

THE CONSECRATED FAST

How long is the consecration?

30 Days. We will begin Monday August 7, 2023, and conclude Tuesday, September 5, 2023, 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. Please 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?

One meal a day. Water, juices, teas can be consumed at any time. Fruits, nuts, and raw veggies can be consumed throughout the day. Chicken, turkey and fish are acceptable for one meal a day. Please pay close attention to the chicken now being sold as "authentic".

Jewish and Arab meat shops sell organic meats and fish, in line with their beliefs!!!

PLEASE DRINK PLENTY OF WATER (flavored with lemon or lime) – This serves as an excellent cleanser.

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: Mondays, Tuesdays, Wednesdays, and Fridays at 5:00 a.m. and Sundays at 8:30 a.m., in person and also through the conference line: Dial-in: +1 717-832-8330 or +1 502-509-0282. Access code: 343 9463
- 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 Philosophy of Abundant Praise I X

They shall abundantly utter the memory of Thy great goodness, and shall sing of thy Righteousness. Psalm 145:7.

This is called "David's Psalm of Praise". Through it, he has a strong desire for God to be greatly magnified. He used a variety of expressions and repeated himself in his Holy zeal. I will extol Thee.... I will bless Thy Name (v1). Every day will I bless Thee; and I will praise Thy Name for ever and ever v2, "Great is the Lord and greatly to be Praised v3, "One generation shall Praise Thy Works to another" v4. I will speak of the glorious honor of Thy Majesty v5, "Men shall speak of Thy terrible Acts. "The Lord is Gracious, full of Compassion; slow to anger and of great Mercy; He is good to all; His Works and His Saints shall Praise Thee. They will speak of His Glory and make known to the Sons of men His Mighty Acts......v21 My mouth shall speak of the Praise of the Lord and let all flesh bless His Holy Name, forever and ever".

David is not content with declaring that Jehovah is Worthy of Praise, or with pleading that His (Jehovah's) Praise should be felt in the heart, but He wants to have it publicly spoken of, openly, plainly uttered, and joyfully proclaimed in a Song. David is calling upon all flesh and all works of God to sound forth the Praises of the Most High God. This is a special invitation to the Saints of God and WOFC. Will WOFC not respond to this Divine Call? Our desire should be to praise and magnify the Name of our Infinite Savior, without limits or restraints or limits, and may especially have our hearts enlarged and our mouth opened wide to speak abundantly of His great Goodness. And may we rise a step higher and sing of His Righteous with high sounding music. The invitation is extended to all, since we all drink the river of His Abundant Praise.

We will now focus on two things, so that we may promote two objectives. First, is the <u>method</u> of securing the abundant utterance of God's Praise, as to His goodness; and the second, the <u>motives</u> for desiring to secure this abundant utterance. The first step to abundant praise is careful observation. "They shall abundantly utter the memory of Thy great goodness. In order to recall a memory, there must first be an observation. When something is important to you and you want to remember it, you write it down or just remember it. The dealing of God with us, is just the same. If we want to remember His Goodness, we must allow it to make an impression on us. We must notice it, consider it, meditate on it, estimate it and allow it to exert its due influence upon our hearts. At that point the impression has been deeply made in our hearts and minds and the plentiful praising of God is created from this careful observation.

The problem with non-praisers, is they do not acknowledge the Goodness of God, and some are just undeniably unthankful and ungrateful. They receive the blessings, but do not see or acknowledge the Hand of God, to whom have so abundantly blessed us. They have no memory of His Goodness because they have made no observation. Instead, they complain of His Ways and of His kindness,

and find other gods to worship, games, Family, Homes, automobiles, etc... If we are willing, we will never lack the opportunity to behold His Goodness and Praise His Name. His Goodness is seen in Creation. It shines in every sunbeam; glitters in every dew drop; smiles in every flower and whispers in every breeze. Earth and sea and air, teeming with innumerable forms of life, are full of the Goodness of the Lord. Sun, moon, and stars affirm that the Lord is good, and all terrestrial things echo the proclamation. God leaves it to our minds, to remember His Goodness to us and for our lips to speak abundantly of the memory of the Lords Great Goodness, in the Wonders of His Salvation to us. The Pastor or the Worship Team is not designed to Praise for you, but to stir you for to speak for yourselves.

"Why is this Greatness of His Goodness done for me?" - you ask, should be the utterance of a grateful spirit. That the very fact, that God would be good to any of His people, not only shows His Mercy, but also shows His abundant Grace. In that, He should make us one of His own and deal so well with us shows His great patience. Then King David sat before the Lord and said, "Who am I, O Lord God? And what is my House, that Thou has brought me hitherto?" 2 Samuel 7:18-19. When we consider what man is, it is easy to confess the Goodness of God. Nobody knows the blessing of health as well as he who has been tortured, with pain in every limb. After he is healed, he blesses Jehovah Rapha, the healing Lord, for his restoration. No one knows what Salvation means, like those who have been crushed under the burden of guilt, and have been racked by remorse and when your soul longs for death, rather than life. Then Father says to you, "Thou shalt not die" 2 Samuel 12:13, "I have brought you forth from prison, broken your chains, and set your feet upon a rock," then can we lay up this Great Goodness in our memory. New songs come forth, even eternal praise, that has been in your mouth. It is in the storm, we learn to praise God for His goodness. Psalm 107:8.

When we realize our God has not given us a few minted coins of gold, but has endowed us with mines themselves and streets of gold. He has not handed us a cup of cold water, but He has given us flowing fountains and the Well itself. God Himself is ours, "The Living Water". "The Lord is my Portion, saith my soul." Lam 3:24. Shall we take a moment and abundantly Praise His Greatness. Let's ponder on memories of His Greatness toward us. He has given us a Name and a place among His people. He has given us the rights and nature of His Sons. He has given you the complete forgiveness of all your sins, and a robe of Righteous. He has given us a superlative (the highest quality or degree) loveliness in the Lord Jesus Christ. He has given us access to Him, at the Mercy seat. He has given us His most Precious Gift, all that He has, "His very Son". He has given as only God can. Your tongue owes Him Praise.

Yet, our God has not spared us the rod, nor will He. "Shall we receive good at the hand of God, and shall not receive evil??" Job 2:10 And yet will we praise Him!! Because, evil is not evil when it comes from God. Everything God does is good. All things work for the good to them that love the Lord and are called for His purpose. Rom 8:28 Therefore, the praise in us must increase and the Name of our God be greater still.

As we begin to observe the Greatness of His Goodness, our souls rejoice (Is 61:10). There is a difference between eyes and no eyes. Yet many have eyes and still do not see. God's Goodness flows before them, but they say, "where is He??" They breathe the air, but ask "where is He??" Are

they so rebellious and blind? They eat Him, they drive Him, they wear Him, they go to school in Him. It is in the very beating of their heart and they ask "where is He??" "The ox knoweth its owner, and the ass its master's crib." (Is 1:3). Are we not slower than the beast of the field? Of course not! So let us award our King with Abundant Praise for His Great Goodness.

The second stage of this process is diligent memory for the Goodness of God, in your life, and the Promises from the Word of God, you have observed, by reading or reality. That which has made an impression upon our mind by observation is fastened in our memory. We must retain it, then we recollect it at a future time, continually. That brings abundant praise.

How are we to strengthen our memory about God's goodness??? First, we should be well acquainted with the Word of God, in which His Goodness is recorded. As we read God's Word we can retain memory of things that happened hundreds of years ago, that still deserve His abundant praise today. Because it has been recorded, and it can be retrieved. We must stock our memories and souls with ancient records of His great goodness. The recording of Psalms, the Songs of Solomon, and other books until we come to know the well-recorded Goodness of God. We must record His Mighty deeds of Goodness, in our lives and keep them in our hearts' core and on our fingertips to retrieve and praise. Then we can utter the memory of His goodness, abundantly, for out of the abundance of the heart, the mouth speaketh continually. (Matt 12:34)

Secondly, we must strengthen our memory diligently in observing Biblical Memorials. The Memorial of our Savior's Death, Burial and Resurrection as set forth in our Baptism, in which we are buried and risen with Jesus Christ. We cannot forget the memorial of Jesus' deep anguish when He was immersed in grief and plunged in agony, for us. The Holy Supper, the Table of the Lord, He has bidden us to come, in Remembrance of Him. The Jews keep their Exodus in mind, by means of the paschal lamb; how they ate after the sprinkling of the Blood; how they spoke with their children of the great Deliverance. Still the memories of what has happened to us, our own personal experiences, are the most important. Are we born again? Have you received an answer to a prayer?

One good practice is mnemonics or strengthening your memory. In this case, we will use this in the strengthening of our abundant praise to God. For instance, let your bed remind you of the Mercy of God and your dinner table bring remembrance of His love. The memory of some deed of Divine Goodness can be connected with every piece of furniture in our house, a chair for prayer, a couch for journaling, a special Bible, highlighted. We must remind ourselves and others of His abundant greatness. We must carefully take note of and remember His remarkable Blessings and benefits, so in future days, "We can abundantly utter the memory of God's Great Goodness" Psalm 145:7.

The first two processes for securing abundant Praise are Observation and Remembrance. The next is Utterance: "They shall abundantly utter." The word contains the idea of boiling up like a fountain. It signifies a holy fluency about the Mercy of God. Open your mouth! Let the praises pour forth. Let it come, rivers of it, they shall abundantly utter the memory of thy great goodness. God is looking for fluent Praisers. We must become more excited concerning the things and the ways of God. We must encourage others to speak of the goodness of God, all the day long. When you meet a Saint on the street, they should begin to tell you of the goodness of God. For certain, where there is a good

memory of God's loving-kindness, the heart will soon produce a song, to sing of His Righteousness. When the heart is most adoring and selects the grandest theme for reverent song, it chooses the meeting of goodness and righteousness as its topic. How sweet is that Mercy and truth are met together and Righteousness and Peace have kissed each other. The Goodness of the Lord demands that we speak of IT!!!

Some people seldom speak of the Goodness of God!! Why is this? How could Saints be so coldly quiet? God did not tell us to be quiet, "He said open your mouth wide and I will fill it". He has allowed us to utter the memory of His Great Goodness abundantly. The stones will speak of the goodness of God, if we refuse this so great and honorable deed. A person who adores God and God has performed greatness in his life, would burst if they could not declare His Glory, aloud, publicly.

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*Bible Reading: Book of Proverbs (Chapters 7-10)