

Hey guys, well this is my second update since being at Lionheart, Knoxville House of Prayer and again thank you for all your ongoing prayers.

Since my last update I have completed my 21day fast, it was definitely not an easy time by any means but a very blessed time. The eating was fine, I was very surprised that I did not miss my meat or caffeine, God was very gracious to me and I am so blessed I did not have withdrawal from caffeine and sugars. Especially considering how much tea I drink at home, to say the least I slept better on the fast that I ever have and in completing the fast I have no desire to drink or really eat anything full of sugar, will be interesting to see how long that lasts!

God was working on my emotions and really teaching me to seek Him on the fast in the first week I finished my first book *Passion for Jesus* by Mike Bickle and it really taught me that God requires us to give up our hearts fully in faith and obedience and taking up our cross and following him. God's heart for us is that he is our first love and that it should be a Joy and a desire rather than a task. We need to be anchored in God's Love. It also brought me to the realisation that perseverance is so important, though we may go through hard times we still need to pursue God when we say yes to God through times of testing it captures his heart, he sees the cry of our spirit and the intentions of our hearts, God delights in us though we may stumble.



In the second week, it all got a bit much and I was really struggling with the quietness, coming from working two jobs and not really stopping to think at home to complete quietness is very difficult, but God was teaching me and in the second week I read my second book *Clowning in Rome* by Henri Nouwen. This book was about solitude, celibacy, prayer and contemplation. I found the chapter on solitude really related well to what I was going through in regards to the quietness. Solitude creates a deeper intimacy and a greater sense of unity, with solitude we have time and space to grow, we learn to depend on God and we can rediscover who we are in God we can find our identity in him. So in giving me solitude I was really able to focus on God and have an understanding of why it is so important to be quiet before the Lord and depending on him.

In my third week I began my 3rd book *Desiring God* by John Piper, now this is not the easiest book to read as his writings are of a teacher and some times his use of chosen language is difficult. This book is based on the meditations of a

Christian Hedonist and how are pursuit of pleasure, in God is not an option however it is essential, it reveals that we are to delight in Him. I am still in the process of getting my head around this book, so I will most likely further update you in my next update as to what I have learnt from this.

Over the 21day fast there was prayer watches Tues, Thurs and Friday nights in which we were taught on really seeking the Lord and taking up our cross and obeying and walking in what the Lord wants us to do. Really focusing on our Central Purpose and that we are called to God, everything else comes after that, such as prayer, worship and praise, yes they are important but we are called to be like Christ, and the more we seek God to be like Christ the more prayer, worship and praise will follow, same as the gifts God has given us. We have to die to self, turn from the world, focus on the Lord put off the old man and put on the new. There is so much I have learned over the 21days it would take forever to write down!

As of yesterday, Monday I have began my full internship, part of this will be participating in the prayer watches, I start on Friday night playing percussion which I am very excited for, and I will also be playing on other watches throughout the week, not exactly sure what times or days yet I just know that I will be playing. I will also be doing some administrative work to help out in the office and I will be having some classroom time in which we will be going over some of my books and other books. Today was a day of going over the training

manual within it outlines, The Bridal Paradigm, The tabernacle of David, The necessity of Intercessory Missionaries, The Bride's End Time Victory, What Is a New Testament Levite, and the Harp and Bowl concept. It's alot to learn and take in but I will get there.

Sorry that this update is a little long, but there is so much happening and if you want to see my full summaries of what I have been learning please email me at rockyrachped@hotmail.com and I will be happy to send you a copy.

Again thank you for all your continual prayers and I pray that you will be blessed,

Prayer Points:

- That I continue to learn and what I learn I retain, as there is so much information to remember.
- That I find comfort in the solitude and I really seek God in the quiet times before him.
- That I fit in with the worship team and I settle in okay with playing with them.
- That I continue to make new friendships and lasting relationships.

Again thank you so much,

God Bless

Rachel Pedlow