

"2010 Beginning-of-the-Year 21-Day Fast & Consecration"

As you recall, we spent time in October and November examining Mark 9:28-29, where Jesus said we would not experience victory in certain things until we pray *and fast*. Once again, we are at the start of a new year. The Lord has directed me to call a 21-Day Fast & Consecration for our congregation to start this year off. During this fast & consecration, we are to develop an expectation that the Lord is going to do great things in us, through us, with us and for us. We want to set the tone for great things to occur this year above and beyond what we have ever experienced individually and corporately as a fellowship through this season of fasting and consecration.

The 21-Day Fast & Consecration will be according to the following format:

When: Sunday, January 10, 2010 – Sunday, January 31, 2010

Why: To prepare for a new Move of the Lord where He does great things in us, with us, through us and for us

How: 1 Meal-per day for 5 days-a-week; Liquids-Only for 2 days-a-week. The division/allocation of the days is at your discretion. Also restrict your media/communications/entertainment activities to necessity.

What: Meals are to consist of the following wholesome foods: broiled/baked fish, chicken & turkey; fruits & vegetables; rye, wheat and grain-based breads; beans & nuts.
Liquids are to consist of water, pure fruit juices and if necessary soy, almond, rice-based milk {no dairy}.

Verses: Isaiah 58:6{meditate on the whole chapter as a devotional during the fast/consecration}; Jeremiah 33:9{meditate on verses 1-9 as a devotional during the fast/consecration}

As I have advised in the past, if you are under physician's care, please govern yourself in line with his/her instructions and ask the Spirit to guide you as to how to make effective modifications. *Let's prepare for the manifestation of great things in God!*