

**ARLINGTON CHURCH OF GOD**  
**2019 CONSECRATION FASTS**

Begins: January 22@ 1:00pm

Ends: February 12@ 1:00pm

**Prayer**  
and  
**Fasting**



**Reverend Dr. Diana L. Swoope**  
**Senior Pastor**

## WORDS FROM THE PASTOR'S HEART

“Declare a holy fast; call a sacred assembly. Summon the elders and all who live in the land to the house of the Lord your God, cry out to the Lord (Joel 1:14).”

This church has a rich tradition of calling members to the solemn and sacred place of fasting. But, if we are not careful, this tradition can become just that: A tradition that does not produce its intended fruit.

The children of Israel were called to fasts regularly. It became an integral part of their practice. Yet, as “holy” as that may sound, God was not pleased with their fasts! Why? Isaiah chapter 58 records a fascinating insight into how people and God view fasting. The children of Israel saw fasting as a way of getting what they wanted from God.

In fact, they were rather upset that God had not come through with their requests after all that they did. “Why have we fasted,” they said, “And [why] have you not seen it?” They were very disturbed that God had not taken notice of how they had “humbled themselves.”

While they were taking notice of what God had obviously “not noticed,” God was making some observations as well. “...On the day of your fasting, you do as you please and exploit all your workers. Your fasting ends in quarreling and strife and in striking each other with wicked fists... Is that what you call a fast?” God went on to tell them that an acceptable fast will have different results: More *selflessness* and less *selfishness*.

## TYPES OF FASTS

Several types of fasts are used by the Arlington Church of God during the designated days of fasting.

### **1. THE ENTRY LEVEL FAST**

Some individuals are not able to participate in the regular fast for lengthy times, due to medical issues. This entry fast may allow that individual to join in fasting at some level. Simply do this:

#### Observe one day of fasting weekly (The All Church Liquid Fast)

- 1:00PM Wednesday until 1:00PM Thursday.
- Drink nutritional liquids during this 24-hour period.
- Eat regularly, as desired by your medical personnel on all of the remaining days.
- Choose to abstain from a personal pleasure each day of the Fast. This may include things such as a favorite television program, or no television at all; a favorite daily pastime, abstaining from shopping, except for dire necessities. Be creative. The point is to find a way to join in with the Church during the full fasting time.

### **2. THE NORMAL FAST** (see page 7)

This is a variation on the fast that Daniel and the Hebrew boys used when they abstained from eating the “King’s meat.” In this fast, we will abstain from certain foods and liquids for twenty-one days. It includes fruits, vegetables, certain meats, breads, juices and water. **It also includes the All church 24hour Liquid Fast.** The meal items and guidelines for this fast can be found on page 7.

### **3. THE DANIEL FAST** (see page 6)

This is a partial fast based upon Daniel's own experiences as recorded in the Bible: *“In those days I, Daniel, was mourning three full weeks. I ate no pleasant food, no meat or wine came into my mouth, nor did I anoint myself at all, till three whole weeks were fulfilled*

**(Daniel 10:2-3).” Also observe the 24-hour Liquid Fast.**

## **THE ALL CHURCH 24 HOUR LIQUID FAST**

In this fast, the entire church is called to abstain from all solid foods for a 24-hour period each week (from **1:00 pm Wednesday through 1:00pm Thursday**). Only liquids, preferably whole juices or no sugar added nutritional drinks and water will be consumed. This is the type of fast that is mentioned in Deuteronomy and Luke and emphasizes ingesting God's word as "bread." This bread will not leave you hungry. This liquid fast is to be observed for whichever Fasting plan is chosen.

## **BIBLE READING PLAN 2019**

The scripture readings will focus on the sacrifices of Jesus for our salvation. These scriptures are often read during the Lent Season and are very appropriate for this time of fasting.

As you read, ask these questions: How can I be a more loving servant? How can I use my time, my talents and my treasures in a way that brings even greater glory to God? Ask God through this fast to stretch you and mature you: (see page 8 for the Bible Reading Plan)

It is my hope that every member of this church will join in with fasting in some way during these twenty-one days. To facilitate this desire, three types of Fasts are suggested: An Entry Level Fast, the Normal Fast and the Daniel Fast. Each of the Fasts are explained in detail on the following pages.

Fasting in the Bible always included abstaining from food in some way. While it is recognized that some may not be able to participate fully all can participate at some level. So, those persons who cannot participate fully should consider these creative alternatives:

Do not eat a certain food during each day. Abstain from eating your favorite food. Ask God to show you how you can participate in this fast. Finish these fasting days with love and joy! Blessings and Peace to you as you go before the Lord in fasting.

## FASTING COVENANT

The generally accepted definition of fasting is to “refrain from eating certain foods and drinking certain liquids for a designated period of time.” However, if fasting is to have a lasting effect on our spiritual growth, it has to be more than not eating certain foods or drinking certain liquids.

What gives fasting spiritual significance? Prayer does. Prayer is the key to connecting fasting to the power of God. The feeling of being hungry, desiring certain foods, and longing for fellowship that accompanies eating is too strong for the average Christian to overcome without the help of God. Through prayer, we can sacrifice the physical comfort of food (and other things) for the spiritual goal of a closer relationship with God.

One of the most important things you can do before beginning this fast is to commit to giving it your whole heart. Read the entire manual and determine which fast or fasts you will observe. Record it below. Then, determine the best time of the day for you to spend in Scripture reading, meditation and prayer. Record that time below.

**I will observe the following fast:**

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**I will set aside this time for prayer and meditation:**

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Signature \_\_\_\_\_

Date \_\_\_\_\_

## PREPARATION

1. If you have never fasted before, it may be wise to start with the Entry Level Fasting Plan. Fasting is not designed to harm you. It is designed to feed your soul and to help you hear and obey the voice of God. Ask God to guide you in this process.
2. Even though all Christians are invited to participate in this fast, you may be restricted from doing this because of your physical condition. **Please consult your physician.** You should not participate in this fast if you have diabetes mellitus (“sugar diabetes”), hypertension (“high blood pressure”), or any other medical issues that require a special diet without consulting with your physician.
3. Prepare yourself for the transition from eating regular meals to following restrictions. Do not overload your stomach with high sugar and high fat foods in the 2-3 days before the fast begins. Try to eat more fruits and vegetables and drink more water. Hunger pangs will eventually occur, especially during the first few days of the fast. Let them be a reminder to you of your sacrifice. One author said that fasting is “starving the body while feeding the soul.”
4. Finalize your personal plan for accomplishing your goals and submit them to the Lord. Give Him the power to revise them during this time. Ask Him to give you a heart to see what He wants you to see and to change what needs to be changed in your life.



## GUIDELINES FOR DANIEL FAST

FOODS	YES	NO
<b>BREADS</b>	Any sprouted grain bread	Any other breads or crackers
<b>VEGETABLES &amp; FRUITS</b>	All	Buttered Veggies
<b>MEATS/ SEAFOOD/ POULTRY</b>	Seafood & Fish <b>only</b>	Beef, lamb, poultry (chicken, turkey) or pork
<b>PASTAS &amp; GRAINS</b>	Whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole wheat pasta, whole wheat tortilla, <b>brown</b> rice cakes and popcorn	White rice, white flour or processed pastas and grains
<b>DAIRY PRODUCTS</b>	NONE, including milk, cheese, butter, & eggs	NONE
<b>BEVERAGES</b>	Spring water, distilled water or other pure water	<b>ONLY DRINK WATER</b>
<b>DESSERTS</b>	NONE	NONE
<b>SEASONINGS</b>	All quality oils including but not limited to olive, canola, grape seed, peanut, and sesame oils, sea salt or other quality salt in moderation	Butter, margarine, ham hocks, bacon, salt pork, meat drippings, white sugar or artificial sweeteners
<b>MISCELLANEOUS</b>	Nuts and seeds of all kinds	Nothing deep fried, avoid foods with additives & preservatives

**Note: These are just guidelines. Let God lead you in your plan and your commitment. Whatever it is: Just stick to it!**

## GUIDELINES FOR NORMAL FAST

FOODS	EAT	DO NOT EAT
<b>BREADS</b>	Bread/crackers made with rye, whole wheat, rice, oat or bran flour	Bread/crackers made with processed white flour
<b>VEGETABLES</b>	All	Buttered Veggies
<b>MEATS/SEAFOOD/POULTRY</b>	Seafood, poultry, lamb	Beef or pork
<b>DAIRY PRODUCTS</b>	All	Frozen dairy items
<b>BEVERAGES</b>	Water, milk, fruit juices, herbal and decaffeinated teas, decaffeinated coffee	Caffeinated or carbonated beverages; drinks with added sugar or artificial sweeteners
<b>DESSERTS</b>	Only those made without white sugar	White sugar desserts, candy, caramel popcorn, etc.
<b>SEASONINGS</b>	Olive oil, herbs, lemon juice, vinegar, brown sugar, cane sugar or honey	Butter, margarine, ham hocks, bacon, salt pork, meat drippings, white sugar or artificial sweeteners
<b>MISCELLANEOUS</b>	Pastas, brown rice, noodles, potatoes, yams, popcorn (no butter)	Junk food, potato chips, pretzels, etc.

**Note: These are just guidelines. Let God lead you in your plan and your commitment. Whatever it is: Just stick to it!**



## Prayer and Fasting

### Bible Reading Plan:

You are encouraged to set aside daily time for prayer, Bible reading and Scripture memory. Allow the word of God to speak into your life and stretch the boundaries of your thinking.

On the seventh day write what you are hearing in the provided journal using the S.O.A.P. method.

**(S)** Scripture - read the passage. You may need to read it two or three times. Select one verse that really speaks to you. Write that scripture down in the journal.

**(O)** Observation – what grabs you about this verse? What might this verse have meant to the original writer or reader? Write your observations of the verse in your journal.

**(A)** Application - how does this verse impact you? How should it change you? Remember, God's revelation isn't just to increase your information; it is given to bring about transformation. Write out the action or change you will make as a result of this verse.

**(P)** Prayer - Respond to God with a prayer. Write as though you were writing a letter expressing how you think and feel about the scripture to God. Ask for help to apply the Scripture to your life. Your prayer doesn't have to be long or deep, just try to make it speak from your heart.

Spend time memorizing the word as well. Use these verses for memorization over these next few days:

**Old Testament: Isaiah 41:10 Jeremiah 29:11**

**New Testament: Matthew 7:7-8 Philipians 4:4-8**









**"So I turned to the  
Lord God and pleaded  
with him in prayer and  
petition, in fasting."**

**Daniel 9:3**

*"So we fasted and petitioned  
our God about this, and he  
answered our prayer."*

*~ Ezra 8:23*

**January 22  
to  
February 12**

## **21 DAYS OF FASTING AND PRAYER**

**Arlington Church of God**



**However, this kind goes  
not out but by prayer and  
fasting.**

**Matthew 17:21**



## DID YOU KNOW? FASTING...

- 1. Helps you put first things first.**  
Psalm 69:10, Matthew 6:33
- 2. Is a spiritual weapon for defeating the devil.**  
Luke 10:17
- 3. Increases your sensitivity to the guidance of God.**  
Daniel 9:21-22
- 4. Dethrones idols from within and without.**  
Exodus 16:3
- 5. Purifies toxins from the body for healthier living.**  
III John 1:2
- 6. Purifies prepares the way for deliverance in future.**  
Ezra 8:21-23

The following books are recommended for further reading:

1. God's Chosen Fast by Arthur Wallis (CLC Publications).
2. Fasting by Jentezen Franklin (Charisma House).
3. Knowing God Through Fasting by Elmer L. Towns (Destiny Images Publishers, Inc.).

