



## 2012 CONSECRATION COMMITMENT

### “Fasting To Flow In God’s Glory”

At the *Epicenter of Worship*, we begin each year with prayer and fasting in order to align ourselves with God’s move. This year’s fast will be a **Daniel Fast**, consisting of 30 days of prayer and consecration, beginning Monday, January 9<sup>th</sup>, concluding on Wednesday, February 8<sup>th</sup> with a Victory Service. For those who cannot complete the 30 day Daniel Fast, you may chose the nature of fasting that you can faithfully commit to during this time. Please review the 4 types of fast and complete and sign the 2012 Consecration Commitment.

My reason for fasting:

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Date I will begin fasting: \_\_\_\_/\_\_\_\_/2012

Date I will end fasting: \_\_\_\_/\_\_\_\_/2012

Who will I ask to fast with me, if any?

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I believe that God is the only answer to my request and that prayer without fasting is not enough to get an answer to my need. Therefore, by faith I am fasting – because I need God to work in this matter. God being my strength and grace, I commit myself to the above fast.

*SIGNED IN FAITH & COMMITMENT:*

Date: \_\_\_\_/\_\_\_\_/2012



4 Types of Fasts:

- **Full Fast** – Liquids only. You set the number of days according to what God leads you to do.
- **The Daniel Fast** – Drink water and juice, eat fruits and vegetables. No meat, sweets or bread.
- **3-Day Fast** – This fast can be a Full Fast, Daniel Fast or give up at least one item of food.
- **Partial Fast** – Fast from 6:00 AM to 3:00 PM or from sun up to sundown. You can select from three types of fasting, a Full Fast, Daniel Fast, or give up at least one item of food.

Prayer & Bible Reading Schedule for The Month

Our goal is to have 3 hours of intimacy with God each day!

- 1 hour prayer in morning (seeking His will for the day).
- 3 Minute Power Prayers of every hour during day as the Holy Spirit directs (James 5:16).
- 1 hour at night before bed (giving Him thanks).

Scripture References for Fasting:	Relation To Prayer & Reading of The Word:	
<ul style="list-style-type: none"> <li>• Matthew 6:16-18</li> <li>• Matthew 9:14-15</li> <li>• Luke 18:9-14</li> </ul>	<ul style="list-style-type: none"> <li>• 1 Samuel 1:6-8, 17-18</li> <li>• Nehemiah 1:4</li> <li>• Daniel 9:3, 20</li> </ul>	<ul style="list-style-type: none"> <li>• Joel 2:12</li> <li>• Luke 2:37</li> <li>• Acts 10:30, 13:2</li> </ul>

Corporate Fasting:

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| <ul style="list-style-type: none"> <li>• 1<sup>st</sup> Samuel 7:5-6</li> <li>• Ezra 8:21-23</li> <li>• Nehemiah 9:1-3</li> </ul> | <ul style="list-style-type: none"> <li>• Joel 2:15-16</li> <li>• Jonah 3:5-10</li> <li>• Acts 27:33-37</li> </ul> |
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Remember that it is the attitude of a heart sincerely seeking Him to which God responds with a blessing (Isaiah 58, Jeremiah 14:12, 1<sup>st</sup> Corinthians 8:8). May God greatly bless us as we seek him in 2012!

- Pastor Sean Holland



*Scriptures for Each Day*

Day 1 - Rewards of Wisdom	Day 6 - Lord's Prayer	Day 11 - Love All People
Day 2 - Advice to Children	Day 7 - Golden Rule	Day 12 - Faith Without Works
Day 3 - Your Life is at Stake	Day 8 - Warning Against Folly	Day 13 - Wise Sayings
Day 4 - Born Again	Day 9 - Testing Your Faith	Day 14 - Rich Fool
Day 5 - The Beatitudes	Day 10 - My Light and My Salvation	Day 15 - Taming the Tongue
Day 16 - Worldliness	Day 21 - Sexual Immorality	Day 26 - Some will Depart
Day 17 - Patience in Suffering	Day 22 - Believer's Freedom	Day 27 - End Time
Day 18 - If You Love Learning	Day 23 - Greatest Gift	Day 28 - Satan's Final Defeat
Day 19 - Walk with the Wise	Day 24 - Help Each Other	Day 29 - New Heaven
Day 20 - Buy without Money	Day 25 - Be Imitators of God	Day 30 - Tree of Life



## The Purpose of Prayer & Fasting

We believe that it is important to pray and fast as means of seeking God for direction. This is significant because although we know that we have the victory in Christ, it will not come without obstacles. We must begin with the end in mind!

Fasting – “to afflict oneself” (literally translated as “to humble one’s soul”). Fasting took place in the Old Testament as preparation for meeting God, when being oppressed by great cares, under judgment, or being chastised by God. Fasting and prayer always go together and function as twins (Ezra 8:21, Nehemiah 1:4). In the Old Testament, a fast usually lasted from morning until evening, and there are instances of the three day fast (Esther 4:16).

Jesus fasted for 40 days and did so at the beginning of His public ministry. At the end He was tempted, but He was able to stand because of His preparation. In Matthew 17:21, Jesus instructs that there are certain enslavements from which a person can only be released “through prayer and fasting.” The early church prayed and was backed with fasting (Acts 13:3; 14:23).

Prayer and fasting, performed with understanding, will break the stronghold of unbelief. Faith needs prayer for its development and full growth, and prayer needs fasting for the same reason. Fasting humbles the soul (Psalms 35:13), chastens the soul (Psalms 69:10), crucifies and shows mastery over the appetites of the flesh, shows obedience, gives the digestive system a rest, aids in temptation, and helps to achieve a greater yielding to the power of the Holy Spirit. Remember, it was FOOD that was used to cause the fall of MAN! Eating (consuming) the wrong things will contribute to your spiritual demise.

At the Epicenter Of Worship we place great emphasis on personal prayer accompanied with a light fast. It is important to understand that fasting has great value, but only if it is voluntary. One must understand its purpose and commit to seeking God through increased prayer.

Isn't it funny how Muslims and other religions pray and fast but Christians feel as if they can change the world without changing or challenging themselves?

~ Pastor Sean Holland