

New Mt. Olive PPC Month of Consecration: January 2-31, 2018
Normal Fast (12 mid-nights to 4pm): Mondays, Wednesdays, and Fridays;
Beginning Tuesday thru Friday; Jan. 2-5 Prayer 7pm nightly
Expected Revival Services Jan. 11, 12, 18, 25, 31

“The Mission is Possible”

**Consecration Scriptures: Genesis 18:14, 26-33; Matthew 10:32-33;
Mark 9:23; Romans 12:1-2; Romans 1:16**

New Mt Olive PPC Consecration Fast will be a modified Daniel Fast

What is the Daniel Fast?

The Daniel Fast is a biblically based partial fast. There are two anchoring scriptures for the Daniel Fast. In Daniel chapter one the Prophet ate only vegetables (that would have included fruits) and drank only water. So, from these scriptures we get two of the guidelines for the fast:

1. Only fruits and vegetables
2. Only water for a beverage

In Daniel chapter ten we read that the Prophet ate no meat nor any breads or foods and he drank no wine for 21 days. So from this scripture, we get a third guideline:

3. No sweeteners and no breads

How to Prepare:

If you don't already have an established daily quiet time with the Lord, then this is an excellent opportunity to do so. Starting your day with God is a habit that will support your faith and growing intimacy with the Lord. During your fast, be sure to set a daily time to come before the Lord, to study His Word and His ways.

How to Begin Spiritually:

Start with a clear personal goal in addition to our corporate goals. 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. Prepare spiritually by confessing 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).

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. May God greatly bless you as you fast!

What to Expect during the Fast:

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.

When you fast:

Expect to get to know God better

- Fasting is waiting.
Lamentations 3:25-27
- Fasting is drawing near.
Jeremiah 29:11-13

As you demonstrate sincerity to God, you can expect:

- Expect strength in your inner character.
- Find power to leave sinful habits.
2 Corinthians 7:1
- Find power to stay focused in prayer.
- Find yourself desiring God's presence.
- Expect the hand of God to move to answer unselfish prayers.

Expect resistance from the devil.

Expect your prayers to go to a higher level.

How to succeed in fasting:

- Fast with friends.
Matthew 18:19
- Fast with a purpose (not casually).

Set a start date and end date.

Determine you will follow through on the fast.

- Fast unselfishly.
Isaiah 58:1-11
- Spend time with God.

Fasting does not work if you do not pray.

Types of Fasts:

Normal Fast

- Going without food for a definite period during which you ingest only liquids (water and /or juice). The duration can be 1 day, 3 days, 1 week, 1 month or 40 days. Extreme care should be taken with longer fast.

Absolute Fast

- No food or water at all. Moses fasted for 40 days-but he had supernatural Godly intervention. A 40 day fast would usually kill anyone. 1 day, 3day or 7 day durations, no more than that without God, and I mean try the spirit to be sure it is God, if you desire longer durations.

Partial Fast

- This one omits certain foods or is on a schedule that includes limited eating. One meal a day or eating vegetables for several days. Elijah (1 Kings 19:4, 8) practiced partial fast at least twice. John the Baptist (Luke 1:15) and Daniel (Dan. 1:8; 10:1-3) with his three friends and then alone are other examples of this kind of fast. A partial fast is from 6:00 am to 4:00 pm or from sun up to sundown.

A Rotational Fast

- Consist of eating or omitting certain families of foods for designated periods. For example, grains may be eaten only every fourth day. Various food families are rotated so that some food is available each day.

A Media Fast

- Consist of giving up some of the things you're addicted to most: television, DVDs, movies, news, magazines, newspapers, Internet, Facebook and all other social media. Take a minute to think about how much time you spend online, watching TV or DVDs, and reading all the other stuff mentioned above. Now think about how many goals you could accomplish if you cut those activities out of your life. The time you would gain would be tremendous. Sacrifice this time for the things of God.

Foods to include in your diet during the Daniel Fast...

All fruits:

These can be fresh, frozen, dried, juiced or canned (watch for added sugar).

Apples	Guava
Apricots	Honeydew melons
Avocados	Kiwi
Bananas	Lemons
Berries	Limes
Blackberries	Mangoes
Blueberries	Melons
Boysenberries	Mulberry
Breadfruit	Nectarines
Cantaloupe	Oats
Cherries	Olives
Coconuts	Oranges
Cranberries	Papayas
Dates	Peaches
Figs	Pears
Grapefruit	Pineapples
Grapes	Plums
Grenadine	Prunes
Raspberries	Raisins
Strawberries	Tangelos
Tangerines	Watermelon

Vegetables:

These can be fresh, frozen, dried, juiced or canned (watch salt content).

Artichokes	Onions
Asparagus	Parsley
Beets	Peppers
Broccoli	Potatoes
Brussels sprouts	Radishes
Cabbage	Rutabagas
Carrots	Scallions
Cauliflower	Spinach
Celery	Sprouts
Chili peppers	Squashes
Collard greens	Sweet potatoes
Corn	Tomatoes

Cucumbers
Eggplant
Garlic
Ginger root
Kale
Leeks
Lettuce

Turnips
Watercress
Yams
Zucchini
Mushrooms
Mustard greens
Okra

Legumes:

Dried beans
Black beans
Cannellini
Pinto beans
Split peas
Lentils
Black eyed peas
White

Green beans
Green peas
Kidney beans
Peanuts
Beans
Lupines
Peas

Seeds:

All nuts (raw, unsalted) Sunflower
Sprouts Sesame
Ground flax Almonds
Cashews Natural Almond Butter
Walnuts

Whole Grains:

Whole wheat
Brown rice
Millet
Quinoa
Oats
Rolled Oats
Plain Oatmeal- not instant

Barley
Grits (no butter)
Whole wheat pasta
Whole wheat tortillas
Plain Rice cakes
Popcorn (homemade)

Liquids:

Water (spring, distilled, filtered)
Unsweetened Soy Milk
Herbal (caffeine free) Tea
100% Fruit/Vegetable Juice (no added sugar)

