

2024 CONSECRATION

Prayer & Fasting

Monday, January 8th – Sunday, January 28th

Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need.

Hebrews 4:16 NKJV

Beginning on Monday, January 8th and ending on Sunday January 28th, we will observe a 21-day prayer & fast in collaboration with the New England District churches of Cambridge MA.

What is Fasting?

Fasting is the spiritual discipline of abstaining from food so that we can access the supernatural power of God. Fasting is just as vital as praying and reading the word. The overall goal is to experience a genuine hunger for spending time with God, to gain self-control, to be dominated by the Spirit and not by the flesh.

Benefits of Fasting:

1. Deepen our intimacy with God.
2. Receive spiritual insight or revelation.
3. Sensitizes your spirit to the Spirit of God
4. Breaks the bondage of oppression.
5. Strengthens your spirit as you dedicate that time to prayer.
6. Creates a bond with your church family as we unite in prayer.
7. Cleanses toxins from your body.

FASTING GUIDELINES:

We are asking everyone to participate.

Option 1: Daniel Fast – no meats, sweets, processed food, and caffeine. One should eat a healthy portion of whole grains, fruits, and vegetables.

Option 2: No Meats or No Sweets.

These are guidelines to assist you in your sacrifice and prayer. However, the Lord desires a broken spirit and contrite heart at the end of our sacrifices. Please govern yourselves accordingly with the suggested guidelines in what's best for you to reach your desired place in God.

Whatever fast you choose make sure it means something to you and DRINK lots of WATER!

NOTE: *If you have any condition which would prohibit you from fasting, there are other options. Choose something from your daily routine (i.e. specific foods, television, other technology, etc.) and fast in that manner.*

If you have any known medical conditions or suspect such conditions, consult your doctor before beginning the fast.

Corporate Prayer on the Phone:

Tuesday Mornings at 6am | Conference Number:1-605-475-4800 | Access code: 666307#

Prayer Posture

Be intentional! Pray as often as you can throughout the day. **Come boldly to the throne of grace in adoration, confession, thanksgiving and supplication.** Get away from the normal distractions as much as possible and keep your heart and mind set on seeking God's face. Find time where you can “still” yourself from the day’s activities or distractions to pray and meditate. “Be still and know that I am God” (Psalm 46)

Anoint Yourself

Read Matthew 6:5-18. As we begin this fast, anoint yourself. Jesus told people that when they fast, put oil on their heads. The oil was a very practical element of daily life during that time. One would anoint one’s head with oil when sitting down to eat with others. Therefore, we are going to anoint ourselves as an act of surrender and as a reminder that we are not fasting to get a reward or recognition from people. Our reward comes from the Lord.

Anoint yourself daily and pray the following: (NOTE: Let the Holy Spirit lead you).

Heart - Create in me a clean heart. Guard my heart for the issues of life flow from my heart. Search my heart and see if there is anything that offends you in my heart. For out of the abundance of my heart my mouth speaks. Ask the Lord to forgive you if you are holding any unforgiveness in your heart.

Eyes - I will lift my eyes to the hills cause my help comes from the Lord. Open my eyes Lord, that I will see beyond my natural abilities and circumstances, and I will see what you have prepared for those that love You. For my eyes are upon you Lord, reveal yourself to me.

Ears –You woke my ears this morning so that I would hear a word from You. For Faith comes by hearing and hearing the word of God. Lord, I consecrate my ears to you this year so that I would know your voice. Let me hear what the Spirit of the Lord is saying in this season.

Mouth - Let the words of my mouth and the meditation of my heart be acceptable in your sight. Put a Guard on my lips. Let me have courage to Speak the truth in love.

Nose – You formed man by breathing into his nostrils the breath of life. The Spirit of God is in my nostrils (Job 27:3). Lord, breathe fresh life into me. Breathe strength into my body.

Mind – You have promised to keep me in perfect peace if my mind is stayed on you. Lord, renew my mind so that I will be transformed. Let The mind of Christ be in me.

Hands – Let me conduct myself with clean (innocent, free) hands. Let Your hand be with me and uphold me.

Core – Lord Empower me with strength in my innermost being so that I can stand strong.

Knees – Lord, let me always bow my knee as a sign of my submission to you as Lord. I am submitting my will and my way to You. Let Your Kingdom Come and Your Will be Done in me.

Feet – Guide my feet into the way of peace. Do not allow my feet to slip. Order my steps in Your Word.

My Help Reading Schedule

SECOND WEEK

Monday: 2 Chronicles 20:4 - What do you need the Lord to help you with? Are you one to ask for help? If not, why? How have you benefited from asking for help?

Tuesday: Hebrews 13:5-6 - What do you need to boldly declare today about the Lord?

Wednesday: 2 Chronicles 14:11 - pray for those who feel powerless or helpless or defenseless or vulnerable, or disenfranchised or weak. Pray that they will receive the help of the Lord. Pray for wisdom on how you can be of help.

Thursday: Psalm 10:14 - pray for the fatherless today. Pray for fathers to take their rightful places in the lives of their children. Call out the names of fathers and pray that the Lord will help them and give them wisdom.

Friday: Psalm 63:7, Proverbs 17:22, Psalm 118:24 - Rejoice today for the Lord is and has been your help. The Lord has made us in such a way that joy, rejoicing, and laughter are meant to be instrumental parts of our lives. What are you glad about? Have a praise party today! Laugh!!!!

THIRD WEEK

Monday: Nehemiah 8:10 - What have you been grieving about? Ask the Lord to release His joy into your heart.

Tuesday: Psalm 121:2 - read Psalm 121 out loud two times. The Lord wants to hear your voice. If possible, listen to the song My Help by the Brooklyn Tabernacle Choir. What is the Holy Spirit revealing to you today.

Wednesday: Isaiah 41:10 - read and declare this scripture. Define the words in this scripture and commit this verse to memory.

Thursday: Mark 9:24 - pray over areas of unbelief and doubt in your heart. Ask the Lord to help your unbelief.

Friday: John 14:26 - thank the Lord for the Holy Spirit being your helper, for teaching and bringing to remembrance all things.

PRAYER GATHERINGS

Wednesdays: January 17th & 24th

7:30pm –

Speaker: Bishop Brian Greene

ONLINE: <https://us02web.zoom.us/j/89803105155>

PHONE: 6469313860 | MEETING ID: 89803105155

HOLY SPIRIT CONFERENCE

Saturday, January 27th 9:00am

Sunday, January 28th 5:00pm

Speaker: Pastor John Chandler Cleveland

Global Impact Ministries

Services will be held at:

Kingdom Empowerment Center

211 Columbia Street

Cambridge, MA