

Daily Scripture Readings and Prayers

Meditate on the scriptures below and pray the corresponding prayer during your fast.

Day One (Monday, February 11, 2008)

† Scripture: Psalm 8:1

† Prayer: Thank you Father for giving me the mind of Christ. I pray that your spirit would rest rule and abide upon me this day with a double portion of your anointing and power. And I pray that the glory of the Lord would shine bright from my life this day as well as every day. Amen

Day Two (Tuesday, February 12, 2008)

† Scripture: Romans 12: 1

† Prayer: Father, I present myself unto You this day as a living sacrifice. I pray that You would bless me to live my life holy and acceptable unto You, which is my reasonable service. May You keep me from being conformed to the world and the world's way of thinking and living; but rather, help me to be transformed unto Jesus Christ by the renewing of my mind in Your Spirit and Your Word. Amen.

Day Three (Wednesday, February 13, 2008)

† Scripture: Exodus 33:18-19

† Prayer: Father, I come boldly before Your throne of grace thanking and praising You for this day. You said that if we acknowledge You in all our ways, You would direct our path. Father, I acknowledge You in all my ways concerning this day, and I thank You for directing my path in every situation. I pray that you would be a lamp unto my feet and a light unto my path. Father I give you all the glory and the honor that is due unto your name. You are worthy of all the praise.. Amen

Daily Scripture Reading and Prayers (con't)

Day Four (Thursday, February 14, 2008)

† Scripture: Exodus 16:10

† Prayer: Father God, I thank you for giving me the mind of Christ. I pray that Your Spirit would rest, rule, and abide upon me this day with a double portion of Your anointing and power. I pray that the Glory of the Lord would shine bright from my life this day, as well as every day. Father God, I thank You that no weapon formed against me and my family will prosper in any way. I thank you for rebuking the devourer from every area of my life. I say, to God be the Glory, for all the things that You have done, and that You shall continue to do in my life. Amen

Day Five (Friday, February 15, 2008)

† Scripture: Exodus 25:22

† Prayer: Father, I thank you for establishing your church, building your church, protecting your church, and blessing your church. I pray that you would overshadow every member of the body of Christ with your grace, love, protection and your blessings. I also pray that your goodness and mercy follows us all the days of our lives, as you bless us to dwell in your secret place and in your presence. Amen.

Dedication Day (Saturday February 16, 2008)

† Scripture: John 17: 22 - 23

† Prayer: Thank you Lord for a better life, a life in proper order and in the proper place receiving proper preparation to carry your GLORY from generation to generation. Thank you Lord for building a better life for us through the manifested GLORY of your son JESUS CHRIST. May my life breathe the fresh fragrance of your Spirit as I continue to live a consecrated life, one of sacrifice and worship unto my Heavenly Father living in the brightness and splendor of His presence, Amen!



From Strength To Fruitfulness

5 Days of Fasting and Praying



As a Tool of Consecration

I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service. And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.

Romans 12: 1-2 (NKJV)



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Disclaimer:

Please consult your physician before beginning any fast.
Please use wisdom while on this fast.

What is Fasting?

Fasting is the discipline of abstaining from food or drink for a period of time for spiritual purposes.

Fasting brings one into a deeper, more intimate and powerful relationship with the LORD. When you eliminate certain foods from your diet for a number of days, your spirit becomes uncluttered by the things of this world and amazingly sensitive to the things of God.

- † Fasting is the ultimate act of humility to God.
- † Fasting is a tool used during consecration.
- † It is a switch from the physical to the spiritual.
- † It is moving from the seen to the unseen manna of the Word of God.
- † It is a dining at the Master's table only, expecting to be filled from on high.
- † It is a cleanser and a change agent in the lives of those who believe.
- † It is an act of submission and commitment to the will of God.

The Purpose of Fasting

- † To minister unto the Lord
- † To give yourself to prayer
- † To walk in the Spirit
- † For spiritual decisions
- † For faith and power
- † For bondages that need to be broken
- † For national crisis or distress

Biblical Examples of Fasting

- † Moses (Exodus 34)
- † The Ezra fast (Ezra 8:23)
- † Hannah fasted for a child (II Samuel 1:7-8)
- † Daniel fasted twenty one days. (Daniel 10: 2-3)
- † Nehemiah fasted for the restoration of Jerusalem. (Nehemiah 1:4)
- † Jesus fasted prior to entering His ministry. (Matthew 4)
- † The Esther fast (Esther 4:16)

New Birth South Fast

The members of New Birth South Metropolitan Church are encouraged to voluntarily participate in a fast. Leaders are asked to participate in a Liquid Fast, while the rest of the congregation is asked to do a Partial Fast. The purpose of our fasting is to take our eyes off the things of this world and focus our thoughts on God during our time of consecration.

The fast will start on **Monday, February 11, 2008** at 12:01am and end on **Saturday, February 16, 2008** at 2:00pm.

Fasting Guidelines

Leaders (Liquid Fast)

- † **Sacrificing by consuming liquids only.**
- † **Abstaining from Carbonated Beverages**
- † **Abstaining from Caffeinated Beverages**

What Can I Have?

Juices, Water, and Broths/Soups
(Soups that do not require you to chew.)

Congregation (Partial Fast)

- † **Abstaining from Sweets and Pleasure Foods**
(These items include but are not limited to cookies, cakes, candy, sodas, caffeine based products, ice cream, chocolate and any other foods that you consider pleasant to you personally.)
- † **Abstaining from Meats and Breads**
(These items include but are not limited to chicken, beef, pork, turkey, seafood, pasta, rolls, cornbread or any other flour based products.)
- † **Sacrificing one meal each day of your choice.**
(Breakfast, lunch or dinner)

What Can I Have?

Fruits and Vegetables
(ex. Apples, oranges, green leaf vegetables, & beans)
Dairy Products and Eggs
(ex. Milk, cheese, plain non-fat yogurt & egg whites)

How Do I Begin?

I. Prepare Yourself Spiritually

The foundation of fasting and prayer is repentance. Prepare your heart by confessing every sin that the Holy Spirit calls to your remembrance and accept God's forgiveness (1John 1:9), ask God to fill you with the Holy Spirit (Ephesians 5:18) and meditate on the attributes of God, His love, sovereignty, power wisdom, faithfulness, grace, and compassion (Psalm 48:9-10 and Psalm 103:1-13).

II. Prepare Yourself Physically

Fasting requires precautions. Consult your physician first, especially if you take prescription medication or have a chronic ailment.

Physical preparation makes the drastic change in your eating routine easier. If possible, one should try to have a lead-in period when fasting more than 3 days so that the body will gently enter this period of rest. The following is a suggested procedure.

3 days before fast – Mainly green salads, uncooked vegetables, and/or fruits (at separate times)

2 days before fast – Fruits and fruit juices (avoid acidic juices)

1 day before fast – Drink mainly juices and water

Helpful Fasting Guidelines and Reminders

- † During the entire fast make sure to **drink plenty of water** each day. (Periodically squeeze a slice of lemon in the water) Relax and read the Word of God abundantly.
- † Consult with your doctor about prescribed medications
- † Coffee and tea drinkers may try to reduce their consumption several days before their fast.
- † If you mess up one day don't give up. You can start again the next day.
- † The breaking of the fast is **very important**. Even if you did not have lead-in time, take the time to break your fast properly. **You do not want to shock or traumatize the body with too much food, very rich food nor junk food.**

The following procedure is suggested:

1 day after fast – Drink water and fruit juices

2 days after fast – Fruits and fruit juices

3 days after fast – Eat green salads, uncooked vegetables and fruits.