



FAST

2022

CONSECRATION
GUIDE & INSTRUCTIONS



**21 DAY FAST & CONSECRATION
GUIDELINES AND INSTRUCTIONS**

March 20 – April 9, 2022

www.revivalct.org

Grace Mercy & Peace,

It is with a strong conviction from God that I lead our church family on this 21-day Lent Consecration. Because there are many misconceptions regarding consecration and fasting, it is necessary that I define this important discipline.

Consecration is the act of setting oneself apart from the world to become dedicated as an instrument of righteousness for the purposes of God.

Fasting is a voluntary abstinence and restriction of food and/or activities for a specified period of time to devote ourselves to prayer and Bible reading. It is a means of seeking God by denying the physical in order to focus on the spiritual. **Fasting without praying and Bible reading is simply just skipping a meal.**

Despite what many may think, our primary purpose for fasting is not to get something from God; it is to draw closer to Him! James 4:8 reads, “Draw near to God and He will draw near to you...” Our fast will contain various spiritual components that will compel us to grow closer to God. There will be a daily devotion where we will emphasize a particular area of prayer and spiritual enrichment. Our daily corporate prayer time will be 8:00PM Sunday-Saturday by teleconference.

I believe that your obedience and commitment to this consecration will result in a **“Spiritual Growth & Supernatural Increase”**.

Best,

Bishop Designate Daniel B. Bland
Senior Pastor

Fasting and Prayer Guidelines

1. The church will enter into 21 days of fasting and prayer beginning Sunday March 20th and ending Saturday April 9th, 2022.
2. The focus of our fast will be for Spiritual Growth and Supernatural increase.
3. You are seeking God to hear from Him and to know Him more intimately. As you seek after Him, He will speak to you about things concerning you and your family.
4. Fasting is more than just not eating food. Fasting is putting the flesh under control so that you can hear from God. Therefore, if you are not eating but are always on the computer or watching TV then you are not concentrating on the Lord. Do only the necessary things for your home or family; home, chores, feed children, work, etc. Give God some time alone with Him, at least an hour or more.
5. Prayer and fasting does not always mean you do all the talking. Prayer does not always mean you are positioned on your knees with hands folded praying. You can sit and read the Word, read a spiritual book or just be quiet and listen to the Lord. Listening to a ministry tape is also very good.
6. Everyone is on a different spiritual level; therefore, individual fasting needs will be different. Some people will be able to fulfill all of the requirements of the fast. Everyone is not on the same faith level to do this. Some will have to use a partial fast and some may choose to utilize an advanced fast or what we call a Daniel fast throughout whereby foods such as salads, fruits, cereals and grains are consumed for the entirety of the fast (Daniel 10:2-3).
7. For those who are not used to fasting, I suggest that you learn to become victorious with shorter kinds of fast, such as an every other day fast, a half a day fast, or a main meal fast (miss a major meal). You may choose to fast only 3 days out of the week (ex: M-W-F) that the church is fasting. Once again, those who really need more from

God and are mature enough to go deeper should fast daily.

8. If you should yield to eating during the fast when you should not have, repent to the Lord, do not get into condemnation, and start over again. God will honor that.
9. Do not base the results of your fast on what you see during or immediately after the fast. The manifestation of what you believe God for may not be seen until days, weeks or even months later.

Fast Schedule

| <u>Week</u> | <u>Dates & Times</u> | <u>Type of Fast</u> |
|--------------------|--|--|
| Week 1 | March 20-26 Fast From; 12am-12pm | <u>Abstain From</u> Pork, Beef, Sugars, Soda, Junk Food, Fried Foods, & Desserts |
| Week 2 | March 27- April 2 Fast From; 12am-1pm | <u>Abstain From</u> Pork, Beef, Sugars, Soda, Junk Food, Fried Foods, & Desserts |
| Week 3 | April 3-9 Fast From; 12am-3pm | <u>Abstain From</u> All Meats, Sugars, Soda, Junk Food, Fried Foods, & Desserts |

During fast, you may eat fruit, unsalted raw or organic nuts & oats; drink water, & liquids (non-sugar) all day. No Soda allowed. Do Not Eat Fast Foods and Junk Food during entire Consecration.

Questions about Fasting

Who should or should not fast?

All believers who are physically able to fast should do so, in order to bring their bodies into submission to the spirit of Christ. Anyone with physical or medical conditions that could be impacted by fasting should consult their physician before participating in a fast. If you are medically unable to fast or abstain from the prescribed food and beverage, then find something else you enjoy doing and choose to fast from that – television, social networking sites, etc.

Children may choose to participate in a limited-fast under supervision of parents or guardian. This fast includes selecting certain days a week to participate and/or abstaining from activities they enjoy, such as social networking (facebook, twitter, instagram, snapchat, etc.), video games, television, cell phone, texting, etc. During these times youth should seek God in prayer, listen to gospel and worship music, etc.

What if I have never fasted?

God is pleased at our desire to connect with Him. We encourage you to step out on faith and, if necessary, gradually build up to the specified time. Each week, do at least 1-3 days of fasting by skipping a meal. Do not become discouraged if you feel tempted to eat outside of the prescribed parameters of the Daniel fast; God will give you the strength to overcome your temptation. Ask the Lord to identify someone that can hold you accountable and encourage you during this journey.

What do we do while we fast?

While you are fasting, you are encouraged to spend focused time in reading the Scriptures, praying, and listening to the voice of God. Prayer and

listening to God is just as important as abstaining from food. We encourage you to journal what you hear God speaking. While at work or doing your daily chores, utilize break times to focus and meditate on God. Throughout the fast, use this time for meditation on God's direction for you, your family and our church.

What should I expect?

A natural response to fasting and prayer is an increase in hunger for the abstained food. As a result, you may experience hunger pangs, headaches, bad breath, and strong odor from your body as you are eliminating toxins from your body. For this reason, please consider personal hygiene and take extra care of your body. It is perfectly normal to experience these things; therefore breath mints & gum are acceptable.

What is the purpose of fasting?

Since fasting and prayer is aimed at breaking the bonds of evil on a person's life, a loved one's life, or on a body of believers, including a family, church, or ministry, expect distractions from the enemy. The Bible tells us to be alert and vigilant for your adversary, the devil, is seeking whom he may devour (1 Peter 5:8). When fasting and praying, it is vital to be alert to the tricks of the enemy. This keeps you from reacting to the enemy instead of responding the way God desires.

What are the benefits of fasting?

- ✓ Helps to develop humility.
- ✓ Sensitizes our spirit to hear from God.
- ✓ Helps us to break sinful habits.
- ✓ Intensifies the power of prayer.
- ✓ Improves our worship of God.
- ✓ Removes doubt and unbelief.
- ✓ Makes our witness bolder and stronger.
- ✓ Helps us to develop patience.
- ✓ Brings revival to our church.
- ✓ Brings reconciliation between you and God; and between you and others.

Additional Information:

Members are strongly encouraged to join us every evening in corporate prayer via our Phone Conference Number (listed below) and worship with us during our regularly scheduled opportunities of fellowship on Sunday morning and Thursday night.

Eight at 8pm Call in Information:

Sunday – Saturday Evening Prayer at 8pm

Prayer Line: (605) 475-4837, Access Code: 627257

Services & Times:

Sunday: Prayer at 10:30am Morning Worship 11:00am