

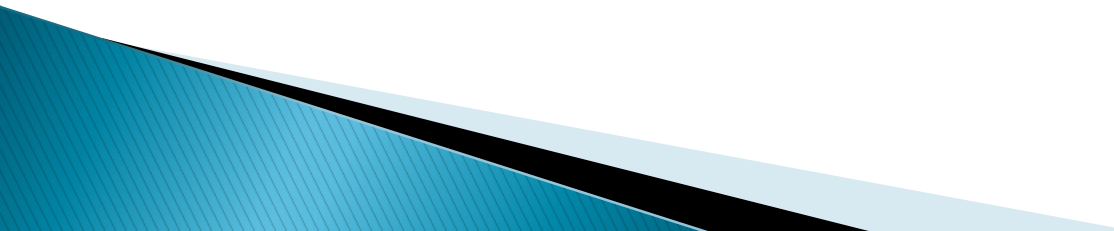
CONSECRATION FAST 2023

HARVEST INTERNATIONAL MINISTRIES
43 Washington Ave
Irvington, NJ 07111



CONSECRATION 2021

GETTING AN UNDERSTANDING

- ▶ What Is Consecration
 - ▶ What Is Fasting
 - ▶ Why Fast
 - ▶ The Importance of Fasting
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Consecration

- ▶ What is consecration

Setting aside one's self for holy use, a special cause. During this time of communion with God we are to regain focus in life by aligning ourselves with God's will through a lifestyle of worship.

In times of consecration we eliminate normal comforts, alter/modify routines and examine practices and behaviors that may prohibit fellowship with the Holy Spirit.

Fasting

- ▶ The Importance of fasting
- ▶ Often in the Bible, God's people fasted immediately before a major victory, miracle, or answer to prayer. It prepared them for a blessing! • Moses fasted before he received the Ten Commandments. "Moses was there with the Lord forty days and forty nights without eating bread or drinking water. And he wrote on the tablets the words of the covenant--the Ten Commandments." Exodus 34:28 (NIV) • The Israelites fasted before a miraculous victory. "Some men came and told Jehoshaphat, "A vast army is coming against you from Edom, from the other side of the Sea. It is already in Hazazon Tamar" (that is, En Gedi). Alarmed, Jehoshaphat resolved to inquire of the Lord, and he proclaimed a fast for all Judah." 2 Chronicles 20:2–3 (NIV)

FASTING

What is fasting?

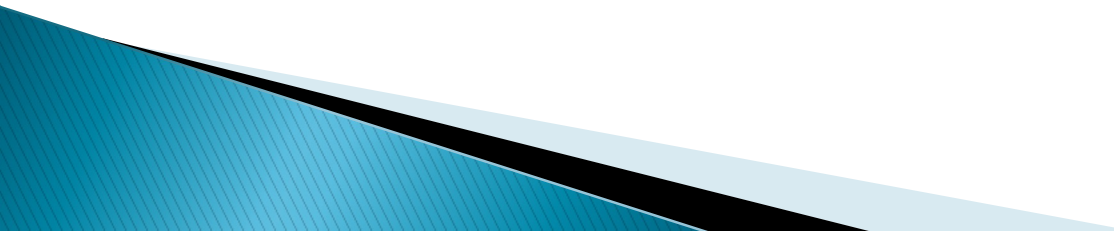
- ▶ Fasting is a spiritual discipline that is taught in the Bible. Jesus expected His followers to fast, and He said that God rewards fasting. Fasting, according to the Bible, means to voluntarily reduce or eliminate your intake of food for a specific time and purpose.

FASTING

- ▶ "When you give up eating, don't put on a sad face like the hypocrites. They make their faces look sad to show people they are giving up eating. I tell you the truth, those hypocrites already have their full reward. So when you give up eating, comb your hair and wash your face. Then people will not know that you are giving up eating, but your Father, whom you cannot see, will see you. Your Father sees what is done in secret, and he will reward you." Matthew 6:16–18 (NCV)

FASTING

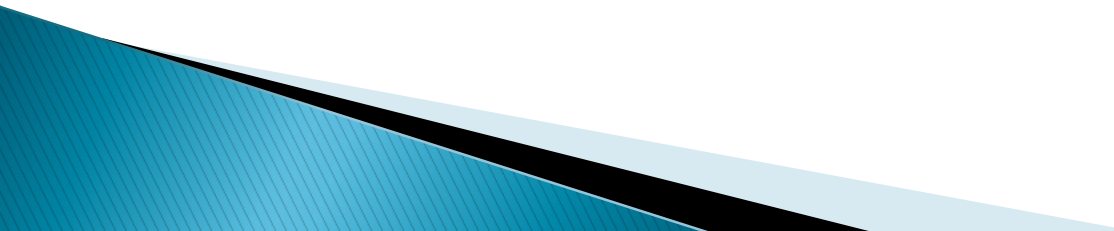
Why Fast?

- ▶ Fasting gives you more time for prayer. You can use the time you'd normally spend eating as time in prayer for what God wants.
 - ▶ Fasting as a church body enables the ministry to receive clear direction from God.
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Fasting

- ▶ "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.' So after they had fasted and prayed, they placed their hands on them and sent them off." Acts 13:2–3 (NIV)

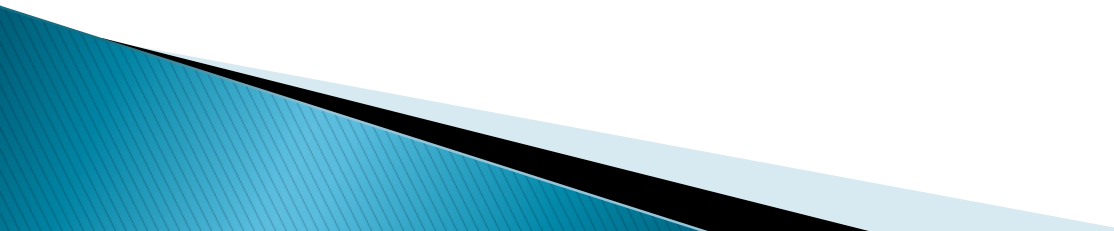
Fasting

- ▶ Why Fast
 - ▶ Fasting demonstrates the depth of your desire when praying for something. It shows you that you are serious enough about your prayer request to pay a personal price. God honors deep desire and praying in faith.
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Fasting

- ▶ Why Fast
- ▶ "Declare a holy fast; call a sacred assembly. Summon the elders and all who live in the land to the house of the Lord your God, and cry out to the Lord." Joel 1:14 (NIV) "Even now," declares the Lord, "return to Me with all your heart, with fasting and weeping and mourning." Joel 2:12 (NASB)

Fasting

- ▶ Why Fast
 - ▶ Fasting releases God's supernatural power. It is a tool we can use when there is opposition to God's will. Satan would like nothing better than to cause division, discouragement, defeat, depression, and doubt among us. United prayer and fasting has always been used by God to deal a decisive blow to the enemy!
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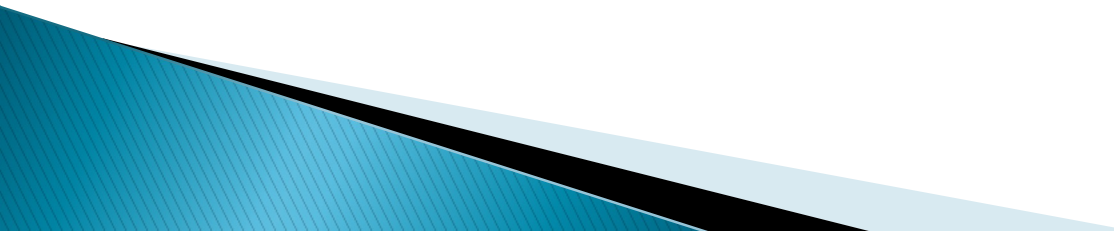
Fasting

- ▶ "So we fasted and prayed about these concerns. And he listened." Ezra 8:23 (Msg)
- ▶ "God says, "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?" Isaiah 58:6 (NIV)

Fasting

- ▶ **The Importance of Fasting**
- ▶ Often in the Bible, God's people fasted immediately before a major victory, miracle, or answer to prayer. It prepared them for a blessing!

Fasting

- ▶ Moses fasted before he received the Ten Commandments.
 - ▶ "Moses was there with the Lord forty days and forty nights without eating bread or drinking water. And he wrote on the tablets the words of the covenant--the Ten Commandments." Exodus 34:28 (NIV)
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Fasting

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Fasting

- ▶ Daniel fasted in order to receive guidance from God.
- ▶ "So I turned to the Lord God and pleaded with him in prayer and petition, in fasting, and in sackcloth and ashes." Daniel 9:3 (NIV) "While I was still in prayer, Gabriel, the man I had seen in the earlier vision, came to me in swift flight about the time of the evening sacrifice. He instructed me and said to me, 'Daniel, I have now come to give you insight and understanding.'" Daniel 9:21–22 (NIV)

Fasting

- ▶ Jesus fasted during His victory over temptation.
- ▶ "For forty wilderness days and nights he was tested by the Devil. He ate nothing during those days, and when the time was up he was hungry." Luke 4:2 (Msg)

Fasting

- ▶ The first Christians fasted during–decision making times.
- ▶ "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.' So after they had fasted and prayed, they placed their hands on them and sent them off." Acts 13:2–3 (NIV)

Fast Schedule/ Fast Menu/Activity/Corporate Activity

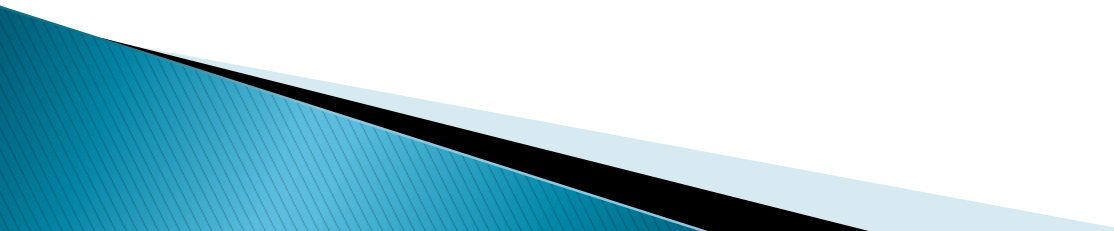
*Fasting Schedule

*Items to consume for the month

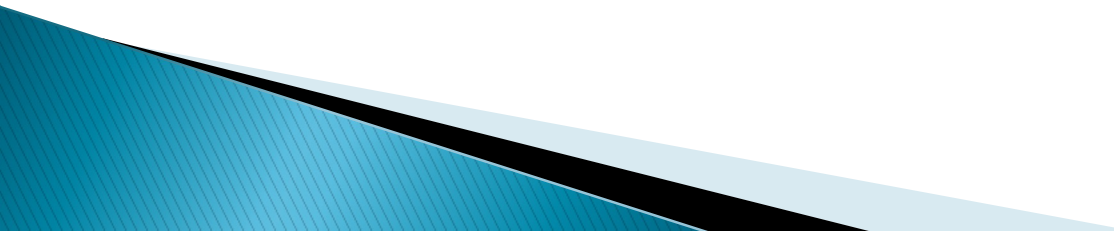
Fast Schedule

- ▶ **Breakfast** –Whole grain dry cereals or oats made with water only. Small serving of fruits.
 - ▶ Glass of water with breakfast

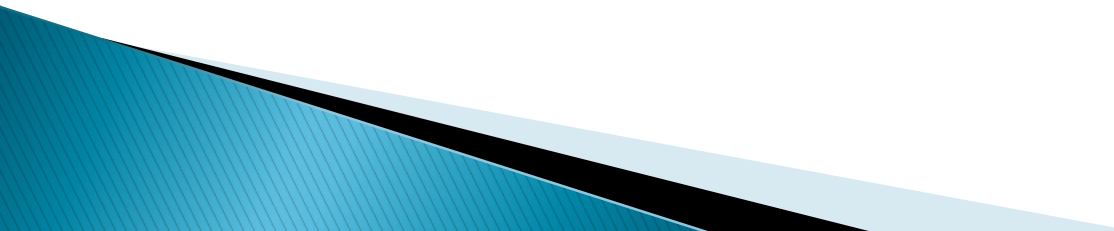
 - ▶ **Lunch** – Vegetables, Fruits, Soup's. Glass of Water

 - ▶ **Dinner** – Fish, Turkey or Chicken breast Vegetables, Soup's . Water and 100% natural fruit juice of choice.
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Restrictions

- ▶ NO SODA/SOFT DRINKS
 - ▶ NO ALCOHOLIC DRINKS/WINES, ETC.
 - ▶ NO FAST FOODS
 - ▶ NO FRYING
 - ▶ NO CAKES, PIES, CANDY, ETC.
 - ▶ NO DAIRY PRODUCTS
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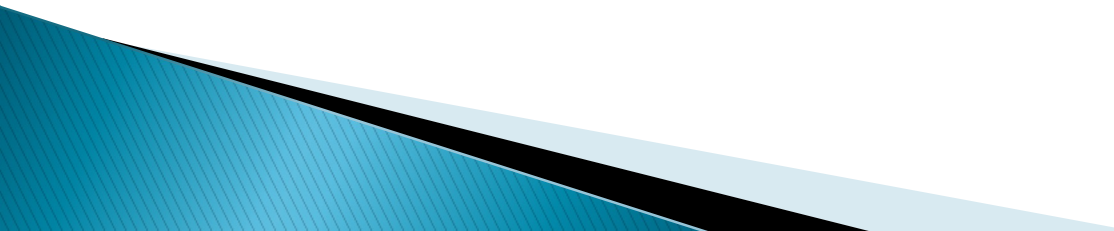
LIMIT/RESTRICTED ACTIVITY

- ▶ During our first week, we will omit the use of social media/ internet with the exception of work related emails. (We must win the battle of focus!)
 - ▶ In it's place we can read, write, listen instrumental music, challenge ourselves to learn something new.
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LIMIT/RESTRICTED ACTIVITY

- ▶ PLEASE DISCUSS WITH YOUR HOUSEHOLD RESTRICTED USE OF TELEVISION ON DAYS OF CONSECRATION.
- ▶ WHAT YOU WATCH AND ALLOW INTO YOUR EYE AND EARS GATES WILL EITHER AID YOU IN GETTING CLOSER TO GOD OR CAUSE YOU WARFARE AND DEFEAT IN YOUR PURPOSE!

BE CREATIVE

- ▶ FILL TIMES THROUGHOUT THE DAY WITH DEVOTIONAL READING
 - ▶ SONGS OF WORSHIP
 - ▶ SCHEDULE PRAYER TIMES OUTSIDE OF THE CORPORATE PRAYER ON SPECIFIC TOPICS YOU AND YOUR FAMILY FEEL ARE IMPORTANT
 - ▶ PLAN AND PREPARE MEALS TOGETHER
 - ▶ SERVE ONE ANOTHER
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PARTICIPATION IN CHURCH WORSHIP/MINISTRY

▶ As a ministry in consecration together we will:

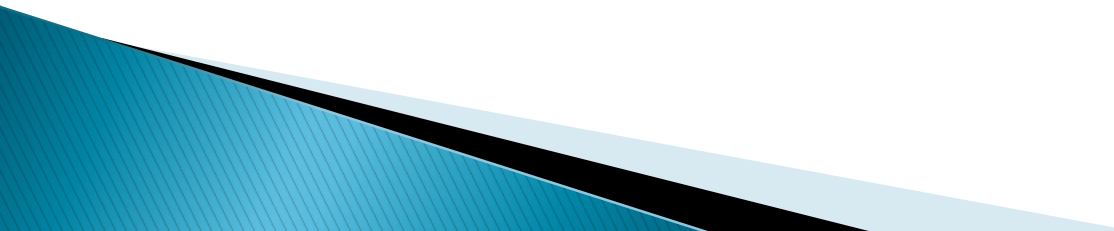
▶ **WORSHIP**

1. Reverence and Honor God with our thoughts, actions and reactions

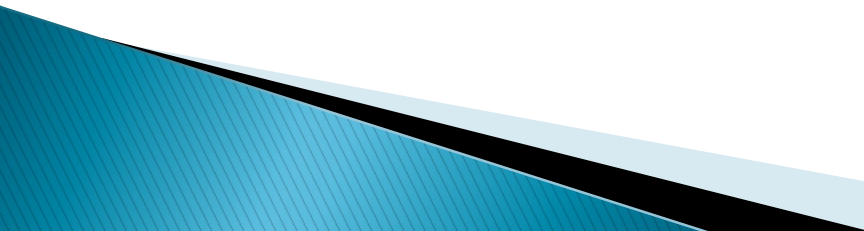
2. Fast, Pray, Read, Learn.

3. Demonstrate the kingdom through work and service to our families, communities and the local assembly.

CONT...

- ▶ We are expected to participate virtually in
 - ▶ Teachings/trainings
 - ▶ Corporate Prayer Services
 - ▶ Family Ministry Assignments
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Family/Individual Ministry Mission Assignments

- ▶ Wk1
 - ▶ Write out your personal/ family mission statement. Answer the question, What am I/ are we doing to show the world CHRIST through my daily living.
 - ▶ Wk 2. “Bless a neighbor week”
 - ▶ Select a random neighbor to bless with a gift of your choosing. Write an encouraging note to them and deliver it by hand.
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- ▶ Wk 3
 - ▶ Randomly choose a member of the congregation each day to pray for. Don't tell them!

 - ▶ Wk 4.
 - ▶ Write forgiveness letters to yourself, to others and to God. Everyday of this week wake up and plan a small celebration daily to acknowledge Christ forgiveness and restoration in your life!
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