



Annual Corporate Time of Fasting and Prayer
January 5-26, 2022
Ending Wednesday, January 26, 2022 at 5:00PM

Theme: Give Yourself Completely To God #ConsecrateYourself

1 While Ezra prayed and made this confession, weeping and lying face down on the ground in front of the Temple of God, a very large crowd of people from Israel - men, women, and children - gathered and wept bitterly with him. 2 Then Shecaniah son of Jehiel, a descendant of Elam, said to Ezra, "**We have been unfaithful to our God**, for we have married these pagan women of the land. **But in spite of this there is hope for Israel** ... 6 Then Ezra left the front of the Temple of God and went to the room of Jehohanan son of Eliashib. **He spent the night there without eating or drinking anything. He was still in mourning because of the unfaithfulness of the exiles.** Ez. 10:1-2, 6 NLT

To consecrate means to:

- Set apart for God's exclusive use. To "consecrate" something, one makes that thing holy or sacred, separate out for, or dedicate for a higher purpose.
- Consecration is the giving of my life to God to do His will instead of my own. It means that I present my body to Him as a "living sacrifice."
- the separation of oneself from things that are unclean, especially anything that would contaminate one's relationship with a perfect God.
- It's a holy word, and it means to make or pronounce clean or holy. To dedicate.
- To consecrate something is to set it apart for the purposes of God.
- Consecration is simply recognizing Christ's ownership of me and saying to Him, "Lord, I am Yours by right, and I wish to be Yours by choice."

"I do not consecrate myself to be a missionary or a preacher. I consecrate myself to God to do His will where I am, be it in school, office, or kitchen, or wherever He may, in His wisdom, send me." Watchman Nee

Introduction
Author Pastor Rodney Standfield

As we begin our 21-day fast and prayer, I challenge each of us to surrender ourselves *completely* and *wholly* to the Lord, vowing not to put ourselves, the world, or anything else before Him. That we offer our mind, body, and soul to God as a living sacrifice, entrusting our life and will to his plan. As a result, we must consecrate ourselves to the Lord so that we don't miss out on the incredible things He wishes to accomplish through us. Consecration is **NECESSARY** for God's will to be carried out in our lives. As a result of consecration, we die to our own objectives and desires and live to do God's will. It requires handing over our entire beings to him. Many accounts in the Bible demonstrate that before God accomplished something spectacular with His people, he asked them to consecrate themselves to prepare for what He was about to do. We must, likewise, personally prepare ourselves through means of consecration if we desire to be used by God. We frequently attempt to serve God without adequate preparation or dedication. Because of this, we are regularly rendered powerless and, in some cases, humiliated.

May we give our lives in Week One of our fast so that we might be a vessel of honor. May we give our lives during Week Two of our fast so that we can be a vessel fit for service. Finally, during Week Three of our fast, may we sacrifice our lives daily to remain fit for the master's use.

Week One
Author Elder Priscilla Smith
Consecrated - A Vessel of Honor #holy #chosenvessel

“When you're full of yourself, God can't fill you. But when you empty yourself, God has a useful vessel.” Max Lucado

2 Tim. 2:20-21

20-21 **Now in a great house** there are not only vessels of gold and silver but also of wood and clay, some for honorable use, some for dishonorable. Therefore, if anyone cleanses himself from these things [which are dishonorable - disobedient, sinful], he will be a vessel for honor, sanctified [set apart for a special purpose and], useful to the Master, prepared for every good work.

QUESTION TO PONDER: Do you truly desire to be a vessel, a chosen instrument, useful to the Master? The choice is yours.

Wow, what a year 2021 has been for some. We have all been affected directly or indirectly, by devastation, disease, sickness, loss, violence, racism, injustice, and other tragic events. In just the past 2 years alone, we have witnessed the entire world shut completely down, millions of lives lost to a disease, thousands of lives lost due to injustice, violence, voter suppression on a grand scale, insurrections, racism in the body of Christ, etc. Never, on any scale have we witnessed the entire world shut down at one time. While all of this appears to be something we could see from a natural perspective, something more underlying was and is happening in the spiritual realm that we cannot see. I truly believe that some spiritual revelations were revealed as to the state of the church and the effects from 2020 spilled over into 2021. If nothing else, the last two years should have shown the church (us, the body of Christ) two things at minimum: 1) the dispensation of time we are living in (the last days) and 2) the state of the church as a whole. We may not want to admit it, but in the last decade or so, the church, somewhere along the way, "conformed" to "fit" in. God never called us to fit in, as a matter of fact, he said in 2 Cor. 6:17 "come out from among them and be ye SEPARATED ..." We are not usable by God when we conform to the world standards. Given these realizations, it's time we understand that we are living in the last days, and if we ever needed the church to stand up and be the CHURCH, it is now. There are souls at state, and we, the church, the great house, as Paul calls it, have the hope that the World is searching for. But to be effective as Christ wants us to be, there are some sacrifices and adjustments that God requires on our part. Because God is holy, he is requiring holiness, consecration, and sanctification from us, the church. In order to be effective agents of change, wrought only through the Power of the Holy Ghost, we have to become Vessels of Honor, Holy, and meet for the Master's use.

As we begin this New Year and the fast for 2022, let's take this opportunity to take a retrospective look at our spiritual walk. After careful consideration, most or all of us can agree that there are areas in our spiritual life that needs improvement. One area that most of us need improvement, is the dedication of our ourselves wholly, to God.

In this week's text, Paul is addressing the church, which he describes as a great house. *Each of us are considered vessels* and Paul uses metaphors of vessels to describe two types of Believers in a great house (referred to as the church). 1) Vessels of **gold and silver**, which are Believers who purposely, wholly, set themselves apart for consecration and 2) **wood and clay** which are Believers who fail to honor the Lord fully, who have not devoted themselves wholly, only in part. Paul used parallels of the Jewish tradition in identifying specific vessels for temple use or religious ceremonies. In Jewish custom, various receptacles contained anointing oil, ashes, etc. and were used in Christian worship as *sacred vessels*. *They were considered sacred because they were set aside specifically for service in the house of God.* He gave specific instructions to Moses (Ex. Ch 25-31) and Solomon (1 Kin. 6, 7, 8 and 2 Chr. 36) with regards to which vessels to use for worship. These objects were considered *Vessels of Honor (gold and silver)*. Theologians ascribe the lesser objects of *wood and clay* as vessels of dishonor because of their use. The wood and clay vessels were used for dishonorable purposes, maybe in the kitchen or to carry out garbage or human waste. They often got broken and were cheaply replaced. As Steven Cole stated, "God does not want to use a garbage pail life to serve the pure Gospel." God uses Honorable

vessels of **gold and silver** to carry out his plan. He desires that we live sacred, consecrated lives so that we can be vessels, set aside, specifically for service in the Kingdom.

In English a Vessel is a container, receptacle, carrier, or holder. **A vessel is defined by what it contains. What do you contain? Are you filled with the Spirit, love, kindness, holiness, goodness or would we find in your container, hatred, bitterness, malice, deceit, or anger?** We are responsible for what is poured into us through what we see, read, hear, watch, etc. and we in essence become what is poured into us. We must, therefore, guard our eye, ear, and heart gates by striving to allow those things that are lovely, just, pure, and Holy to be poured into us. In the Greek Lexicon, a vessel is a man/woman of quality, a chosen instrument. The question again this week is, *do you truly desire to be a vessel of honor, a chosen instrument, useful to the Master?* The choice is yours. You can be a "Chosen Instrument!"

You may be asking; how do I consecrate myself so that I may be a chosen instrument? How shall I become and remain holy? How can I become a vessel of Honor, set aside, and meet for the Master's use? In addition to guarding your gates as mentioned above, you will find another answer in Ps 119:9. The psalmist asks and answers his own question as to how one can stay cleansed, consecrated, holy, a vessel of honor ...

How can a young man keep his way pure? By keeping it according to Thy word.

Here we find cause and effect...By keeping (obeying) the Word, it causes us to be Clean, Holy, Sanctified, Consecrated...ingredients necessary for VESSELS OF HONOR. It is then, that we can proclaim, I am a CHOSEN VESSEL, Holy, consecrated, sanctified and meet for the Master's Use!

PRAYER:

LORD, HELP US TO KEEP YOUR WORD! KEEP US, PURIFY US, SANCTIFY US AS WE CONSECRATE OURSELVES TO YOU. WE DESIRE TO BE VESSELS OF HONOUR, CHOSEN VESSELS, HOLY AND MEET FOR YOUR USE! IN JESUS NAME WE PRAY, AMEN!

WEEK ONE SCRIPTURE READING: What does it take to be a vessel of honor?

Wednesday, January 5, 2022 - We must purge ourselves (2 Tim. 2:21)

- The word purge (ekkathairo) means to cleanse completely. We must get rid of all sin in our lives. Does God use a dirty vessel? Yes, but He uses a clean vessel in a greater way. Sin will destroy our walk with God. Ask God today to help you clean out all sin in your life. Allow the Holy Spirit to put his floodlight on your life. Confess all sin and be clean. (I Jhn 1:7-9)
- 2 Cor. 7:1 AMP - 1 Therefore, since we have these [great and wonderful] promises, beloved, let us cleanse ourselves from everything that contaminates body and spirit, completing holiness [living a consecrated life - a life set apart for God's purpose] in the fear of God.

- Ps. 119:9 NKJV - 9 How can a young man cleanse his way? By taking heed according to Your word.

Thursday, January 6, 2022 - We must be sanctified (2 Tim. 2:21)

- The Word sanctified (hagiazo) means to be set apart. This involves two things: 1) set apart from sin, 2) set apart for God. The vessel of honor understands they are to crucify (die to) sin and self. Sin should not dominate a Believer's life (Rom. 6:16). A Believer should be set apart for God's exclusive use (I Cor. 6:19-20). Pray today that God would help you to yield to Him and reject all sin.
- Isa. 1:12-17 NLT - 12 When you come to worship me, who asked you to parade through my courts with all your ceremony? 13 Stop bringing me your meaningless gifts; the incense of your offerings disgusts me! As for your celebrations of the new moon and the Sabbath and your special days for fasting - they are all sinful and false. I want no more of your pious meetings. 14 I hate your new moon celebrations and your annual festivals. They are a burden to me. I cannot stand them! 15 When you lift up your hands in prayer, I will not look. Though you offer many prayers, I will not listen, for your hands are covered with the blood of innocent victims. 16 Wash yourselves and be clean! Get your sins out of my sight. Give up your evil ways. 17 Learn to do good. Seek justice. Help the oppressed. Defend the cause of orphans. Fight for the rights of widows.

Friday, January 7, 2022 - We must be meet for the Master's use (2 Tim. 2:21)

- The Lord wants his vessel to be available, open, submissive, and yielded to His will. Our Master is the Lord. Lordship means He is in control of every area of our lives. God wants to use every Believer. He is looking for obedience, not talent. God's Word presents that many times (Peter, Paul, Gideon, Joshua). Pray that God will help you be open and yielded.
- 1 Jn. 3:1-3 NCV - 1 The Father has loved us so much that we are called children of God. And we really are his children. The reason the people in the world do not know us is that they have not known him. 2 Dear friends, now we are children of God, and we have not yet been shown what we will be in the future. But we know that when Christ comes again, we will be like him, because we will see him as he really is. 3 Christ is pure, and all who have this hope in Christ keep themselves pure like Christ.

Saturday, January 8, 2022 - We must be prepared for every good work (2 Tim. 2:21)

- A vessel of honor is yielded and ready to serve at a moment's notice. Paul told Timothy in II Tim. 4:2, "Preach the Word; be instant in season, out of season." Serve when it is convenient and when it is not convenient. Pray for opportunities to be used of the Master.
- 2 Pet. 3:11-15 NIV - 11 Since everything will be destroyed in this way, what kind of people ought you to be? You ought to live holy and godly lives 12 as you look forward to the day of God and speed its coming. That day will bring about the destruction of the heavens by fire, and the elements will melt in the heat. 13 But in keeping with his promise we are looking forward to a new heaven and a new earth, the home of righteousness. 14 So then, dear friends, since you are looking forward to this, make every effort to be found spotless, blameless and at peace with him.

Sunday, January 9, 2022 - We must Guard what gets poured into us (Prov. 4:23)

- The Lord wants his vessels to be mindful of what they hear, see, watch. We are to guard our ear gates, eye gates, heart gates, etc. When we allow ourselves to be contaminated, through our ears, eyes, and thoughts, they can take root in our hearts. As a Believer, we have to be careful to not allow our gates to be contaminated by hatred, bitterness, anger, wrath, malice, adultery, fornication, or any other sinful vice that is in direct conflict with the Word of God. Keep thy heart with all diligence; for out of it *are* the issues of life – Prov. 4:23
- 1 Thess. 5:22-23 NIV - 22 Avoid every kind of evil. 23 May God himself, the God of peace, sanctify you through and through. May your whole spirit, soul and body be kept blameless at the coming of our Lord Jesus Christ.
- 1 Thess. 4:3-8 NCV - 3 God wants you to be holy and to stay away from sexual sins. 4 He wants each of you to learn to control your own body in a way that is holy and honorable. 5 Don't use your body for sexual sin like the people who do not know God. 6 Also, do not wrong or cheat another Christian in this way. The Lord will punish people who do those things as we have already told you and warned you. 7 God called us to be holy and does not want us to live in sin. 8 So the person who refuses to obey this teaching is disobeying God, not simply a human teaching. And God is the One who gives us his Holy Spirit.

Monday, January 10, 2022 - Think Christ centered thoughts (Phil. 4:8)

- Refocusing our thoughts should be our daily routine. The Bible says we are to die daily (1 Cor. 15:31). Dying daily includes dying to our own thoughts. We must quickly take into captivity every thought that exalts itself against the Word of God. The solution for this is found in Philippians, Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things - Phil. 4:8.
- Phil. 2:12-16 NKJV - 12 Therefore, my beloved, as you have always obeyed, not as in my presence only, but now much more in my absence, work out your own salvation with fear and trembling; 13 for it is God who works in you both to will and to do for His good pleasure. 14 Do all things without complaining and disputing, 15 that you may become blameless and harmless, children of God without fault in the midst of a crooked and perverse generation, among whom you shine as lights in the world, 16 holding fast the word of life, so that I may rejoice in the day of Christ that I have not run in vain or labored in vain.

Tuesday, January 11, 2022 - God expects us to continually strive for perfection towards a life of holiness and purity to enable Him to prepare us for every good work. (2 Tim. 2:20-21)

- We again are to die daily, striving to live pure, holy, consecrated lives on a daily basis. Every morning that God gives us, our mission for the next 24 hours should consist of living pure, holy, consecrated, and sanctified for the next 24 hours. If we practice these habits daily, we honor God, we bring him glory and it enables us to become chosen vessels, vessels

meet for his use in his service. Therefore, if anyone cleanses himself from these things, he will be a vessel for honor, sanctified, useful to the Master, prepared for every good work: 2 Tim. 2:20-21.

- 1 Pet. 2:1-6 NCV - 2 So then, rid yourselves of all evil, all lying, hypocrisy, jealousy, and evil speech. 2 As newborn babies want milk, you should want the pure and simple teaching. By it you can grow up and be saved, 3 because you have already examined and seen how good the Lord is. 4 Come to the Lord Jesus, the "stone" that lives. The people of the world did not want this stone, but he was the stone God chose, and he was precious. 5 You also are like living stones, so let yourselves be used to build a spiritual temple - to be holy priests who offer spiritual sacrifices to God. He will accept those sacrifices through Jesus Christ. 6 The Scripture says: "I will put a stone in the ground in Jerusalem. Everything will be built on this important and precious rock. Anyone who trusts in him will never be disappointed."

Week Two

Author Elder Travae Griffith

Consecrated - A Vessel Dedicated for Service #mission #serving

"When you're full of yourself, God can't fill you. But when you empty yourself, God has a useful vessel." By Max Lucado

Eph. 2:10 NLT

10 For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago.

QUESTION TO PONDER: What is God asking you to do that you have not done or are not doing wholeheartedly?

It has become abundantly clear in this season that there is such a great need for the Church to be used as a vessel to serve the lost, broken, and backslidden. One of the most common questions people ask is "What's my purpose?" or "Why was I born?" There is a general answer and there is a specific answer to this question. The general answer is that we are the **hands** and **feet** of God. We are called to **go**. We are called to **do**. In our service, God can be **glorified**, and people can be **edified**. This is what it means to "let our light shine". Matt. 5:16 says, "Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven."

When we become new creatures, our **thinking changes**. We go from selfish thinking to kingdom thinking. We go from comfortable thinking to sacrificial thinking. We go from temporal thinking to eternal thinking. Our thinking affects our **actions**, and the change within becomes obvious. Our works make God visible to those who couldn't see Him, chose not to

see Him, or rejected Him. In Matt. 16:24-25 NLT, it says, "Then Jesus said to his disciples, "If any of you wants to be my follower, you must turn from your selfish ways, take up your cross, and follow me. If you try to hang on to your life, you will lose it. But if you give up your life for my sake, you will save it." It is through our service that we **magnify** Christ. The entire chapter of John 13 describes an act of service performed by Jesus, Himself. It is a very familiar passage. In it you will find the account of Jesus washing the disciples' feet. He was in a position of power as Lord and Teacher, yet, He humbled Himself to perform a service for the ones who serve Him. We should have this same attitude when we serve. Jesus' service **did not diminish who He is**. It set the example. It demonstrated His love and His purpose. This act was done not long before He made the **ultimate sacrifice**. Jesus always served. He used **all** that He was **empowered** to do to serve others **humbly**. In the end, He gave His life. **He had every right to be selfish**, but thank God for Jesus! He chose to be of service to us. Now, we must **die to ourselves** and be of service to Him and His followers.

1 Pet. 4:10-11 NIV

10-11 Each one should use whatever gift he has received to serve others, faithfully administering God's grace in its various forms. If anyone speaks, he should do it as one speaking the very words of God. If anyone serves, he should do it with the strength God provides, so that in all things God may be praised through Jesus Christ. To him be the glory and the power for ever and ever. Amen.

God has equipped us with special **gifts**. While our gifts do make room for us (Prov. 18:16), those gifts are not to be used just for our personal gain. Those gifts were given to us for us to use in the mission field serving others. Mk. 10:43-45 NLT describes the humility with which we should serve. It reads, "But among you it will be different. Whoever wants to be a leader among you must be your servant, and whoever wants to be first among you must be the slave of everyone else. For even the Son of Man came not to be served but to serve others and to give his life as a ransom for many." When we serve in our assigned area, God gets the glory. This is the specific answer to aforementioned question of purpose. Time spent with God will open your eyes to those things that burden your heart. Fasting and praying brings **revelation**. The things that grieve God's Heart will grieve yours. You will have genuine concern for people, especially in the area to which you are designated. Use this "*burden*" to direct your efforts. This is the area where you will likely have the greatest impact because you will be more passionate and diligent. You may have heard the saying, "People don't care how much you know until they know how much you care." Showing concern and faithfully working in your assigned area will cause people to be more receptive to the message you carry. The Gospel of our Lord and Savior, Jesus Christ, is the message that all Believers are to carry.

Fasting and prayer **equips** you for the mission field. In your time of fasting and prayer, God reveals the "*who*", "*what*", "*when*", "*where*" and "*how*" to serve. Fasting is an **investment**. Again, not just for personal gain, not just for your own spiritual growth but also for you to carry out the mission set before you. Fasting is the **sacrifice** we make to hear clearly. Fasting is the **sacrifice** we make to gain insight. Just like in investing, you do not want to waste your

resources. You want to lend your time, energy, talents and funds to the activity that will yield the most impactful **results** for the Kingdom. Fasting is a part of the research process that pinpoints where you should turn your efforts.

To be dedicated means to be set apart for a special purpose or use. It also means being devoted and loyal. Are you loyal to the mission? Are you willing to be a VESSEL DEDICATED FOR SERVICE? If so, let's get to work!

PRAYER:

FATHER, THANK YOU FOR GIVING US EVERYTHING WE NEED TO LIVE FOR YOU AND TO SERVE! HELP US TO LIVE LIVES THAT ARE HOLY AND ACCEPTABLE UNTO YOU. HELP US TO RECOGNIZE THE GIFTS YOU PLACED WITHIN US AND USE THEM TO EDIFY YOUR PEOPLE. IN ALL THINGS, LORD, YOU GET ALL THE GLORY, ALL THE HONOR AND ALL THE PRAISE! IT IS IN THE MIGHTY, MATCHLESS NAME OF JESUS WE PRAY. AMEN!

WEEK TWO SCRIPTURE READING - How can we be of service?

Wednesday, January 12, 2022 - We can love our neighbors (Mk. 12:30-31)

- We draw people to Christ in the way we love. They will know us by our love. Who is our neighbor? Our neighbor is whoever we come in contact with. We don't have to be the same. We don't have to agree. The sin is not the person. We should hate the sin but love the person. If we show love, they will be more receptive to the Gospel.
- Rom. 12:3-11 NLT - 3 Because of the privilege and authority God has given me, I give each of you this warning: Don't think you are better than you really are. Be honest in your evaluation of yourselves, measuring yourselves by the faith God has given us. 4 Just as our bodies have many parts and each part has a special function, 5 so it is with Christ's body. We are many parts of one body, and we all belong to each other. 6 In his grace, God has given us different gifts for doing certain things well. So if God has given you the ability to prophesy, speak out with as much faith as God has given you. 7 If your gift is serving others, serve them well. If you are a teacher, teach well. 8 If your gift is to encourage others, be encouraging. If it is giving, give generously. If God has given you leadership ability, take the responsibility seriously. And if you have a gift for showing kindness to others, do it gladly. 9 Don't just pretend to love others. Really love them. Hate what is wrong. Hold tightly to what is good. 10 Love each other with genuine affection, and take delight in honoring each other. 11 Never be lazy, but work hard and serve the Lord enthusiastically.

Thursday, January 13, 2022 - We can be welcoming to strangers ([Matt. 25:35](#))

- If you have ever been the new kid in class, the new person on the job, the new neighbor or the new person at church; you can probably remember how anxious, lonely, excited or scared you may have been. By welcoming people, you give them a glimpse of the love of

Christ. Jesus came to save the Jews as well as the Gentiles. He came for the natives and the foreigners. He gave grace to all. Through Christ's sacrifice, we all have the choice to receive the gift of salvation. You've heard the saying, "Strangers are just friends we haven't met, yet". Well, if we love like God, we don't want our new friends to perish (2 Pet. 3:8-10). We want them to become a part of the Body of Christ!

- Heb. 13:18, 21 NLT - 18 Pray for us, for our conscience is clear and we want to live honorably in everything we do ... 21 may he equip you with all you need for doing his will. May he produce in you, through the power of Jesus Christ, every good thing that is pleasing to him. All glory to him forever and ever! Amen.

Friday, January 14, 2022 - We can help the less fortunate ([Deut. 15:11](#), [Isa. 58:10](#), [1 Jn. 3:17](#))

- We are blessed to be a blessing (2 Cor. 9:10). God supplies our needs and allows us to be a blessing to others. When we give to others, He gives more to us (Prov. 11:25). When we are selfish, we hinder our own blessings. When we give offering, clothe the naked or feed the hungry, we please the Lord. Good works do not replace faith, but they can be the fruit of your faith.
- Matt. 25:34-40 NLT - 35 For I was hungry, and you fed me. I was thirsty, and you gave me a drink. I was a stranger, and you invited me into your home. 36 I was naked, and you gave me clothing. I was sick, and you cared for me. I was in prison, and you visited me.' 37 "Then these righteous ones will reply, 'Lord, when did we ever see you hungry and feed you? Or thirsty and give you something to drink? 38 Or a stranger and show you hospitality? Or naked and give you clothing? 39 When did we ever see you sick or in prison and visit you?' 40 "And the King will say, 'I tell you the truth, when you did it to one of the least of these my brothers and sisters, you were doing it to me!'

Saturday, January 15, 2022 - We can encourage justice and peace ([Mic. 6:8](#), [Matt. 5:9](#), [Rom. 12:17-21](#))

- Unfortunately, in our society, many groups are marginalized. This division and mistreatment are not God's intent or His Will. As mentioned previously, Jesus died for all. God's chosen people were just to serve as an example to the world of God's love and righteous living. He instructs us to be peacemakers because He is Love (1 John 4:8). He does not want us to repay evil for evil, but rather turn the other cheek (Matt 5:38-39). Do not seek vengeance, seek justice. Vengeance is the Lord's, and He will avenge us!
- Col. 3:23-25 NIV - 23 Whatever you do, work at it with all your heart, as working for the Lord, not for men, 24 since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving. 25 Anyone who does wrong will be repaid for his wrong, and there is no favoritism.

Sunday, January 16, 2022 - We can care for the sick ([Lk. 10:9](#), [Jm. 5:14](#))

- If you have a heart for the sick, show them Christ through your caregiving. Many sick people do not have family or friends to care for them. Some sick people have family and friends, but they are not able to care for their loved one sufficiently. Even if you cannot be a caregiver, you can put care packages together, you can keep them company or you can

make them comfortable. If God lays it on your heart to care for the sick, He will show you how you can be of service.

- Jn. 13:4-5, 12-17 NCV - 4 So during the meal Jesus stood up and took off his outer clothing. Taking a towel, he wrapped it around his waist. 5 Then he poured water into a bowl and began to wash the followers' feet, drying them with the towel that was wrapped around him ... 12 When he had finished washing their feet, he put on his clothes and sat down again. He asked, "Do you understand what I have just done for you? 13 You call me 'Teacher' and 'Lord,' and you are right, because that is what I am. 14 If I, your Lord and Teacher, have washed your feet, you also should wash each other's feet. 15 I did this as an example so that you should do as I have done for you. 16 I tell you the truth, a servant is not greater than his master. A messenger is not greater than the one who sent him. 17 If you know these things, you will be happy if you do them.

Monday, January 17, 2022 - We can forgive others ([Matt. 6:14-15](#))

- It's hard to serve with bitterness in your heart. Service has a way of healing the heart. When you serve others humbly, you forget about self. You put others' needs, feelings and desires above your own; not in an unhealthy way, but in a way that glorifies God and minimizes your problems.
- 2 Cor. 4:7 NCV - 7 We have this treasure from God, but we are like clay jars that hold the treasure. This shows that the great power is from God, not from us.

Tuesday, January 18, 2022 - We can advocate for the oppressed ([Heb. 13:3](#), [Matt. 25:36](#))

- While we are not to retaliate, we should exhibit and demand fair treatment for our oppressed sisters and brothers. This is what it means to love thy neighbor. When we love someone, we defend them. Seeking God through fasting and prayer will guide us on how we should proceed. If Moses had not followed God's lead, the children of Israel may have all died under the oppressive tyranny of Egypt's Pharaoh. Stand for justice and God will go before you and behind you like He did for the Israelites in the form of a pillar of clouds by day and a pillar of fire by night (Exo 13:21-22).
- 1 Cor. 1:26-29 NLT - 26 Remember, dear brothers and sisters, that few of you were wise in the world's eyes or powerful or wealthy when God called you. 27 Instead, God chose things the world considers foolish in order to shame those who think they are wise. And he chose things that are powerless to shame those who are powerful. 28 God chose things despised by the world, things counted as nothing at all, and used them to bring to nothing what the world considers important. 29 As a result, no one can ever boast in the presence of God.

Week Three
Author Elder Kabrice Lewis
Consecration is Continual We Must Die Daily. #livingsacrifice

"The way to have real Christmas: worship Him, then present your gift; presenting your body as a living sacrifice, wholly and acceptable to God" By William Branham

Gal. 2:20 NLT

20 My old self has been crucified with Christ. It is no longer I who live, but Christ lives in me. So I live in this earthly body by trusting in the Son of God, who loved me and gave himself for me.

The Apostle Paul stated, "Therefore I urge you, brothers and sisters, by the mercies of God, to present your bodies [dedicating all of yourselves, set apart] as a living sacrifice, holy and well-pleasing to God, which is your rational (logical, intelligent) act of worship," Rom 12:1 AMP. The extension of grace and the gift of eternal life came with a cost. A cost no man could afford; nevertheless, "for God so loved the world, that He gave His only begotten son, that whosoever believeth in Him should not perish, but have everlasting life," John 3:16 KJV. The significance of this scripture is in the sacrifice that was given. In order for lives to be saved, there was a life that had to be sacrificed. Jesus's life saved our life and most importantly, our soul. A sacrifice was necessary, and a sacrifice is still required. As the scripture informs us, "to whom much was given, much will be required," Luke 12:48 ESV. And if you ask me, eternity with God is much more than my longing heart could ever ask for. Now, before you panic, let's take a moment for clarity. God is not requiring you to literally be nailed to a cross, or to wear the crown of thorns on your head. Jesus was the only one qualified to carry the weight of every living soul's sin on his shoulders, and His blood was the only blood pure enough to present us faultless to the throne of grace. However, as followers and imitators of Christ, the example that was set before us models a life surrendered as an offering unto God for the purpose of God. Can you say the same for your life?

According to Merriam-Webster, sacrifice is defined as the act of giving up something that you want to keep, especially in order to get or to do something else, or to help someone. It is also an act of killing a person or animal in a religious ceremony as an offering to please a god. In essence, giving up something you do not want does not constitute as a sacrifice. Biblically, before the ultimate sacrifice was slain, an animal was used, set aside or consecrated for the sole purpose of being used to honor God, placed on an altar and consumed by fire. An animal who once lived for one purpose was consecrated, and in the consecration, its life's purpose was transformed to serve a completely different purpose, honoring God. Consecration requires

transformation. The transformation of a life that was born into sin, shaped in iniquity, to a life that was crucified, buried, and resurrected with Christ Jesus for the glory of God.

Living sacrificially requires intentionality. As DL Moody states, "The problem with a living sacrifice is that it keeps crawling off the altar." Are you intentional about remaining on the altar? The decision to remain on the altar is a continual choice of consecration. It's a daily declaration that proclaims "I have been crucified with Christ and I no longer live, but Christ lives in me. The life I live in the body, I live by faith in the Son of God, who loved me and gave himself for me," Gal. 2:20. How do we become intentional about remaining on the altar? How do we wake up each morning, continually consecrating ourselves, not for our own selfish wants and desires, but for the purpose(s) and will of God? In 1 Cor. 15:31 NIV, Apostle Paul states that "I die daily." The amplified version translates it saying, "I face death and DIE TO SELF". I like to refer to this song quite often, but for us who grew up in the nineties, MC Hammer released the theme song to the 1991 film, *The Addams Family* called the "Addams Groove". I want to call your attention to the lyrics. It goes a little something like this, "They do what they want to do, say what they want to say, live how they want to live, play how they want to play, dance how they want to dance, kick and they slap a friend, the Addams family." Basically, this family of horror was no family of honor or holiness because they basically did whatever they felt like doing. The moral of the story is, in order for us to die to self; in order for us to live sacrificially, we cannot follow the groove of this song. As a living sacrifice consecrated for the glory of God, we cannot do what we want to do, live how we want to live, play how we want to play, and dance how we want to dance. Continual consecration means that our lives are no longer our own. Rom. 12:2 AMP states, "and do not be conformed to this world [any longer with its superficial values and customs], but be transformed and progressively changed [as you mature spiritually] by the renewing of your mind [focusing on godly values and ethical attitudes], so that you may prove [for yourselves] what the will of God is, that which is good and acceptable and perfect [in His plan and purpose for you]. I once heard Pastor Steven Furtick say, "we live by revelation, not by situation." As we come to the end of this corporate fast, what has been revealed to your soul regarding the aroma of your offering? Have you placed your all on the altar? Are you struggling with remaining on the altar? As a little girl growing up in a Baptist church, I can recall the elders singing this particular song every time during communion. "Is your all on the altar of sacrifice laid? Your heart does the Spirit control? You can only be blessed, and have peace and sweet rest; as you yield Him your body and soul." To yield means "to give up and cease resistance or contention". I will conclude with a moment of transparency. Prior to accepting my call to ministry, the transitions of life positioned me one night in my bedroom on my knees in tears. I was tired of resisting the gravitational pull of God. While in deep meditation, the Holy Spirit posed this question that I will now pose to you, "You can die to you or you can die to me, which will you choose?" I'll wait but the time is winding down and you must "choose this day whom you will serve;" and service requires sacrifice.

WEEK THREE SCRIPTURE READING

Wednesday, January 19, 2022

- 2 Cor. 7:1 NIV - 1 Since we have these promises, dear friends, let us purify ourselves from everything that contaminates body and spirit, perfecting holiness out of reverence for God.

Thursday, January 20, 2022

- Rom. 6:12-14 NLT - 12 Do not let sin control the way you live; do not give in to sinful desires. 13 Do not let any part of your body become an instrument of evil to serve sin. Instead, give yourselves completely to God, for you were dead, but now you have new life. So use your whole body as an instrument to do what is right for the glory of God. 14 Sin is no longer your master, for you no longer live under the requirements of the law. Instead, you live under the freedom of God's grace.

Friday, January 21, 2022

- 1 Thess. 4:1-8 NLT - 1 Finally, dear brothers and sisters, we urge you in the name of the Lord Jesus to live in a way that pleases God, as we have taught you. You live this way already, and we encourage you to do so even more. 2 For you remember what we taught you by the authority of the Lord Jesus. 3 God's will is for you to be holy, so stay away from all sexual sin. 4 Then each of you will control his own body and live in holiness and honor 5 not in lustful passion like the pagans who do not know God and his ways. 6 Never harm or cheat a Christian brother in this matter by violating his wife, for the Lord avenges all such sins, as we have solemnly warned you before. 7 God has called us to live holy lives, not impure lives. 8 Therefore, anyone who refuses to live by these rules is not disobeying human teaching but is rejecting God, who gives his Holy Spirit to you.

Saturday, January 22, 2022

- Jm. 4:7-10, NCV - 7 So give yourselves completely to God. Stand against the devil, and the devil will run from you. 8 Come near to God, and God will come near to you. You sinners, clean sin out of your lives. You who are trying to follow God and the world at the same time, make your thinking pure. 9 Be sad, cry, and weep! Change your laughter into crying and your joy into sadness. 10 Humble yourself in the Lord's presence, and he will honor you.

Sunday, Jan 23, 2022

- Eph. 4:21-32 NLT - 21 Since you have heard about Jesus and have learned the truth that comes from him, 22 throw off your old sinful nature and your former way of life, which is corrupted by lust and deception. 23 Instead, let the Spirit renew your thoughts and attitudes. 24 Put on your new nature, created to be like God - truly righteous and holy. 25 So stop telling lies. Let us tell our neighbors the truth, for we are all parts of the same body. 26 And "don't sin by letting anger control you." Don't let the sun go down while you are still angry, 27 for anger gives a foothold to the devil. 28 If you are a thief, quit stealing. Instead, use your hands for good hard work, and then give generously to others in need. 29 Don't use foul or abusive language. Let everything you say be good and helpful, so that your words will be an encouragement to those who hear them. 30 And do not bring sorrow

to God's Holy Spirit by the way you live. Remember, he has identified you as his own, guaranteeing that you will be saved on the day of redemption. 31 Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. 32 Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.

Monday, January 24, 2022

- Rom. 12:1-2 NIV - 1 Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God - this is your spiritual act of worship. 2 Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is - his good, pleasing and perfect will.
- Rom. 6:2 NLT - 2 Of course not! Since we have died to sin, how can we continue to live in it?

Tuesday, January 25, 2022

- Rom. 7:4 ERV - 4 In the same way, my brothers and sisters, your old selves died and you became free from the law through the body of Christ. Now you belong to someone else. You belong to the one who was raised from death. We belong to Christ so that we can be used in service to God. 5 In the past we were ruled by our sinful selves. The law made us want to do sinful things. And those sinful desires controlled our bodies, so that what we did only brought us spiritual death

Wednesday, January 26, 2022

- 1 Cor. 6:18-20 NLT - 18 Run from sexual sin! No other sin so clearly affects the body as this one does. For sexual immorality is a sin against your own body. 19 Don't you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself, 20 for God bought you with a high price. So you must honor God with your body.
- 1 Tim. 6:11 NLT - 11 But you, Timothy, are a man of God; so run from all these evil things. Pursue righteousness and a godly life, along with faith, love, perseverance, and gentleness.

Conclusion

As we come to the conclusion of our 21-days of fasting and prayer, I trust that everyone of us has been compelled to totally and unconditionally give our lives over to Jesus Christ. It has been a period of personal development for me, and I hope that you have also grown closer to God and evolved into an honorable vessel suitable for the master's use as a consequence of your consecration experience as well. Why? Because our world, to put it bluntly, is in dire need of an honorable vessel through whom God might work on the earth to edify the church of Christ, while also casting light on those who do not yet recognize Jesus as their Savior. We trust that, despite the fact that our fast has come to an end, our daily dying to ourselves has not and will not end.

Now, Lord, we beseech you to preserve us, cleanse us, and sanctify us as we dedicate ourselves to your service. We want to be vessels of honor, vessels of choice, vessels that are holy and ready for your use! You have provided us with all we need in order to live for you and in order to serve you! In the name of Jesus, we pray that you would help us to live pure and acceptable lives before you. Amen

Finally, if you have evolved into an honorable vessel suitable for the master's use as a consequence of this consecration period, please let me know by emailing me Pastor Standfield at rodneystandfield@yahoo.com

27 WAYS OF FASTING

Alternative Ways or Types of Fasts

Please note these are suggestions only, you can fast in other ways and/or use a combination of the various methods. Remember if you have any doubts about fasting and/or a medical condition, please consult your doctor.

1. Midnight until 3:00pm abstaining from All meals for 21 days.
2. Eating only 2 meals a day for 21 days.
3. Eating only 1 meal a day for 21 days.
4. Giving up All meals 3 days a week for 3 weeks.
5. Giving up All meals 1 day a week for 3 weeks.
6. Daniel Fast: Eating only Nuts, Grains, Fruits, and Vegetables for 21 days.
7. Giving up All food and drinking Water and/or Juice only for 3 weeks.
8. No Television for 21 days.
9. No Coffee or Caffeine for 21 days.
10. No Video Games for 21 days.
11. No Instagram, Snapchat, Facebook, Twitter or other social websites for 21 days. (or reduce amount of time on social media)
12. No Desserts, Sweets, Soft Drinks, or Chocolate for 21 days.
13. All meals for 7 days, 2 meals a day for 7 days, 1 meal a day for 7 days.
14. No sex for 21 days.
15. No music, radio, morning drive talk show or iPod for 21 days except Gospel.
16. No reading except your bible and self-help books for 21 days.
17. Limited telephone and email usage for 21 days.
18. No fried foods or fast foods for 21 days.
19. No meats for 21 days.
20. No mall, online, or department store shopping or using credit cards for 21 days.
21. No smoking, No beer, No wine or alcoholic beverage for 21 days.
22. No nightclubs or partying for 21 days.
23. No gossiping or speaking evil of anyone for 21 days.
24. Only positive thoughts and deeds for 21 days. No complaining for 21 days.
25. No eating after dinner.
26. No fake cleaning your room.

27. Say 4 nice things a day to those who you love (parents, sisters, brother, spouse, etc).

General Fasting Info

Why Everyone Should Fast

If you've never fasted, now is the best time, as this is a joint venture! In the New Testament Jesus, made mention of "when we fast" (not 'if'), telling us that this should be a regular discipline in our lives.

Types of Fasts

You may choose a "Daniel Fast" - a diet consisting of fruits and vegetables, or you can participate in a total fast, consisting of water only, or a liquid fast of fresh juices. Other ways to participate include fasting from television, radio, Internet or anything that you recognize as having control over your life. Fasting is something the entire family can participate in to varying degrees - each person in his/her own way.

About Fasting

It is much easier to fast while active. Fasting will cause hunger pangs initially, but you will get the energy you need from stored fat in the body. If you are under the care of a Physician, please seek his/her advice regarding the level of participation that is best suited to your physical condition.

Why Fast?

Fasting is the most powerful spiritual discipline of all those discussed in the Bible. Through fasting and prayer, the Holy Spirit can transform your life and produce incredible results. Prayer alone is mighty, but when combined with fasting, it produces a powerful force which hell cannot prevail against.

Filling Ourselves During a Fast

The secret to being filled with the Spirit of God is first to empty ourselves. Through fasting, we empty ourselves of food so that He can fill us. Food is man's greatest carnal impulse. Fasting helps you to "master" this appetite. When you can control the strongest appetite, you can gain control of the other carnal appetites as well. Your appetite acts as a prayer alarm. Instead of eating to satisfy your cravings, you pray. This keeps you focused all day long. We replace pleasures of the flesh with spiritual pleasure. Psalms 34:8 says, "Oh, taste and see that the Lord is good; blessed is the man who trusts in Him!" Taste is a trigger which sets off certain physical and mental reactions or connections. When you taste the Lord through fasting and prayer, it triggers various reactions in your heart.

Best Ways to Prepare for the Fast

While hunger pangs and weakness can be an expected part of many fasts, you need not dehydrate, faint or get sick while fasting. There are several ways to prepare yourself physically for a healthy fast.

Days Before the Fast

1. Stop eating foods that are high in caffeine and sugar
2. Begin drinking more water than usual

Day Before the Fast

1. Eat something small every two hours
2. Avoid foods with caffeine and salt
3. Drink plenty of water

Final Meal Before the Fast

1. Plan the final meal early enough in the afternoon so that there's no rush to finish before your fast begins
2. Plan the menu of this final meal so that it contains high carbohydrates and low salts
3. Do not eat too much in the meal before the fast, but drink plenty of water

Good Advice for Ending Your Fast

After 21 days of fasting you may be tempted to "jump right back in" and eat some of the foods you've missed. However, it's much better to ease back into your normal eating habits rather than suffer from an upset stomach by loading it with foods it's not ready to digest. Here are some healthy ideas for ending your fast:

1. Begin with the simple B.R.A.T. diet recommended for upset stomachs - Bananas, Rice, Applesauce, Toast
2. Begin with broth soups and avoid heavy carbs and proteins
3. Eat something small and light every two hours and drink plenty of water

Health Benefits of a Fast

In addition to the countless spiritual benefits a person experiences through fasting, there are also many valuable health benefits.

1. The body goes through a natural detoxification process, allowing the release of poisons and toxins from the system.
2. Energy is diverted away from the digestive system due to its lack of use, and instead is routed to the metabolism and immune system.
3. You become rejuvenated due to an improved immune system, as well as the increased production of hormones.
4. The body begins to use stored fat as an energy source, which positively affects your cholesterol levels, blood pressure and weight.

What to Expect from a Fast

Excerpt from "You Are Not What You Weigh" by Lisa Bevere

1) Fasting Creates a New Hunger

"So we fasted and petitioned our God about this, and he answered our prayer." ~Ezra 8:32

When you fast ... you become hungry. At first, it may be hunger for food or whatever you are fasting from, but as the initial hunger pangs or longings cease, a new desire is formed.

Fasting causes you to hunger in the midst of abundance.

2) Fasting Increases Sensitivity to God

"There was also a prophetess, Anna...she never left the temple but worshipped night and day, fasting and praying. Coming up to them at that very moment, she gave thanks to God and spoke about the child to all who were looking forward to the redemption of Jerusalem" ~Luke 2:36-38

From this account of the widow woman, Anna, we can see that fasting and prayer had developed such a keen sensitivity in her that she perceived the Christ child at only a few days old. She could hear clearly what God was saying.

3) Fasting Works Humility

"Yet when they were ill, I put on sackcloth and humbled myself with fasting. When my prayers returned to me unanswered..." ~Psalms 35:13

When we fast, we deny ourselves food; we often feel our natural strength waning. In our weakness, we find ourselves more dependent upon God. It is a confrontation with the flesh; a time when we deny it satisfaction and provision. It is a time of turning aside from what we can provide and turning toward what God alone can give. This is often the setting for a confrontation between the spirit and the flesh. After forty days in the wilderness, Jesus was hungry physically; Satan came to tempt Him - to use His position as the Son of God to create bread from stone. But, instead, Jesus humbled Himself and answered, "It is written: 'Man does not live on bread alone, but on every word that comes from the mouth of God.'" ~ Matthew 4:4

4) Fasting Chastens or Disciplines

"When I wept and chastened my soul with fasting that became my reproach." ~Psalms 69:10

David maintained His spiritual life by means of bringing his body into subjection. Through self-inflicted chastening, we steady and strengthen our spiritual walk.

5) Fasting Changes Our Appetite

"While they were worshipping the Lord and fasting, the Holy Spirit said, 'Set apart for me Barnabas and Saul for the work to which I have called them'." ~Acts 13:2

While fasting, you may find that God reveals a "change of plans" from what you are currently doing or even feel "called" to do. God often uses times of fasting and prayer to speak to the desires of our hearts, and to reveal His purpose and destiny for our lives.

6) Fasting Increases Our Capacity

"Go, gather together all the Jews who are in Susa, and fast for me. Do not eat or drink for three days, night or day. I and my maids will fast as you do. When this is done, I will go to the king, even though it is against the law. And if I perish, I perish." ~Esther 4:16

This fast prepared Esther to overcome the fear of man - and even greater, her fear of death. This fast increased her capacity for self-sacrifice while it imparted wisdom. The survival of a nation depended on her willingness to lay down her life. She knew it was more than she could face in her present condition with her present information, so she drew on God's strength.

7) Fasting Brings Answers to Prayer

*"Then you will call, and the Lord will answer; you will cry for help, and He will say: Here am I."
~Isaiah 58:9*

A godly fast will bring answered prayer. It is the atmosphere for answers to questions, direction, help, and the revelation of God. It is a time when He says, "Here I am...I'm over here. Come to me." This revelation may come through His Word, or as a still small voice, or by a strong confirmation of what He has previously shown us.

8) Fasting Leads to Quick Healing

"Then your light will break forth like the dawn, and your healing will quickly appear." ~Isaiah 58:8

God set up the fast as a manner of healing His people - a time when the darkness of oppression, depression or infirmity is dispelled by light, such as the dawn. When this light breaks forth, healing soon follows. This could mean many things. It could be a revelation of sin, which, when repented of, allows healing to spring forth. It could mean a revelation of His will or Word, which brings healing and freedom where there was once darkness or ignorance. This healing could be physical, mental, or spiritual.

Even natural medicine supports this - many illnesses occur in the digestive system. A short fast gives your body a chance to refocus its energies on healing instead of eating. (*Please consult a physician before undertaking a fast if you are ill.*)

9) Fasting Opens the Door to God's Protection and Provision

*"Then your righteousness will go before you, and the glory of the Lord will be your rear guard"
~Isaiah 58:8.* God promised to be a guard before us and behind us. A fast renews your righteousness and sends it on before you. Then, as you give God the glory, He returns righteousness as your rear guard.

10) Fasting Looses Chains of Injustice

"Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke..." ~Isaiah 58:6

The kind of fast God leads us into has the power to loose any unjust chains that bind us. It also unties the cords tethering us to any yoke. This application is not limited merely to a personal liberation for us - it represents God's desire to see us reach out and loose the ties that bind others, and remove the chains of oppression.

11) Fasting Frees the Oppressed and Breaks Every Yoke

"Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke..." ~Isaiah 58:6

A fast is a time when we take our eyes off of ourselves and our own needs, and look around at the oppression and pain of others. In response, we learn to reach out in compassion and help - becoming agents of healing.

Jesus said that His yoke was easy and His burden was light. When we are carrying a burden other than His; it is cumbersome, awkward, and heavy. There is nothing more frustrating than feeling responsible for something over which you have no authority. It will weigh you

down with hopelessness and frustration. During a fast, God checks these areas in our lives and exposes the yokes of fear, worry, stress and turmoil. He removes them and readjusts His yoke for our life, the one that keeps us dependent upon Him. If you're feeling weighed down perhaps you are carrying too much.

12) Fasting Motivates Us to Provide Food for the Needy

"Is it not to share your food with the hungry..." ~Isaiah 58:7

The benefit is obvious - if you are not eating because of a fast, then you are free to share your portion with those less fortunate. Maybe you should give away any food lingering in your refrigerator or pantry that has a significant pull on you. Share with someone else, but don't proclaim or herald your fast... just give it to them.

Fasting is Not a Burden - It's a Privilege

Fasting is intimate and private. It originates in the secret place between you and God. He waits in the secret place for you to join Him. After we visit Him in secret, He will reward us openly. Inward transformation brings about an outward anointing, blessing and provision. Inward transformation positions us for the promotion of the Lord. He will:

*Prepare a table before me
in the presence of my enemies.
You anoint my head with oil;
my cup overflows.
Surely goodness and love will follow me
all the days of my life,
and I will dwell in the house of the Lord forever.
~ Psalms 23:5-6*

This passage describes the open reward of the Lord. It is a feast of provision; it brings an assurance of His presence. Even during opposition, the Believer who fasts as an act of separation from the world receives the rewards of God.

Bible Reading and Prayer Focus

During the fast, set aside one to two hours per day for worship, devotion and prayer. The Word of God will feed your spirit and bring fresh conviction to your heart. Spend time reading and meditating on scripture, and then praying for conviction and freedom in the specific areas revealed to you by God. It is also recommended that you keep a journal of all that He illuminates in your heart.

GUIDELINES FOR DANIEL FAST

Foods We May Eat

Whole Grains: Brown Rice, Oats, Barley

Legumes: Dried Beans, Pinto Beans, Split Peas, Lentils, Black Eyed Peas

Fruits: Apples, Apricots, Bananas, Blackberries, Blueberries, Cantaloupe, Cherries, Cranberries, Oats, Figs, Grapefruit, Grapes, Guava, Honeydew Melon, Kiwi, Lemons, Limes,

Mangoes, Nectarines, Papayas, Peaches, Pears, Pineapples, Plums, Prunes, Raisins, Raspberries, Strawberries, Tangelos, Tangerines, Watermelon

Vegetables: Artichokes, Asparagus, Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Chili Peppers, Corn, Cucumbers, Eggplant, Garlic, Gingerroot, Kale, Leeks, Lettuce, Mushrooms, Mustard Greens, Okra, Onions, Parsley, Potatoes, Radishes, Rutabagas, Scallions, Spinach, Sprouts, Squashes, Sweet Potatoes, Tomatoes, Turnips, Watercress, Yams, Zucchini

Other: Seeds, Nuts, Sprouts

Liquids: Spring Water, Distilled Water, 100% All-Natural Fruit Juices, 100% All Natural Vegetable Juices

Foods to Avoid

All meat and animal products including but not limited to beef, lamb, pork, poultry, and fish
White Rice, Fried Foods and Caffeine

Beverages including but not limited to coffee, tea, herbal teas, carbonated beverages, energy drinks, and alcohol

Foods containing preservatives or additives

Refined Sugar-white sugar, sugar substitutes, All sweeteners

White Flour and All products using it

All dairy products including but not limited to milk, cheese, cream, butter, and eggs

Margarine, shortening, high fat products, oils

All deep-fried foods including but not limited to potato chips, French fries, corn chips

Sample Prayer and Fasting Journal

Date: _____

Have I ...

Confessed & Repented of my sins?	Yes	No
Thanked the Lord for his blessings?	Yes	No
Used the time wisely that God has given me this day?	Yes	No
Prayed for Others, my church, other churches?	Yes	No
Thought or spoken kindly to family and friends today?	Yes	No
Meditated upon God's Word today?	Yes	No

My prayer request(s) are:

Insights from my Bible reading are:

The practical steps I will take to change are:
