



2021 Moving Forward In The Right Direction

30 Day Consecration: Jan. 11 - Feb. 9, 2021

Proverbs 3:6
Acknowledge Him
and He will direct
their paths



The Importance of Fasting

Some have exalted religious fasting beyond all Scripture and reason, and others have utterly disregarded it. A lot of Christians think fasting belongs to the Old Covenant, and neglect the practice. They do not see the need for or the benefit of a Christian fast. The assumption is that faith and belief are sufficient enough to get things done. Thus, fasting is confined to the occasional, whenever. In the pages of the New Testament, you will find that there is more teaching on fasting than repentance. Jesus taught more on fasting than He did teaching on Baptism or the Lord's Supper!!! Fasting joined with prayer and confession will accomplish things which normal faith may not!!!! "However, this kind does not go out except by prayer and fasting." (Matthew 17:20-21) "...So He said to them, "This kind can come out by nothing but prayer and fasting", (Mark 9:29). Jesus concluded that there is a higher level of operation, which demands the combined tools of prayer and fasting.

In other words, some demonic problems can only be resolved when we fast and pray. Adam and Eve fell from the Grace of God through eating; we can conquer through fasting and prayer. A very direct way of attacking the devil is to show your devotion to God by denying your flesh of whatever food is needed. If the devil cannot use food to tempt you, he has lost control over your life. Fasting, therefore, becomes a tool to fight the flesh and the devil. It is a very potent weapon of both attack and defense. You can unleash on the enemy of your soul. Food is always an area the devil will tempt you. He did that to Jesus. It was not surprising that the devil tempted Him in three areas: The lust of the flesh (eating), the lust of the eyes, and the pride of life.

Fasting is Sacrificial

Most sacrifices performed under the Old Covenant required the burning of fat. To appease God, the blood of the sacrifice and the fat were forbidden to be eaten by anyone. The fat belongs to God:

"And the Priest shall sprinkle the blood on the Altar, of the Lord, at the door of the Tabernacle of Meeting, and burn the fat, for a sweet aroma, unto the Lord." (Leviticus 17:6)

"And the Priest shall burn them, of the Altar as food, an offering made by the fire for a sweet aroma." All the fat is the Lord's. "This shall be a perpetual statute throughout your generation in all your dwellings; you shall eat neither fat nor blood."

It is a known scientific and medical fact that once the body has used up its reserve of glucose, it burns fat for energy. So, when we fast, we are burning fat as a sacrifice unto God. When we fast, we become fragile and feeble, especially with our knees. This is awesome; we truly do become the sacrificial lambs. Fasting is powerful, Glory to God. "My knees are weak through fasting, and my flesh is feeble from lack of fatness." (Psalms 109:24)

The Actual Meaning of Fasting

Biblical fasting is going without food. The noun “fast” translates to “tsom” in the Hebrew and “nesteia” in the Greek. It means to volunteer to abstain from food and to cover your mouth!! In the Greek it means to abstain. The Spiritual meaning is “to do without food.”

“Go, gather all the Jews who are present Shushan, and fast for me; neither eat nor drink for three nights or days. My maids and I will go to the king, which is against the law; if I perish, I perish.” (Esther 4:16) Fasting relates only to food. Many people have recommended a fast from sex, cigarettes, television, social media, etc. This refrain is defined as self-denial and works very well with fasting. It is a definite aid in blocking voices other than God. Cutting these activities and other activities to focus on God will only assist, but will not take the place of fasting from food. When you fast from food, it will have a noticeable effect on your body, putting your soul under subjection. Fasting this way allows you to align your spirit with the Spirit of God, so that His Omnipotence can overshadow your impotence.

“But those who wait upon the Lord (who accept, look for and hope in Him), shall renew their strength and power; they shall lift their wings and mount up close to God. As eagles (mount up to the sun); they shall run and not be weary, they shall walk and not faint or become tired.” (Isa 40:31).

Fasting/Consecration is not a requirement. It is a choice. Fasting/Consecration brings you closer to God. Whenever a Believer chooses to begin a spiritual fast for one day or for several days, he or she makes a choice to break out of the routine, desiring to draw closer to God.

You Will See Results

When you take time for Fasting/Consecration and Prayer, you will see amazing results in your life. Fasting/Consecration gives you back your sharpness and spiritual sensitivity. The first thing you need to do is to make up your mind that you are going to regain your edge. Fasting/Consecration gives you an opportunity to get the toxins out of the body, to become renewed and restored. Many medical doctors support the healing benefits of fasting. However, Fasting/Consecration without prayer is just dieting. Fasting/Consecration makes you sensitive to the trash that tries to invade your life. Fasting/Consecration is the “Drano” of the soul. Seasons of Fasting/Consecration and Prayer helps you get the sensitivity of the Spirit back for the things of God. When you become dull by the constant bombardment of ungodly influences all around you, Fasting/Consecration helps you regain the edge: “Glorify God in your Body.” (1 Corinthians 6:19-20)

Fasting/Consecration Builds Confidence

Time spent in Fasting/Consecration and Prayer builds confidence and helps you develop the determination necessary to run your race with endurance. Fasting/Consecration and Prayer

prepares and conditions your spirit to go the distance in life's battles. Remember, Fasting/Consecration is not a requirement – again, it is a choice. Fasting/Consecration does not guarantee your salvation. Choosing to Fast/Consecrate is choosing to come away from the routine and wait upon the Lord with greater intensity, seeking His Face and His Presence in a deeper way. You must have a made-up mind. Hebrews 3:6,14; 10:35; Philippians 3:3-4; 1 John 2:28, 3:21, 5:14; Proverbs 3:26; 14:26; Psalm 71:5.

Do Not Compromise

Don't compromise. Stick to the Fasting/Consecration Plan given to you by the Pastor. As you set your mind that you will not compromise during a fast, you build confidence and endurance that can carry you through the trials and battles that come. Keep a journal. The moment you determine you have come too far with God on a fast to turn back, you will see the hand of God working in your life. At the completion of the fast, begin to make Prayer and Fasting/Consecration a regular part of your life. If Fasting/Consecration is the gateway through which God releases His supernatural power into our lives, why is it such an overlooked opportunity? All the greats of the Bible fasted: Moses, David, Nehemiah, Daniel, Elijah, Paul, Peter, even Jesus Himself. Fasting/Consecration is feeding your spirit by neglecting your flesh. Fasting/Consecration will stir-up the Power of God within you. 1 Thessalonians 2:3-4; Matthew 6:24; 1 Samuel 15:9 (compromised obedience, incomplete faithfulness to God); 1 Kings 22:43 (doing right before God); 2 Chronicles 19:2 (calling evil good); Isaiah 5:20 (desire to be like others); Ezekiel 20:32-38.

Fasting in the Old Testament/Fast for Affliction and Mercy

- Lev 29:7 "...You shall afflict you souls." Afflicting one's soul in the Bible refers to chastening one's soul, to strike.
- Psalms 69:10 "...When I wept and chastened my soul with fasting, that became my reproach."
- 2 Sam 15:15-23 David sought Mercy from Sin.

Protection Against A More Powerful Enemy

"...And Jehoshaphat feared and set himself to seek the Lord and proclaimed a fast throughout all Judah." (2 Chronicles 20:3) Three powerful nations gathered against God's people. But King Jehoshaphat decided to seek God. He proclaimed a fast. The fast only lasted a single day, but the effects were amazing. The gathering of the spoil lasted three days. There are three elements to this story: Fasting, Prayer, and Praise. When we turn to God in Fasting, He will move. Another very important point we must focus on and understand is that the people praised God before the Victory. That is Faith speaking. 2 Chronicles 20:1-25.

The First Order of Business for Jesus Was to Fast/His Teaching on Fasting

There is nowhere in the Scripture that Jesus commands people to fast, but He expects men everywhere to fast. There were three exercises that were very traditional to Jews: giving (Matt 6:3); praying (Matt 6:6); fasting (Matt 6:18-19). Jesus did not have to command fasting, because it was standard practice everywhere. He only corrected the practice and motive behind the fasting.

Benefits

Earthly reward versus Heavenly Reward – Father will reward you. The word reward in Greek means wages, a gift.

Fasting should not be hypocritical, but to fast in secret, private and personal, God will reward you openly.

Before Jesus began His earthly Ministry, He fasted (Matthew 4:1-3). Fasting/Consecration and Prayer were the biggest parts of the Life of Jesus Christ. Fasting/Consecration gives you a deep thirst for God (Psalm 63:1, "... early will I seek thee, my flesh longeth for thee..."). Notice, while in the desert, David thirsted for God rather than water. God is saying to us today, "You will seek Me and find Me, when you seek Me, with all your heart." (Jeremiah 29:13-14)

There is a price that must be paid for hearing from God and walking in His Will. There is a work going on in us right now that we may not be fully aware of, but without Fasting/Consecration, prayer and wilderness experiences, you will never be qualified to handle what God has for you in the future. Fasting/Consecration prepares you for what is yet to come!!! Deuteronomy 9:11-18 (during national crisis); 2 Samuel 1:12 (humbled); Psalms 35:13; Joel 1:13-14; Luke 4:1-2; Mark 8:1-3 (four thousand people fasted three days), Jonah 3:7 (Animals and people fasting together).

Fasting/Consecration Brings Brokenness

Fasting/Consecration bring brokenness. Brokenness is so precious in the eyes of the Lord (1 Samuel 16:7). God sent Samuel to anoint a new king to replace Saul as leader of Israel. He guided Samuel past all the older, stronger, more experienced sons of Jesse, young men who by all appearances seemed well-suited to be King. But God told Samuel not to look at the boys' outer appearance or their physical strength. Brokenness makes room for God to release His strength through our weakness, in order to accomplish His plans. Psalm 51:17; Proverbs 15:13; 17:22.

Fasting/Consecration Restores

There is nothing that has been wasted in your life (i.e., drugs, alcohol, troubled episodes, abuse, etc.). Fasting/Consecration can restore and break the yoke of the waster (Satan). Through Fasting/Consecration, God will remove the burden and repair what seemingly has been wasted. God will pick up all the fragments of your life. (John 6:12, He said, "Gather up the fragments

that remain, that nothing will be lost.”) He is a “Repairer of the Breach, the Restorer of Streets to Dwell In.” (Isaiah 58:12) Regular Fasting/Consecrating will keep your spirit strong. Joshua 14:11-12.

“Then Will I Hear from Heaven...”

“If my people who are called by My Name will humble themselves, and pray and seek My face, and turn from their wicked ways, then I will hear from Heaven, and will forgive their sin” (2 Chronicles 7:14). Fasting/Consecration is self-humbling. “He who humbles himself will be exalted” (Luke 18:9-14). Fasting/Consecration is our body language to God. When we Fast/Consecrate, we are expressing our hunger for Him. We always ask from a place of humility.

Unforgiveness

Fasting/Consecration will loosen the grip of unforgiveness. (Matthew 18:32-33, 35; Luke 6:37; 7:45-50; Mark 11:25-26). If these scriptures pertain to you, the Spirit will identify the individuals in question.

No Expiration Date on Prayers – Persistence Breaks Resistance

As soon as you pray, God hears you, as in Daniel 10:12-14. Daniel fasted and prayed for weeks. Satan does everything in his power to stop you from receiving your answer. Your prayers will not be discarded. Believe God!!!!!!!! Stack up your prayers as you are Fasting/Consecrating. Pray, Pray, Pray!!!!!!!! Pray all night as Jesus did. “Pray without ceasing.” (1 Thessalonians 5:17)

God Needs a Clean Vessel

God needs empty vessels, not ones so full of themselves that He cannot pour Himself out through or into them. Fasting/Consecration can cleanse the DIRT and prepare us for God’s use!!!

- D** Disobedience
- I** Ignorance (zeal without knowledge)
- R** Rebellion
- T** The Tongue (words of doubt and unbelief)

Spending time in Fasting/Consecration and prayer, regardless of your circumstance, will help you to be rooted and grounded in your faith, ready to weather any storm, the economy, your health, your family, or your job, etc... These are Satan’s attention-getters. NOTE: Remember, the focus of the enemy is always to cause the Work of God to cease!!!!

There are several elements we can glean from and be strengthened by during the Consecration:

- Assemble – Unity, Buddy System, Find a Friend

- Separate – Turn off the TV, computer and entertainment!!!
- Confess – Nehemiah 9:1-2, Repent!! God will bring things to your mind!!!
- The Word – Hear and Read the Word. Nehemiah 9:1-3
- Worship – Nehemiah 9:1-3

Fasting/Consecration Brings the Glory of God

His Glory is upon the earth through you as you fast before Him (Habakkuk 2:14). “Then shall thy light break forth as the morning, and thine health shall spring forth speedily: and thy righteousness shall go before thee; the Glory of the Lord is thy reward. Then shalt thou call, and the Lord shall answer; thou shall cry, and He shall say, Here I Am ... The Lord shall guide thee continually, and satisfy thy soul in drought ... then shalt thou delight thyself in the Lord; and I will cause thee to ride upon the high places of the earth, and feed thee with the heritage of Jacob, thy father, for the Mouth of the Lord hath spoken it.” (Isaiah 58:8-14).

No-Quit Option/The Power of a Made-Up Mind

Never make decisions based on temporary circumstances. 2 Corinthians 11:23-29. Quitting is not an option!!!! When you think about quitting, you talk about quitting. Be assured, you will then quit!! Hebrews 10:39, “We are not of those who draw back to perdition, but of those who believe to the saving of the soul.” Jesus never quit!!!! Remove the quit option!!! When you do that the battle is won!!! Hebrews 10:35-36, “Therefore, do not cast away your confidence, which has great reward. For you have need of endurance, so that after you have done the Will of God, you may receive the promise.” “We are more than Conquerors.” (Romans 8:37-39)

Duration of Fasts

No restriction. An acceptable fast is not determined by length, but by its quality and motive. A long fast is not more acceptable, if the heart of the individual is impure, than a short fast that reverses God. God inspired - If God calls a fast, He will determine its length.

Examples:

ONE NIGHT: The idea of missing dinner. Daniel 6:18

UNTIL EVENING: 2 Samuel 1:12

ONE DAY: 2 Samuel 3:35; Judges 20:26

TWICE IN A WEEK: Luke 18:12

THREE DAYS: Esther 4:16; Acts 9:9

SEVEN DAYS: 2 Samuel 31:31; 1 Chronicles 10:11-12; 12:17-18

FOURTEEN DAYS: Acts 27:9-10, 33

DANIEL FAST: No set time. Daniel 10:2-3

FORTY DAYS: Deuteronomy 9:9; 1 Kings 19:8; Matthew 4:2; Luke 4:2

Or:

A FASTED LIFE: Can be done nightly, daily, weekly, etc. It is a powerful tool. Luke 2:36-37

FASTING AND SEXUAL INTIMACY

Paul stated in unequivocal terms the incompatibility of sex, prayer, and fasting. It is fair to say that, as a married man or woman, fasting gives you time to concentrate only on God, giving Him your undivided and your wholehearted attention. 1 Cor 7:5, When you fast, fast no longer than your spouse would allow you!!!

Points on the Daniel Fast

1. Daniel Fast: Daniel, Ch. 10. Daniel fasted for 21 days; he was at that time praying for as long as it took for God to move!!
2. Listed below are some of the **Blessings** we will receive during this fast:
 - PERSONAL, DIVINE REVELATION – A personal Word from God to you
 - A TOUCH FROM HEAVEN- Healing, deliverance etc., whatever you need
 - HEAVEN’S ATTENTION – God said, “He heard Daniel as soon as he prayed.”
 - HEAVENLY REINFORCEMENT – God sent warring Angel Michael
 - ANGELIC VISITATION – Assurance Ch 10:5-9
 - PROPHETIC INSIGHT – Answer for you concerning job, family, Ministry, America, etc...
 - PEACE OF MIND AND RENEWED STRENGTH- As stated
 - DANIEL FAST TIPS:
 - (a) Go the 30 days and as many additional days as you need to get answers
 - (b) Keep confessing God’s Word – “Your words were heard” (v.12)
 - (c) Pray for Humility (v.12)

Some Examples of Powerful Fasting

1. FASTING WHEN FACED WITH A POSSIBLE IMPENDING DANGER OR A DIFFICULT SITUATION.

This strategy was adopted by Nehemiah in the Book that bears his name. Like Esther, Nehemiah took a significant risk in seeking the help of King Artaxerxes, so he could rebuild the walls of Jerusalem. Knowing it would be a dangerous move, seeking God’s help first, with Prayer and fasting was inevitable. “...I was fasting and praying before the God of Heaven.” (Nehemiah 1:4; Ezra 10:6)

2. FASTING TO INQUIRE OF THE LORD

When Israel was set in a battle array against the Benjamites, they asked God which tribe to go first, God said “Judah.” However, they lost. The second time going up, they lost. But the third time, they fasted from morning until evening. God not only gave them

assurance of their victory, but the timing as well. Fasting shows a demonstration of our seriousness on the matter. (Judges 20:26-28)

3. FASTING FOR REPENTANCE AND REDEDICATION

The fight against Israel defeated Israel, captured the Ark (Presence of God), killing Eli's two sons. They knew their defeat was a result of sin. They were captured for seven months before they were able to beat the enemy. But before they faced the Philistines (typology of Satan), they had to fast. In a similar case the entire people of Israel separated themselves to fast for repentances for ignoring and disobeying God. (1 Sam 7:5-13; Neh 9:1-3)

4. FASTING TO AVERT THE WRATH OF GOD

When God was going to kill Ahab for supporting Jezebel, his wife, in the murder of Naboth, and for following after strange gods, Ahab decided to humble himself with fasting and God changed His mind. (1 Kings 21:25-29).

5. TURNING AWAY GOD'S JUDGEMENT

When the people of Nineveh cried out to God in fasting and repentance, God changed His mind and did not destroy them as previously planned. In intercessory prayers, it is legitimate for someone to stand in the gap and ask God to pardon the sins of another, more so if the intercessor is a spiritual leader or a servant of God. Moses and Daniel stood in the gap in repentance for the sins of Israel. (Jonah 3:4-5, 9-10; Deut 9:15-18; Daniel 9:3-5)

6. RESTORATION OF GLORY

Some of us have been wrongfully imprisoned or our glory has been destroyed. Fasting, prayer and genuine repentance will restore our glory and set us free. The Book of Joel shows that God will hear and restore His people back to their former Glory. (Joel 1:14; Joel 2:12-17; 3:18-21)

7. FASTING ON NATIONAL CALAMITIES

There are four significant events in the history of the Jews which necessitated regular or annual fasts. These fasts were observed as Memorials of the calamities that had befallen them at the time:

- a. The Burning of the Temple: The fast of the tenth day of the fifth month (Jer 52:12-13)

- b. The Murder of Gedaliah: The fast of the second day of the seventh month (2 King 25:23-95; Jer 41:1)
- c. The Beginning of the Siege of Jerusalem: The fast of the tenth day of tenth month (2 Kings 25:1).
- d. The Fall of Jerusalem: The fast of the ninth day of the fourth month (2 Kings 25:3-4)

THE CONSECRATED FAST

How long is the consecration?

30 Days. We will begin Monday, January 11, 2021, and conclude Tuesday, February 9, 2021 at 5:00 a.m.

What about medications?

Please continue to take all medications as prescribed. It is vitally important that you do not stop taking your medications.

May I take vitamins and sports drinks (protein drinks)?

Yes, you may take a good multivitamin and a meal substitute drink. We discourage sports drinks due to the high sugar and sodium contents.

What is the key to a successful consecration or fast?

Prayer and study of the Scriptures. You are encouraged to spend time in private devotion (Prayer and Bible reading). ***See the attached scripture readings.*** You may also want to share in a time of corporate prayer with your spouse, family members or other believers.

What are the dietary restrictions being observed?

We are participating in a "**Daniel's Fast**". The following foods are encouraged (Please Note: Those under medical care or supervision should seek to consult their physician and modify the fast by adding appropriate nutritional entrees or abstaining from other forms of activity such as television, radio, etc.):

- All vegetables (*preferably green and orange vegetables*)
- Squash
- Fruit
- Beans
- Peas
- Yams
- Cabbage
- Light on tomatoes and avoid sauces (*ketchup or pasta sauce*)
- Cranberry (100%) Juice – (*avoid juice blends or drinks – these are typically high in sugar content. Also avoid pineapple and orange juice – as these are high in acid*)
- Wraps (*flour*) are acceptable in light amounts

Seasonings

- Light salt (*preferably a substitute like Mrs. Dash*)
- Various herbs
- Garlic
- White pepper / Lemon / Garlic pepper
- Vinegar
- Light olive oils (*use as a sauté vs. frying*)
- No butter (*may use a vegetable oil substitute, e.g. Vegetable Butter or I Can't Believe it's Not Butter*)

What about Sundays?

On Sundays, family meals are encouraged (Prayer and Bible reading *continues*): January 17th, 24th, 31st, and February 7th
Fish, turkey, or chicken (baked; non-breaded) may be added to the diet on these days only.

What's for Dessert?

Fruit! No sweets or desserts during the consecration.

Coffee, Tea and Soda

We encourage abstinence from coffee, coffee drinks and all sodas. However, a ginseng or herbal tea (hot or cold) with lemon and a small amount of honey, stevia or sugar substitute is very refreshing. **PLEASE DRINK PLENTY OF WATER** (flavored with lemon or lime) – This serves as an excellent cleanser.

When may I eat?

You are encouraged to eat fruits and vegetables at least 2-3 times daily. The portions should be moderate and not heavy. You are encouraged to eat your one meal before 8pm.

What about Unmarried or Pre-Marital Physical Intimacy?

If this question is being considered, stop the activity and schedule an appointment with the Pastor.

What are the Corporate Prayer Days and Times?

- Morning Prayer: Sundays, Mondays, Tuesdays, Wednesdays, Thursdays and Fridays at 5:00 a.m.
- Noon Prayer: Tuesdays at 12:00 p.m.
- Evening Prayer: Fridays at 7:30 p.m.
- In case of emergencies, please call the office any time during office hours.
- Please ask God to give you a Prayer Partner or someone to be accountable to

THE CONSECRATED FAST

***"I beseech you therefore, Brethren, by the Mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service. And be not conformed to this world: but be ye transformed by the renewing of your mind, that you may prove what is that good, and acceptable, and perfect, Will of God."* (Romans 12:1-2)**