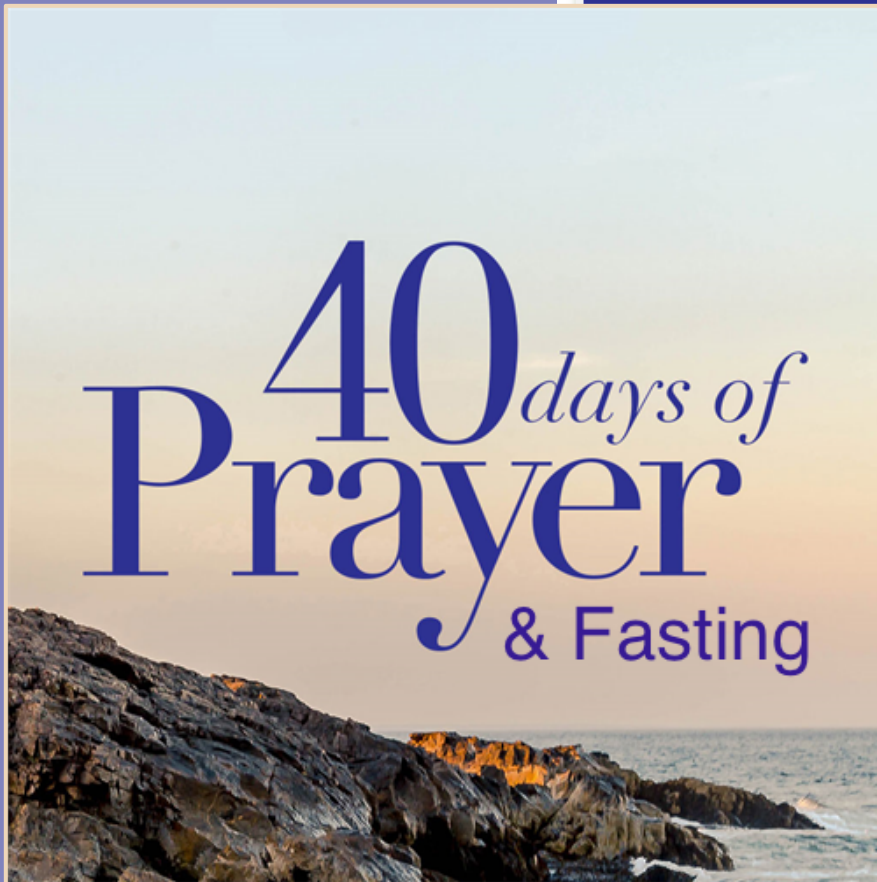




2021

40 DAYS OF CONSECRATION ~ FEBRUARY 17 – APRIL 3



Creating A Lifestyle Of Prayer And Fasting Coupled With
Random Acts Of Kindness Towards Your Neighbors

WHY IS FASTING SO IMPORTANT?

- ❖ *Believers throughout the world need solutions to many complex problems and threatening situations they are facing.*
- ❖ *Fasting and Prayer lead to Spiritual Breakthroughs*
- ❖ *The Church is in desperate need of revival, and every tribe and tongue and nation is in desperate need of evangelization.*
- ❖ *The world in general and the Church in particular are crying out for people of character and integrity-people who have found in Christ the emotional healing and strength to overcome sinful destructive habits*
- ❖ *Because the media has captured the national attention that even believers are operating according to principles completely alien to God's will for their lives.*
- ❖ *Because even with the abundance of food and medical technology, people are not necessarily healthier.*
- ❖ *Because a great many believers have become so entangled in economic and social pursuits that they need to be set free to establish their testimonies and to influence others for Christ.*
- ❖ *Because of the growing influence of demonic forces and the waning influence of biblical Christianity, and the fact that believers need protection from the evil one.*

(Reference: Towns, Elmer L. (2010). The Breakthrough Guide to Fasting, 3 in 1 Collection) Bethany House Publishing, Minneapolis)

PRAYER AND FASTING is a key element in the lives of all Christian believers and their livelihood and relationship with God. It is a lifestyle-although not always regarded this way.

- ❖ *It's an outward way of showing God that we want the things of the Spirit more than we want the things of the flesh.*
- ❖ *It's an outward way of telling God that we have no earthly hope for breakthrough other than his gracious hand. This theme of expressing our humility through fasting is particularly evident in Ezra 8:21-23.*
- ❖ *It is a powerful outward way of expressing our desire to see God's Kingdom come in a sinful world. This theme comes out strongly in passages such as Ezra 10:6 and Psalm 42:1-3.*
- ❖ *Fasting is a means to an end, freeing up time from food preparation and from dinner breaks to devote ourselves to prayer and fasting. Jesus encourages anyone who is willing to fast with him in Matthew 6:33 - "Seek first the Kingdom of God and his righteousness, and everything else will be granted you as well."*
- ❖ *It remains a key aspect of faith-filled prayer in the New Testament (for example, in Acts 13:1-3 and 14:23). When Jesus teaches on prayer, he says when you fast rather than if you fast (Matthew 6:16-18). Fasting is a way of expressing four big feelings in our hearts to God.*

ACTS OF KINDNESS: As an additional layer of surrendering to God during this time of consecration, Pastor Jones would like for everyone to embark on 40 days of kindness. Each of us is asked to be intentional in showing kindness to everyone (family, neighbors, strangers and even enemies).

40 DAY CONSECRATION SCHEDULE

 DAY 1 - 10: FEBRUARY 17 - 27, 2021*

 FOCUS: PERSONAL DYSFUNCTIONS & UNHEALTHY HABITS

 Meditation & Prayer Points:

- 1. Renounce Counterfeit Control**
Recognize and renounce any control over your mind that is not from Christ (*2 Cor 11:3*)
- 2. Acknowledge Self-Deception**
Admit and take accountability for your own efforts to deceive yourself, and chose to embrace the truth of God (*Ps. 51:6*)
- 3. Forgive to Overcome Bitterness**
Forgive others so you can overcome bitterness and gain freedom from placing yourself in spiritual bondage to them and to sin (*2 Cor 2:10,11*)
- 4. Take Personal Responsibility**
Confront the problem of pride with the spirit of humility (*John 8:36*)
- 5. Disown Sinful Influences**
Disown sinful influences that come from friends, family, and acquaintances (*Ex. 20: 4,5*)

 DAY 11 - 20: MARCH 1 - 11, 2021*

 FOCUS: TEMPLE CLEANSING/HEALTH/WELLNESS

 Meditation & Prayer Points:

- 1. Be Specific & Fast As a Spiritual Commitment**
Pray for a wisdom to gain a spiritual equation to fasting and not just a physical solution (*Dan 1:8*)
- 2. Reflect Inner Desire By Outer Discipline**
Pray for a wholehearted commitment to discipline your body through food choices (*Dan 1:12*)
- 3. Pray to Perceive Sin's Role in Poor Health**
Pray that you always desire to be well and healed and call upon the elders to pray (*Jas 5:13-16*)
- 4. Learn the Effects of the Foods You Eat**
Pray for wisdom to study proper nutrition and diet (*Dan 1:16*)
- 5. Yield All the Results to God**
Submit yourself to God and trust Him for the fast consequences (*Dan 1:13*)

*According to custom, Sundays are not included as fasting days. Tuesdays are requested be a complete fast, consuming only liquids 6am - 6pm.

Daily Areas of Prayer: Seniors, Marriages, Singles, Youth/Children, Leaders, Pastors, The Sick, World Events, Diseases, Using Gifts, Forgiveness, Finances, Health

40 DAY CONSECRATION SCHEDULE

 **DAY 21 - 30: MARCH 12 - 23, 2021***

 **FOCUS: STRENGTHEN YOUR FAITH**

 **Meditation & Prayer Points:**

- 1. Focus on Your Need**
Pray and focus on exactly what you want God to do for you (*Heb 4:16*).
- 2. Pray and Focus on What You Will Do**
Focus on your prayer relationship with God to solve your problem and do your part as well-listen (*2 Tim 2:15*)
- 3. Pray in Faith Always**
Pray that God gives you a resolute heart to pray continually, to pray sincerely, and to pray in faith (*Mark 11:22-24*).
- 4. Pray for Opened Eyes**
Pray that God opens your spiritual eyes and ears to know Him better (*Eph 1:18*).

 **DAY 31 - 40: MARCH 24 - APRIL 3, 2021***

 **FOCUS: STEWARDSHIP**

 **Meditation & Prayer Points:**

- 1. Pray for Biblical Stewardship**
Pray for the proper management of time, talent, and money for the glory of God (*Luke 16:12*)
- 2. Pray and Fast for Self-Control**
Ask God to help you discipline your fleshly desires (*Gal 5:22-23*)
- 3. Pray and Fast for Insight About Money**
Ask God to get spiritual insights you've never seen before regarding finances (*John 1:26*).
- 4. Pray and Fast for Analysis**
Ask God to help us understand ourselves regarding money and all the reasons we may have financial trouble (*Jas 1:5*).

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Daily Areas of Prayer: Seniors, Marriages, Singles, Youth/Children, Leaders, Pastors, The Sick, World Events, Diseases, Using Gifts, Forgiveness, Finances, Health

Mediterranean Fast Guidelines

Wednesday, February 17th - Saturday, April 3rd*



PERMISSIBLE FOODS**

- **Whole Grains:** Brown Rice, Oats, Barley; Whole Grain Breads
- **Legumes:** Dried Beans, Pinto Beans, Split Peas, Lentils, Black Eyed Peas, Soybeans
- **ALL Fruits:** Apples, Apricots, Bananas, Blackberries, Blueberries, Boysenberries, 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
- **ALL 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, Herbs, Spices, Olives (Olive Oil)
- **Nuts & Seeds:** Cashews, Brazil nuts, Pine nuts, Chestnuts, Macadamia nuts, Pistachios, Walnuts, Pecans, Almonds, Sunflower, Sesame
- **Liquids:** Spring Water, Distilled Water, Natural Fruit Juices, Natural Vegetable Juices
- **Sweeteners:** Honey, Brown Sugar, Stevia & other Natural Sweeteners
- **Meats:** Fish, Chicken, Lamb and Turkey Only. No Beef or Pork.

FOODS TO AVOID**

- Beef, Pork, White Rice, Fried Foods, Carbonated Beverages, Caffeinated Beverages, Foods Containing Preservatives or Additives, Refined Sugar, Sugar Substitutes, White Flour and All Products Using It, Margarine, Butter, Shortening, High Fat Products; Desserts, Candy, etc.

*According to custom, Sundays are not included as fasting days. Tuesdays are requested be a complete fast, consuming only liquids 6am - 6pm.

**This list is intended to be a guideline and is not all-inclusive.

Eating the Mediterranean Way: <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/mediterranean-diet/art-20047801>

- **Eat more fruits and vegetables.** Aim for 7 to 10 servings a day of fruit and vegetables.
- **Opt for whole grains.** Switch to whole-grain bread, cereal and pasta. Experiment with other whole grains, such as bulgur and farro.
- **Use healthy fats.** Try olive oil as a replacement for butter when cooking. Instead of putting butter or margarine on bread, try dipping it in flavored olive oil.
- **Eat more seafood.** Eat fish twice a week. Fresh or water-packed tuna, salmon, trout, mackerel and herring are healthy choices. Grilled fish tastes good and requires little cleanup. Avoid deep-fried fish.
- **Reduce red meat.** Substitute fish, poultry or beans for meat. If you eat meat, make sure it's lean and keep portions small.
- **Enjoy some dairy.** Eat low-fat Greek or plain yogurt and small amounts of a variety of cheeses.
- **Spice it up.** Herbs and spices boost flavor and lessen the need for salt.

Plant based, not meat based. The foundation of the Mediterranean diet is vegetables, fruits, herbs, nuts, beans and whole grains. Meals are built around these plant-based foods. Moderate amounts of dairy, poultry and eggs are also central to the Mediterranean Diet, as is seafood. In contrast, red meat is eaten only occasionally.

Healthy fats

Healthy fats are a mainstay of the Mediterranean diet. They're eaten instead of less healthy fats, such as saturated and trans fats, which contribute to heart disease.

Olive oil is the primary source of added fat in the Mediterranean diet. Olive oil provides monounsaturated fat, which has been found to lower total cholesterol and low-density lipoprotein (LDL or "bad") cholesterol levels. Nuts and seeds also contain monounsaturated fat.

Fish are also important in the Mediterranean diet. Fatty fish – such as mackerel, herring, sardines, albacore tuna, salmon and lake trout – are rich in omega-3 fatty acids, a type of polyunsaturated fat that may reduce inflammation in the body. Omega-3 fatty acids also help decrease triglycerides, reduce blood clotting, and decrease the risk of stroke and heart failure.

BREAKTHROUGHS