



Beginning January 3rd, we will begin a period of consecration, prayer, and fasting for the Kingdom Work that is ahead to prepare ourselves spiritually, emotionally, mentally, and physically, so that we can hear from God regarding our responsibility in the Kingdom. Our individual destinies flow out of our Corporate Destiny. Therefore, we are inextricably bound to one another by God's Spirit to move on His behalf in UNPRECEDENTED ways to advance His Kingdom.

Therefore, beginning January 3rd, make the following disciplines a part of your daily or weekly practice. If they are already disciplines in your life, look for ways to enhance or increase them and their effectiveness in helping you to be a more Kingdom-minded person.

STUDY THE WORD: Read, study, and meditate each day. It is important that you not simply study the Word, but apply it to your daily living.

PRAYER: When prayer is coupled with the Word, you have a DIVINE hook-up with God. When we pray, we talk to God. As we read the Word, God speaks to us and reveals His Will for our lives. Establishing a devotional time to read the Word and pray daily is not an option but is essential for Kingdom Living and Progress.

FASTING: The discipline of fasting is for the purpose of self-examination, purification, and focusing on God. It is also an act of self-denial, giving up those things that are important to us, so that we might yield and consecrate ourselves to God. Throughout the next twenty-one days, we invite you to observe a season of progressive sacrifice. We will fast in the following way:

21-Day Daniel Fast consisting of water, 100% fruit juice, fruits, nuts & vegetables ONLY. No candy, sweets, caffeine, fried foods, etc. Parents can make the appropriate adjustments for kids with some form of discipline for this consecration period.

Partial Fast (optional): For those with health issues and are able, they can fast from 6 AM to 6 PM or whatever time works best to keep you at optimal health.

Absolute Fast (optional): Water and/or juice only.

INSTRUCTIONS FOR FASTING

PREPARE YOURSELF PHYSICALLY: Fasting requires reasonable precautions. Consult your physician first, especially if you are pregnant, taking prescription medications, or have a chronic ailment. Some persons should never fast without professional supervision.

WHILE YOU FAST:

- *Avoid drugs, even natural herbal drugs and homeopathic remedies. Medication should be withdrawn only with physician's supervision.*
- *Limit your activity.*
- *Exercise only moderately. Walk one to three miles each day if convenient or comfortable.*
- *Rest as much as your schedule will permit.*
- *Prepare yourself for temporary mental opportunities, such as impatience, crankiness, and anxiety.*
- *Expect some physical opportunities. You may have fleeting hunger pangs, dizziness, etc.*
- *Withdrawal from caffeine and sugar may cause headaches. Other opportunities may include weakness, tiredness, or sleeplessness.*

The first two or three days are usually the most challenging. But as you continue to fast, you WILL experience a sense of well-being both physically and spiritually.

PUT YOURSELF ON A SCHEDULE: For maximum spiritual benefit, set aside ample time to be alone with the Lord. Listen for His Leading. The more time you spend with Him, the more meaningful your fast will be. Invite God to use you. Ask Him to show you how to INFLUENCE your world, your family, your Church, your community, your country, and BEYOND. Pray for His vision for your life and empowerment to do His Will.

TIPS ON JUICE FASTING: Drinking fruit juice will decrease your hunger pangs and give you some natural sugar energy. The taste and the lift will motivate and strengthen you to continue. The best juices are made from fresh watermelon, lemons, grapes, apples, cabbage, beets, carrots, celery, or leafy green vegetables. In cold weather, you may enjoy warm vegetable broth. Mix acidic juices (orange, tomato) with water for your stomach's sake. Avoid caffeinated drinks. Be aware that chewing gum or mints stimulate digestive actions in your stomach and may make you hungrier.

BREAKING YOUR FAST: End your fast gradually. **Do not eat solid foods immediately after your fast.** Suddenly reintroducing solid foods to your stomach and digestive tract will likely have negative, even dangerous consequences. Try several smaller meals or snacks each day. If you end your fast gradually, the beneficial physical and spiritual effects will result in continued good health. Break an extended water fast with fruit such as watermelon. Gradually return to regular eating with several small snacks during the first few days. Start with a little soup and fresh fruits such as watermelon and cantaloupe. Advance to a few tablespoons of solid foods such as raw fruits and vegetables or a raw salad and baked potato.