

A person's profile is shown in silhouette, looking down and to the right. The background is a complex composition of overlapping, semi-transparent geometric shapes in various colors including purple, teal, green, and blue. The overall effect is artistic and modern.

Consecration

January 14 - February 4th



DELVAL
CHURCH

Get Plugged in!

We will send daily devotionals by email during our consecration. Make sure you are on the email list by sending your email address to PR@Rightwhereyouare.com

You can also get all consecration related information on our Church Website at: www.rightwhereyouare.com/deeperfast

Why Fast?

Fasting is a spiritual tool God uses to advance His kingdom, change the destiny of nations, spark revival, and bring victory in people's lives. As we begin this new year we seek to humble ourselves before God, consecrate ourselves to Lord for the upcoming year, and corporately agree for breakthroughs.

- Fasting was an expected discipline in both the Old and New Testament eras. For example, Moses fasted at least two recorded forty-day periods. Jesus fasted 40 days and reminded His followers to fast, "when you fast," not if you fast.
- Fasting and prayer can restore the loss of the "first love" for your Lord and result in a more intimate relationship with Christ.
- Fasting is a biblical way to truly humble yourself in the sight of God (Psalm 35:13; Ezra 8:21). King David said, "I humble myself through fasting."
- Fasting enables the Holy Spirit to reveal your true spiritual condition, resulting in brokenness, repentance, and a transformed life.
- The Holy Spirit will quicken the Word of God in your heart and His truth will become more meaningful to you!
- Fasting can transform your prayer life into a richer and more personal experience.
- Fasting can result in a dynamic personal revival in your own life-and make you a channel of revival to others.

Jesus Fasted

Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. And after fasting forty days and forty nights, he was hungry. MATTHEW 4:1,2

And Jesus returned in the power of the Spirit to Galilee, and a report about him went out through all the surrounding country. LUKE 4:14

Jesus knew He was going to need spiritual strength to fulfill His purposes. Fasting makes us spiritually strong and prepares us to do God's work.

Act of Humility

Fasting is an act of humility and consecration.

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. EZRA 8:21

As we humble ourselves, through prayer and fasting, we receive God's grace and have access to His heart.

Increased Sensitivity

Fasting helps us become sensitive to the Holy Spirit.

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." ACTS 13:2

When we deny ourselves of natural cravings and worldly distractions, we become more sensitive to God's voice. Then we are better able to focus on God and submit to His will.

Fasting brings revival.

"If my people who are called by my name humble themselves, and pray and seek my face and turn from their wicked ways, then I will hear from heaven and will forgive their sin and heal their land." 2 CHRONICLES 7:14

Throughout history, God has brought revival and delivered nations from destruction in response to prayer and fasting. Fasting helps us prevail in prayer and intercession.

Fasting is healthy.

Fasting cleanses your digestive system from toxins. Doctors consider fasting a cure for certain allergies and diseases. The discipline of fasting helps break unhealthy addictions in our lives.

Planning Your Fast

Then Joshua said to the people, "Consecrate yourselves, for tomorrow the Lord will do wonders among you." **JOSHUA 3:5**

Pray—Spend time reading the Bible during the fast. Ask the Holy Spirit for guidance in your prayers.

Commit—Pray about the kind of fast you will undertake and commit to it ahead of time. Ask God for grace to help you follow through with your decisions.

Act—Start eating smaller portions a few days before the fast. Avoid food high in sugar and fat.

NOTE: Consult a physician, especially if you are pregnant, nursing, or taking medication. If your situation does not allow you to do a full fast, determine what will work best for you.

Ask someone to be your prayer partner throughout the fast.

While Fasting

[Jesus] answered, "It is written, 'Man shall not live by bread alone, but by every word that comes from the mouth of God.'" **MATTHEW 4:4**

Focus—Set aside time to work through the devotionals. Be ready to respond to God's Word and the leading of the Holy Spirit.

Pray—Join your church family for corporate prayer on Saturdays 7:30am -8:30am. Intercede for your family, church, pastors, and our nation.

Replenish—During mealtime, read the Bible and pray instead. Drink plenty of water and rest as much as you can. Be ready for temporary bouts of physical weakness and mental annoyances like impatience and irritability.

Breaking the Fast

14 "And this is the confidence that we have toward him, that if we ask anything according to his will he hears us. 15 And if we know that he hears us in whatever we ask, we know that we have the requests that we have asked of him." **1 JOHN 5:14,15**

This year, I am believing God for...

Personal Faith Goals

Spiritual Revival • Physical Healing • Prosperity and Abundance • Rich Generosity

My Family

Restoration of Relationships • Household Salvation

My Education/Career

Excellence • Promotion

My Fitness and Finances

Physical Stewardship • Financial Stewardship

My Ministry

Effectiveness and Excellence • Salvation of the Lost

My Prayer Partner Is:

“ . . . if two of you agree on earth about anything they ask, it will be done for them by my Father in heaven.” MATTHEW 18:19

I am committing to pray for...

Prayer Requests of Others

Our Church

Church Leadership • Provision • Discipleship Ministry

Our Community

Campuses and Educational Institutions • Local Government • Outreach Opportunities

Our Nation

Government Officials • Spiritual Revival • Economic Prosperity • Peace and Order

Some Fasting Options

THE DANIEL FAST

Fast as a Spiritual Commitment

The Daniel Fast involves a spiritual commitment to God. “Daniel proposed in his heart that he would not defile himself”.

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:

1. Your food choices.
2. The level of your spiritual commitment as reflected in constant prayer during the fast.
3. 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.
4. 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 Daniel Fast.

GUIDELINES FOR DANIEL FAST

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, Oats, 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, 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

Liquids: Spring Water, Distilled Water, 100% All-Natural Fruit Juices, 100% All Natural Vegetable Juices

Foods to Avoid: Meat, White Rice, Fried Foods, Caffeine, Carbonated Beverages, Foods Containing Preservatives or Additives Refined, Sugar, Sugar Substitutes, White Flour, and All Products Using It, Margarine, Shortening, High Fat Products.

****Please feel free to modify this fasting plan, if you have particular medical requirements.***

THE FINANCIAL FAST

- 1. For 21 Days.** Three weeks is a perfectly reasonable period of time to cut back on your wants and focus only on your needs. If you commit for less time, you may not really absorb the benefits of a fast and the transformative effects it can have on your financial habits..
- 2. Only Purchase Needs.** Unless you absolutely need it to survive, don't buy it during your fast. That eliminates trips to the hair salon, happy hour at the bar, restaurant dinners, movies, online purchases, and even birthday presents for your best friends. Instead, your money should only go toward food, housing, medication, and other necessities. And when you get the urge to buy, spend time in prayer.
- 3. Pay With Cash Only.** You become much more conscious of the spending process when you actually pay in cash. Those bills can serve as a potent visual reminder of the decisions you're making, as you make them. When the cash stays in your wallet. You will be surprised how easy it is to spend money when you used only plastic.
- 4. Keep a Spending Journal.** Throughout your financial fast, keep a detailed log of what you spend, what you save, and where you may be struggling, and Ask the Lord to show you areas where you can be a better steward moving forward.

THE SOCIAL MEDIA FAST

Its simple, Log off! for 21 days, and redirect your attention from social media to the things of the Lord, building relationships with people, and spending time with your family and friends.

