



## Consuming Fire Christian Center fasting for January 2020

(Note: This is our normal corporate fast time, below are the guidelines for the fast. This is not between the pastor and the congregation, but it is between you and God. Make whatever adjustments you deem necessary for a successful spiritual fast – be led by the Holy Spirit and not by man).

We will fast this month eating fruit, vegetables, your most favorite thing, and from social media (unless you are doing ministry).

### Objective:

- Cleanse our hearts
- Heart of forgiveness for yourself, others, your body and relationships
- Destroy the strongholds of distractions and deceptions
- Reveal revelation to you in the secret place
- Refocus on relationship with Christ and Kingdom principles
- Bring unity to the church and families
- Economic breakthrough for families and church
- Position yourself in the Authority of Christ

### Ministry activities

- We are asking that everyone be in attendance for Marriage and Family Ministry, Sunday Morning Service, Prayer service and RHEMA Classes during the month. Also, we are asking everyone to attend the classes that are specifically designed for you. Leaders please attend the leadership classes (leaders are anyone that hold a position in the church). We know people have things to do, but I'm asking if it is not a job requirement, please attend.
- TV is limited to Pure Flix movies with Godly themes (<http://pureflix.com>), News and Christian programs (Everything on Christian Channels are not Christian based)
- Prayer at least the sum of one hour per day
- Fast from social media unless you are actively doing ministry on it

### January 2020

- No Meats (except on Sunday after church lamb, fish or chicken only)
- No fast food
- No cream soups
- No pasta (Whole wheat pasta is the best)
- No deserts



“Don’t you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself, for God bought you with a high price. So you must honor God with your body. [1 Cor 6:19](#) – NLT

[1Th 5:23](#) And the very God of peace sanctify you wholly; and *I pray God* your whole spirit and soul and **body** be preserved blameless unto the coming of our Lord Jesus Christ.

**Reference:** The Forks Over Knives' plant-based documentary movie on Netflix

No Meats		<ul style="list-style-type: none"> <li>• Processed red meats can cause cancer due to additives (Beans have just as much protein; fruits and vegetables move through your system in less than one day due to the higher fiber content)</li> <li>• Takes 24 -72 hours to digest</li> <li>• Bacon has a high salt content and saturated fats that are associated with cardiovascular diseases</li> </ul>
No fast food		<ul style="list-style-type: none"> <li>• Fast food is bad for your health because they contain high sodium content and the leading cause of obesity, hypertension, and heart disease.</li> </ul>
No cream soups		<ul style="list-style-type: none"> <li>• Milk can result in nausea, cramps, gas, bloating, and diarrhea if you are Lactose intolerance. Processed milk has been linked to prostate and ovarian cancers due to additive add. Also, antibiotics in the process milk work against your immune system.</li> </ul>
No pasta		<ul style="list-style-type: none"> <li>• Whole-grain pasta contains a good amount of fiber, manganese and selenium. Refined pasta is higher in calories, carbs, B vitamins and iron but lower in fiber and most other micronutrients</li> </ul>
No Deserts		<ul style="list-style-type: none"> <li>• Desserts have high sugar and fat content</li> </ul>



## **Daniel's Fast (Fruits/ Vegetables and your most favor thing)**

January 6 – 31 (Vegetables and Fruit/ No meat except on Sundays)

### **Examples - Veggie meals**

- Smoothies
- Veggie pizza on whole grain crust
- Portobello Mushrooms
- Hot Cereals
- Thai food no meat
- Salads No meat
- Sweet potato Casserole
- Eggplant Parmesan
- Veggie Burger with Whole grain flax or Whole grain bun
- Veggie with brown rice
- Lentil Soup
- Ezekiel bread

(Sunday vegetable and either lamb, chicken or fish)

January 21 (Martin Luther King Day – Limited)

## **Fasting Basics**

By Pastor Jentezen Franklin

According to the Bible, there are three duties of every Christian: give, pray and fast. Biblical fasting takes a lot of discipline and strength—strength which you can only receive from God. Your private discipline will bring you rewards in Heaven, says Matthew 6. When you give God your first through fasting, prayer and giving at the beginning of the year, you set the course for the entire year.

- Why should I fast?
- Are you in need of healing or a miracle?
- Do you need the tender touch of God in your life?
- Is there a dream inside you that only He can make possible?
- Are you in need of a fresh encounter?
- Do you desire a deeper, more intimate and powerful relationship with the Lord?
- Are you ready to have heightened sensitivity to the desires of God?
- Do you need to break away from bondages that have been holding you hostage?
- Is there a friend or loved one that needs Salvation?
- Do you desire to know God's will for your life?



## **BIBLICAL FASTING FOCUS**

### **1 TIMOTHY 2:1-2**

“I exhort therefore, that, first of all, supplications, prayers, intercessions, and giving of thanks, be made for all men; For kings, and for all that are in authority; that we may lead a quiet and peaceable life in all godliness and honesty.”

### **ROMANS 12:1**

“I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, [which is] your reasonable service.”

### **MATTHEW 6:33**

“But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.”

### **ISAIAH 58:6**

“[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?”

We want to encourage you to target your prayers during the fast. Two specific areas we will be focusing on together are leadership and finances. The Bible instructs us to continually pray for our leaders (1 Timothy 2:1-2). When we lift up our leaders, here in the United States and around the world, we can expect God’s peace in our lives and in our nation.

Another great promise, from the book of Isaiah, proclaims that the chosen fast will “undo the heavy burdens and let the oppressed go free.” We are living in tough economic times and we know that so many people are under a financial burden. As we come together to fast and pray, we believe that your burdens will be lifted and that financial blessings will be released into your life!

We encourage you to seek the Lord in prayer and let your decisions about your biblical fasting come from Him. Ask the Lord to show you areas to target during your time of fasting and prayer. We believe that, as we pray and seek God and give Him our best at the first of the year, He will bless our ENTIRE year (Matthew 6:33)!



## **Fasting Types**

There are several types of fasting. The one you choose is between you and God. He will honor your best sacrifice.

### **Full Fast**

Drink only liquids (you establish the number of days).

### **The Daniel Fast**

Eat no meat, no sweets and no bread. Drink water and juice. Eat fruits and vegetables.

#### **FOOD GUIDELINES FOR A DANIEL FAST**

##### **Daniel 1:12**

“Please test your servants for ten days, and let them give us vegetables to eat and water to drink.”

##### **Daniel 10:3 KJV**

“I ate no pleasant food, no meat or wine came into my mouth, nor did I anoint myself at all, till three whole weeks were fulfilled.”

When going on a Daniel fast, or any type of fast, if you have questions outside of what Scripture says, prayerfully seek the Lord and be led by the Spirit for the specifics for your personal fast.

### **3-Day Fast**

This fast can be a Full Fast, Daniel Fast or give up at least one item of food.

### **Partial Fast**

A partial fast is from 6:00 am to 3:00 pm or from sun up to sundown. You can select from three types of fasting—a Full Fast, Daniel Fast or give up at least one item of food.

### **Scripture References for Fasting:**

Matthew 6:16-18, Matthew 9:14-15, Luke 18:9-14

### **Relation to Prayer and Reading of the Word:**

1 Samuel 1:6-8, 17-18, Nehemiah 1:4, Daniel 9:3, 20, Joel 2:12, Luke 2:37, Acts 10:30, Acts 13:2

### **Corporate Fasting:**

1 Samuel 7:5-6, Ezra 8:21-23, Nehemiah 9:1-3, Joel 2:15-16, Jonah 3:5-10, Acts 27:33-37

Remember that it is the attitude of a heart sincerely seeking Him to which God responds with a blessing (Isaiah 58, Jeremiah 14:12, 1 Corinthians 8:8). May God greatly bless you as you fast!



## **Fasting Tips**

### **How to Begin**

Start with a clear goal. Be specific. Why are you fasting? Do you need direction, healing, restoration of marriage or family issues? Are you facing financial difficulties? Ask the Holy Spirit for guidance. Pray daily and read the Bible.

### **Preparing Spiritually**

Confess your sins to God. Ask the Holy Spirit to reveal areas of weakness. Forgive all who have offended you and ask forgiveness from those you may have offended (Mark 11:25; Luke 11:4; 17:3-4). Surrender your life fully to Jesus Christ and reject the worldly desires that try to hinder you (Romans 12:1-2).

### **Deciding What to Fast**

The type of fasting you choose is up to you. You could go on a full fast in which you only drink liquids, or you may desire to fast like Daniel, who abstained from sweets and meats, and the only liquid he drank was water. Remember to replace that time with prayer and Bible study.

### **Deciding How Long**

You may fast as long as you like. Most can easily fast from one to three days, but you may feel the grace to go longer, even as much as 21 to 40 days. Use wisdom and pray for guidance. Beginners are advised to start slow.

### **What to Expect**

When you fast your body detoxifies, eliminating toxins from your system. This can cause mild discomfort such as headaches and irritability during withdrawal from caffeine and sugars. And naturally, you will have hunger pains. Limit your activity and exercise moderately. Take time to rest. Fasting brings about miraculous results. You are following Jesus' example when you fast. Spend time listening to praise and worship. Pray as often as you can throughout the day. Get away from the normal distractions as much as possible and keep your heart and mind set on seeking God's face.

### **How to End**

Don't overeat when the time comes to end your fast. Begin eating solid food gradually; eat small portions or snacks.



## Steps to Fasting

**Step 1: Be Specific** – Before pray in the Holy Spirit to get direction on how you such fast during this time.

**Step 2: Fast as a Spiritual Commitment** - Fasting involves a spiritual commitment to God. “Daniel proposed in his heart that he would not defile himself” (Daniel 1:8).

**Step 3: Reflect Inner Desire by Outer Discipline** - Many people have an inner desire for better health, but they can't discipline themselves to avoid junk food, and other foods that are not good for their health. The physical health you seek from God may be more than an answer to prayer. Your physical health can be linked to any of the following factors:

### Your food choices.

- The level of your spiritual commitment as reflected in constant prayer during the fast.
- Your time commitment. If you determine to fast for a certain time, keep it. For example, if you determine to fast 10 days, don't stop on Day 9.
- Your testimony commitment. Your fast is a statement of faith to God that you want Him to heal your body, and faith is foundational to the Fast.

### Step 4: Pray to Perceive any area of your life that are not lining up with God's Word

Notice James 5:13-16:

- In many cases, sin is sometime related to the cause sickness.
- Lack of health/healing may be the result of spiritual rebellion.
- Lack of health/healing may be due to sin of wrong intake, i.e. drugs, pornography.
- Repentance is linked to health according to James.
- Release the past and forgive (Yourself, others, God and your body)

**Step 5:** Fast as a Statement of Faith to Others

**Step 6:** Learn the effects of the food you eat

**Step 7:** Yield All Results to God