



Abundant Life Church Consecration 2021

# Prayer and Fasting Guide

Bishop Lawrence Ward

## Abundant Life Church Consecration 2021

Fast Begins Sunday, January 10, 2021 at 8:00pm

Fast Ends Sunday, January 31, 2021 at 8:00pm

**I - A Call to Fasting:** Every January Abundant life begins the year with a 21-day consecration. Due to Covid -19 we have been away from our Sunday morning worship gatherings for 11 months. However, we still have a desire to seek God and pursue his purpose in our lives. The building may have been closed but the church is very much alive and active.

Our theme for this year is "Kingdom Living." Our goal is to prioritize and live out God's plan in every area of our lives. As we submit to the Lordship of Jesus Christ and the work of the Holy Spirit we can expect life transformation from inside and out.

**II - Why does Abundant Life fast as a church?** Fasting will bring us into a deeper, more intimate, and more powerful relationship with the Lord by helping us to develop discipline and sensitivity to the Holy Spirit. By removing foods from our diet, it trains us to exert self-control over our physical selves so we can cultivate the discipline necessary for spiritual growth. Furthermore, as we cut out distractions and depend on God, our spirit becomes uncluttered by the things of this world and more sensitive to the Lord. Through fasting, we put ourselves in a position where we can gain a greater sense of purpose and focus individually and collectively. Our desire is that this fast will move everyone to a new level of faith and fruitfulness.

**III - When and how long is the fast?**

Beginning on **Sunday, January 10, 2021 @ 8:00pm** – **Sunday January 31, 2021 @ 8:00pm** the Abundant Life Church will observe a 21-day fast.

#### **IV - Types of Fasts:**

During the New Year Consecration we are asking everyone to fast in one of three ways: a partial fast, a Daniel Fast, or a liquid fast. 1) Daniel Fast: A Daniel fast is when you give up all animal products, sweets, processed food and caffeine, maintaining a healthy diet of whole grains, fruits and vegetables. In depth-guidelines for a Daniel Fast can be found on page 5. 2) Partial Fast: A partial fast is when, instead of restricting the food you can eat, you restrict the time you can eat it. For example, you may choose to skip lunch each day or choose to not eat between the hours of 6am and 6pm. 3) Liquid Fast: A liquid fast is when you only consume liquids. Depending on the guidelines you set for yourself, liquids may include items like smoothies and protein shakes or be as restrictive as clear liquids or water.

Note: If you do a liquid fast be sure to drink at least 2 quarts of water a day. It is also wise to take vitamins and mineral supplements.

#### **V - What should I consider when I fast?**

##### **A - Physical Considerations:**

If you are in poor health or have concerns about your physical ability to fast, please consult a physician before beginning. Your doctor can provide advice on how you can participate in this fast in a way that is healthy for you. Also, *do not hesitate to contact your doctor during the fast if you are experiencing symptoms in need of medical attention.*

**Fast Responsibly:** While we are asking you to make a genuine sacrifice and encouraging everyone to push yourselves physically and spiritually during this fast, you must also consider your body and what you can handle. In considerations of medical conditions, pick a fast that is both sacrificial and safe for you.

**Preparing for the fast:** You will have less difficulty adjusting to the fast if, in the days before, your diet reflects more closely the restrictions of the fast. For example, if you will be doing a Daniel fast, eat less meats and sweets in the days leading up to it and limit your caffeine intake. If you are doing a liquid fast, eat smaller portions.

**Drink plenty of water:** Fasting has incredible health benefits as it cleanses your system and releases toxins from your body. Once released, however, these toxins need to be flushed out, if not, they can cause headaches. Drinking water will help keep you hydrated, eliminate these toxins, and reduce or resolve headaches.

**Stay away from sugar and caffeine:** No matter what type of fast you partake in, it is recommended that you stay clear of foods that are high in fructose (sugars) and caffeine. Because of the effect these foods have on your metabolism and body functioning, they can cause headaches and eventual energy depletion which is intensified during times of fasting.

**Don't overexert yourself physically:** When fasting keep in mind that your body may not be able to function optimally. As a result, while exercise is encouraged, don't overdo it, save strenuous workouts for another time. Similarly, make sure you get plenty of rest.

**Breaking the fast:** When you break the fast, do so gradually. For example, if you haven't eaten solid food for three weeks, your first few meals should gradually reintroduce solid foods that are easier to digest, like fruits and vegetables. If you were on the Daniel fast, your first meal(s) back should contain smaller amounts of animal products. If you reintroduce items that you have not eaten for three weeks too suddenly or in larger quantities, you may get an upset stomach.

## B - Spiritual Considerations:

Remember that the purpose of fasting is not to only conquer fleshly appetites, but to hear from and be changed by the Lord. This can only happen if one is spending time with him in prayer and scripture reading. Fasting without prayer and Bible reading is little more than a diet. Don't just go on a diet, rather let your sacrifice enhance your spiritual disciplines and deepen your relationship with the Lord.

## VI - Will we come together?

**Yes!** On Monday through Friday we encourage everyone to join in on the weekday conference call prayer session from 6:00am – 6:30am. In addition, we invite you to attend Saturday morning prayer meetings from 9:00am to 10:00am.

It is important that you sacrifice and make time to worship, pray and **connect especially during times of fasting**. Doing so enhances the effectiveness of the fast, making your sacrifice more fruitful. It is the fruit of the fast, the ways in which God teaches and transforms you, that boosts your faith and gives you power to accomplish God's plan for your life.

## VII - What should I focus during the 21 days?

Below is a prayer list of items to focus on for the next three weeks. Praying together in agreement is powerful and effective.

### Abundant Life Prayer List Prayer Focus for Week 1 - January 10 - January 16, 2021

#### Sunday – Morning Worship Online 10:00am

**Monday** – Pray that God will give you the strength to fast, pray, and read His Word.  
(Is. 40:31)

**Tuesday** – Pray for God to lead, guide and direct your life. (Ps. 119:133)

**Wednesday** – Pray to increase your desire for God and grow in intimacy with him. (Col. 2:6-7)

**Thursday** – Pray that you would see how you can honor God in every area of your life. (Col. 3:17)

**Friday** – Pray for the fruit of the Spirit to flow through you more in 2021. (Gal. 5:22-25)

**Saturday** – All Church Prayer 9:00am -10:00am

### Prayer Focus for Week 2 - January 17-23, 2021

**Sunday - Morning Worship Online - 10:00am**

**Monday** – Pray that ALC will grow deeper in our love for Christ and love toward others. (Eph. 3:14-21)

**Tuesday** – Pray that the Holy Spirit would reveal the deeper things that God has for you. (1 Cor. 2:9-14)

**Wednesday** – Pray for faith to go beyond shallow spirituality. (Eze. 47:1-12)

**Thursday** – Pray for a new dimension of understanding. (Eph 1:18-20)

**Friday** – Pray for a rooted and grounded life in Christ. ( Col. 2:6-7)

**Saturday** – All Church Prayer 9:00am -10:00am

**Fasting Focus for Week 3 – January 24 – January 30, 2020**

**Sunday - Morning Worship Online 10:00am**

**Monday**– Pray that ALC staff and volunteers will not grow weary of doing good.

(Gal. 6:9)

**Tuesday** – Pray that God supplies all we need to be a blessing to others. (Prov. 11:25)

**Wednesday** – Pray that ALC would have an increase our impact in the community for Christ. (1 Chron. 4:10)

**Thursday** – Pray for the spiritual and physical health of all families connected to ALC. (3 John 1:2)

**Friday** – Pray that God will bring abundant life to our church and community. (2 Cor. 9:8)

**Saturday – All Church Prayer Training - 9:00am - 10:30am**

## Food Guidelines for a Daniel Fast Foods You May Eat:

**Whole Grains:** E.g. Brown Rice, Oats, and Barley

**Legumes:** E.g. Dried Beans, Pinto Beans, Split Peas, Lentils, Black Eyed Peas

**Fruits:** E.g. Apples, Apricots, Bananas, Blackberries, Blueberries, Boysenberries, Cantaloupe, Cherries, Cranberries, Oats, Figs, Grapefruit, Grapes, Guava, Honeydew Melon, Kiwi, Lemons, Limes, Mangoes, Nectarines, Papayas, Peaches, Pears, Pineapples, Plums, Prunes, Raisins, Raspberries, Strawberries, Tangelos, Tangerines, Watermelon

**Vegetables:** E.g. Artichokes, Asparagus, Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Chili Peppers, Corn, Cucumbers, Eggplant, Garlic, Gingerroot, Kale, Leeks, Lettuce, Mushrooms, Mustard Greens, Okra, Onions, Parsley, Potatoes, Radishes, Rutabagas, Scallions, Spinach, Sprouts, Squashes, Sweet Potatoes, Tomatoes, Turnips, Watercress, Yams, Zucchini, Veggie burgers are an option if you not allergic to soy.

**Liquids:** Spring Water, Distilled Water, 100% All-Natural Fruit Juices, 100% All Natural Vegetable Juices. You may also drink protein drinks.

**Others:** Seeds, Nuts, and Sprouts

**Foods to Avoid:** Sugar Substitutes White Flour and All Products Using It Margarine, Shortening, High Fat Products. Meat, White Rice, Fried Foods, Caffeine, Carbonated Beverages, Foods Containing Preservatives or Additives, Refined Sugar.



Fasting takes a great deal of discipline, and sometimes, it can be made even more difficult when we have trouble finding food we can eat. After we eat the same dish over and over, it can be tempting to break the fast just to add variety to our diet. Below are some suggested meals to get you thinking about the possibilities you do have while allowing you to be faithful to the fast.

### **Breakfast:**

Oatmeal cooked with your choice of fruit (e.g. apples, bananas, raisins) - Whole-wheat cereal or granola with soymilk - Fruit salad - Protein shake - Fruit smoothie made with silken tofu instead of yogurt

Salads: -Garden salads: consider topping with beans, nuts, or fruit for more substance & variety -Whole-wheat pasta salad -Three-bean salad -Tempeh

SaladSoups: - Vegetable, minestrone, or bean soup - Vegetarian Chili - Carrot ginger, sweet potato or butternut squash soup

Sandwiches: - Hummus, vegetables, tempeh, and/or tabouli in a whole-wheat pita or wrap - Falafel - "Sloppy Joes" made with beans, tofu, or tempeh instead of meat -Veggie, bean, tofu, or portabella burgers with baked potato wedges

Meals: - Vegetable stir-fry - Vegetable curry - Indian lentils or chickpeas with brown rice - Corn, beans, onions, peppers and seasoned brown rice - Vegetable fajitas in whole-wheat tortillas - Tacos made with chickpeas or refried beans instead of meat - Vegetable primavera or hearty vegetable marinara sauce on whole- wheat pasta. - Vegetarian casserole - Maki rolls made with vegetables &/or marinated tofu and brown rice

### **Website Resources**

For more ideas, Google "vegan recipes" or explore websites such as [VegWeb](#)/ or [Fatfree Vegan](#)/. Some of these recipes may not conform to a strict Daniel fast.

**Bible Reading Plans:**

Reading the Bible is very important to implement as an ongoing discipline during and after your fast. You can go to the [Navigators Website](#) and download a plan.

A flock of birds is seen in flight against a sunset sky, with their silhouettes reflected on the water below. The scene is peaceful and inspirational.

# 2021 Kingdom Living

Joshua told the people,  
“Consecrate yourselves,  
for tomorrow the LORD  
will do amazing things  
among you.”

The New International Version. (2011). (Jos 3:5). Grand Rapids, MI:  
Zondervan.