

5 Days of Consecration

Mission Statement:

To set the heart of Greater New Birth Church to
“Reach for Higher In 2021”

Primary Scripture - Philippians 3:13-14 “Brethren, I count not myself to have apprehended: but this one thing I do, forgetting those things which are behind, and reaching forth unto those things which are before, I press toward the mark for the prize of the high calling of God in Christ Jesus.”

We are calling on every Greater New Birth church member to join our five-day prayer and fasting. Let us corporately consecrate ourselves, our families, and ministries to God and believe God for victories and breakthroughs in every area of your life this year.

Practical Guide to Five Days of Prayer & Fasting

...“Consecrate yourselves, for tomorrow the LORD will do amazing things among you.” Joshua 3:5

Throughout history, God has called on His people to humble themselves through fasting and prayer. Fasting is a spiritual weapon God uses to advance His kingdom, change the destiny of nations, spark revival, and bring victory in people’s lives. There is something powerful that happens when we voluntarily humble ourselves, seek God’s will and agree with Him for His purposes to be fulfilled. As a spiritual family, we begin this new year with five days of prayer and fasting. It is our way of humbling ourselves before God and consecrating to Him for the year. It is also the time when we corporately come into agreement and believe together for breakthroughs in our personal lives, families, finances and church. Over the years, as a result of this time of prayer, we have seen people receive healing, salvation, promotion, direction, family restoration, miraculous provision, and tremendous growth in their Life Groups and church. One of the highlights is always seeing and hearing testimonies of how God answers over and beyond what people ask. As you begin your fast this year, believe in your heart, by faith, that this is your year of miracles and answered prayers.

Why Fast?

“Announce a holy fast; proclaim a sacred assembly. Gather the elders and all the inhabitants of the land to the temple of the Lord your God and cry out to the Lord.” Joel 1:14

When a man is willing to set aside the legitimate appetites of the body to concentrate on the work of praying, he is demonstrating that he means business, that he is seeking with all his heart, and will not let God go unless He answers.

1. Jesus fasted.

Then Jesus was led by the Spirit into the desert to be tempted by the devil. After fasting forty days and forty nights, he was hungry. Jesus returned to Galilee in the power of the Spirit, and news about him spread through the whole countryside. Before He began His ministry, Jesus fasted forty days. He knew He was going to need spiritual strength to fulfill His purposes. Fasting makes us physically weak but spiritually strong and prepares us to do God's work.

2. Fasting is an act of humility and consecration.

...I put on sackcloth and humbled myself with fasting...Psalm 35:13

Humility results in the grace of God. When we humble ourselves in prayer, we have instant access to the heart of God. As we deny ourselves as an act of consecration, we are better able to exercise self-control. We can keep our emotions and desires under control.

3. 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 our natural cravings, our spiritual antennas become sharper. We become more sensitive to His voice as we divest ourselves of worldly distractions. We are better able to focus on God and submit to His will. This opens the door for the Holy Spirit into our lives.

4. Fasting brings revival.

...in the first year of his reign, I, Daniel, understood from the Scriptures, according to the word of the LORD given to Jeremiah the prophet, that the desolation of Jerusalem would last seventy years. So, I turned to the Lord God and pleaded with him in prayer and petition, in fasting, and in sackcloth and ashes. Daniel 9:2,3

Fasting helps us prevail in prayer and intercession. Daniel understood that Israel was headed for destruction. He also knew that in times like these, there is only one recourse—intercession through praying and fasting. Throughout human history, God has brought revival and delivered nations from destruction in response to prayer and fasting.

5. Fasting is healthy.

Fasting cleanses your digestive system from toxins. Doctors consider fasting a cure for certain allergies and diseases. By learning to deny ourselves and exercising discipline, fasting breaks unhealthy addictions in our lives. Matthew 4:1,2; Luke 4:14

Preparing to Fast

"Go, gather together all the Jews who are in Susa, and fast for me. Do not eat or drink for three days, night or day. I and my maids will fast as you do. When this is done, I will go to the king, even though it is against the law. And if I perish, I perish." Esther 4:16

Fasting reduces the power of self so that the Holy Spirit can do a more intense work within us.

1. Be in faith!

Ask the Holy Spirit for guidance. Be clear and specific about your faith goals in your personal life, family, finances, and church. These are what you will be believing God for during the fast and the entire year. Expect God to answer. Maintain a thankful heart throughout and after the fast.

2. Commit to a type of fast.

Follow the days, times and Food schedules.

Pray about the kind of fast you will undertake and commit to it. Ask God for grace.

3. Plan your calendar.

Limit your physical and social activities during this period. You need to conserve physical energy and devote more time to prayer and reading the Bible.

4. Prepare spiritually.

More than anything, fasting is a time when we believe God for a fresh encounter with Him. Be prepared to have the Holy Spirit put His finger on an area in your life that needs to change. Repentance is the foundation of prayer and fasting. Be ready to repent and change and be transformed. Surrender everything to Him. Be completely open.

5. Prepare physically.

Be smart as you enter into this fast. The key is to gradually prepare your body. Start eating smaller portions and meals days before you begin your fast. Avoid food that is high in sugar and fat. Consult a physician if you need to.

During the Fast

The record of the whole Bible indicates that prayer and fasting combined constitute the strongest weapon committed to God's believers.

Commit to prayer and Bible reading the times you usually allocate for meals. Join at least one corporate prayer meeting. Be ready to

1. Seek the Lord.

Respond when you hear from God.

Commit to prayer and Bible reading the times you usually allocate for meals. Join the corporate prayer meeting. Be ready to respond when you hear from God.

2. Commit to change.

During the fast whatever God tells you or puts His finger upon, apply it immediately. Make the adjustment. If you need to make restitution, immediately contact people you have broken relationships with. If there are habits that need to change, make the adjustment immediately.

3. Practical tips

- a. Avoid medical and even natural herbal drugs. However, if you are under medication, these should only be withdrawn upon the advice of your doctor.
- b. Limit your physical activity and exercise. If you have a workout routine, a daily two-to-five-kilometer walk should be your maximum amount of exercise during an extended fast.
- c. Rest as much as you can.
- d. Drink plenty of clean water.
- e. Maintain an attitude of prayer throughout the day. Intercede for your family, pastors, church, nation, our missionaries, world missions, etc.
- f. As your body adjusts, be prepared for temporary bouts of physical weakness, as well as mental annoyances like impatience, irritability and anxiety.

Matthew 6:16-18

Breaking the Fast

1. Reintroduce solid food gradually.
2. Continue praying.
3. Be expectant.

Conclusion

Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us...Ephesians 3:20

Fasting in the biblical sense is choosing not to partake of food because your spiritual hunger is so deep, your determination in intercession so intense, or your spiritual warfare so demanding that you have temporarily set aside even fleshly needs to give yourself to prayer and meditation.

Our five-day prayer and fasting gives us the opportunity to realign our lives according to His will and consecrate the coming year to Him. As we humble ourselves corporately to Him in prayer, we can expect Him to move mightily in our midst. God's will is for all of us to experience breakthrough and victory in our lives. Be in faith for God to move miraculously in your life and in the life of the church this year beyond what you can ask or imagine. You have a fresh mandate. Let's be ready to accomplish greater things for God this year

GUIDELINES FOR 5 DAYS OF CONSECRATION

DAY 1 (Monday, January 25, 2021)

- ❑ Read Scripture of the Day
- ❑ Recite the Prayer of the Day
- ❑ 6 Hours Normal Fast 1pm until 7pm (*water only if necessary*)

DAY 2 (Tuesday, January 26, 2021)

- ❑ Read Scripture of the Day
- ❑ Recite the Prayer of the Day
- ❑ 6 Hours Normal Fast 1pm until 7pm (*water only if necessary*)

DAY 3 (Wednesday, January 27, 2021)

- ❑ Read Scripture of the Day
- ❑ Recite the Prayer of the Day
- ❑ 8 Hours Normal Fast 11am until 7pm (*water only if necessary*)

DAY 4 (Thursday, January 28, 2021)

- ❑ Read Scripture of the Day
- ❑ Recite the Prayer of the Day
- ❑ 8 Hours Normal Fast 11am until 7pm (*water only if necessary*)

DAY 5 (Friday, January 29, 2021)

- ❑ Read Scripture of the Day
- ❑ Recite the Prayer of the Day
- ❑ 19 Hours Normal Fast 12am until 7pm (*water only if necessary*)

