

PRAYER DURING FASTING

During the fast, we will pray in efforts to communicate with God on a consistent basis. I trust that as you deny your flesh, your spirit man is better able to hear from the Lord. There is no time like the present to focus on what the Lord is saying to you concerning your future.

Daily Prayer: During this year's consecration, I want everyone, wherever you may be, to pray three times a day: (Monday-Friday) at 7 am, 12 noon and 7 pm. I know some of you have early and late prayer but this is about unity and us praying altogether.

The aim is to gain self-control, to be dominated by the spirit, and not by the flesh. Whether total or partial, the goal is the same, to deny the flesh for a (higher purpose) to get closer to God.

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Pastor James Martin

Mt. Olivet Church

Consecration

2019

February 4—March 11



*Joshua told the people
“Consecrate yourselves for
tomorrow the Lord will do
AMAZING things among
you.” Joshua 3:5*

WHAT IS IT

To consecrate means to make or declare something; to dedicate formally to a religious or divine purpose. I am challenging the body of Mt. Olivet to join together at the beginning of the year in order to consecrate or dedicate to Him a tithe (10%) of the number of days of the year by fasting and praying. When we do this we will see God operate powerfully in our ministry as we deny our flesh for a spiritual and natural purpose. Indeed, our spirits, souls, and bodies are cleansed and renewed during this special time. So we take this sacred time of prayer and fasting seriously as we look forward to what God has in store for us collectively and individually this year.

WHY SHOULD I FAST?

If you are a Member/Regular attendee of MOBC, you ought to be determined to be in the flow of what the Lord is saying to us together. As your Pastor, I have to answer to God for your growth and ability to hear a Word from the Lord. I also want to see your faith grow and challenge you to be the best that you can be. So you should want to fast with us, and I trust that you will. In addition to growing strong corporately, there are many individual benefits of fasting.

SEVEN BENEFITS OF FASTING

1. Fasting is a practice that God commands. We have provided some scriptures on fasting at the end of this pamphlet.
2. Fasting moves God and moves you!
3. Quiets your flesh, making it easier to hear the Holy Spirit, and your inner spirit.

4. Is an opportunity for you to show your flesh who is in control. You rule you!
5. Strengthens your spirit as you dedicate that time to prayer.
6. Creates a bond with your church family as we unite together in prayer.
7. Cleanses toxins from your body, helping you to start the year healthy.

HOW LONG IS THE CONSECRATION?

We will be praying and fasting for 36 days of the year from Monday, February 4, until Monday, March 11.

TWO TYPES OF FASTS

There are two basic types of fasts, total (water only) and partial (abstaining from specific items) Breads, sweets, cakes, candy, TV, computer games, alcohol, cigarettes, weed, etc. I am not asking you to abstain from nourishment for such a long period of time. But, I am asking you to do something. Give up something for 36 DAYS and watch God work. The benefits will be worth the challenge. See fasting option below:

OTHER WAYS TO FAST

Sun up to Sun down

One meal per day (no sweets)

No Caffeine: coffee, soda or tea (this may be a great time to give up soda altogether since it is so bad for you.)

Fruits and vegetables only, no meat.

No complex carbohydrates: bread, pasta, potatoes, sweets

No tobacco (if tobacco has you, this is a great time to kick it out of your life).

PRACTICAL FASTING TIPS

DRINK LOTS OF WATER – water transports nutrients, carries away wastes, and hydrates cells. Drink up, and remember to drink distilled water if you are not eating.

DID YOU KNOW?– Drinking cold beverages makes your body work harder to stay at a normal temperature. During periods of fasting, this could consume a lot of energy and make you tired. To help preserve energy, consider drinking beverages at room temperature.

WHAT TO EXPECT – When you fast, your body eliminates toxins from your system. This can cause mild discomfort such as headaches and irritability, especially during withdrawal from caffeine and sugars. Naturally, you will have hunger pains. When this happens, redirect your focus.

ACTIVITIES THAT CAN EASE YOUR DISCOMFORT AND REPLACE MEAL TIME:

Playing board games or participating in other family activities

Reading a book

Visiting friends or family members

Learning a new craft or hobby

Finishing a project or chore

Journaling

Reading the Word

Praying

Resting

II Chronicles 20:1-15 Ezra 8:21-23

Isaiah 58:1-9 Joel 1:13-14

Matthew 6:16-17 Jonah 3:3-10

Matthew 4:2 Mark 2:19-20

Acts 13:2-3 Acts 14:23