

2023 CONSECRATION

Prayer & Fasting

Monday, January 9th – Sunday, January 29th

Beginning on Monday, January 9th and ending on Sunday January 29th, we will observe a 21-day 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 in a Daniel Fast. However, if you have a medical or pre-existing condition that would prohibit this fasting type, we are also proposing a Partial Fast.

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: Partial Fast –skip breakfast, lunch, or dinner each day. Be mindful of your schedule when choosing this fast.

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.

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.

What to Expect

When you fast, your body eliminates toxins from your system. This can cause mild discomfort such as headaches and irritability, especially during withdrawal from caffeine and sugars. And naturally, you will have hunger pains. **Limit your activity and exercise moderately. Take time to rest and** listen to some praise and worship music.

Corporate Prayer on the Phone:

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

Daily Bible Reading

Read and study one chapter a day from the Book of John. Reflect on what you have read. Ask the Holy Spirit to enlighten your understanding and to give you revelation. For the Kingdom of God is built on revelation (Matthew 16:17, 18). Write down what the Word is saying to you.

Prayer Posture

Be intentional! Pray as often as you can throughout the day. 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). Meditation quiets our emotions, realigns our mind, and frees our spirit to do the will of God. What we could not hear clearly, we begin to hear.

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. So, Jesus wants them to do this when fasting so that no one would know they are fasting except God, who would reward them. 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. Lay your hands on yourself 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.

DAILY DECLARATION

I AGREE WITH THE WORD OF THE LORD OVER MY LIFE.

I AGREE WITH THE WORD OF THE LORD OVER KEC.

I AGREE WITH THE WORD - THAT I HAVE THE PEACE OF THE LORD. SO, I WILL NOT BE TROUBLED OR AFRAID.

Pray for the NED CHURCHES on the following days.

ABUNDANT LIFE CHURCH – January 9-13th

- ❖ Pray for the hearts and development of current and emerging leaders to be pure and to stay before God in preparation of new roles.
- ❖ A fresh infilling of His Spirit, fresh revelation, and a renewed passion with expectation and courage to obey the hard and humbling things of God.
- ❖ Pray for laborers who will go and make disciples.

CHRISTIAN MISSION HOLINESS CHURCH - January 14-18th

❖ **Direction -**

For the Lord's guidance along the path He has planned for all, trusting Him and relying on the promises found in God's Word. (Prov 3:5-6)

❖ **Protection -**

For the Lord's continued, protection, wisdom, strength, and provision for all and our families as we press on in faith. (Psalms 27:1-5)

❖ **Healing -**

For refreshing, recharging, and healing for all who are battling all forms of physical, emotional, spiritual stress. (Phil 4:6-7)

KINGDOM EMPOWERMENT CENTER – January 19-23rd

- ❖ Pray that people would experience divine encounters with the Lord and are obedient to the Holy Spirit.
- ❖ Great manifestation of signs, wonders and miracles for God's glory.
- ❖ Pray that the Spirit of wisdom and understanding, counsel and might, knowledge and fear of the Lord would lead His people in reaching the next generation.

PENTECOSTAL TABERNACLE – January 24 – 28th

- ❖ For God to send the **REVIVAL** to the City of Cambridge, as He has promised.
- ❖ To serve the **LGBTQAI** Community in a Biblical and Loving manner.
- ❖ To mentor & train the **NEXT GENERATION OF LEADERS of PT.**

PRAYER GATHERINGS

Wednesdays: January 11th & 18th

8:00pm – 9:15pm

Speaker: Bishop Brian Greene

ONLINE: <https://us02web.zoom.us/j/87866429975>

PHONE: 301-715-8592 | MEETING ID: 878 6642 9975

HOLY SPIRIT CONFERENCE

Friday, January 27th 7:30pm

Sunday, January 29th 5:00pm

Speaker: Pastor John Chandler Cleveland

Global Impact Ministries

Services will be held at:

Kingdom Empowerment Center

211 Columbia Street

Cambridge, MA