

Abundant Life Church Consecration 2019

January 7th – January 28, 2019

I - A Call to Fasting:

2019 is the year for the Abundant Life Church to Shift and Move Forward into greater service to God and others. We will begin transitioning the entire church to serve at new and greater levels. Jesus said “if you want to be great you must be a servant of all” (Matt. 20:26).

The children of Israel set out to possess the promised land of Canaan, however, their first attempt failed due to lost focus and disobedience to God. Instead, they murmured, complained, and walked in circles for forty years. Like the children of Israel, we have a great future ahead us. We don't need to wander around and become trapped in the same old things year in and year out.

Whether you are a member or attendee of Abundant Life we encourage you to participate in the 21 day fast. God has a blessing in store for you. God will be faithful to do His part and we must be faithful to do ours. It's up to each one of us to be in position to receive when God brings greater opportunities our way.

II - Why does Abundant Life fast as a church?

Fasting will bring us into a deeper, more intimate, and more powerful relationship with the Lord by helping us to develop discipline and sensitivity to his spirit. By removing foods from our diet, it trains us to exert self-control over our physical selves so we can cultivate the discipline necessary for spiritual growth. Furthermore, as we cut out distractions and press into God, our spirit becomes uncluttered by the things of this world and more sensitive to the Lord. Through fasting, we put ourselves in a position where we can gain a greater sense of purpose and focus individually and collectively. Our desire is that this fast will move all of us to a new level of faith and fruitfulness.

III - When and how long is the fast?

Beginning on **Monday, January 7, 2019 (midnight) – Monday, January 28, 2019 (midnight)** the Abundant Life Church will observe a 21-day fast.

IV - Types of Fasts:

During the New Year Consecration, we are asking everyone to fast in one of three ways: A Daniel Fast, a partial fast or a liquid fast.

- 1) Daniel Fast: A Daniel fast is when you give up all animal products, sweets, processed food and caffeine, maintaining a healthy diet of whole grains, fruits, and vegetables. In depth-guidelines for a Daniel Fast can be found on page 5.
- 2) Partial Fast: A partial fast is when, instead of restricting the food you can eat, you restrict the time you can eat it. For example, you may choose to skip lunch each day or choose to not eat between the hours of 6am and 6pm.
- 3) Liquid Fast: A liquid fast is when you only consume liquids. Depending on the guidelines you set for yourself, liquids may include items like smoothies and protein shakes or be as restrictive as clear liquids or water.
 - a. Note: If you do a liquid fast be sure to drink at least 2 quarts of water a day. It is also wise to take vitamins and mineral supplements.

V - What should I consider when I fast?

A - Physical Considerations:

Fast Responsibly: While we are asking you to make a genuine sacrifice and encouraging everyone to push yourselves physically and spiritually during this fast, you must also consider your body and what you can handle. In consideration of medical conditions, pick a fast that is both sacrificial and safe for you.

If you are in poor health or have concerns about your physical ability to fast, please consult a physician before beginning. Your doctor can provide advice on how you can participate on this fast in a way that is healthy for you. Also, *do not hesitate to contact your doctor during the fast if you are experiencing symptoms in need of medical attention.*

Preparing for the fast: You will have less difficulty adjusting to the fast if in the days before, your diet reflects more closely the restrictions of the fast. For example, if you will be doing a Daniel fast, eat less meat and sweets in the days leading up to it and limit your caffeine intake. If you are doing a liquid fast, eat smaller portions.

Drink plenty of water: Fasting has incredible health benefits as it cleanses your system and releases toxins from your body. Once released, however, these toxins need to be flushed out, if not, they can cause headaches. Drinking water will help keep you hydrated, eliminate these toxins, and reduce or resolve headaches.

Stay away from sugar and caffeine: No matter what type of fast you partake in, it is recommended that you stay clear of foods that are high in fructose (sugars) and caffeine. Because of the effect these foods have on your metabolism and body functioning, they can cause headaches and eventual energy depletion which is intensified during times of fasting.

Don't overexert yourself physically: When fasting, keep in mind that your body may not be able to function optimally. As a result, while exercise is encouraged, don't overdo it. Save strenuous workouts for another time. Similarly, make sure you get plenty of rest.

Breaking the fast: When you break the fast, do so gradually. For example, if you haven't eaten solid food for three weeks, your first few meals should gradually reintroduce solid foods that are easier to digest, like fruits and vegetables. If you were on the Daniel fast, your first meal(s) back should contain smaller amounts of animal products. If you reintroduce items that you have not eaten for three weeks too suddenly or in large quantities, you may get an upset stomach.

B - Spiritual Considerations:

Remember that the purpose of fasting is not simply to conquer one's physical desires but to hear from and be changed by the Lord. This can only happen if one is spending time with him in prayer and scripture reading. Fasting without prayer and Bible reading is nothing more than a diet. Don't just go on a diet, rather, let your sacrifice enhance your spiritual disciplines and deepen your relationship with the Lord.

VI - Will we come together?

Yes! On Monday through Friday, we encourage everyone to join in on a weekday conference call prayer and blessing session from 6:00am – 6:30am. In addition we invite you to attend Saturday morning prayer meeting at the Abundant Life from 8:30am to 10:00am. There will be no conference calls on Saturdays and Sundays, because we meet corporately for worship on those days. There will be a special corporate prayer gathering on Friday January 11th at 7:00pm during the consecration. It is important that you **make time for worship, prayer, and fellowship especially during times of fasting.**

VII - What should I focus on during the 21 days?

I encourage you to get a copy of the [Purple Book](#) for \$5.00. Copies of the book will be available to purchase after the Sunday morning service. The Purple book will walk you through a study on the essential foundations of the Christian faith. Whether you are a new believer or have been walking with the Lord for years this book will strengthen your faith. Books will be on Sale on beginning on Sunday, January 6, 2019.

SHIFT: Moving Forward 2019

Abundant Life Prayer Focus

Week 1 - Perspective - January 6 - 12, 2019

Sunday – *Morning Worship - 10am*

Monday – Set your heart on things above - Col. 3:1-4

Tuesday – Seek the Kingdom - Matt. 6:25-34

Wednesday – Fix your eyes on Jesus - Hebrews. 12:1-3

Thursday – Focus on God’s purpose for your life - Phil. 3:10-14

Friday – Focus on the harvest - John 4:31-37

Saturday – Corporate Prayer 8:30am -10:00am

Week 2 - Wisdom - January 13 - 19, 2019

Sunday – *Morning Worship - 10:00am*

Monday – Wisdom for handling new challenges - 1 Kings. 3:16-28

Tuesday – Listening to wisdom - Prov. 2:1-6

Wednesday – Asking for wisdom from above - James. 1:5-8

Thursday – Teach us to apply wisdom to everyday life - Psalm. 90:12

Friday – Increase our wisdom through learning - Prov. 9:9-12

Saturday – *Corporate Intercession 8:30am -10:00am*

Week 3 –Take Action - January 20 – 26, 2019

Sunday – *Morning Worship - 10am*

Monday – Be a doer of the word - James. 1:22-25

Tuesday – Step out in faith - Matt. 14:22-32

Wednesday – Give in faith - 1 Kings. 17:8-16

Thursday – Faith without works is dead - James. 2:14-26

Friday – Love in action -1 John. 3:16-18

Saturday – *Corporate Intercession 8:30am -10:00am*

Food Guidelines for a Daniel Fast

Foods You May Eat:

Whole Grains:

E.g. Brown Rice, Oats, and Barley

Legumes:

E.g. Dried Beans, Pinto Beans, Split Peas, Lentils, Black Eyed Peas

Fruits:

E.g. Apples, Apricots, Bananas, Blackberries, Blueberries, Boysenberries, Cantaloupe, Cherries, Cranberries, Oats, Figs, Grapefruit, Grapes, Guava, Honeydew Melon, Kiwi, Lemons, Limes, Mangoes, Nectarines, Papayas, Peaches, Pears, Pineapples, Plums, Prunes, Raisins, Raspberries, Strawberries, Tangelos, Tangerines, Watermelon

Vegetables:

E.g. Artichokes, Asparagus, Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Chili Peppers, Corn, Cucumbers, Eggplant, Garlic, Gingerroot, Kale, Leeks, Lettuce, Mushrooms, Mustard Greens, Okra, Onions, Parsley, Potatoes, Radishes, Rutabagas, Scallions, Spinach, Sprouts, Squashes, Sweet Potatoes, Tomatoes, Turnips, Watercress, Yams, Zucchini, veggie burgers are an option if you not allergic to soy.

Liquids:

Spring Water, Distilled Water, 100% All-Natural Fruit Juices, 100% All Natural Vegetable Juices. You may also drink protein drinks.

Others:

Seeds, Nuts, and Sprouts

Foods to Avoid:

Meat

White Rice

Fried Foods

Caffeine

Carbonated Beverages

Foods Containing Preservatives or Additives

Refined Sugar

Sugar Substitutes

White Flour and All Products Using It

Margarine, Shortening, High Fat Products

Food for Thought: Ideas to Enhance your Daniel Fast

Fasting takes a great deal of discipline, and sometimes, it can be made even more difficult when we have trouble finding food we can eat. After we eat the same dish over and over, it can be tempting to break the fast just to add variety to our diet. Below are some suggested meals to get you thinking about the possibilities you do have while allowing you to be faithful to the fast.

Breakfast:

- Oatmeal cooked with your choice of fruit (e.g. apples, bananas, raisins)
- Whole-wheat cereal or granola with soy milk
- Fruit salad
- Protein shake
- Fruit smoothie made with silken tofu instead of yogurt

Salads:

- Garden salads: consider topping with beans, nuts, or fruit for more substance & variety
- Whole-wheat pasta salad
- Three-bean salad
- Tempeh Salad

Soups:

- Vegetable, minestrone, or bean soup
- Vegetarian Chili
- Carrot ginger, sweet potato or butternut squash soup

Sandwiches:

- Hummus, vegetables, tempeh, and/or tabouli in a whole-wheat pita or wrap
- Falafel
- “Sloppy Joes” made with beans, tofu, or tempeh instead of meat
- Veggie, bean, tofu, or portabella burgers with baked potato wedges

Meals:

- Vegetable stir-fry
- Vegetable curry
- Indian lentils or chickpeas with brown rice
- Corn, beans, onions, peppers and seasoned brown rice
- Vegetable fajitas in whole-wheat tortillas
- Tacos made with chickpeas or refried beans instead of meat
- Vegetable primavera or hearty vegetable marinara sauce on whole-wheat pasta.
- Vegetarian casserole
- Maki rolls made with vegetables &/or marinated tofu and brown rice

For more ideas, Google “vegan recipes” or explore websites such as <http://vegweb.com/> or www.fatfreevegan.com/. These recipes may not conform to a strict Daniel fast.