



PHILIPPIAN
CHURCH

BACK 2 basics

Fasting
& Consecration

GUIDE

www.philippianlima.org



CONSECRATION

What is it?

I am extremely grateful for what God has done here at Philippian Baptist Church. I believe that God is doing a new thing in the life of the Philippian family. God is blessing our church in so many ways. We (the church body) are entering a season of prayer and fasting. for 40 days. This year, beginning February 15 thru March 28, we will be in consecration. Consecration is the devoting or setting apart of anything to the worship or service of God. We are believing God for so many things this year, and this will allow us to begin the year together strongly, and watch Gods anointing destroy some major yokes and strongholds.

Why should I fast?

If you are a member/regular visitor of Philippian, you ought to be determined to be in the flow of what the Lord is saying to the Church. By fasting we sacrifice the physical nourishment for spiritual nourishment. As your Pastor, I must answer to God for your growth and ability to hear a Word from the Lord. I also want to see you grow in faith, and to continue to challenge yourself to be the best that you can be. So, you should want to fast with us, and I trust that you will.

FASTING



Here are seven benefits to joining together with us in this fast:
Fasting

Is a practice that God commands.

- Moves God, and moves you!
- Quiets your flesh, making it easier to hear The Spirit of the Living God.
- Is an opportunity for you to show your flesh who is in control You rule YOU!
- Strengthens you as you dedicate time to prayer.
- Creates a bond with your Kingdom family as we unite together in prayer.
- Cleanses toxins from your body.

Types of Fasts

There are two basic types of fasts: total (water only) and partial (abstaining from specific items).

If you are on medication, under a physician's care, pregnant, nursing, or work a job that is physically strenuous, a total fast may not be the fast for you., but that does not mean that you cannot fast. Here are some other options.



FASTING



Fasting Options

- Sun up to sun down
- One meal per day, and nothing sweet
- No coffee, soda or tea (this may be a great time to give up caffeine altogether since it is so bad for you.)
- The Daniel Fast
- No meat
- No Tobacco (if tobacco has you, this is a great time to kick it out of your life)
- No Television/Media Devices
- No fried foods

These are just a few options. Please join with us. Do Something!
The benefits are great.





PRAYER SCHEDULE

As you sacrifice the physical nourishment, you must replace it with spiritual nourishment. As you seek the Lord for guidance, I am asking that we all do our best to commit to a personal and scheduled time of prayer throughout the week.

Prayer and fasting combined and dedicated to God's glory is necessary. The benefit of having a dedicated time of prayer and fasting is not a way of manipulating God into doing what you desire. Rather, it is simply forcing yourself to focus and rely on God for the strength, provision, and wisdom you need. If you truly want to be transformed; fast, pray and dedicate to the glory and honor of the Lord Jesus, who is Christ.





Daily Prayer

I invite you to join with me at 6pm daily for a moment of prayer geared towards the purpose of our fast. Although we won't be together during this time, I strongly encourage you to connect with your accountability partner for prayer.

What are we fasting for?

- **Our Faith**
- **Our Family**
- **Our Finances**
- **Our Faithfulness**

As well as anything you specifically need the Lord to help you with.

Health

Addiction

Job

Fear

Etc.



IMPORTANT INFO



RESTRICTIONS

If you are on medication, under a physician's care, pregnant, nursing, or work a job that is physically strenuous, have a medical concern or question about fasting, please consult a Physician for proper instruction before participating in this fast.

RESOURCES

Some Fasting Scriptures

2 Chronicles 20:1-15; Isaiah 58:1-9; Jonah 3:3-10; Matthew 6:16-17;
Acts 13:2-3; Ezra 8:21-23; Joel 1:13-14; Matthew 4:2 Mark 2:19-20;
Acts 14:23 Practical Tips

Drink lots of water!

Water transports nutrients, carries away wastes, & hydrates cells, so drink up!



DID YOU KNOW?

Drinking cold beverages makes your body work harder to stay at a normal temperature. During periods of fasting, this could consume lots of energy and make you tired. To help preserve energy, consider drinking beverages at room temperature.

We are also fasting and praying for God to help us win laborers to Christ that they will connect to this ministry, and help us make a greater impact in our community. We are praying for a more loving and uplifting fellowship for worship.



DAILY SCRIPTURE



Hebrews 11:1

\Now faith is the confidence in what we hope for and assurance about what we do not see.

Philippians 4:13

I can do all this through him (Christ) who gives me strength..

DAILY SCRIPTURE



Hebrews 12:2

Fixing your eyes on Jesus, the pioneer and perfecter of your faith. For the joy set before him he endured the cross, scorning its shame, and set down at the right hand of the throne of God.

2 Corinthians 5:7

For we live by faith and not by sight..

DAILY SCRIPTURE



Romans 10:17

So then faith comes by hearing, and hearing by the word of God.

Proverbs 3:5-6

Trust in the Lord with all of your heart, and lean not on your own understanding; in all of your ways submit to him, and he will make your paths straight.

DAILY SCRIPTURE



Luke 1:37

For nothing is impossible with God.

Matthew 21:21

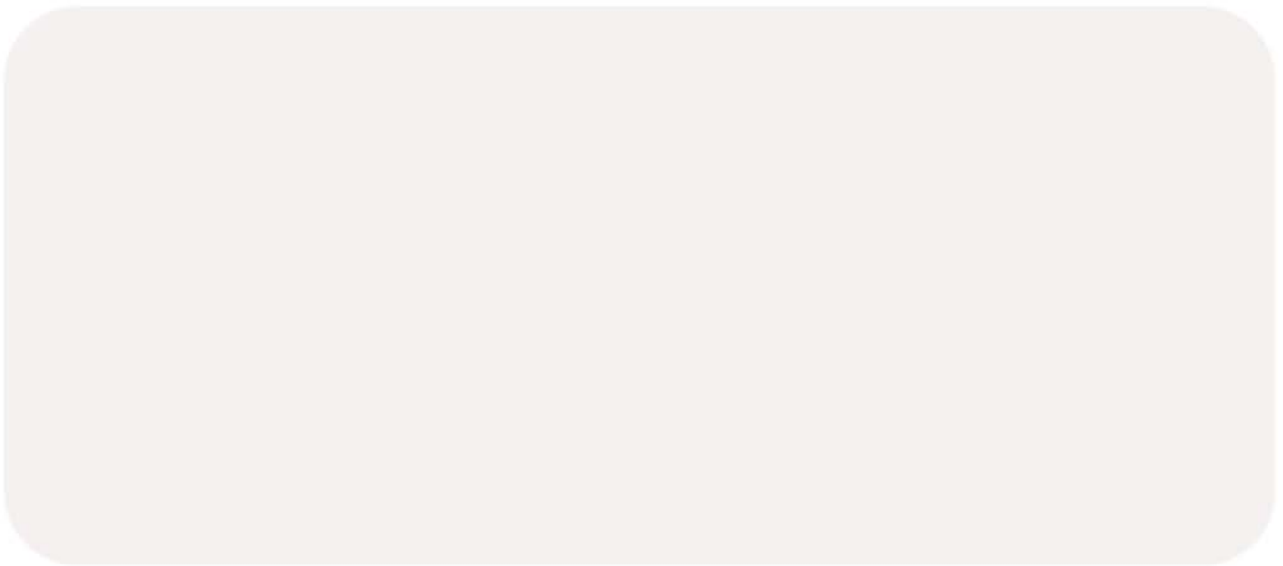
Jesus replied, "Truly I tell you, if you have faith and do not doubt...you can say to the mountain, go, throw yourself into the sea, and it will be done.

DAILY SCRIPTURE



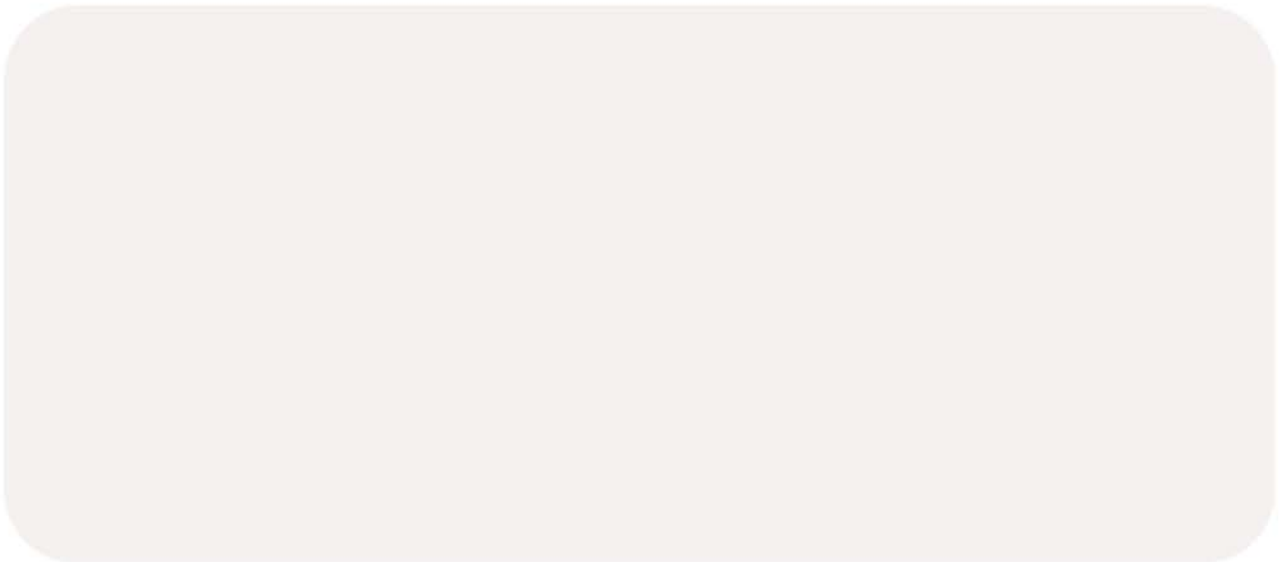
Mark 9:23

Everything is possible for those who believe



James 2:22

You see that his faith and his actions were working together, and his faith was made complete by what he did.



DAILY SCRIPTURE



Exodus 20:12

Honor your father and your mother, that your days may be long in the land that the Lord your God is giving you.

Proverbs 22:6

Train up a child in the way he should go; even when he is old he will not depart from it.

DAILY SCRIPTURE



1 Timothy 5:8

But if anyone does not provide for his own, and especially for those of his household, he has denied the faith and is worse than an unbeliever.

Genesis 2:24

Therefore a man shall leave his father and his mother and hold fast to his wife, and they shall become one flesh.

DAILY SCRIPTURE



Psalms 127:3

Children are a heritage from the LORD, offspring a reward from him.

Colossians 3:19

Husbands, love your wives and don't become bitter against them.

DAILY SCRIPTURE



Colossians 3:18

Wives, submit yourselves to your husbands, as is fitting in the Lord.

Ephesians 6:4

Fathers, do not exasperate your children; instead, bring them up in the training and instruction of the Lord.

DAILY SCRIPTURE



Ephesians 5:33

However, each one of you also must love his wife as he loves himself, and the wife must respect her husband.

Proverbs 15:20

A wise son brings joy to his father, but a foolish man despises his mother.

DAILY SCRIPTURE



Ecclesiastes 5:10

Whoever loves money never has enough

Deuteronomy 8:18

It is God who gives you the ability to produce wealth

DAILY SCRIPTURE



Proverbs 21:5

The plans of the diligent lead to profit as surely as haste leads to poverty

Proverbs 3:9

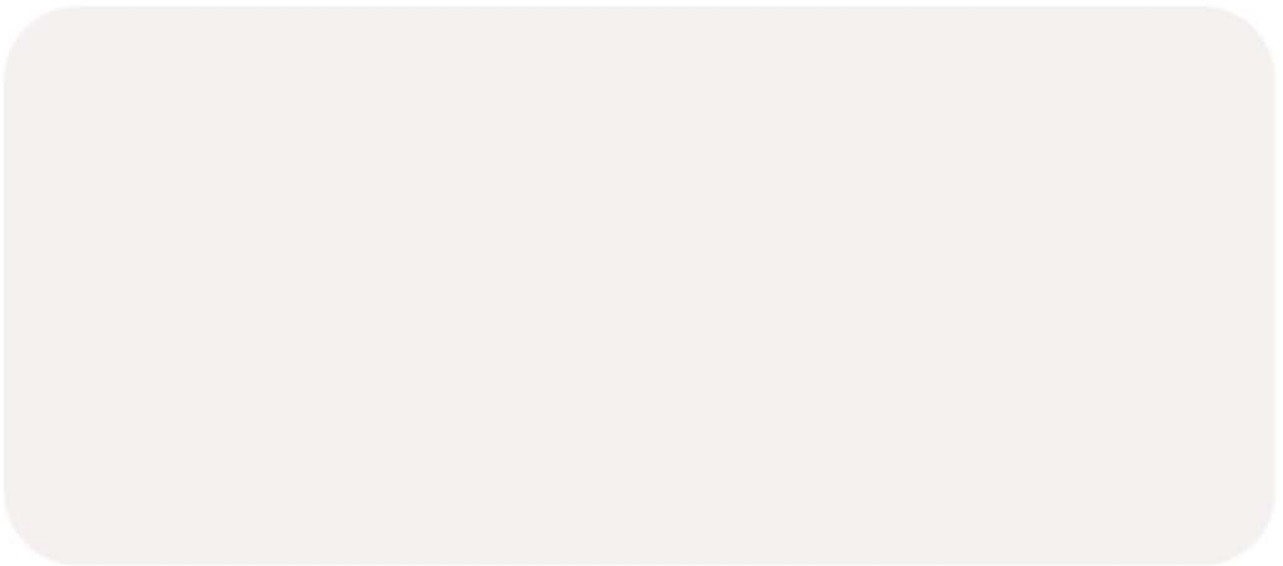
Honor the LORD with your possessions, And with the firstfruits of all your increase

DAILY SCRIPTURE



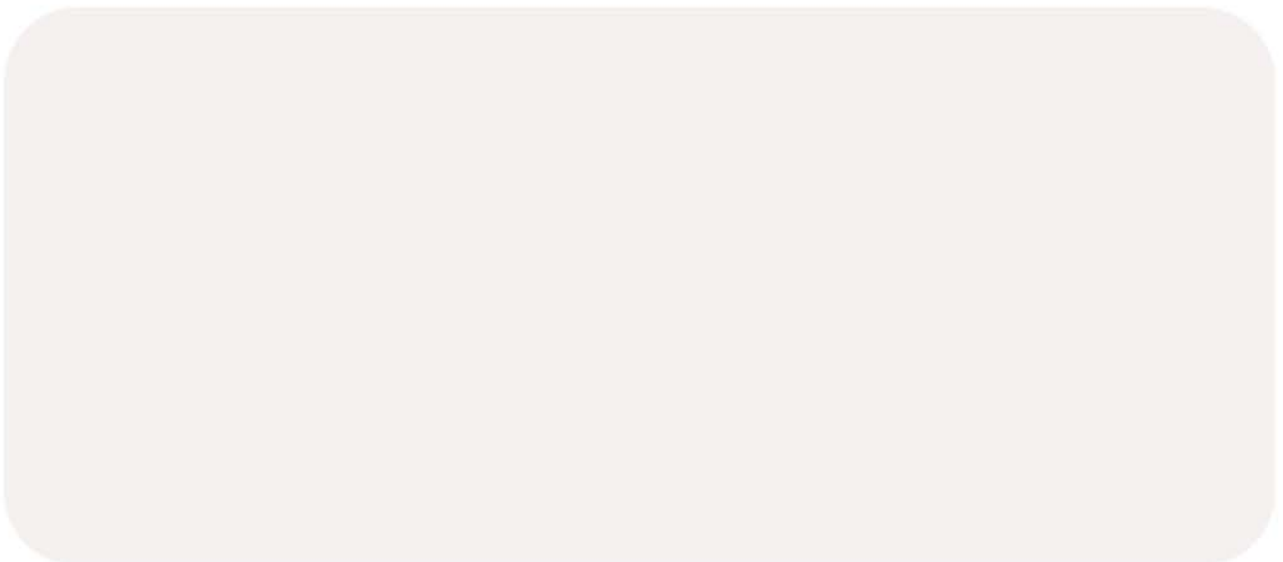
1 Peter 5:2

Don't be greedy for money



Proverbs 13:11

Dishonest money dwindles away



DAILY SCRIPTURE



Philippians 4:19

And my God will supply all your needs according to His riches in glory in Christ Jesus

Act 20:25

In all things I have shown you that by working hard in this way we must help the weak and remember the words of the Lord Jesus, how he himself said, 'It is more blessed to give than to receive.'

DAILY SCRIPTURE



Proverbs 22:9

A generous man will be blessed, for he shares his bread with the poor.

Joshua 1:8

Study this Book of Instruction continually. Meditate on it day and night so you will be sure to obey everything written in it. Only then will you prosper and succeed in all you do.

DAILY SCRIPTURE



1 Samuel 12:24

Only fear the Lord and serve him faithfully with all your heart. For consider what great things he has done for you.

Hebrews 10:23

Let us hold fast the confession of our hope without wavering, for he who promised is faithful.

DAILY SCRIPTURE



Psalm 33:4

For the word of the Lord is right and true; He is faithful in all He does.

Proverbs 3:3-4

Let love and faithfulness never leave you; bind them around your neck, write them on the tablet of your heart. Then you will win favor and a good name in the sight of God and man.

DAILY SCRIPTURE



Galatians 5:22-23

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control... .

James 1:17

Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows.

DAILY SCRIPTURE



2 Thessalonians 3:3

But the Lord is faithful. He will establish you and guard you against the evil one.

Hebrews 13:8

Jesus Christ is the same yesterday and today and forever.

DAILY SCRIPTURE



1 John 1:9

If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness

2 Chronicles 16:9

For the eyes of the Lord run to and fro throughout the whole earth, to show Himself strong on behalf of those whose heart is loyal to Him.

NOTES



NOTES



Accountability Partners



Name

Phone

Notes

Name

Phone

Notes

We would like you to feel free to share your personal testimonials during our fast on our Facebook page as you are lead

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