

AMBASSADORS

WORSHIP CENTER

“Forward”

CONSECRATION & FASTING

January 2nd – 23rd, 2019

Philippians 3.12-14 (ESV) *Not that I have already obtained this or am already perfect, but I press on to make it my own, because Christ Jesus has made me his own. Brothers, I do not consider that I have made it my own. But one thing I do: forgetting what lies behind and straining forward to what lies ahead, I press on toward the goal for the prize of the upward call of God in Christ Jesus*

In the Kingdom of God, we do not fast for religious reasons, we fast for relational reasons. We know that fasting strengthens our relationship with God and awakens our spiritual sensitivity. Therefore, the plan laid out in this document is not a mandate or directive.

What is Consecration?

Consecration is the intentional giving of one's whole self to God as a means of personal sacrifice to sanctification for a specific time frame.

What is Fasting?

- A willingness and abstaining from natural pleasures for spiritual renewal
- Your personal commitment to renounce the natural for the spiritual
- Daily dedication to pray and pursue biblical knowledge instead of eating
- Time to really focus your mind and soul on tapping into God's will
- It's not dieting, but gaining supernatural power by weakening the flesh

What Do We Fast?

The idea is to do **without** things that typically take up your time, giving you pleasure and refocus your energy on God and your spiritual growth. Generally, fasting includes limiting or eliminating food, but what you fast is something decided between you and God.

Benefits of Fasting:

Spiritual discipline	Clear, sober mind
Purified body	Hunger for God and His Word
Spiritual freedom	Physical freedom
Increased spiritual sensitivity	

Scriptural References

Joel 2:1-32	Jeremiah 36:9	Daniel 9:2-3
Isaiah 58:6	Matthew 4:2	Esther 4:16
Acts 14:22-23	2 Chronicles 20:3-4	Matthew 6:16-18

How do I Fast?

Make the time commitment	Spend time reading the Word
Prepare spiritually through prayer	Prepare physically & mentally
Choose a schedule	End the fast gradually
Expect more spiritual sensitivity	

Suggested Eating Recommendations* :

January 2-8 Organic poultry, fish, plant-based produce & filtered water
January 9-15 Plant-based produces & filtered water
January 16-23 Filtered water only

* Medications should be continued during the fast

Ending the Fast:

- The longer the fast, the greater care must be taken in discontinuing it
- First and second meals, consider a warm soup dish
- Third meal can incorporate fresh greens, fruits and vegetables
- Limit your intake of meat and non-plant based foods
- Solid foods can be taken in small amounts, if tolerated and desired
- Consider establishing a healthy eating plan for the rest of your life

Recommended Readings

The Purpose & Power of Vision by Dr. Myles Munroe
Rediscovering the Kingdom by Dr. Myles Munroe
Overcoming Crisis by Dr. Myles Munroe
Understanding the Purpose & Power of Prayer by Dr. Myles Munroe
Battlefield of the Mind by Joyce Meyer

Dates/ Times of Prayer Opportunities

Sunday January 6, 13 and 20 6:00 PM

DISCLAIMER:

Feel free to modify this plan to best incorporate it into your lifestyle. If for some reason the plan is broken, don't feel guilty; simply, continue and trust the Lord for the rest. To live in guilt or self-pity during the consecration would be adverse to your progress. God always looks at the heart and not how many meals you are denying yourself.

Please pray, consult with the Holy Spirit, your physicians and family before entering this or any consecration. Be sure to consider the effects of your fast on others by informing your family of your decision prior to starting the fast. Married couples are advised to be in agreement before entering a fast.