

# ALOHA KE AKUA

"GOD IS LOVE" -- Prayer and Fasting  
October 2011

"Fasting confirms our utter dependence upon God by finding in Him a source of sustenance beyond food."  
- Dallas Willard -

A highlight of this month came from a week of prayer and fasting. We had just come back from a staff team building week in Hilo and earlier this month, I really felt the Lord put it on my heart to pray and fast for each of the girls that He has blessed me with. privilege this year to pour into, truly amazing women! I realized prayed for them enough and that love and grace that we can walk to pray that they would be able to love for them simply because of daughters of the King.



I have had such an awesome disciple, and do life with some that I have not intentionally it is only through Him and His through life together. I wanted truly experience Him and His who they are as beloved

A year ago, the Lord gave me the season of my life. During the week, just that. I was taken back to what Lord and to escape from all the really sit and be in the presence of the Lord. To turn to Him when my heart and mind want to turn to the world. I got to experience just that and see how when I fully depend on Him, He is everything and all that I need.

word *dependence* for this it was also a good reminder of it means to really depend on the distractions of the world. To just

The entire week was amazing. I spent Monday getting to prepare my heart for the week in prayer, time in the Word, journaling, and asking each of my girls how I could specifically be praying for them throughout the week. Tuesday through Thursday, I got to spend extended times in gratitude for each of these young women as well as really, really, pray for them and their specific needs. And then on Friday, I just got to thank God for the week and what He is doing in and through each of our lives. Then I got to break my fast with some Pho' and my staff team!

The Lord sustained me that week is crazy ways! I cannot even explain how He really took all of my needs and desires and replaced them with a greater need and desire for Him! The week after was a little harder and I realized that when you truly seek out and depend on the Lord, the enemy does not like that. He came in with different distractions and lies and honestly, it was discouraging, but, it also caused me to fight harder and to let each of the girls into that which brought us closer - to see that they are praying for me in just the same way!

A weekly highlight for me is my Tuesday small group! I posted this on Facebook after one night-- *I was reminded tonight that God loves you girls soooooo much more than I do or ever could and that He doesn't need me to do anything.. that He is the One changing your hearts and lives towards each other but more importantly towards Him.. it's always a humbling reminder and I am blessed to just be a part of your lives.* The Lord is faithful! Please continue to pray with me for each of these young women as they experience greater intimacy with Jesus!

Thank you for being all that I need. Jesus, You alone are sufficient for me! <3

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*Bringing God's heart of 'ohana to the Campus, the Islands, and the Nations by building spiritual movements everywhere so that everyone knows someone who truly follows Jesus*

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