

The Fast of Holistic Holiness

P R A Y E R & F A S T I N G G U I D E
M O N D A Y , J A N U A R Y 1 0 , 2 0 2 2 –
F R I D A Y , J A N U A R Y 2 8 , 2 0 2 2

Theme Scripture: “But as he which hath called you is holy, so be ye holy in all manner of conversation.” (1 PETER 1:15 KJV)

©2022 by Christ Church Apostolic and Calvary Ministries International. All rights reserved.
Scripture quotations, unless otherwise noted, are from the Holy Bible, King James Version

PASTORAL PERSPECTIVE

“But as he which hath called you is holy, so be ye holy in all manner of conversation; [16] Because it is written, Be ye holy; for I am holy.” 1 Peter 1:15-16 KJV

Shalom, and welcome to the year of **SUPERNATURAL FAVOR!**

With each new season and time, primary consideration must be given to seeking the mind, will, and direction of the Holy Spirit. At no time has the knowledge of the will of God been more essential for us both individually and corporately.

Ephesians 5:17 says, *Wherefore be ye not unwise, but understanding what the will of the Lord is. The preceding verse says, “Redeeming the time for the days are evil.”*

There can be no argument even among the most spiritually ambivalent that we live in perilous times. Yet, amid such uncertainty, we must anchor our souls in things we know are sure and proven.

Jesus commands those who claim his Lordship to be the light of the world and the salt of the earth. And while we are surrounded by wickedness and debauchery of all manner and sorts, the Word of God yet calls the people of God to holiness without which no man shall see the Lord.

January of each new year gives us the opportunity for personal spiritual assessment. Fasting & prayer activates the power to purge ourselves from dead works and lay aside those weights and sins that so easily beset us.

I urge you to join me in this spiritual journey in January. Bring your spirit, mind, and body into alignment with the Spirit of God. And position yourself, your family, and your future for **SUPERNATURAL FAVOR!**

Peace be with you.



Senior Pastor

General Purpose of Fasting

Excerpts from *How to Get the Most Out of Fasting*
by Bishop Norman L. Wagner

Fasting is one of the most enjoyable experiences a saint can encounter when it is attitudinally conceived correctly, spiritually implemented, and naturally followed. Therefore, I strongly urge you to **make a chart for your fasting.**

State your primary goal, then your secondary or natural, or a temporal goal. Remember, temporal goals are those for the present world, which shall be abated when He that shall come will come and rapture us away. It is very important that during your fasting, you **pray. Fasting without prayer is nothing more than starving the flesh.** You must learn to pray while fasting.

During this week of consecration, we will have set times of prayer, However, I strongly urge you to try to pray not less than three times per day. First, pray in the morning; second, pray sometime in the afternoon; and finally, pray sometime in the evening. If eating three square meals per day is good for your health, then certainly praying and feeding your spirit three meals per day has to be better for your spiritual health and wellness.

The Bible is the Bread of Life. When one is fasting, he should **read the Bible more** at this time than he does any other time. Therefore, if you read the Bible ten minutes a day, when you are fasting you should read it not less than 30 minutes a day. If you read your Bible an hour per day, when you are fasting you should read it not less than three hours per day. Fasting embodies **prayer and scriptural reading. These are not two “nice” things to do, they are necessities.** To get the most out of your fasting, read the Word of God.

Now reading the Word of God should always be done at random. Allow the spirit of the Lord to dictate to you a course of scripture to follow in your fasting. An example, of the same would be the Sermon on The Mount. It is within the Sermon on the Mount that you will find the Beatitudes which mean the blessedness of the Lord. The Lord teaches us how a man will be blessed if he follows certain axioms. When you are fasting, this will become more real and more alive to you.

The study of the Gospel of John during the days of a fast is always edifying. It is in the study of John that you will learn the deity of Christ. It is there that you can see Christ as the Almighty God.

Reading the Book of Acts is also beneficial on a fast. Here you will see the mission of the Apostles as related to the church. There are many places both in the Old and New Testament that are inspirational in fasting. The assigned scripture reading normally will follow the purpose of the fast. Above all, make sure that you **READ THE BIBLE.**

Next, I would like to suggest to you the **memorization of a scripture** during a fast. Each day of a fast carry a scripture with you. Write it down, put it in your purse or pocket, put it in your desk at your office; put it in your car; or place it on your refrigerator, but have a scripture that the Lord has given you that stands out above every other scripture for that day. Meditate on it throughout the fast and allow the Lord to bless your soul through the Word of the scripture. **You will find this to be an invaluable resource of strength.**

I trust that you will **walk with God and enjoy fasting.** Deny this old man so that the new man can live forever. Fast so that you can learn the mysteries of God and understand who He is and what Christianity is all about. Fast so that you can say **NO** to temptation and have no frustration or anxieties plaguing you when you know “...*all things work together for good to them that love God, to them who are called according to His purpose (Romans 8:28).* Fast just to enjoy the Lord. The more you fast, the more disciplined you will become. The more you fast, the more you will learn to use the power that is in you and the freer God will be in you. The more you fast, the more joy you will have. The more you fast, the more power with God and man you will have. My dear Christian friend remember the words of our Lord Jesus Christ, “*This kind goeth not out but by **prayer and fasting.*** (St. Matthew 17:21)”.

It is God's will that you triumph over the devil and every evil force, and that can be done by **FASTING!**

Before, During, and Breaking the Fast

Planning Your Fast

“Then Joshua said to the people, “Consecrate yourselves, for tomorrow the Lord will do wonders among you.” Joshua 3:5

Pray—Spend time reading the Bible before the fast. Ask the Holy Spirit for guidance in your prayers. Write down your faith goals and specific prayer requests for your family, friends, church, and nation.

Commit—Pray about the kind of fast you will undertake and commit to it ahead of time. Ask God for grace to help you follow through with your decisions.

Act—Start eating smaller portions a few days before the fast. Avoid food high in sugar and fat. Plan to limit physical and social activities for the week of the fast. Ask someone to be your prayer partner throughout the fast.

While Fasting

[Jesus] answered, “It is written, ‘Man shall not live by bread alone, but by every word that comes from the mouth of God.’” Matthew 4:4

Focus—Set aside time to work through the devotionals. Be ready to respond to God’s Word and the leading of the Holy Spirit.

Pray—Join at least one prayer meeting in your local church. Intercede for your family, church, pastors, nation, campuses, and missions throughout the week.

Replenish—During mealtime, read the Bible and pray instead. Drink plenty of water and rest as much as you can. Be ready for temporary bouts of physical weakness and mental annoyances like impatience and irritability.

Breaking the Fast

And this is the confidence that we have toward him, that if we ask anything according to his will he hears us. And if we know that he hears us in whatever we ask, we know that we have the requests that we have asked of him. 1 John 5:14–15

Eat—Reintroduce solid food gradually. Your body will need time to adjust to a normal diet. Start with fruits, juices, and salad, then add more vegetables. Eat small portions throughout the day.

Pray—Don’t stop praying! Trust God’s faithfulness and timing. Carry your newfound passion for God throughout the year. Be in faith for God to answer your prayers.

FASTING INFORMATION

THEME SCRIPTURE: *“But as he which hath called you is holy, so be ye holy in all manner of conversation;”. (1 PETER 1:15 KJV)*

INSTRUCTIONS: The fast will be an absolute fast on fasting days. MONDAY, WEDNESDAY, FRIDAY, beginning at 5:00 AM Monday, JANUARY 10 continuing thru 5:00 PM FRIDAY JANUARY 28. After 5:00 PM on fasting days you may eat as desired.

NOTE: If you are on prescribed medications, please continue to take them as directed by your physician.

PRAYER:

- **5:00 a.m. to 5:45 a.m. Monday – Friday** Devotion & Prayer on Christ Church Apostolic OR Mt. Calvary Pentecostal Church Facebook Live or call the **Prayer Line** (917) 900-1022 **Access Code:** 8923928.
- **12 pm to 1 pm Monday, Wednesday, Friday via Zoom**
Meeting ID: 86945266854 **Passcode:** 471759
Or Call: 929.436.2866 **Meeting ID:** 86945266854 **Passcode:** 471759
- **CCA In-person Prayer:** 12 pm – 1 pm Monday, Wednesday, Friday
- **Calvary evening prayer:** Thursday 6 pm – 7pm via zoom

TEACHING:

- **12 pm Tuesday & Thursday** Mid-Day Manna Shawn Tyson Facebook Live or Calvary Ministries International YouTube channel.
- **CCA Bible Class: Wednesday Noon (in-person only) & 7 pm (in-person & online)**
- **CMI Bible Class: Tuesday Noon & 7 pm (online only)**

PLEASE NOTE: We are limiting all social interaction & dialogue; meaning we are abstaining from all unnecessary conversations, phone calls, social media, texting, tweeting, etc. (we're concentrating on spending focused time with God) for the entire period of consecration before the Lord.

- Check & return all pertinent business-related messages

- Watch the news so you may know how to pray – you may watch religious programming

FASTING SCHEDULE

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<p><u>ABSOLUTE FAST</u> 5 AM – 5 PM</p> <p><u>Prayer Times</u> 5 AM & Noon</p> <p>After 5:00 PM you may eat as desired</p>	<p><u>Prayer times</u> 5 am</p> <p>You may eat as desired throughout the day</p> <p><u>MTC BBC</u> 12 PM & 7PM</p>	<p><u>ABSOLUTE FAST</u> 5 AM – 5 PM</p> <p><u>Prayer Times</u> 5 AM & Noon</p> <p>After 5:00 PM you may eat as desired</p> <p><u>CCA BBC</u> 12 PM & 7 PM</p>	<p><u>Prayer Times</u> 5 AM</p> <p>You may eat as desired throughout the day</p> <p><u>Mid-day manna</u> 12 PM</p>	<p><u>ABSOLUTE FAST</u> 5 AM – 5 PM</p> <p><u>Prayer Times</u> 5 AM & Noon</p> <p>After 5:00 PM you may eat as desired</p>

	<u>SATURDAY</u>		<u>SUNDAY</u>	
	<p>You may eat as desired all day</p>		<p><u>Sunday Morning Worship</u></p> <p>10 AM & 11 AM</p> <p>You may eat as desired all day</p>	

We encourage you to avail yourself to God in this special time of consecration. Make a special effort to press your way into the presence of God each day thru prayer and teaching.

APOSTOLIC LIFESTYLE

The Apostolic lifestyle of holiness embodies the practice of confession which is clearly outlined in both the Old & New Testaments. Consider the following scriptures:

“And it shall be, when he shall be guilty in one of these things, that he shall confess that he hath sinned in that thing:” (Leviticus 5:5)

“If we confess our sins he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.” (1 John 1:9)

You are urged to utilize this personal time of reflection as a time to cleanse your spirit from any weight and sin which does so easily beset (Hebrews 12:1).

For prayer via email or by phone:

Calvary- Prayer@Calvary4u.org (330)747-4445.

Christ Church - ccaindy1@gmail.com (317) 255-8761
or text “Pray” to 94090

PERSONAL PRAYER PERSPECTIVE

"I am believing God for..."

Personal Faith Goals

Spiritual Revival • Physical Healing • Prosperity and Abundance • Rich Generosity

Family

Restoration of Relationships • Household Salvation

Education/Career

Excellence • Promotion

Ministry

Deliverance • Development • Deployment • Evangelism • Discipleship • Commitment

***"If two of you agree on earth about anything they ask, it will be done for them by my Father in heaven."
(Matthew 18:19)***

WEEK 1

FOCUS - The Body:

Holistically in right relationship with one's physical self

Monday:

*"What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own?"
(1 Corinthians 6:1)*

1. *Lord*, help me to always remember that my body is a home and dwelling place for God.
2. *Lord*, teach me daily how to keep my body pure and clean, inside and out. Help me to be mindful of my care for Your temple.
3. *Lord*, I praise thee; knowing that "I am fearfully and wonderfully made marvelous are thy works; and that my soul knoweth right well."
4. *Teach me Lord* how to adorn myself as a representative of Your Kingdom.

REFLECT

Wednesday:

"Let not sin therefore reign in your mortal body, that ye should obey it in the lusts thereof." (Romans 6:12)

1. *I call* health, strength, and well-being back into my body. It is God's will above all things that I mayest prosper and be in health, even as my soul prospereth.
2. *I speak* to any ungodly behaviors or unhealthy habits that I have adopted. I command them to flee now and not return.
3. *I ask* Lord, that You help me not to dig my own grave with a knife and fork but teach me how to respectfully and properly nourish my body.
4. *I declare* that my appetite will be in alignment with good health, wellness, and wholeness.

REFLECT

Friday:

“If thy whole body therefore be full of light, having no part dark, the whole shall be full of light, as when the bright shining of a candle doth give thee light”.
(Luke 11:36)

1. **I will cause my body to lie down and REST!** “God ended his work which he had made; and he rested on the seventh day” (Gen. 2:2); “the people rested on the seventh day” (Ex. 16:30); “thou shalt rest: that thine ox and thine ass may rest, and the son of thy handmaid, and the stranger, may be refreshed” (Ex 23:12); “Come unto me, all ye that labour and are heavy laden, and I will **give** you rest.” (Matt 11:28); “Come ye yourselves apart into a desert place, and rest a while” (Mark 6:31); ***Even the ark rested in the seventh month, on the seventeenth day of the month (Gen.8:4)***
2. *I speak* a restored sense of calm within and without! I come against exhaustion, illness, or overexertion, stress, and fatigue. I reset the rest and relaxation button for my mind and body. I pave the way to a better night's sleep!
3. *I commit* to set in place “Rest Days” which are important to prevent overuse injuries, and to allow my muscles and my body to recover.
4. *Lord*, I repent for not properly taking care of my “temple”! I ask Your forgiveness!

REFLECT
