We have received a wonderful gift—not only do we have a Creator who desires closeness with us, but we also have a Father who loves us deeply and sees us as His precious sons and daughters. Like the prodigal son, we made choices that drew us away from God, and in doing so, we also drifted from our identity as His children.

Even when we grieve God, He still chooses to look at us with eyes full of compassion and mercy. This is who He is, and He cannot deny Himself. Just as the father in the parable waited for his son along the road before he was even visible, so God waits for His children, watching and longing for their return.

God is full of compassion. He chooses to forgive us for the times we have sinned because there is no limit to His love for us as a Father. Take a moment to examine your life and consider the areas where you still feel guilt or distance from God. Allow the love, mercy, and forgiveness of our Father to fill those places, and ask Him to help you embrace your identity as His son or daughter more deeply. Let us also ask God to fill us with the same spirit of compassion and mercy toward those we need to forgive.

Pause and reflect: In what areas do I still struggle to believe that God fully accepts me in His love? Who do I need to extend the same compassion and mercy that God has shown me? God sees you, and He has not given up on you—He is coming toward you in love, just like the father in the parable. Let His love heal the broken places, and let His forgiveness renew in you a clean heart. You are a beloved son, you are a treasured daughter—and He is always joyful when you return to His arms.

Scriptures for Meditation and Prayer: Luke 15:17–23; Matt 6:12; Ps 103; Ex 34:6

WHO IS GOD?

PATIENT

“The Lord is not slow in keeping His promise, as some understand slowness. Instead, He is patient with you, not wanting anyone to perish, but everyone to come to repentance.”

- 2 Peter 3:9

God reveals His astounding patience by waiting for us to turn back to Him. It is remarkable to consider that even while we were still enemies of God, He loved us and sent Jesus to die for us.

In the parable of the prodigal son, we see a father who waits for his son to return home after leaving and squandering his inheritance. When the father sees him from afar, he runs to him, embraces him, and welcomes him back into his home with love. This is the loving and patient heart of God toward each and every one of us.

Perhaps you are not as far from home as the prodigal son was, yet there may still be things that keep you from drawing closer to your heavenly Father. Pause for a moment and reflect: where in your life can you see God treating you with patience? He longs for you to bring everything before Him, so that He may set you free and draw you nearer to Himself. He is so patient—He will not force you to come close. Do not be afraid to approach God; He is waiting for you. If you take even one step toward Him, He will run to meet you and welcome you once again into His heart.

Scriptures for Meditation and Prayer: Isa 55:6–7; Luke 15:20; Rom 5:8

WHO IS GOD?

FAITHFUL

“Know therefore that the LORD your God is God; He is the faithful God, keeping His covenant of love to a thousand generations of those who love Him and keep His commandments.” - Deuteronomy 7:9

Before the people of Israel entered the land of Canaan, Moses spoke of God as the faithful God for the first time. A faithful person is one who is devoted—who does not turn away or betray another.

Moses had come to know God’s faithfulness throughout his entire life and during the long years of wandering in the wilderness. It was important to him to remind the people of this truth before they stepped into the next season, so they would not forget all that God had done for them. He wanted them to know that the same God who had been with them would continue to be with them for generations to come.

As human beings, we are often disappointed by broken promises. Yet there is One who promises—and always keeps every word He speaks.

Here are some promises God speaks over your life today. Meditate on them and remind yourself that God is faithful, even now, after all these generations:

- “I will always be with you.”
- “I will be your shield in times of trouble.”
- “I give you victory over fear.”
- “I will give you eternal life.”
- “I will renew your strength.”
- “I will give you peace.”
- “I will supply all your needs.”
- “I will complete the work I began in you.”

Pause for a moment and reflect: In which areas of my life do I struggle to truly trust in God’s faithfulness? Even when you do not immediately see the answer—God is at work. He has not forgotten you, and He has not abandoned the promises He has made to you. What He has begun, He will bring to completion.

Scriptures for Prayer & Meditation: Ps 89:34; Phil 1:6; Isa 54:10

WHO AM I?

SONS & DAUGHTERS

"See what kind of love the Father has given us that we should be called children of God! And so we are." - 1 John 3:1

You did not receive a spirit of slavery to return to fear, but you received the Spirit of adoption, by which we cry, "Abba, Father!" (Romans 8:15)

Our deepest and primary identity in Messiah is that we are sons and daughters of our Father in heaven. Not because of our deeds, but because of the love and grace of our Abba. Through faith in Yeshua, we have entered the family and gained free access to the Father. We are not spiritual orphans – we are wanted, loved, and accepted.

When we live as beloved children, we do not need to prove our worth; rather, we act from the security of the identity we have received. Our fasting, prayer, and obedience are not efforts to earn God's love, but a response to the love already given to us. From this place also comes our ability to trust Him, lean on Him, and return to Him even when we fall.

In these days of fasting and prayer, we are called to draw near to God as children approaching their Father. Let us set aside pressure, guilt, and self-effort for a moment, and choose to believe the simple truth: we are His children. From this place, we can grow in confidence, freedom, and deep love for Him.

Reflection and prayer: What does a life of faith look like when it's lived without the identity of being a child of God, versus with it? Are there areas where you are still trying to "earn" His love? Ask the Holy Spirit to reveal the Father's heart to you anew and fill you with the confidence of being a beloved child.

Scriptures for Prayer & Meditation: 1 John 3:12–13; Rom 8:15–17; Gal 4:4–7; Ps 23:13

WHO AM I?

NEW CREATION

"Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come." - 2 Corinthians 5:17

"I will give you a new heart, and a new spirit I will put within you... I will put my Spirit within you, and you shall walk in my statutes." – Ezekiel 36:26–27
In Messiah, we have not only received forgiveness—we have received new life. God does not merely repair the old; He creates something entirely new in us. A new identity, a new heart, a new beginning. We are no longer who we were; the power of sin is broken, and a path to a life of freedom and holiness has been opened for us.

The new creation is not only a legal status, but an ongoing process of inner transformation. The Holy Spirit works in us to shape us into the image of Messiah: changing desires, healing memories, and building a heart that responds to God in love and obedience. Sometimes this process is painful, but it produces more and more life.

Fasting and prayer are an invitation to participate in this work of renewal. It is a time to lay aside the old, to let go of behaviors, thoughts, and sins that God wants to release from us, and to make room for what He desires to create anew in us. When we surrender to His work, we begin to experience the resurrection life here and now.

Reflection and prayer: Are there areas in your life where God is inviting you to surrender for deeper transformation? Are you holding on to things from the past that He wants to renew? Ask the Holy Spirit for a new heart, sensitive to God's will, and be willing to let Him reshape you in the image of Messiah.

Scriptures for Prayer & Meditation: 2 Cor 5:17; Ez 36:26–27; Ps 51:12; Gal 6:15

WHO AM I?

SERVANT OF MESSIAH

"Whatever you do, work heartily, as for the Lord and not for men."
- Colossians 3:17

To be a servant of Messiah means living a life dedicated to God and others, with a heart ready to give, listen, and be a vessel in His hands. Our service begins by imitating YeshuaHimself, who was born not as a king but as a servant—sacrificing, serving, and seeing others.

Yeshua was the ultimate servant: He washed the feet of His disciples, He taught, healed, and helped all in need. He gave His life for others, showing us that true love is expressed in active, full, and committed giving.

Yeshua does not need us, but He loves us and gives us the privilege to live for Him, find meaning, and be part of His plan. He calls us a kingdom of priests. Service is a way of life, part of our identity, a vessel through which the Holy Spirit works, and a path for us to deepen our relationship with Yeshua.

Reflection and Prayer: Where in your life are you invited to imitate Yeshua, to be a servant where you would normally receive or demand? What small acts of love, giving, or listening can you offer to others today? Ask the Holy Spirit to fill your heart with the spirit of humility and giving of Messiah, so that your service may reflect His life fully in the world.

Scriptures for Prayer & Meditation: Rom 1:1; Col 3:23–24; Matt 20:26–28; 1 Pet 4:10–11

WHO ARE WE?

THE BODY OF MESSIAH

“...and gave Him as head over all things to the church, which is His body, the fullness of Him who fills all in all.” - Ephesians 1:22b-23

“But speaking the truth in love, we are to grow up in all things into Him... from whom the whole body, joined and held together by what every joint supplies, grows and builds itself up in love.” - Ephesians 4:15-16

The New Testament makes it clear that believers are one body in Messiah & so “members of one another.” Together we are called to express His life on the earth as “the fullness of Him who fills all in all.” This fullness is revealed not through isolated individuals, but as we are rightly related to one another. Each of us is uniquely created with purpose, and only by working together as His body can the life of the Messiah flow fully into the world around us.

This requires cultivating relationships marked by humility, honesty, and love—where we submit to one another and speak the truth in love. As we receive what Yeshua desires to give us through each other, we grow into His likeness and more clearly express the abundance of His life.

Take time to reflect: are you walking in relationships where you can be honest and vulnerable? Do you both give and receive loving truth within the body? Ask the Holy Spirit to connect you with those you are meant to be joined to, so that together you may grow and be built up in love. Let us look to Yeshua with faith and hope, trusting that as His body we can bring the revelation of His abundant life to those around us.

Scriptures for Prayer & Meditation: 1 Corinthians 10:13; Hebrews 12:1; 1 John 1:5–9

WHO ARE WE?

THE TEMPLE OF GOD

"In whom the whole building, being fitted together, is growing into a holy temple in the Lord, in whom you also are being built together into a dwelling of God in the Spirit." - Ephesians 2:21-22

"You also, as living stones, are being built up as a spiritual house for a holy priesthood, to offer up spiritual sacrifices acceptable to God through Jesus Christ." - 1 Peter 2:5

The people of God are being built into a spiritual house, a holy temple where God dwells by His Spirit. We are all "living stones," joined together with Messiah Yeshua as the chief cornerstone. When we gather, His presence and anointing will be expressed in our midst—because it is His house, prepared as a place for Him to dwell.

As we offer spiritual sacrifices to Him—our praise, thanksgiving, acts of love, and service—God is enthroned. This is the power of community: even when just two or three come together in His name, He is there with us. As His dwelling place, we can encounter Him in unique and powerful ways.

Let's set our hearts to value corporate gatherings, coming together with expectation to encounter the Lord. Let's intentionally come together in praise & thanksgiving, to serve and love one another. In doing so, we provide a place for God to rest, reign, and be enthroned among us.

Scriptures for Prayer & Meditation: 1 Cor 3:9-11; Ps 22:3; Eph 2:21-22; 1 Pet 2:5-9

WHO ARE WE?

THE FAMILY OF GOD

"See how great a love the Father has bestowed on us, that we would be called children of God." - 1 John 3:1a

When we receive Yeshua by trusting in His name, we are born again and brought into God's family. We become His sons and daughters, baptized in the Spirit of adoption, and empowered to cry out, "Abba, Father!" This is the honored position of all believers—a place of intimacy and nearness with God as our Father.

Yeshua also calls those who do the will of the Father His brothers and sisters. Just as He was empowered to fulfill God's law of love, so are we. We are called to live in this family of love.

As God's children, we are called not only to love Him but also to love one another. Love is the defining mark of His family—it is our "family name." Because God loves us first, His love fills us and enables us to love Him and others. The two greatest commandments—love for God and love for others—cannot be separated.

Take a moment to reflect on what it means to be part of God's family. It can be deeply joyful, but also challenging. Love sometimes brings hurt, requiring forgiveness and patience. Ask the Holy Spirit to pour God's love into your heart afresh today. Consider if there are brothers or sisters you need to reconcile with, and ask the Father for courage to restore broken relationships.

Scriptures for Prayer & Meditation: John 1:12–13; Matt 12:49–50; Rom 5:5; Rom 8:15–17; 1 John 3:1, 1 John 4:19–21; Matt 11:25

WHO ARE WE?

THE BRIDE OF MESSIAH

“For this reason a man shall leave his father and mother and shall be joined to his wife, and the two shall become one flesh. This mystery is great; but I am speaking with reference to the Messiah and the church.” - Ephesians 5:31-32

Throughout the Scriptures, God reveals His deep desire to be united with humanity in covenant love. As a man is joined to his wife, the assembly of believers is called to be joined to Yeshua—married to Him in faithfulness and love forever. At Creation, God opened Adam’s side to form his bride. In a similar way, the Yeshua’s side was opened on the cross that His bride, the Church, could be formed through His sacrificial love. His purpose in redemption is not only to rescue us from sin & death, but to shape us into a suitable partner—pure, ready, and set apart for Him.

Yeshua endured the cross because of the joy set before Him—the wedding that was to come, and the bride He would redeem. We were that joy! In spite of our sin, He trusted the Father’s plan & the work of the cross, beginning something new in each of us that He will surely complete. As we grow in Him, our deepest longing will become to know, love, and be one with Him forever. Before He returns, He will have a bride made ready—pure in heart and burning with love!

Let ‘s open our hearts and ask the Holy Spirit to awaken this desire within us today. Receive His great love & let it strengthen you to take up your cross and follow Him. Let our fasting and prayer be rooted in longing for His appearing, until with the Spirit we cry, “Come!” and eagerly watch for the return of our Bridegroom.

Scriptures for Prayer & Meditation: Hosea 2:16-19; Gen 2:21-24; Heb 12:2-3; Matt 9:15; Rev 22:17

UNTO WHAT?

BEING A VOICE

“He said, “I am the voice of one crying out in the wilderness, ‘Make straight the way of the Lord,’ as the prophet Isaiah said.”He said, “I am the voice of one crying out in the wilderness, ‘Make straight the way of the Lord,’ as the prophet Isaiah said.” - John 1:23

At Yeshua’s first coming, God positioned John the Baptist as a voice crying out - one that went before Him and prepared the way. Before Yeshua returns, we will hear God’s voice again—but this time in a collective way. If we want to be a voice like John was, we must grow in our prayer life. We must listen and engage in conversation with the Father through His Word and through His Spirit. Only then can we truly know Him and speak with authority and confidence to those God is calling us to speak to.

Ask the Lord to teach you how to pray. Set aside regular time in your life to read Scripture, be silent, listen, and speak with Him. Right now you can ask Him to help you become a voice for Him, so that you can prepare the way for His return.

Scriptures for Prayer & Meditation: Luke 1:76–80; Luke 11:1

UNTO WHAT?

PREPARING THE BRIDE

“The one who has the bride is the bridegroom. The friend of the bridegroom, who stands and hears him, rejoices greatly at the bridegroom's voice. Therefore this joy of mine is now complete.” - John 3:29

The focus of John's ministry was preparing the way of the Lord. He called people to repent & see Yeshua, the Lamb of God taking away their sin. His success was apparent when a few of his disciples actually left him to follow Yeshua. That was the point! As John said, Yeshua was the bridegroom, so the bride belonged to Him. John was His friend, doing his part to prepare the bride for the wedding.

As we seek to prepare the way of the Lord, this should be our heart. We want people to be drawn to the bridegroom, Yeshua, not to us. We want them to behold the Lamb & understand how greatly He has loved them! But they can only follow Him if they see Him. So let's ask the Lord to help us walk in humility & always lead people to Him.

Scriptures for Prayer & Meditation: John 1:19-37, John 3:27-36

SITUATION IN THE LAND

SOLDIERS

"God is our refuge and strength, an ever-present help in trouble." - Palms 46:1

Whether in active service or in the reserves, hundreds of soldiers were called up at the outbreak of the war—and many continue to serve even today. Although the fighting is no longer at its peak as it once was, the situation in the neighboring countries remains tense and unstable, and uncertainty about the future in Gaza continues. Under these ongoing pressures, the number of days that active-duty and reserve soldiers are away from their homes only accumulates. Each one faces different challenges and difficulties, and many have been exposed to harsh sights and experiences they were not meant to endure.

Continue to stand in prayer for their protection, discernment, and wisdom—for both believers and those who have not yet come to faith. Pray for them to receive comfort, healing, and restoration in heart and mind, and pray that every believing soldier will serve as a vessel of light, truth, and hope to all around them.

Scriptures for Prayer & Meditation: Ps 91:1–7; Isa 40:29–31; Ps 151; John 16:33

RIGHTEOUSNESS & JUSTICE

VICTIMS OF VIOLENCE AND EXPLOITATION

"But let justice roll on like a river, righteousness like a never-failing stream!"
- Amos 5:24

In our country, there are many cases of abuse within families — against children, women, and men — by relatives and family members. This phenomenon continues to expand beneath the surface and causes deep suffering across wide layers of society. Especially in these days, there are families and individuals who continue to suffer abuse within their homes. Pressure increases, fear intensifies, and many are overwhelmed by emotions and struggles that push them into dangerous places. Today, one in five children in Israel experiences abuse by an adult.

Despite laws enacted in recent years against prostitution in Israel, darkness continues to spread, and the world often calls evil “good” and good “evil.” Today, prostitution does not only occur in the streets but also online, providing income for many women. Labor trafficking receives less attention than sexual exploitation, but there are signs it is a broader and more serious problem than commonly thought — for example, foreign workers and caregivers who are exploited and denied rights due to their social status.

Amid all this pain and suffering, God remains a God of justice, full of grace and mercy. He can and wants to intervene, free, and heal every child, man, and woman, and restore and revive entire families for His glory.

Cry out and pray for the release of all who are exploited and find themselves hopeless. Remember in your prayers organizations fighting abuse and exploitation — such as the Jerusalem Institute for Justice, The Red Carpet, and GLOWBALACT — which work to combat human trafficking.

STRENGTHENING THE BODY CONGREGATIONS

"And from Him the whole body, joined and held together by every supporting ligament, grows and builds itself up in love." - Ephesians 4:16

Every congregation in the body of Messiah is made up of different parts. As the apostle Paul emphasizes, every member of the body has a unique role. This is also true among the different congregations across the country - each one has a special part to play.

However, both within each congregation itself and in relation to other congregations, insecurity, comparison, greed, and jealousy exist. Sometimes one member may think they are more or less important than others, and accordingly develop either an arrogant or overly negative view of themselves. These wrong ways of thinking can cause great pain and division in the body of Messiah.

Take a moment and pray for every part of your congregation — from the leaders to the little children — that you can see yourself and others through the loving eyes of the Lord. Ask the Lord for every congregation in the land to understand and appreciate its role in the body of Messiah, as well as the roles of other congregations. Ask Him also to guide you and fill your heart with love, so you can build up those around you.

STRENGTHENING THE BODY JEWS & ARABS

"And from Him the whole body, joined and held together by every supporting ligament, grows and builds itself up in love." - Ephesians 4:16

In Israel, in reality, two peoples live together - Jews and Arabs. Therefore, the local expression of "the one new man" focuses mainly on the relationship between them. Yeshua has already created unity between us on the cross, but, similar to other areas of God's kingdom, there is tension between what is "now & not yet."

Unity already exists, and yet we must pray that it will be fully accomplished here on the earth as it is in heaven. Even though Jews and Arabs have strong and distinct cultural identities, our primary identity as believers is to originate from God's kingdom.

Take a moment to pray that "the one new man" will be expressed more deeply here in Israel. Ask the Lord to strengthen your faith in the complete work accomplished on the cross, and to reveal to you the steps where you can participate in this transformation. Trust Yeshua that He will bring a breakthrough between Jewish and Arab believers alike, and that through Him you will live from your primary identity in God's kingdom, seeing others as children of God, and as part of the one bride preparing for His coming. Ask also for His help to forgive, choose unity, and build others up in love one step at a time

STRENGTHENING THE BODY GENERATIONS

"And from Him the whole body, joined and held together by every supporting ligament, grows and builds itself up in love." - Ephesians 4:16

The process of growth and maturity in the body of Messiah is meant to happen naturally from generation to generation. Ideally, a generation that learns and grows in its walk with Yeshua will pass it on to the next generation. However, for this cycle of growth to continue, we must cultivate a deep appreciation for intergenerational relationships. This requires us to dedicate time and effort to bring generations closer together in love and mutual respect.

Adults should seek meaningful relationships with the young, and the young should value their relationships with adults. Adults can gain a fresh and new perspective from the younger generation, and the young can receive wisdom from the experience of the older generation.

Take a moment to pray for love and appreciation between generations. Ask our Father in heaven to help you and every generation receive His heart for the next generation. Pray especially for the fathers and mothers in your family, and for the leaders of your congregation, that their appreciation for intergenerational relationships will grow and increase. Ask the Holy Spirit to help you pursue healthy growth and maturity in love, step by step, among the generations around you.

REVIVAL

PERSONAL

"You know the times; it is now the hour to awake out of sleep, for our salvation is nearer than when we first believed." - Romans 13:11

At the conclusion of this season of fasting and prayer, let us reflect on what the Lord has done in us personally during this special time. It probably wasn't easy. Perhaps you clearly see what has happened, but some changes might still be hidden from you. Even things that seem small may be far more significant than you realize right now. Sometimes, it is only at the end of a fast that we begin to understand what has taken place and appreciate its meaning.

In any case, no matter how you feel at this moment, if you have sought God with all your heart during these days, you can trust that the Lord has been at work, awakening and preparing you for the days yet to come.

In light of the coming "day" - the day of Yeshua's return - we want to be like the wise virgins Yeshua described in Matthew 25. They purchased oil in advance, and their lamps were ready when the Bridegroom returned, even though He had delayed.

Take a moment & set your heart to continue being a person of prayer & fasting. Seek to grow in relationship with the Holy Spirit, and acquire the oil you need so that your heart continues to burn. Draw close to the Lord to know Him in a deeper, more intimate way, and trust His promise that He will draw near to you as well. Ask Him to guide you in growing in a lifestyle of worship, prayer, and fasting in this season, as you enter the new Biblical year.



CLOSING ENCOURAGEMENT

As this year's "Fast 40 To Yeshua" comes to a close, we trust that the Lord has been at work in each of us—including you. No matter how it feels right now, let us rejoice in what He has done and what He is still doing. However the Holy Spirit has touched you, spoken to you, or led you during these weeks—whether it seemed small and quiet or powerful and life-changing—receive it as God's love and grace toward you. He delights in you and desires that you would know the pleasure He takes in you.

The way God works in each of us is unique. So when you hear the testimonies of others and feel tempted to compare, resist that urge and instead be encouraged. As brothers and sisters, we are in this together. Every victory is a shared victory. This is what it means to be family—to be one.

Often, the encounters that seem small to us are far more powerful than we realize. However, we need to value them - & that begins with remembering. As this season ends, take time to reflect on what touched you and what the Lord emphasized. Return to meaningful Scriptures and meditate on them again. Revisit the areas of intercession that stirred your heart. Linger in the moments when you sensed His presence. Dwell on the ways He moved within you, and allow their impact to go deeper.

As we now step into a new biblical year, let us move forward with expectation, confident in God's goodness. His Word tells us that He has abundant goodness stored up for us and that it pursues us every single day. This goodness was the expression of His glory revealed to Moses. It was the expectation that sustained David's heart with hope. And it is the hope we hold fast to as the return of Yeshua draws nearer.

Though darkness increases and the birth pains Yeshua spoke of intensify, we remain anchored in the great goodness of His coming. This is the desire of our hearts—and the reason we fast and pray. The Bridegroom and King is coming to be with us, to fully establish His Kingdom, and to make all things new! This is what we long for, and the only thing that will truly satisfy our hearts.

Until He Comes,
The Solu Team

**THE DAYS WILL
COME WHEN THE
BRIDEGROOM IS
TAKEN AWAY
FROM THEM,
AND THEN THEY
WILL FAST.**

MATTHEW 9:15

SCAN FOR RESOURCES



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