

SOLID ROCK FELLOWSHIP COGIC

Invites You To

21 DAYS

Of

Prayer

&

FASTING

PASTOR

**Jonathan
COOPER**

LADY

**Errica
COOPER**

Isaiah 58:6 Daniel 10:3

Joel 2:12 Ezra 8:23

Nehemiah 1:4 2 Chronicles 20:3

STARTING

Monday

JANUARY

6TH - 26TH

2025

Unlocking

Supernatural Breakthrough

590 Herring Road | Newnan, GA 30265

MORE INFO:

www.solidrockfellowship.org

ABOUT US

VISION STATEMENT

That every member of our church will become a faithful, focused, and fruitful disciple of Christ.

MISSION STATEMENT

Reaching the lost, making disciples, and equipping the believer to walk in victory through the word and power of the Holy Spirit.

MOTTO

Discipleship, Worship, & Ministry

GOALS

1. To win the lost to Jesus Christ and to the local church
2. To provide biblical solutions for practical living
3. To bring people into spiritual maturity
4. To equip the believers for ministry and mission in the local church, the community, the world, and life

2025 CHURCH THEME

Reaping the Harvest!

"Say not ye, There are yet four months, and then cometh harvest? behold, I say unto you, Lift up your eyes, and look on the fields; for they are white already to harvest." --John 4:35

GREETINGS FROM PASTOR JONATHAN R. COOPER

Greetings Beloved Solid Rock Fellowship,

Lady Cooper and I are excited that you have decided to join us in our 21-day Fast. The Lord Jesus Christ emphasizes throughout scripture that fasting is a personal exercise of commitment, conviction, and love. Jesus didn't say if you fast, but **when** you fast (Matthew 6:16-18 & 9:14-15)! The scriptures record many instances where people fasted; and a season of growth and spiritual blessings always followed. As you participate in this fast, you will begin to discover and experience God in a new way. Your relationship with the Lord will grow and your vision, clarity, and focus will sharpen. We are excited to see what God will do in you and through you; as well as our corporate body.

Over the next 21 days, we will come together as a church family to seek God and prepare ourselves for what He has in store for us this year! Please stay encouraged, and if you happen to fail, don't be discouraged or feel condemned. Get back on track and keep going – remember, His mercies are new every morning. He will give you grace and strength to keep moving, so don't quit!

You have made a commitment to participate in the SRF Fast. This 21-day fast will begin and end at 6 AM on the appointed dates in January. Corporate prayer will be held at our regularly scheduled times on Sundays at 9:15 AM (in-person) and Tuesdays 6:45 P.M. (in-person) and Fridays at 11:00 A.M. (virtually).

We will have 3 main Corporate Fasting and Prayer Goals:

- 1. Spiritual Growth (Our Daily Walk with God)**
- 2. Health for the Whole Man (Physical, Mental, and Emotional)**
- 3. Financial Wellness (Supernatural Breakthrough, Increase, and Provision)**

Please take the time to read this packet for additional Fast information. We look forward to God meeting us together as we journey to another level in Him.

In His Service,
Pastor Jonathan and Lady Errica Cooper

DAILY GUIDELINES/PATTERN FOR 2025 FAST

Prayer Schedule In-Person & Virtual
Zoom Telephone: 646 558 8656
Meeting ID: 833 2862 5178 Passcode: 665306
Tuesdays 6:45 P.M. - 7:00 P.M. In-Person
Fridays 11:00-11:15 A.M. Virtual Only
Sundays 9:15-9:30 A.M.

Fasting is the discipline of abstaining from food with the purpose of increasing our hunger for God. Consecration is the act of separating ourselves from worldly activities to give ourselves to scripture study and prayer. We are inviting you to select a fasting plan and to join us for prayer.

First 3 Days

Complete (Full) Fast -- Only Water & 100% Juice if needed for medical/health reasons

Day 4-21 -- If you choose to do the Daniel Fast -- Avoid meat, pasta, dairy, high fat and processed foods, fried foods, soda, caffeine, sweets. Eat fruits, vegetables, and whole grains. If you do a Normal Fast, you can have meat after your fast time, but also limit all the above.

1. Limit liquids during the fast to water and natural fruit juices (unless there are medical needs).
You may choose to fast to 3 P.M. each day instead of 6 P.M. After the first 3 days, if you are doing the Daniel Fast, you can eat fruits and vegetables throughout the day OR have a meal of vegetables/fruits after your fast time ends -- ex. after 6pm).
2. Read the Bible daily. Try to designate a specific time to study each day. (There are some suggested scriptures in this packet).
3. Read the prayer and reflection section. Spend some time reflecting on the declaration and prayer; journal your response.
4. Spend quality time in prayer. *Try to set aside a specific time to pray each day, for example: 6AM, 12 Noon, 6PM--Choose times that work for you.*
5. Prayer focus for this consecration.
 - a. Spiritual Growth (Our Daily Walk with God)
 - b. Health for the Whole Man (Physical, Mental, Emotional)
 - c. Financial Wellness (Supernatural Breakthrough, Increase, and Provision)

As always, we will also be praying for our families and households, our communities, our church leadership, one another, the sick, the lost, our nation and government, and for souls to be added unto the church such as to be saved.

More information on fasting and how the youth can participate is on our website at www.solidrockfellowship.org. Click on FASTING 2025.

21 DAYS OF PRAYER + FASTING

PRAYER FOCUS 2025

PRAYER FOCUS #1

SPIRITUAL GROWTH

We are praying that God would renew our minds, spirit, and inner man and to help us embrace the spirit of excellence as we **GROW IN GRACE** (2 Peter 3:18~"But grow in the grace and knowledge of our Lord and Savior Jesus Christ.") We are praying for a heart to put God first: "And he said to them all, If any man will come after me, let him deny himself, and take up his cross daily, and follow me" (Luke 9:23). "Help us O God to grow in your love and your grace that we may reflect YOU everywhere we go. We want to be your ambassadors and let our lights shine that others may see our good works and glorify you." We pray that the Lord stirs up a spirit of love -- love for people and love for him. We are seeking God for a refreshing of the Holy Spirit to help us to walk in righteousness and holiness. We are asking God to equip every leader, every auxiliary, every department, every ministry, and every person who works in those ministries with a commitment to excellence in everything we do. We refuse to yield to the spirit of complacency. We take authority over every spirit of sloth, laziness, and indifference. We are asking God to keep us in the spirit of unity and working together in love. We are praying that everyone who works in the ministry would step up to the challenge that Jesus gave in Mark 12:30; to love God with the whole heart, soul, mind, and strength. We pray that our love for God will motivate us to give Him excellent service. We pray that our love for God will help us to become dependable, accountable, and trustworthy as we work in the ministry. We are asking God to deliver us from distractions, worldly desires, and sluggishness. We pray for the fire of the Holy Spirit to stir us to good works -- We pray to be better stewards of our bodies, families, time, resources (money, talents, skills, etc.) We ask God to put the "witness" spirit back into our lives.

1 Peter 2:1-2 Wherefore laying aside all malice, and all guile, and hypocrisies, and envies, and all evil speakings, As newborn babes, desire the sincere milk of the word, that ye may grow thereby:

Psalms 1:1-3 Blessed is the man that walketh not in the counsel of the ungodly, nor standeth in the way of sinners, nor sitteth in the seat of the scornful. But his delight is in the law of the LORD; and in his law doth he meditate day and night. And he shall be like a tree planted by the rivers of water, that bringeth forth his fruit in his season; his leaf also shall not wither; and whatsoever he doeth shall prosper.

Psalms 51:10-13 Create in me a clean heart, O God; and renew a right spirit within me.

Cast me not away from thy presence; and take not thy holy spirit from me. Restore unto me the joy of thy salvation; and uphold me with thy free spirit. Then will I teach transgressors thy ways; and sinners shall be converted unto thee.

Acts 2:42 - All the believers devoted themselves to the apostles' teaching, and to fellowship, and to sharing in meals (including the Lord's Supper), and to prayer.

Colossians 3:22-23 - Work willingly at whatever you do, as though you were working for the Lord rather than for people.

21 DAYS OF PRAYER + FASTING

PRAYER FOCUS 2025

PRAYER FOCUS #2

HEALTH FOR THE WHOLE MAN

We yield ourselves completely to the Holy Spirit. We say, "Yes Lord." We say yes to His plan and purpose for our lives. We are asking God to break up the fallow ground and tear down every stronghold of stubbornness and disobedience. We pray that He will give us the wisdom to diligently guard our hearts and to avoid opening doors that will give the enemy the opportunity to return. We are asking the Lord to deepen our relationship with him, that will inspire us to remain in a perpetual state of consecration. Lord, heal our physical body -- move any illness and disease, make us new O God. Move depression and feelings of oppression. We take authority over the spirit of pride, jealousy, arrogance, selfishness, and strife all of which facilitate the spirit of rebellion. We're asking God to renew our minds that we may hear His voice and make every effort to abide in His perfect will. We yield ourselves to God in every dimension of our lives mind, body, soul, and spirit.

1 Peter 2:24 Who his own self bare our sins in his own body on the tree, that we, being dead to sins, should live unto righteousness: by whose stripes ye were healed.

Exodus 15:26 And said, If thou wilt diligently hearken to the voice of the LORD thy God, and wilt do that which is right in his sight, and wilt give ear to his commandments, and keep all his statutes, I will put none of these diseases upon thee, which I have brought upon the Egyptians: for I am the LORD that healeth thee.

Exodus 23:25 And ye shall serve the LORD your God, and he shall bless thy bread, and thy water; and I will take sickness away from the midst of thee.

Ephesians 4:23 - And be renewed in the spirit of your mind

Galatians 5:1 - Stand fast therefore in the liberty wherewith Christ hath made us free, and be not entangled again with the yoke of bondage.

3 John 1:2 Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.

1 Corinthians 3:17 If any man defile the temple of God, him shall God destroy; for the temple of God is holy, which temple ye are.

1 Corinthians 10:31 Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God.

Proverbs 16:24 Pleasant words are as an honeycomb, sweet to the soul, and health to the bones.

Proverbs 3:7-8 - Be not wise in thine own eyes: fear the LORD, and depart from evil. (Read More...)

Proverbs 4:20-22 - My son, attend to my words; incline thine ear unto my sayings. (Read More...)

Proverbs 17:22 A merry heart doeth good like a medicine: but a broken spirit drieth the bones.

PRAYER FOCUS 2025

PRAYER FOCUS #3

FINANCIAL WELLNESS

Father, in the Name of your Son Jesus, I confess your Word over my finances this day. As I do this, I say it with my mouth and believe it in my heart and know that your word will not return to you void. But will accomplish what it says it will do. Therefore, I believe, in the Name of Jesus, that every need is met according to Philippians 4:19. I believe that because I have given tithes and offerings to further your cause, Father, gifts will be given to me, good measure, pressed down, shaken together, and running over will they pour into my bosom. For with the measure I deal out, it will be measured back to me.

1 Timothy 5:8 But if any provide not for his own, and specially for those of his own house, he hath denied the faith, and is worse than an infidel.

Hebrews 13:5 Let your conversation be without covetousness; and be content with such things as ye have: for he hath said, I will never leave thee, nor forsake thee.

Luke 14:28 For which of you, intending to build a tower, sitteth not down first, and counteth the cost, whether he have sufficient to finish it?

Proverbs 13:22 A good man leaveth an inheritance to his children's children: and the wealth of the sinner is laid up for the just.

Proverbs 3:9-10 Honour the LORD with thy substance, and with the firstfruits of all thine increase.

Ecclesiastes 5:19 Every man also to whom God hath given riches and wealth, and hath given him power to eat thereof, and to take his portion, and to rejoice in his labour; this is the gift of God.

GENERAL PRAYER THROUGHOUT THE FAST

We are praying for our families and households, our communities, our church leadership, one another, the sick, the lost, our nation and government, the youth, and for souls to be added unto the church such as to be saved. We are asking for an outpouring of His spirit upon every age group including our youth and children. We pray that He would set their souls on fire and give them a hunger for God that they never had before. We pray that parents will become mighty intercessors for their homes. We are believing God will grant supernatural transformation of home environments, marriages and child-parent relationships, that will facilitate a nurturing environment for their children. We are praying for every civil authority (local, state, and national government offices). We are praying that wisdom, knowledge, and a right heart be implanted in our governing bodies and church leaders. We take authority against spiritual wickedness in high places and we declare peace and safety in our communities. Lord, we ask that you heal the sick as we come against diabetes, high cholesterol, high blood pressure, cancer, kidney disease, liver disease, respiratory viruses. Lord, destroy the strongholds of addiction to food, drugs, alcohol, pornography and every vice that is attacking your people. Save. Heal. Deliver.

1 Timothy 2:1-2 "I urge, then, first of all, that petitions, prayers, intercession and thanksgiving be made for all people — for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness."

Joel 2:28, 29 - And it shall come to pass afterward, that I will pour out my spirit upon all flesh; your sons and your daughters shall prophesy, your old men shall dream dreams, your young men shall see visions: And also upon the servants and upon the handmaids in those days will I pour out my spirit.

Acts 2:47 Praising God, and having favour with all the people. And the Lord added to the church daily such as should be saved.

Prayer and Fasting 101:

Fasting without prayer is a diet and does not manifest any supernatural benefits. We must fast and pray!

Why Pray?

Prayer is a two-way medium for communicating with God. Prayer is not just talking to God but it is also listening to hear what He has to say. Our primary goal in prayer should be to know Jesus and to experience Him. When you pray, surrender totally to Him and tell Him about your desire to glorify Him. Focus on who He is, His character, love, goodness, and greatness.

Make a commitment to communicate with God DAILY by scheduling time to spend with Him.

If you don't plan to pray, you won't. Find worship music to listen to – this will help set an atmosphere for entering into the presence of the Lord.

Jeremiah 33:3 NIV, "Call to me and I will answer you and tell you great and unsearchable things you do not know."

Why Fast?

The **purpose** and goal of fasting is to strengthen you spiritually, mentally and physically. By incorporating fasting and prayer as a part of your Christian walk, you will grow closer to the Lord as you mature in your faith.

Fasting will help you increase your ability to deny the flesh. Over the next 21 days, be diligent in your study and meditation of God's Word. Our objective is to focus our attention on seeking God's direction for our lives. Through fasting and prayer, the Holy Spirit can transform your life!

Preparing to Fast

Isaiah 58:3-6 NIV, "Why have we fasted," they say, "and you have not seen it? Why have we humbled ourselves, and you have not noticed?" "Yet on the day of your fasting, you do as you please and exploit all your workers. Your fasting ends in quarreling and strife, and in striking each other with wicked fists. You cannot fast as you do today and expect your voice to be heard on high. Is this the kind of fast I have chosen, only a day for people to humble themselves? Is it only for bowing one's head like a reed and for lying in sackcloth and ashes? Is that what you call a fast, a day acceptable to the Lord? "Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke?"

Before you begin a fast, it is important that you prepare yourself. Although fasting is primarily a spiritual discipline, it begins in the physical realm. You should not attempt to fast without (specific) physical preparation. If you take prescription medication or have a chronic condition, please consult your physician first.

Before the fast begins, prepare your body by eating smaller meals. Avoid high-fat and sugary foods. Eat raw fruits and vegetables two days prior to starting the fast. Depending upon the type of fast you choose, you may even need to gather a few recipes for meal preparation.

Remember when Jesus went on His 40-day fast? He went by Himself out into the wilderness. Consequently, you too may need to modify your daily habits or routines. Many people are able to fast and function fine without much fatigue; bless God if this is you. However, if not, exercise wisdom during this 21-day period and make adjustments as necessary.

Throughout your fast, you may feel somewhat weaker than normal; especially during the first few days. In fact, you may feel very tired, irritable or fatigued. To maintain your health and morale, it would be a good idea to lighten your workload and cut down on strenuous exercise.

Here are some steps you should take to ensure your fast is effective.

Step 1: Why Are You Fasting?

What is the purpose of your fast? What are expecting God to do during this fast? Is it for spiritual direction? Healing? Discipline? Ask the Holy Spirit to lead you as you determine your personal reason for fasting.

We are all at different places in our walk with God, so start where **you** are! We should not fast to impress others or to prove our spirituality. We fast to draw nearer to God.

“Moreover, when we fast, be not, as the hypocrites, of a sad countenance: For they disfigure their faces that they may appear unto men to fast. Verily I say unto you, they have their reward.” (Matthew 6:16).

Step 2: Make Your Commitment

Make your commitment to the Lord after giving consideration and thought to a few key areas such as:

- Corporately, we are encouraging our members to do the Daniel Fast together; however, if you have any condition that prohibits you from being a part of the Daniel Fast, there are other options. Choose something from your daily routine (i.e. specific foods or beverages, television, technology, etc.) and fast in that manner for the next 21 days. Parents consider this option for your children. Remember, the details are not as important as the attitude from which you participate.
- What changes will you need to make to your daily schedule? I.E. a modification to your exercise routines, sporting events, etc. When fasting, your energy levels will be different, so you may need to adjust your schedule during the fast.
- How much time do I need to devote to prayer and study of God’s Word? Set a start and end time for prayer, reading, meditating and studying the Word.

Step 3: Prepare Yourself Spiritually

Spiritual preparation is essential for a successful fast. The very foundation of fasting and prayer is repentance. Unconfessed sin can hinder your prayers. Begin to prepare yourself spiritually by meditating on the following in your heart:

- Remember that God is your Father. He loves you and is for you.
- Confess every sin that the Holy Spirit brings to your remembrance and accept God's forgiveness (1 John 1:9).
- Seek forgiveness from all whom you have offended, and forgive all who have hurt you (Mark 1:25, Luke 11:4, Luke 17: 3-4).
- Ask God to fill you with His Holy Spirit according to His Word in Ephesians 5:18 and His promise in John 5:14-15.
- Surrender your life fully to Jesus Christ as your Lord and Master; refuse to blend in with the world (Romans 12:1-2).
- Meditate on the Word of God particularly concerning the character of God, His love, sovereignty, power, wisdom, faithfulness, grace and compassion (Psalm 48:9-10, Psalm 103:1-8, Psalm 103:11-13).
- Begin your time of fasting and prayer with an expectant heart (Hebrews 11:6).
- Be prepared for spiritual opposition, the enemy will come to attack and test your commitment (Galatians 5:16-17).

What to eat on the Daniel Fast

One of the great things about the Daniel Fast is that you are not limited to any specific amount of food, only the kind of foods you can eat.

**Water in the excess of 10 or more cups per day will help reduce fatigue and withdrawals and help you maintain hydration.*

Foods to Eat:

- Whole Grains: Brown Rice, Oats, Barley
- Legumes: Dried Beans, Pinto Beans, Split Peas, Lentils, Black Eyed Peas
- Fruit: Apples, Apricots, Bananas, Blackberries, Blueberries, Cantaloupe, Cherries, Cranberries, 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, Kale, Greens, Lettuce, Mushrooms, Okra, Onions, Potatoes, Spinach, Squash, Sweet Potatoes, Tomatoes, Yams, Zucchini

- Seeds, Nuts, Sprouts
- Liquids: Water, Unsweetened Soy Milk, Herbal Tea, Natural Fruit Juice (no added sugar)

If you have young children or students, you may want to consider adding turkey, chicken or fish to the approved list of foods.

Foods to Avoid:

- Meat, Poultry, Fish
- White Rice, Fried Foods
- Carbonated Beverages
- Foods containing preservatives or additives
- Refined sugar or sugar substitutes
- White flour
- Margarine, shortening, high fat products
- All breads
- Dairy (milk, butter, cheese, yogurt, etc.)
- Junk foods
- Sweets

Fasting While Nursing or Pregnant

If you are pregnant or nursing but would like to participate in the 21-day fast, here are some options you may want to consider. First, obtain the approval of your physician. Then consider the following:

- A modified Daniel Fast including whole grain, legumes, whey protein, calcium and other iron supplements
- Fasting sweets and desserts
- Fasting red meat
- Fasting certain pleasurable activities (television shows, movies, social media, video games, etc.)

You can still participate in the fast without causing harm or injury to yourself or your baby; as your first priority is the health and development of your baby.

Ending your Fast The way you end your fast is extremely important to your physical and spiritual well-being. When the fast is over, gradually resume your previous diet. A greasy cheeseburger for example would not be the best food selection. Your digestive track has slowed down tremendously and heavy, fatty, sugary foods will cause nausea, pain and overall discomfort. Here are some tips to help end the fast properly:

- Break an extended water fast with fruit such as watermelon.
- While continuing to drink fruit or vegetable juices, add the following:
 - First day: Raw salad
 - Second day: Baked or broiled potato, no butter or seasoning
 - Third day: Steamed vegetables

An important ingredient – Studying God’s Word

It is important that we spend time studying God’s Word. The Bible is the inspired Word of God. It is important to mediate, memorize and apply the Word on an everyday basis.

Why study God’s Word?

- Because the Word when spoken has the power to run the enemy away (Matthew 4:1-11).
- Because the Word when applied will keep us from sin (Psalm 119:11).
- Because the Word when practiced will guide and instruct us in the ways of God (Psalm 119:105).
- Because the Word when received in our hearts will help us develop knowledge and understanding of God’s character (Timothy 2:15).
- Because the Word when obeyed will disciple us in the Lord’s principles, so we begin to look more and more like Jesus (2 Timothy 3:16-17).
- Because the Word when meditated upon will cause us to prosper and have good success (Joshua 1:18)

Additional Fasting Tips:

On a normal fast, you typically go without food of any kind for a certain number of days. You do drink water, and plenty of it! Depending on the length of the normal fast, you may also choose to take clear broth and juices in order to maintain your strength.

Important Tips:

- (1) Pray at least 3 times a day. (If you feel weak, pray!)***
- (2) Read your Bible and meditate as much as you can. (Try to seek the Lord through the word in the morning, on your lunch, and in the evening.)***
- (3) Limit TV, social media, video games, unnecessary shopping, telephone, excessive talking, etc. during this time also.***
- (4) DRINK PLENTY OF WATER (6-8 glasses each day) Toxins are being released from your body, and the water will help with that process.***
- (5) If you choose a different type of fast, please remember that fasting without prayer and without being led of God can be dangerous -- because fasting without prayer and without being led of God is just going without eating! Please pray and ask God what type of fasting you should be doing.***
- (6) The Daniel Fast is a healthy way of eating; however, please consult your physician about the Daniel Fast (plant-based eating) if you still have concerns.***

Daniel or Normal Fast Prayer and Meditation Scriptures

Day 1

- **Pray for the unification of the church and the manifestation of God's glory.**
- **Pray that everyone that participates in the fast will seek the Lord as a unified body (John 17:20 – 23).**

Day 2

- **Pray for spiritual growth in the lives of the members. Pray that we would all develop in the love of God (Matthew 22:37 – 40, Philippians 1:9 -11, Corinthians 13).**
- **Pray that we all bear fruit (Galatians 5:22 – 23, Colossians 1:9-11).**
- **Pray for believers to develop into mature disciples (Matthew 28:19 -21, Matthew 10:7-8).**
- **Pray that we be delivered from strongholds (Mark 9:14-29).**

Day 3

- **Pray for the fivefold ministry (Ephesians 4:8 - 11).**
- **Pray for wisdom/knowledge and understanding for our pastors (Colossians 1:9).**
- **Pray that the leadership in our local church walk together in unity; sharing the vision of our pastors (Numbers 11, 16-17).**

Day 4

- **Pray for unsaved loved ones (Acts 16:31).**
- **Pray for our nation (Psalm 33:12, Exodus 19:5-6).**
- **Pray for divine protection (Psalm 91, Psalm 3, Isaiah 54:17, Isaiah 58:8).**

Day 5

- **Pray for God's favor to be released (Psalm 102:13, Psalm 5:12, Psalm 30:5, Psalm 41:11).**

Day 6

- **Pray for the manifestation of God's glory to be revealed (2 Corinthians 3:18, 1 John 4:17, Colossians 1:27).**
- **Pray for godly families (Genesis 18:18 – 19).**
- **Pray for godly marriages and broken marriages to be healed (Ephesians 5:22 – 33).**

- **Pray for children to love and follow the Lord. Pray that children will obey their parents (Acts 16:31, Ephesians 6:1-3).**

Day 7

- **Pray for wise financial stewardship (2 Corinthians 9:8, Deuteronomy 8:18).**
- **Pray for Kingdom business to be established (Deuteronomy 28:8, Daniel 6:2-3).**
- **Pray for sufficient resources for the church, our families, and businesses (Philippians 4:19).**
- **Pray for economic empowerment.**

Day 8

- **Pray for clear opportunities to share the Gospel with others (Colossians 1:9-27). Pray for courage when inviting others to attend church with you (Philemon 6).**

Day 9

- **Pray for that the vision and purpose of the ministry will come to pass (Habakkuk 2:2-3) and the people began to duplicate Christ's character (Acts 11:26).**
- **Pray for God to give us special favor in our communities as we reach out to those that need salvation (Psalm 84:11).**

Day 10

- **Pray for believers to increase their prayer life (Luke 18:1).**
- **Pray for all to obtain the strength to remain focused on their commitment to continue the fast (Galatians 6:9, Philippians 1:3-6).**

Day 11

- **Pray for the courage to obey God in all areas of your life, no matter the opposition (Joshua 1:6-10).**
- **Pray for the sick and suffering amongst our congregation (James 5:13 – 16, Psalm 103:3).**

Day 12

- **Pray that God will use our youth and our youth ministry to effectively impact the next generation (Psalm 78:1-7).**
- **Pray that the hearts of those within our church family will receive the light of Jesus Christ (Matthew 5:14-16; Psalm 27).**

Day 13

- **Pray that the congregation will discover God's purpose for their life (Jeremiah 29:11-13).**
- **Pray that every need within the ministry is met. Pray for generous givers (2 Corinthians 9:6-15)**
- **Pray that our giving exceeds 100% from our tithers and contributors.**

Day 14

- **Pray for the vision and purpose of the ministry to come to pass (Habakkuk 2:2-3)**
- **Pray for families to commit to the ministry and to actively volunteer to serve (Joshua 23:14-15).**

Day 15

- **Pray let us draw near to You with a true heart in full assurance of faith (Heb. 10:22)**
- **Pray fill us with the knowledge of Your will (Col 1:9)**
- **Pray for wisdom and spiritual understanding (Col 1:9)**

Day 16

- **Pray that our Pastors are faithful (Ps 31:23)**
- **Pray that our Pastors do not grow weary in well doing (Gal 6:9)**
- **Pray that our Pastors abound with blessing (28:20)**

Day 17

- **Pray that we are hospitable to one another without complain (1Pet 1:9)**
- **Pray that the joy of the Lord is our strength (Neh 8;10)**
- **Pray that the peace of God rules our hearts (Col 3:15)**

Day 18

- **Pray that the church dwells together in unity and faith (Eph 4:13)**
- **Pray that the church stands fast in one spirit, striving together for the faith (Phil 1:27)**
- **Pray that the church is not carried about with various and strange doctrines (Heb 13:9)**

Day 19

- **Pray that we study to rightly divide the word of truth (2 Tim 2:15)**
- **Pray that we look out for the interest of others (Phil 2:4)**
- **Pray that we do no loose that things we have worked for (2Jn 1:8)**

Day 20 & 21

- **Pray that the God of abundance will supply our every need and continue to make provision for us and our families. Help us O God to maintain faith and trust and trust God's timing.**
- **Pray that God will give us clarity and wisdom to manage our resources. Lord, we ask you to direct paths and open up the windows of heaven and doors of opportunity for entrepreneurship and in the workplace, in Jesus' name. (Philippians 4:19; Proverbs 20:24; Malachi 3:10)**

MY 21-DAY FASTING COMMITMENT

This year, I commit to participate in the Solid Rock Fellowship Daniel Fast or Normal Fast.

My purpose for fasting is: _____

Specific things I am praying and believing God for during this fast:

Remember to journal the scriptures you read each day and include any revelations you receive during your study and meditation time.

MY SUCCESS PLAN:

1. I will find an accountability partner; someone who will encourage me when the temptation to quit arises. **Note: This person should be in agreement with your desire to complete the fast and should be a spiritually mature individual who can encourage you with the word. Ecclesiastes 4:12, "A threefold cord is not quickly broken."**
2. My accountability partner for this fast is: _____
3. I will set aside time every morning from _____ am to _____ am to praise God, read my Word and spend time in prayer.
4. I will set aside time every evening from _____ pm to _____ pm to praise God, read my Word and spend time in prayer.
5. I will NOT allow the enemy to accuse or shame me should I fall short. I am determined to use this time to draw closer to the Lord.

"So we fasted and petitioned our God about this, and he answered our prayers." (Ezra 8:23).

I believe God is the only one who can answer my prayer, and that fasting will draw me closer to Him. Therefore, everyday God will freely give me the strength and grace I need to commit myself to the above fast.

Signed: _____ Date: _____

TYPES OF FASTS

The Bible describes four major types of fasting:

A Regular/Normal Fast -Traditionally, a regular fast means refraining from eating all food. Most people still drink water or juice during a regular fast. When Jesus fasted in the desert, the Bible says, "After fasting forty days and forty nights, he was hungry." This verse does not mention Jesus being thirsty.

A Partial/Selective Fast -This type of fast generally refers to omitting a specific meal from your diet or refraining from certain types of foods. Daniel 10:2-3 says, "At that time I, Daniel, mourned for three weeks. I ate no choice food; no meat or wine touched my lips; and I used no lotions at all until the three weeks were over." In Daniel 1:12, they restricted their diet to vegetables and water: "Please test your servants for ten days: Give us nothing but vegetables to eat and water to drink." (*Partial Fasts may also include going to a certain time of day.*)

Absolute/Full Fast -These fasts are complete - no food and no drink. Acts 9:9 describes when Paul went on a full fast for three days following his encounter with Jesus on the road to Damascus: "For three days he was blind, and did not eat or drink anything." Esther also called for this type of fast in Esther 4:15-16: "Then Esther sent this reply to Mordecai: '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.'" It is recommended that this type of fast be done with extreme caution and not for extended periods of time.

A Sexual Fast -1 Corinthians 7:3-6 says, "The husband should fulfill his marital duty to his wife, and likewise the wife to her husband. The wife's body does not belong to her alone but also to her husband. In the same way, the husband's body does not belong to him alone but also to his wife. Do not deprive each other except by mutual consent and for a time, so that you may devote yourselves to prayer. Then come together again so that Satan will not tempt you because of your lack of self-control." *Parties must agree, and the timeframe should not be too long.*

Soul Fast

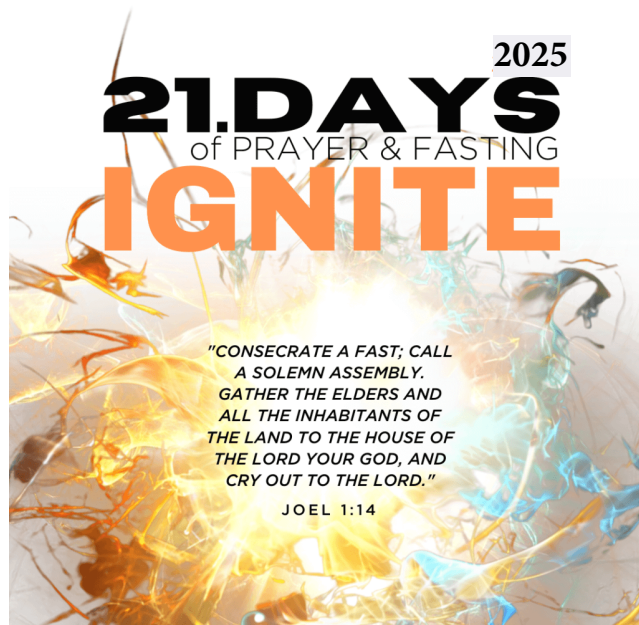
A soul fast is a great option for those who have never fasted from food before, or have health issues that prevent them from fasting from food. A soul fast focuses on abstaining from certain types of media such as TV, Instagram, Tic Toc, X (Twitter), Facebook, etc., sports, video games, shopping, etc. for a set period of time and replacing that time with spending time with God.

Corporate Fast

Corporate fasting can be done in a variety of different ways. You could do a corporate fast with the people from your business, your work your church, a Bible study group, your spouse, and so on, people who feel God has called them to fast together for a certain period of time. Your group can decide what kind of fast you will be doing and for how long. An example of corporate fasting can be found in the book of Acts. Saul and Barnabas and Paul were about to go on their first missionary journey. The church at Antioch fasted before sending them off to the mission field. While they were worshiping the Lord and fasting, the Holy Spirit said, "Set apart for me Barnabas and Saul for the work to which I have called them." Then after fasting and praying they laid their hands on them and sent them off. (Acts 13:2-3)

"Then I proclaimed a fast there, at the river Ahava, that we might humble ourselves before our God, to seek from him a safe journey for ourselves, our children, and all our goods. For I was ashamed to ask the king for a band of soldiers and horsemen to protect us against the enemy on our way, since we had told the king, "The hand of our God is for good on all who seek him, and the power of his wrath is against all who forsake him." So we fasted and implored our God for this, and he listened to our entreaty." (Ezra 8:21-23)

This fast is powerful because as it says in (Matthew 18:20), "For where two or three are gathered in my name, there am I among them." When we come together and fast in a group, we know God is among us. One important piece to corporate fasting is to set-up times before you begin fasting to pray together.– For God's help in solving problems and for protection from Satan. Ezra said that they prayed and fasted and God answered their request.



ASK YOURSELF THIS:

- Can I use some time away from the worldliness around me to better hear God's voice?
- Am I aware of and genuinely broken over worldliness entering the church, and the brazen sin in the world?
- Do I set my heart to understand God's Word and humble myself before Him enough?

Joel 1:12-14 - *The grapevines have dried up, and the fig trees have withered. The pomegranate trees, palm trees, and apple trees—all the fruit trees—have dried up. And the people's joy has dried up with them. ¹³ Dress yourselves in burlap and weep, you priests! Wail, you who serve before the altar! Come, spend the night in burlap, you ministers of my God. For there is no grain or wine to offer at the Temple of your God. ¹⁴ Announce a time of fasting; call the people together for a solemn meeting. Bring the leaders and all the people of the land into the Temple of the Lord your God, and cry out to him there.*

When things are tough, when you're not experiencing a breakthrough, or nothing seems to be happening in your life, God might be saying, "stop everything and consecrate yourself."

Esther and Daniel both fasted in times of great crisis. While Daniel's fast was more personal, Esther's involved her community. Both experienced a time of crisis and pursued God's presence and power.

Biblical Worship In Times Of Crisis Involves Prayer And Fasting.

Traditional Fasting Is The Deliberate Self-Denial From Food And Drink (other than water). (How that looks is between you and God)

FASTING WITH PURPOSE MEANS:

1. **Putting God First.** It means focusing all your attention on Him alone and not just His gifts or blessings.
2. **Creating an Environment for Prayer.**
3. **Interceding For Others**

Isaiah 58:6-7 - *this is the kind of fasting I want: Free those who are wrongly imprisoned; lighten the burden of those who work for you. Let the oppressed go free, and remove the chains that bind people. ⁷ Share your food*

with the hungry, and give shelter to the homeless. Give clothes to those who need them, and do not hide from relatives who need your help.

We're Not Strengthening Our Willpower; We're Becoming More Dependent On God's Power

DYING TO SELF

Galatians 5:24 - *Those who belong to Christ Jesus have nailed the passions and desires of their sinful nature to his cross and crucified them there.*

Romans 6:13 - *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.*

- **Crucifying The Flesh Is Not Something Done To Us, But Done By Us.**

Following Jesus involves:

1. **A Willingness To Deny Self.**
2. **A Willingness To Take Up Our Cross.**

Godliness Is Not Appearing Outwardly Righteous, But Being Sensitive To God's Promptings.

HOW DO I BEHAVE WHEN FASTING?

Matthew 6:5-6 - *When you pray, don't be like the hypocrites who love to pray publicly on street corners and in the synagogues where everyone can see them. I tell you the truth, that is all the reward they will ever get. ⁶ But when you pray, go away by yourself, shut the door behind you, and pray to your Father in private. Then your Father, who sees everything, will reward you.*

Matthew 6:16-17 - *And when you fast, don't make it obvious, as the hypocrites do, for they try to look miserable and disheveled so people will admire them for their fasting. I tell you the truth, that is the only reward they will ever get. ¹⁷ But when you fast, comb your hair and wash your face.*

LASTLY,

Fasting From Food Is Not Necessarily For Everyone.

Fasting is not limited to abstaining from food. Some health conditions can keep us from the traditional way of fasting. If you have never fasted food before, you might consider fasting a daily meal or two. As Martyn Lloyd-Jones said, "Fasting should really be made to include abstinence from anything which is legitimate in and of itself for the sake of some special spiritual purpose."

Other things you can fast from is television, computer, social media, sports, hobbies, sweets, meat/poultry/fish, or some other regular enjoyment that would lend your heart toward greater times of Jesus. The apostle Paul even talks about married couples fasting from sex "for a limited time, that you may devote yourselves to prayer" (**1 Cor. 7:5**).

The key is not to get caught up in the legalism of the fast, but in the sincerity of making room for God to be experienced in your life and life of others!

Why Fast?

Praying and fasting is very important in the Christian life. We must have a purpose when we fast.

Isaiah 58:6 Says: “Is not this the fast that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke?”

Fasting teaches self-discipline, how to deny our flesh and bring it under subjection. Through fasting we are more sensitive to the voice of God, and we can hear the Spirit and the Word of God when it speaks to us. We have more awareness. God strengthen us and we are able to overcome temptation.

Fasting prepares for spiritual warfare. Your purpose for fasting should be...

- Power to overcome temptation
- To break and destroy strongholds, sexual addictions, drug addictions, alcohol addictions, cigarettes, overeating, unforgiveness, depression, oppression, talking too much (loose lips), etc.
- Deliverance from all things that hinder you from getting to God.
- Deliverance for our children, grandchildren and others
- To remove any idea, idol or thing that interferes with your relationship with Jesus Christ

Jesus said, “This kind comes out through fasting and prayer”. Read scriptures: *Matthew 17: 14-21.*

Jesus gave us instructions on how to fast.... *Matthew 6:16-18*

“Moreover, when ye fast, be not, as the hypocrites, of a sad countenance: for they disfigure their faces, that they may appear unto men to fast. Verily I say unto you, they have their reward.

But thou, when thou fastest, anoint thine head, and wash thy face; that thou appear not unto men to fast, but unto thy father which is in secret: and thy Father, which seeth in secret, shall reward thee openly.”

When you fast comb your hair, brush your teeth, wash your face, take a shower or bath, do not look sad (holier than thou), do not appear to others that you are fasting, do not tell others you are fasting except your mate if you are married.

Read I Corinthians 7:5 to refrain from sexual intimacy for a limited time with consent from your married partner.

Do your fasting in secret and your heavenly father will reward you openly. Your prayer request will be honored according to God's will. You will be strengthened.

Read Matthew 4:11.

Do not tell others that you are fasting. We are not doing it to be seen of men. God is the one who will reward you when you do it in secret.

Scriptures on Fasting

Moses Fast

Deuteronomy 9:9-18; 25-29

Daniel Fast

Daniel 10:3-13

Esther Fast

Esther 4:13-16

Elijah Fast

I Kings 19:7-18

Jesus Fast

Matthew 4:1-11

Cornelius Fast

Acts 10:30-48

These are just a few – but results follow. Fasting helps to sustain you. It is cleansing for your body. It is a renewing and strength for your spirit and soul. It is a renewing of the mind. Many things happen when you fast.

My prayer is during this prayer and fasting, you will have an experience with God that will cause you to make this a part of your Christian life. It will mature you in Christ, maintain the blessings that will come to you and enrich your total being.

It is my desire that you prosper and be in health as your soul prospers. *3 John 1:2*

SOLID ROCK FELLOWSHIP
Church of God in Christ



First Things First
pray • fast • give

Your Complete Guide
to Starting the New Year with
Prayer, Fasting, & First Fruits



First Things First

pray • fast • give

First Things First

There is a specific principle and pattern in God's Word that is foundational, and even fundamental, for the manifestation of God's promises and provision to come to pass in our lives. It is the Principle of Firsts – also known as First Fruits. We see in scripture that God is very serious about putting *FIRST THINGS FIRST!*

First Fruits are about prioritizing God's presence in your life. It's putting His order and accurate arrangement into the right place in my life. First Fruits provide the foundation and structure for God's promises and blessings to flow in your life.

The "First" is fundamental or essential, serving as the basis for supporting existence. That means whatever is "First" fundamentally represents and affects everything that is to follow! This is why God lays claim to ALL first things.

The first sets the pattern for the rest. God requires you to give Him *ALL FIRSTS* - to put Him first in everything!

The term First Fruit in bible times is an agricultural reference used to describe the first fruit of the first harvest.

THE FUNDAMENTALS OF FIRST FRUITS

A first fruit literally means "a promise to come." Whatever you do with first fruits governs the rest and sets the pattern, or the promise, to come for the rest of whatever you establish.

We can learn more about first fruits in Exodus 13:11-13. It says:

"And it shall be when the LORD shall bring thee into the land of the Canaanites, as he swear unto thee and to thy fathers, and shall give it thee, That thou shalt set apart unto the LORD all that openeth the matrix, and every firstling that cometh of a beast which thou hast; the males shall be the LORD'S. And every firstling of an ass thou shalt redeem with a lamb; and if thou wilt not redeem it, then thou shalt break his neck: and all the firstborn of man among thy children shalt thou redeem."

This verse is saying every firstborn thing is devoted to God in a covenantal way. In other words, when you get your breakthrough, when you get that increase at your job, when anything new is established in your life, you must acknowledge the source of that increase. The first of that whole increase is devoted to God.

As you honor Him first in your life through your obedience in your worship, your dedication, your prayers, your fasting, and your offerings then His presence governs the rest!

Each January, I along with many others, put God first and honor Him with the first of my substance by sowing a First Fruits offering. Though it is a sacrifice, it is the seed for God's presence to govern my year and release supernatural provision.

First Fruits is the whole of the first. I always honor Him with an entire week's pay.

We have to understand God's never-changing principle—that for possession to happen in our lives, we must work in His divine order, governed by the truth of the Word of God. When the "first" of anything is consecrated to God, then His presence and provision covers or governs the rest of it.

ALL firsts belong to God, that is the first thoughts of your day, the first day of the week, the first month of the year, the first of all your increase, and so on... ALL FIRSTS!!

"Trust in the LORD with all your heart, And lean not on your own understanding; In all your ways acknowledge Him, And He shall direct your paths. Honor the LORD with your possessions, And with the first fruits of all your increase; So your barns will be filled with plenty, And your vats will overflow . . ." (Proverbs 3:5, 6, 9, 10, NKJV).

According to Ezekiel 44, when you present your First Fruits offering, it will cause a blessing to rest, that is to settle down, upon your house!

Ezek. 44:30 And the first of all the first fruits of all things, and every oblation of all, of every sort of your oblations, shall be the priest's: ye shall also give unto the priest the first of your dough, that he may cause the blessing to rest in thine house.

Jesus reinforces the First Things First principle saying, "But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you." Matt. 6:33

We pray the blessing of God overtakes you as you embark on this journey of putting First Things First!

What are First Fruits?

First Fruits of Our Finances

In Nehemiah's day, the children of God brought the first of their harvest every year as a sacrificial offering to honor God as their source of all prosperity and livelihood.

According to Nehemiah 10:35, they were to bring first fruits of their ground and of all trees, *"year by year, unto the house of the Lord."* Scripture teaches that this act of faith brings significant honor and praise to God for His provision.

Today, first fruits can be defined in two ways. The children of God brought the first fruits of all harvest; in other words, they offered the entire first portion of each of their income sources to the Lord. This would be our entire first paycheck or first commission check of the year. Simply divide your yearly salary into fifty-two weeks, and give the first week's amount to the Lord as a first fruit offering.

In addition, Proverbs 3:9 instructs, "Honor the Lord with... the first fruits of all thine increase." Every time we receive a financial increase or a raise in pay, the entire amount of that increase would be sown to the Lord as a first fruit offering.

Sowing first fruits represents the next level of giving. It is not a commandment; however, the Lord promises tremendous blessing and favor to those individuals who, in faith, honor Him with their first fruits.

"So shall thy barns be filled with plenty, and thy presses shall burst out with new wine!"

If you have not yet taken this step of faith in your finances, we encourage you to trust God and allow Him to bless you by giving your First Fruits this year. We believe that as we transition into a new year and put Him first, He will faithfully do above all that we can ask or even think!

Spiritual First Fruits

In addition to giving first fruits of our finances, it is equally important for to give our spiritual first fruits through fasting and prayer. Our congregation does this through a 21-day Daniel Fast (based on the fast described in Daniel 10).

Fasting is a biblical way of denying our flesh so we can more clearly hear from the Spirit of God. During this time, we pray strategically to accomplish specific things. Because this is a partial food fast, it is something that almost anyone can do.

Week 1: Consecration

During these first seven days, take time to deal with any hidden sin, unknown areas of weakness, and spiritual strongholds in your life. Ask God to cleanse and purify you and to eliminate any issue that might hold back God's hand.

Week 2: Direction

Ask God to speak to you. Isaiah was able to hear the Lord's voice once the angel cleansed his lips with the coal. Once we have been cleansed, we can ask the Lord to show you His plans and pursuits and desires for your life. Spend some time asking him what you need to accomplish this year, as a part of the plan. What habits do you need to break? What new areas should you step in to?

Week 3: Strategy

The last week of the fast is your time to strategize with God on how you are going to accomplish His desires this year. We recommend that you break your year into four quarters, so that you can properly plan out and evaluate your year. Write down your financial, spiritual and relational goals. Spread those goals out across your four quarters. Schedule times of fasting and study throughout the year. Having a detailed plan will empower you to regularly evaluate your progress during the year.

About the Daniel Fast

This type of fast is based on Daniel 10:2-3:

"In those days I Daniel was mourning three full weeks. I ate no pleasant bread, neither came flesh nor wine in my mouth, neither did I anoint myself at all, till three whole weeks were fulfilled."

We encourage you to read the surrounding chapters to get a complete understanding of why Daniel was led to do this, and follow this plan as you believe the Holy Spirit is leading you.

For those who are new to this type of fast, we have included a guide that shows what you may eat and what you should avoid. **REMEMBER: You can do a NORMAL FAST instead of the Daniel Fast.**

First Things First: Pray • Fast • Give

WEEK 1: CONSECRATION

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
-------	-------	-------	-------	-------	-------	-------

During these first seven days, take time to deal with any hidden sin, unknown areas of weakness, and spiritual strongholds in your life. Ask God to cleanse and purify you and to eliminate any issue that might hold back God's hand.

WEEK 2: DIRECTION

DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
-------	-------	--------	--------	--------	--------	--------

Ask God to speak to you. Isaiah was able to hear the Lord's voice once the angel cleansed his lips with the coal. Once you have been cleansed, you can ask the Lord to show you His plans and desires for your life. Spend time asking Him what you need to accomplish this year. What habits do you need to break? What new areas should you step in to?

WEEK 3: STRATEGY

DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
--------	--------	--------	--------	--------	--------	--------

The last week of the fast is your time to strategize with God on how you are going to accomplish His desires in 2019. We recommend that you break your year into four quarters, so that you can properly plan out and evaluate your year. Write down your financial, spiritual and relational goals. Spread those goals out across your four quarters. Schedule times of fasting and study in each quarter as well. Having a detailed plan will empower you to evaluate your progress throughout the

FOODS TO EAT

WHOLE GRAINS: Brown Rice, Oats, Barley

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

FRUITS: Apples, Apricots, Bananas, Blackberries, Blueberries, Boysenberries, Cantaloupe, Cherries, Cranberries, 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, Ginger root, Green Beans, Kale, Leeks, Lettuce, Mushrooms, Mustard Greens, Okra, Onions, Parsley, Potatoes, Radishes, Rutabagas, Scallions, Spinach, Sprouts, Squashes, Sweet Potatoes, Tomatoes, Turnips, Watercress, Yams, Zucchini, Seeds, Nuts, Sprouts

FISH is OK, too!

LIQUIDS: Spring Water, Distilled Water, 100% All-Natural Fruit and/or Vegetable Juices, Herbal teas

FOODS TO AVOID:

Meat — both red meats and poultry

White rice

Fried foods

Caffeine & carbonated beverages

Foods containing preservatives or additives

Refined sugar & sugar substitutes

A Final Thought:

You may find it helpful to prepare your meals for the week ahead of time. By cutting out the time spent preparing and cooking food, you can make more time each day for prayer and meditation with the Lord.

Consecration, Meditation and Fasting during the Prayer

Consecration

The Bible says, "You shall consecrate yourselves therefore and be holy, for I am the Lord your God" (Leviticus 20:7).

A technical definition of consecration means that you are to set yourself apart from evil, turn to the Lord, and be prepared to be used by God.

This shows us the importance of consecration when walking with God. It is vital to our growth as Christians. We must remember when we decided to come to Jesus and allow him to come into our hearts; we were to give ourselves completely and fully to him so that we can be used for his purpose. He cleansed us, washed us up and made us Holy. This is done so that our whole person is ready for ministry. *"For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's". I Corinthians 6:20*

Consecration has two parts; one part is what we do and one part is how God will use us. We are responsible for setting ourselves apart from sinful things, sinful living, sinful thoughts, sinful behaviors, sinful habits and the like.

During this prayer and fasting I am asking that you be mindful of what you put into your body, mind and soul. Pay attention to what you watch, say, and do: "Does this edify my mind, body and soul for ministry?" If the answer is "no" maybe during this prayer and fasting that particular activity may need to be avoided. This also applies to internet usage and social media (ie. Facebook, Instagram, Twitter, Snapchat, etc.). Think about the music you listen to, the places you go, the company you keep. All these things can have an impact on your consecration. The more we separate ourselves from earthly sources of influence; over time they will have less of an influence on us as Christians. If you must watch TV, think about watching spiritual programs, spiritual movies, listening to the word. You can watch the news so that you know what to pray for, but please limit it.

The other part of consecration is drawing near to God. *“As the hart panteth after the water brooks, so panteth my soul after thee, O God. My soul thirsteth for God, for the living God: when shall I come and appear before God?” Psalms 42:1-2.*

If we drink from the things of God and consume all that God has for us, we will be ready to be used by God as he sees fit. God made us so that we have to drink from something. It can be from sin and evil or it can be from pureness and truth. The Bible says, *if we draw near to Him, He will draw near to us, James 4:8.* Drawing near to God is to wash our hands, come away from sin, purify our hearts and make sure not to be indecisive (being uncertain). Do you want to be used for His purpose? Do you want to be what God is calling for in these last and evil days? Do you want to be an asset to God’s Kingdom? If so it calls for consecration.

Meditation

Read *Luke 1:26-38, 2:7-19 (KJV)* for clarity of devotion

Key verse *Luke 2:19* which says, “But Mary kept all these things, and pondered them in her heart.” (she meditated upon them).

Meditation: means to consider or examine attentively, deliberately, ponder, to roll over, to think carefully, quietly about a matter for a noticeable length of time.

Meditation clears your mind and gives you clarity, understanding, serenity – the state of being calm, peaceful and untroubled. We must be careful of what we think because it will determine who we will be...

Proverbs 23:7 (KJV)

For as he thinketh in his heart, so is he: Eat and drink, saith he to thee; but his heart is not with thee.

Philippians 4:8 (NLT)

And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.

This is what Mary did in our scriptures we read. She examined attentively, deliberately, pondered, thought, and rolled over carefully, quietly about the matter the angel had shared with her concerning the Christ child. What an amazing time!

As she went through the process of life she had a clear understanding and clarity because she continued to meditate upon the things she had heard.

Meditation is a great source of strength in my life, and it should be part of your prayer and Word life. We all need a time when we just meditate upon what the Lord is saying to us in prayer and His Word as we read and study the Word of God. We must meditate upon it so we can practice it in our everyday life.

Isaiah 26:3 (KJV) says

Thou wilt keep him in perfect peace, whose mind is stayed (focus) on thee: because he trusteth in thee.

We must renew our minds daily by the Word of God, take time to speak to yourself and think of what the Word is saying to you. Think on things that are positive, pure, honest, true and of good report. Keep negative thoughts out and do not allow the world system to corrupt you.

Romans 12:2(KJV)

And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.

Colossians 3:1-2(KJV)

If ye then be risen with Christ, seek those things which are above, where Christ sitteth on the right hand of God.

² Set your affection on things above, not on things on the earth.

If we practice what God has given us through what we speak, think, do and “meditate upon it”, we will have a successful, quality life of peace in this present world and the world to come.

Fasting

Christians fast to strengthen their faith so they can spiritually conquer sinful desires through a spiritual awakening.

Throughout this prayer and fasting you will be asked to refrain from eating specific foods. Many of the foods we consume on a daily basis contain lots of sugar, fat and sodium. This can lead to heart disease, diabetes, high blood pressure and high cholesterol. The foods you will be asked to refrain from consuming doing this fast are high in sugar, sodium and fat. My hope is that when you end the fast you continue with these changes which will lead to a healthier lifestyle.

[illegible]

[illegible]