

THE CONSECRATED FAST

When does the Consecration begin?

We will begin Monday August 7, 2023 at 12:00 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 III

Acceptable Praises and Vows

"Praise waiteth for Thee, O God, in Zion; and unto Thee shall the vow be performed. O Thou, that hearest Prayer, unto Thee shall all flesh come." (Psalm 65:1-2).

Upon Zion, was erected an Altar dedicated to God, for the offering of sacrifices. Except when the prophets were Commanded by God, to break through the rule, burnt offering were to be offered there, only, in that place. The Worship of God upon the high places, was contrary to the Divine command. "Take heed to thyself that thou offer not thy burnt offerings in every place, that thou seest: But in the place which the Lord shall choose in one of thy tribes there thou shalt offer thy burnt offerings and there thou shalt do all that I command thee." (Deuteronomy 12:13-14). NIV, Be careful not to sacrifice your burnt offering anywhere you please. Offer them only at the place the Lord will choose, in one of you Tribes, and there observe everything I command you.

The Tribes on the other side of Jordan, when they erected a Memorial Altar, disclaimed all intention, of using it for the purposes of sacrifice. They said plainly, "God forbid that we should rebel against the Lord, and turn this day from following the Lord, to build an Altar for burnt offering, for meat offerings, or for sacrifices, besides the Altar of the Lord, our God that is before His Tabernacle. (Joshua 22:29). We also "...have an Altar whereof they have no right to eat, which serve the Tabernacle! (Hebrews 13:10).

Into our Spiritual Worship, no observers of material ritualism may intrude. They have no right to eat at our Spiritual Altar, and there is no other at which they can eat and live forever. There is but one Altar, Jesus Christ our Lord. All other Altars are impostors and idolatrous inventions. The All-Glorious Person of the Redeemer, God and Man, is the Great Center of Zion's Temple and the only real Altar of Sacrifice. He is the Church's Head, the Church's Heart, the Church Altar, Priest, and All in All. "To Him shall the gathering of the people be." (Gen 49:10) Around Him we all congregate, even as the Tribes did around the Tabernacle of the Lord, in the wilderness. When the Church is gathered together, we may compare it to the assemblies on Mount Zion, where the Tribes of the Lord go up, unto the Testimony of Israel.

The song was not raised, from each separate Worshipper, but from all combined as God desires from us. The Praise as it rose to Heaven, was not only the Praise of each, but the Praise of ALL. Where Jesus is the Center, where His One sacrifice is the Altar, on which all offerings are laid, and where the Church unites around that common center, rejoicing in that One Sacrifice (Jesus), there we find the True Zion. If we, who gather, in Jesus Name, around His finished Sacrifice, presenting our prayers and praise entirely to the Lord through Jesus Christ, are come unto Mount Zion, and unto the City of the Living God, The Heavenly Jerusalem, and to an innumerable Company of Angels, to the General Assembly and Church of the Firstborn, which are written in

Heaven". (Hebrews 12:22-23). This is Zion, even this House in far-off islands, "Praise waitheth for Thee, O God in Zion; and unto thee shall the vow be performed."

We will, with devout attention notice two things: The first is, our Holy Worship which we desire to render. Second, the stimulative encouragement, which God provides for us, (without it, we would have no desire to Pray or Praise Him) "O Thou that hearest prayer, unto Thee shall all flesh come." First, let us consider the Holy offering of Worship, we desire to present to God. It is two-fold: there is Praise, and there is also a vow, a praise that waits, and a vow, of which performance is promised.

First of all, of the Praise. This is the Chief ingredient of the Adoration of Heaven. What is thought to be worthy, of that world of Glory, ought to be the main portion of Worship here on the earth. Although, we never cease to pray as long as we live here, and are surrounded by so many needs, yet we should never pray in such a way as to forget to pray and praise "Thy Kingdom Come, Thy Will be done on earth as it is in Heaven". (Matt 6:10) That must never be left out, just because we are pressed with needs. We must never forget to pray and praise, "Give us our daily Bread." It is sad if the Church, just becomes a place of "Gimme" instead of Praise and Worship being the first priority. Praise the Lord, O Jerusalem; "Praise ye the Lord. Sing unto the Lord a new song, and His Praise in the Congregation of His Saints. Let Israel rejoice in Him that made him; Let the Children of Zion be joyful in their King. (Psalm149:1-2). Let it abide as a perpetual ordinance, while the Sun and the Moon endure, "Praise waiteth for thee, O God, in Zion." Never, never, think little of Praise, since Holy Angels and Saints count it their lifelong joy. Even the Lord Himself said, "Whoso offereth Praise, Glorified me" (Psalm 50:23).

The tendency among people has been to devalue Praise as a part of public Worship, whereas it should be acknowledged, second to none. We frequently hear of Prayer Meetings, but seldom do we have Praise meetings. We set aside certain times for prayer meetings, but not for Praise meetings. We acknowledge duty of Prayer, but not Praise. We should be just as diligent, in Praise as we are in Prayer. "In everything, by prayer and supplication, let your request be known unto God." (Philippians 4:6).

Prayer and Praise are like the breathing in and out of air and they makeup that Spiritual Respiration by which the inner life is instrumentally supported. We take in an inspiration of Heavenly air as we Pray; we breathe it out again in Praise unto God from whom it came. As we are healthy in spirit, let us be abundant in thanksgiving. Prayer, like the root of a tree, seeks for and finds nutriment; Praise like fruit, renders a revenue to the owner of the vineyard. Glory! Prayer is for us; praise is for God. Let us never be so selfish as to abound in the one and fail in the other. Praise is a slender return for the boundless favors we enjoy every single day. Let us not be slack, in rendering Praise, in our best music, the music of a devout soul. "Praise the Lord; for the Lord is good; sing praises unto His Name; for it is pleasant (Psalm 135:3).

Praise is exclusively rendered to God, "Praise waiteth for Thee, O God, in Zion." May all the Praise always be only for Him. Praise for man or for any other, who may be, or may pretend to be, worthy of Praise is not. God does not want Praise left to the musicians, choir, soloist, or Worship Team. He wants His Congregational Praise. He does not want our minds more occupied with any other thing, except Praise. God's House is meant to be a Sacred House unto Himself, not a concert hall with an audience, but an Adoring Assembly. Great care should be given to Praise, less it become everything except Praise. It quickly becomes words, and notes, with no heart or Anointing. Singing to God with your soul is to offer the only acceptable Praise. Saint, we do not come together to amuse ourselves, or to display talents or skills. We come to pay our adoration, at the footstool of the Great King, to whom alone, be Glory and Power forever and ever.

True Praise is for God and for God alone. When giving Praise, we must look higher than the Pulpits, Ministers, Deacons, Worship Leaders or any arm of flesh or we will be severely disappointed. Praise given to man instead of God is superstitious reverence. We should be as Paul and Silas, rending our clothes and say "Sirs, why do ye these things, and one preach unto you that ye should turn from these vanities unto the Living God, which made Heaven and earth, and the sea, and all things that are there in. (Acts 14:15). The Worship of cats as the Egyptians or Popes as with the Romans. There is no difference between, the people whose gods grew in their gardens and the people whose gods are made by their bakers. All are vile idolatry to be loathed. To God alone shall all the Praise of Zion ascend.

It is to be feared, that some of our praise ascends no where at all, but it is as though it were scattered to the winds. There are reasons we do not experience God. "He that cometh to God must believe that He is, and that He is the Rewarder of them that diligently seek Him (Heb 11:6). "God is a Spirit, and they that Praise Him, must Praise Him, in Spirit and in Truth." (John 4:24). If we do not lift our eyes and our hearts to Him, we are but misusing words and wasting time. Our Praise is not as it should be, if it is not reverently and earnestly directed to the Lord of Hosts. It is vain to shoot arrows without a target: we must aim exclusively for God's Glory in our Holy Songs, and they should be continual, only to Him.

Church does not break up when it is dismissed. It does not break up when the assembly is gone, nor should we leave our Holiness standards, in the building. The Church is not in wood or stone, it is only in the Living Assembly of the Faithful people of God. We, the people of God never cease to be a Church. We must maintain the Lord's Praise perpetually as a Community. God's Services should begin with Praise, and end with Praise, being conducted, by and with a Spirit of Praise. There should be in all Services, a spiritual incense Altar, always smoking with "the pure incense of sweet spices, according to thanksgiving, which is made up of humility, gratitude, love, consecration, and Holy joy in the Lord. It should be for the Lord alone, and it should never go out day nor night. (You are Worthy of it All-Day and Night, Let incense arise). Psalm 92:2

"His Mercy endureth forever" (Psalm 136:1) and so should our Praise endure forever. He makes the dawning of the morning to rejoice. Let us celebrate the rising of the sun with Holy Psalms and hymns. He makes the closing in of the evening to be glad. Let's give Him our evening Praise. One Generation shall Praise Thy Works to another, and shall declare Thy Mighty Acts. (Psalms 145:4). Could His Mercy cease? That

might be some excuses for holding back Praise, but even so, real Saints that love Him, would say, as Job said, "Shall we receive good at the Hand of the Lord, and shall we not also receive evil?...The Lord gave, and the Lord hath taken away; and blessed be the Name of the Lord. (Job 2:10; 1:21). We should set aside some time everyday just to Praise God, go to bed every night in Praise, wake in the morning, with our heart leaping to His Presence. We should strive to reach it!

PRAYER: Lord, I have much desire, that all day long, in every avocation, and every recreation, the soul should spontaneously speak forth Praise, even as birds sing, flowers perfume the air, and sunbeams cheer the earth. We would be incarnate praise enshrined in flesh and Blood. I pray this for The Body of Christ; and the entire Kingdom of God, especially me (my Soul) and that we would desire no pause, in Praise. A very important point is that, "Praise waiteth for Thee, says that Praise must be humble. THIS IS SOOOOO BEAUITFUL. The Servants "wait" in King's Palace. There the messengers stand, equipped for any Mission of Praise; the attendants tarry, prepared to obey; the courtiers surround the Throne, all eager to receive the royal smile and to fulfill the high Command. Our praises are to pour out, to stand, and wait for Thee, like ranks of messengers, waiting to hear what God's Will is, for this is real, exceptional Praise Him.

Furthermore, true Praise lies in actually doing the Divine Will of God. True Praise is waiting subserviently on Him. Praise may be looked upon as Servants who delight to obey their Master's bidding. There is such a thing as an unholy familiarity with God. This age is not so likely to fall into it, as some ages have been, for there is little familiarity with God of any sort now. Public Worship has become more formal, stately and distant in some Church settings. However, still He is God and we are His creatures. Remember He is our Father in Heaven, which means, we bow in His Presence. There is another familiarity that runs into presumption. It is so sweetly tempered with humility that it does not intrude. "Praise wait for Thee, with a servant uniform dooned, a servant's ear to hear, and a servant's heart to obey. Praise bows at His footstool, feeling that it is still an unprofitable servant. Psalm 95

Compared to what His nature and Glory deserves, our most earnest Praise has been little more than silence. Those who praise with the music, and feel they are done, do not understand, those who Worship Him in the Spirit feeling, they cannot magnify Him enough. They feel they have fallen short of His Glory. When we have done our best, our Praise is but silence, before the merit of His Goodness and the Grandeur of His Greatness.

How then, will we proclaim God's Glory to men, when we have done the best and our Praise might still be silent before Him. We can well observe here that the acceptable Praise to God presents itself under a variety of forms. There is Praise for God in Zion, and it is often spoken, but there is Praise for God in Zion, which is often silence. There are some who cannot sing vocally, but perhaps, before God, they sing best. There are some, who sing very inharmoniously-that is to say, to our ears. Yet God may accept them, rather than the noise of stringed instruments, carefully touched. When Praise comes from the heart, who wish to restrain it? No praise to God should be forbidden by anyone "...if these should hold their peace, the stones would immediately cry out." (Luke 19:40). Unfortunately, there are time when those who sing well, have to much praise in their soul is it to really please God? God desires that we praise Him, with our whole nature, not one single hair of our heads or drop of

our blood, in our veins should kept back from adoring the Most High God!!!! When this desire for Praise is most vehement, we will fall back upon silence and quiver, with the Adoration that we cannot speak. Silence becomes Praise.

Shall we request of God silence, a sweet relief of silence. I am learning that frequent silence before God and man is more beneficial. As we, one people bow before God, in silence should realize that it would be advantageous and profitable to us. As we Praise God we will see more of Him, that sometimes mean we must wait on Him. As we desire more nearness, we keep Praising. We magnify Him for what we have seen. As we begin our outer court experience, with Praise, soon it becomes the promised Heavenly Mansion, Praise.

We praise Him for Who He is. We cannot praise God for what we are, but we can praise Him for what we will be. Glory to God for all the Grace, I have not tasted. Praise Him for Mercy and Grace, that has not come. Shall we take a moment to thank Him for the sickness we do not have, homes, cars, freedom, children still living, relatives gone to Heaven and alive, bread to eat, clothes to wear, a Church, an Altar; to these, my Praises will praise and other Praises will wait until the Master desires my presence for His Glory.

I Bless Him for the desire He has for my Praise. He chose me and has given me the desire to choose Him, and has allowed me to approach Him. (Psalm 65:4). This is not a light thing. We have been eternally chosen. We absolutely cannot be silent. Let us pick up our Spiritual Harp and play love to Him! Oh how, I love Him!! Oh God, bound us to the Altar, and never let us go, "Bind the sacrifice with cords, even the horns of the Altar" Ps 118:27. Even if the flesh struggles, let it be more fastly bound, never to escape You, my Precious Creator I am my Beloved's and my Beloved is Mine." In Jesus Name! (Song of Solomon 6:3).

Remember, Praise is superior Worship, for it is elevating (raise or lift to a higher position). It is the utterance of a soul, that has received good from God and is returning its love to Him in acknowledgement. Praise has a sublime aspect!! Now, if Prayer is heard, praise is too. "Unto Thee shall all flesh come." Yes, He hears our Prayer and Praise. Feeble, poor us comes before Him, with His infinite compassion, perceiving it to be what it is, we want, we come crying, fallen flesh, groaning, nevertheless, He says "All come", He restores my soul. (Ps 23).

We need each other in Prayer and Praise desperately. "Ye also helping together, by prayer for us, that, for the Gift bestowed upon us, by the means of many persons, thanks, may be given by many on our behalf. For our rejoicing is this, the testimony of our conscience, that in simplicity and godly sincerity, not with fleshly wisdom, but, by the Grace of God, we have had our conversation, in the world, and more abundantly to you-ward. Apostle Paul was pressed out of measure, with trials, as we feel at this moment. 2 Cor 1:8. He attributed His preservation to God alone. Although Paul acknowledged God's Hand, and God's Hand alone, in His Deliverance, he was not as foolish as to deny or under value the secondary cause, intercessory on the part of the Church. On the contrary, having first Glorified God of all comfort, He then remembered with gratitude, the earnest prayers of the many loving Intercessors. Gratitude to God must never become an excuse for ingratitude to man.

Adding to this great message of Praise, God is doing wonders for us, however, He has

used the Prayers and Praises of man. These are chosen vessels, in our lives and we must honor them. God has outstretched His arm many time for us, by the Prayers of the Pastor and the Saints. The Saints of God everywhere prevail for us, in times that, we are completely unaware, "....Ye also helping together by prayer for us." ".....that for the gift bestowed upon us by the means of many persons thanks may be given by many, on our behalf." And in that Prayer, we walk with freedom to Praise.

*Bible Reading: Book of Proverbs (Chapters 15-18)