

## Ten Days of Repentance and Fasting

### High Atonement Fast, Oct. 4 sunset – Oct. 5 sunset

Dear TRC Church Family, as we prepare for the Day of Atonement, let's remember that the shofar blast during the Feast of Trumpets is a signal for us to "wake up." It is a time of calling people to turn away from sin and turn toward God. The ten days between The Feast of Trumpets and The Day of Atonement are known as the Ten Days of Awe. These ten days are set apart for us to reflect on the life we have lived over the past year, it's a time to seek God, and it's a time to repent for sins committed. These ten days mark an annual appointment to pause, get things right with God, and focus on His kingship. Let's make a united effort in preparing our hearts over the next ten days so we are ready as a church family to meet with God on His appointed Day of Atonement. Let's ask the Lord to open our understanding of how the Ten Commandments apply to our lives as called out ones destined to reflect the nature and character of Christ to the world. Let's open our hearts and minds to hear what God has to say to us about the true condition of our hearts. Let's be quick to confess our sins and repent before God and to ask His forgiveness. Let us prepare our hearts.

Together Building His Kingdom,  
TRC Eldership Team

### FAST

Choose the type of fast that is best for you. Remember, the fast should be a sacrifice and a challenge. Our hope is that everyone would participate. If you have any health problems, please consult with your doctor before beginning any fast.

**Total Fast** – No water, no food. | **Regular Fast** – Water only, no food.

**Semi-Total Fast** – Juices, smoothies or a vitamin drink each day. No solid foods. (No sugar, tea or coffee.)

**Partial Fast** – Eat one meal a day. (No sugar, tea or coffee.)

**Daniel Fast** – Eat foods that grow from the ground. (No animal products, sugar, tea or coffee.)

### eFAST

In addition to fasting from food, we recommend you consider fasting from the things that take your time away from prayer and seeking God, such as electronic entertainment, internet, TV, movies, social media, games etc. This time should be replaced with daily Bible reading, prayer, journaling and seeking God in worship. Each day during your fast, we encourage you to keep a **daily journal** and write down any revelations that God gives you.

### PREPARE YOUR HEART!

**Purpose.** Think about how you will participate in this time of prayer and fasting leading up to the all-day fast on The Day of Atonement. Establish the purpose of your fast. A "fast" is a voluntary humbling of your carnal appetites that enables you to fully worship God, seek His face and hear His voice more clearly. You are not on a "hunger strike" to force God to do what you want. Your purpose is to draw nearer to God, reflect on His word, and in the process become more like Him. Resolve and purpose in your heart to be committed to the entire ten days of prayer and fasting. *Joel 2:15, Rom 12:1, Is 58:6, 2 Chron 7:14*

**Commitment.** Make a solid commitment to go deeper in the Lord, deeper in the Word and deeper in prayer. Devote yourself to seeking God's presence as you reflect on the last year of your life within the mirror of His Word. Arrange a special time each day to spend in communion with the Father. God will honor you and bless your time with Him. *Deut 8:3, Joel 2:12-13, Luk 11:2*

**Consecration.** We are God's chosen and set apart vessels to reflect the character and nature of Christ in the earth. The Kingdom of God has its own set of priorities, values, standards and way of thinking, separate from the world. There is a cost to walking the narrow road; it cannot be done while holding hands with the world. As we grow in maturity, we naturally have a love for holiness and a hate for sin. Take inventory of your schedule, your activities, your motives, and the condition of your heart. Consecrate yourself afresh to God and ask Him to purify and renew your heart. *Ps 51:12, Ex 19:22, Rom 12:1, James 4:8, Ez 36:26*

### The Ten Commandments

**Exodus 20:1-17 NKJV** "And God spoke all these words, saying: "I am the LORD your God, who brought you out of the land of Egypt, out of the house of bondage. "You shall have no other gods before Me. "You shall not make for yourself a carved image—any likeness of anything that is in heaven above, or that is in the earth beneath, or that is in the water under the earth; you shall not bow down to them nor serve them. For I, the LORD your God, am a jealous God, visiting the iniquity of the fathers upon the children to the third and fourth generations of those who hate Me, but showing mercy to thousands, to those who love Me and keep My commandments. "You shall not take the name of the LORD your God in vain, for the LORD will not hold him guiltless who takes His name in vain. "Remember the Sabbath day, to keep it holy. Six days you shall labor and do all your work, but the seventh day is the Sabbath of the LORD your God. In it you shall do no work: you, nor your son, nor your daughter, nor your male servant, nor your female servant, nor your cattle, nor your stranger who is within your gates. For in six days the LORD made the heavens and the earth, the sea, and all that is in them, and rested the seventh day. Therefore the LORD blessed the Sabbath day and hallowed it. "Honor your father and your mother, that your days may be long upon the land which the LORD your God is giving you. "You shall not murder. "You shall not commit adultery. "You shall not steal. "You shall not bear false witness against your neighbor. "You shall not covet your neighbor's house; you shall not covet your neighbor's wife, nor his male servant, nor his female servant, nor his ox, nor his donkey, nor anything that is your neighbor's."

#### Day 1 – Sunday, September 25 – FEAST OF TRUMPETS AT 6:30PM | START FAST AT SUNSET

**Thou Shalt Not Covet (Ex. 20:17).** To covet is to feel an inordinate desire for what belongs to another. It can be a thing, a position, or even giftings. Ask God to reveal any area in your life where you have broken the 10<sup>th</sup> commandment this past year by coveting. Are there times when your thoughts, words, or deeds have stemmed from covetousness? Are you ungrateful or discontent in any part of your life with what God has given you? If covetousness is found in your heart, has this sin influenced others? *Ps 23:1, Prov 15:27, 1 Tim 6:10-12, 2 Tim 3:1-5, James 4:2-4*

#### Day 2 – Monday, September 26 – DAILY FOCUS

**Thou Shalt Not Bear False Witness Against Thy Neighbor (Ex. 20:16).** Ask the Lord to bring to your remembrance and to convict you of anytime during the past year where you were dishonest or spoke falsely about someone or a situation. Have you spoken words of faith or let fear and unbelief cloud your vision and testimony? Examine your words, do they paint a picture of life or death? *Ex 23:1, Num 13:25-14:10, Prov 14:5, Eph 4:25 1 John 2:4*

#### Day 3 – Tuesday, September 27 – DAILY FOCUS

**Thou Shalt Not Steal (Ex. 20:15)** Pray that the Lord would shine His light into your heart. Have you been enriched by unlawful gain or taken something that didn't belong to you this past year? Have you withheld from God what He asks of you? Have you omitted deeds of charity? If you take something that belongs to another or keep something intended for another, it tends towards barrenness. Be quick to acknowledge any sin God might reveal to you; confess it to God and ask for His forgiveness. *Deut 25:13-16, Lev 19:11, Prov 30:7-9, Rom 2:21-23, Rom 13:9*

#### Day 4 – Wednesday, September 28 – DAILY FOCUS | MAIN EVENT SERVICE AT 6:30 PM

**Thou Shalt Not Commit Adultery (Ex. 20:14).** The sin of adultery applies to our mind, as well as overt actions. This past year, have you watched movies, read books, or watched things on social media that glorified lust and promiscuity? Have your eyes and mind wandered? Do you walk in spiritual compromise in areas of your life, mixing truth with a worldly lifestyle? *Prov 6:32, Mat 5:27-28, 1 Cor 6:15-16, Heb 13:4, James 4:1-4*

#### Day 5 – Thursday, September 29 – DAILY FOCUS

**Thou Shalt Not Kill (Ex. 20:13).** In prayer, ask the Lord to reveal to you the thoughts and intentions of our heart. There are many ways to "take a life" outside of literal murder. Rash or hasty words can kill the spirit of a person. Do you speak words of death at times or do you speak words of life? Remember, jealousy is a murderous spirit. Any action or words that injures or diminishes the reputation or life of another should be confessed and repented for. *James 4:1-4; Mat 5:21-22, Rom 13:9*

**Day 6 – Friday, September 30 – DAILY FOCUS**

**Honor Thy Father And Thy Mother (Ex 20:12).** Pray that God shows you where you have dishonored your father or mother at any time over the past year. This commandment can apply to your earthly parents, as well as your spiritual church family. Is your life being lived in such a manner that it brings honor to your family in earth? Does your speech and do your choices bring praise and honor? *Deut 5:16, Eph 6:1-4, John 15:10, Rom 13:7*

**Day 7 – Saturday, October 1 – DAILY FOCUS | MAIN EVENT SERVICE**

**Remember to Keep the Sabbath Holy (Ex. 20:8-11).** God has set aside the Sabbath as Holy. Ask your Heavenly Father to speak to your heart about the Sabbath and to reveal His purpose in setting the Sabbath apart for man. Ask Him to show you habits of thought or actions that have led you to dishonor this Holy day. Let's come together for our main event service as a church family with cleansed hearts that are prepared to bow down and worship the Lord in unity. *Ex 31:17, Deut 5:12-14, Mat 11:28, Mark 2:27-28*

**Day 8 – Sunday, October 2 – DAILY FOCUS**

**Thou Shalt Not Take the Name of thy God in Vain (Ex. 20:7).** Ask the Lord to reveal anytime over this past year where your lifestyle or behavior has brought dishonor to God's Holy Name. Has your speech or attitudes always revealed Christ to the world? Have there been times of neglect where you haven't called on His Name for deliverance from temptation? *Joel 2:32, Acts 2:21, Rom 2:21-24, Col 3:8, 2 Tim 2:19*

**Day 9 – Monday, October 3 – DAILY FOCUS**

**Thou Shalt Not Make unto Thee Any Graven Image (Ex. 20:4-6).** Idolatry takes many forms. It can be a graven image, but also an idea, philosophy, or a person such as a spouse, friend, or yourself. Ask the Lord to show you what idolatry has crept into your life during the last year. *Ex 34:13-14, Mat 4:4, Mat 6:24, Mat 22:37-40, 2 Tim 3:2-5, Rev 1:8*

**Day 10 – Tuesday, October 4 – DAILY FOCUS | START FAST 5:30PM - DAY OF ATONEMENT AT 6:30 PM**

**Thou Shalt Have No Other Gods Before Me (Ex. 20:3).** The first commandment is to love God with all your heart, and with all your soul, and with all your might. Do you have a lifestyle of seeking to know and obey God? Ask the Lord to show you where any lack of surrender or rebellion reigns in your heart. Where are you stubborn or unsubmitted to His commandments? Do you pick and choose which commandments you will embrace? Are you growing in freedom or are you in bondage in an area of your life? The truth is that we are servants to what we are in bondage to. *Ex 34:28, Lev 19:18, Josh 24:15, Mark 12:29-31, John 13:34*

**Day 11 – Wednesday, October 5 – DAILY FOCUS | BREAK THE FAST 5:30 PM**

**Review.** Take this day to review the focus for each of the past ten days. Is there any sin that the Holy Spirit is highlighting that you need to repent for? Is there any area of confession needed? Do you need to forgive someone, including yourself? "If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness...." (1 John 1:9-10)

JOIN US FOR THE DAY OF ATONEMENT AT THE VANCOUVER HILTON:  
TUESDAY, OCT. 4TH AT 6:30PM (DOORS OPEN AT 5:00PM)  
REGISTER AT [WWW.THERIVERCHURCHNW.COM/ATONEMENT](http://WWW.THERIVERCHURCHNW.COM/ATONEMENT)

*"Is this not the fast that I have chosen: To loose the bonds of wickedness, To undo the heavy burdens, To let the oppressed go free, And that you break every yoke?"  
(Isaiah 58:6)*

# 10 DAYS OF REPENTANCE

SEPTEMBER 25 - OCTOBER 4, 2022



"O send out thy light and thy truth: let them lead me; let them bring me unto thy holy hill, and to thy tabernacles." (Ps 43:3)

The River  
CHURCH