

A TIME OF CONSECRATION

January 2023

The purpose of this consecration is to get closer to The Lord; to increase spiritual awareness; and, to become stronger in our faith. There are many references in the Bible about consecrating ourselves to God. To get a better understanding, please read Neh. 9:1-3; Jer. 36:4-10; Joel 1:13-14, 2:12-17; Jon. 3:5-10. In this handout, we have accommodated for 21 days. However, you should follow the number of days the Lord places in your heart (whether that be one month, two months, one year, or three years as Daniel did (Dan 1:1-5)).

This Is a Means of Preparing To Commune With The Lord

Commune simply means to connect and communicate with, Read. It also means to actually feel His presence (Exod. 19:10-12, 21-22).

As part of the consecration process we will fast, pray, read God's word, and meditate on it, and apply what it says. During this consecration, we will deprive the body from eating certain foods as a way of enhancing our ability to get closer to the Lord. We will follow what is known as the Daniel Fast [eat fresh fruit, fresh vegetables (boiled or steamed) peas, legumes, nuts, and grains (Dan 1:8-16)]. It is noted in Isaiah 58 that fasting breaks every yoke. Since this fast focuses on eating only foods in their natural state, it cleanses the body from many of the impurities introduced by processed foods.

The Right Attitude to Have

- Confidentiality [this is between you and the Lord God] (Matt. 6:16-18)
- Submission to God (Jas. 4:7)
- Love the Lord with all your heart (Deut. 6:4-5, 30:6; Matt. 22:37-40; Luke 10:25-28)
- Hunger for righteousness (Matt. 5:6)

The Proper Actions To Take

- Approach the Lord, cleanse your life of sin, fast (Jas. 4:8-10)
 - Confess and cut-off what makes you unholy (Neh 9:1-3; Lev 20:6-8; Dan 9:3-7)
- Seek the Lord with all your heart (Deut. 4:25-31; Jer 29:13; Joel 2:12-13)
 - Ardent prayer always accompanies fasting (Ezra 9:5-15; Neh 1:1-11; 1Cor 7:5)
- Serve the Lord with all your heart (Deut. 10:12-13; 1Sam. 12:20-24)
- Observe the Lord's word with all your heart (Deut. 26:16-19, 30:1-6; Josh. 22:5)
 - Read & meditate on the Lord's word (Jer. 36:4-8; Acts 10:30-33)

What You Should Do

- Feed the starving, house the homeless, clothe the naked (Isa 58:7)
- Help relatives who need it
- Stop taking advantage of the helpless (Isa 58:9)
- Stop making false accusations
- Stop spreading rumors

What You Should Not Do

- Joke and play around (Isa 58:3c)
- Take advantage of your workers (Isa 58:3d)
- Display a miserable appearance [make yourself look miserable to people] (Isa 58:5a)
- Act pitiful so everyone will know you are fasting [being spiritual] (Isa 58:5b)
- Fast without true intention of getting close to GOD (Isa 58:5c)

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Foods Permitted During Consecration

Fruits are important sources of nutrition to consume on the Daniel Fast. They contain essential vitamins, minerals and antioxidants your body needs to properly function. For example, C and B vitamins are powerful antioxidants that protect your body from free radical invasion and strengthen your immune system. They also contain starch and sugars for added energy during your fast. All fruits are considered good to eat during the 21-day Daniel Fast. Frozen and canned fruits are allowed if they contain zero amounts of preservatives or sugar, reports Daniel-Fast.com.

Vegetables are wonderful additions to include in your daily diet. Like fruits, they contain fiber, which promotes bowel and overall digestive health. All vegetables qualify as permitted foods for the Daniel Fast. For best results, steam a variety of vegetables or eat them raw. Canned or frozen foods are available if no additional sweeteners or artificial preservatives are added. Vegetables can be enjoyed for breakfast, lunch and dinner or as snacks.

Whole grains such as grits, plain oatmeal, brown rice and wild rice can be consumed whole on the Daniel Fast. Whole grains are sources of plentiful fiber, B and E vitamins, magnesium, copper and zinc. Refrain from adding anything but water to your whole grain dishes, notes Dr. Susan Gregory in "The Daniel Fast." Refined grains, such as enriched flour or most cereals are not allowed on the Daniel Fast.

Since the Daniel Fast restricts meat and seafood, we can derive our **protein** from permitted sources, such as beans, seeds and nuts. Consuming these foods during your fast is a beneficial way to improve your protein intake, states Dr. Susan Gregory in "The Daniel Fast." Examples of these foods include kidney beans, black beans, lentils, macadamia nuts, Brazil nuts, peanuts, sesame seeds, sunflower seeds and almonds. Check the nutritional labels to ensure your nuts or seeds contain no added sweeteners or artificial preservatives.

If you are following the Daniel Fast exactly as it is described in the Book of Daniel, **the only drink you can have during your fast is water**. Some Daniel Fast *guidelines permit fruit juice and vegetable juice as long as it is all natural without any added salt, sweeteners, preservatives or other artificial ingredients*. Herbal tea, caffeinated drinks and sweetened drinks are also against the guidelines. Milk is also off-limits since it is a dairy product.

Drink If you follow the Daniel fast as it is described in the Book of Daniel, *the only drink you can have during your consecration is water*.

Foods Not Permitted During Consecration

The Daniel Fast guidelines don't allow you to eat "precious" foods, such as honey, sweetened food, peanut butter, artificially seasoned food or processed food, although some guidelines do permit foods seasoned with fresh herbs.

The foods you eat while on this fast should be cooked as little as possible. Fruits, vegetables, nuts and seeds, for example, can be eaten raw or lightly steamed. Foods cannot be fried or battered. Nothing that you eat should be cooked with any fat at all [this includes margarine, lard and butter; however, natural oils, such as olive oil, are permissible].

Spiritual Guidelines

Remember, during Consecration, we will spend time everyday reading our Bible, meditating, and praying. At a minimum, you should make time in the morning and at night to do so.

What You Can Expect

Isa 58:8 **God's favor** to shine on you like the morning sun
Your **healing** to quickly appear

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Your **godliness** to lead you forward;
God's goodness to be a **shield** before you
God's glory to protect you
Isa 58:9 **God to answer** you prayer
God to respond to our call
Isa 58:10 **Deliverance** from oppression, repression, suppression
Isa 58:11 **God's guidance**
God to meet your needs
Health & Vitality
To **flourish** and be **prosperous**
Isa 58:12 **Repair and restoration** of your life.

The purpose of spiritual development is the pursuit of true worship within imperfection and offering God all of ourselves through work, play, and by being imitators of Christ. In this way, we offer ourselves as a fragrant offering and sacrifice to God" (Eph 5:1).

Day	Prayer Focus
1	For Lord to be first in your life. For everything to begin and end with Him.
2	To die to self. To discern your weaknesses and build them up.
3	For balance, unity, and fruitfulness in your life [to hear counsel].
4	For Lord to have authority over the minutes of your life.
5	For Lord to prepare and empower you to fulfill His purpose in your life.
6	For Lord to make you pure from your sin (Psa. 51:2)
7	For a thirst for right standing with Lord (Psa. 57:1; Matt. 5:6)
8	For your heart to be filled with clean thoughts and right desires (Psa 51:10)
9	For Lord to renew a persevering and steadfast spirit in you (Psa 51:10)
10	To obey law, be responsible and have order in your life (Luke 14:33)
11	For Lord to judge your life and point out any disorder and chaos in it.
12	To surrender your all to the Lord, to obey His law & authority
13	To not rebel against Lord or let anything take His place (Exod 20:1-17)
14	The Lord to show you salvation (2Sam. 22:1-4; Heb 6:9; 1Pet 1:3-9)
15	For the Lord to give you rest (Exod. 33:12-17; Psa 33:7-8; Matt 11:28-30)
16	To become perfected in God's love by obeying and following the full spiritual intention of His word (Matt. 22:37-40).
17	To overcome Satan and be victorious (1Jn 4:4, 5:1-5; Rom 12:9-21)
18	For the Lord to free you from bondage (John 8:31-36; Gal 4:1-11, 5:1-6)
19	Lord's order concerning his judgment (Psa. 9:6-8; Matt. 5:21-26)
20	To accept the Lord's complete waiting period (Gen 17:15-22, 21:1-2; Exod 9:5; Eccl 3:1-8)
21	To avoid the wickedness of rebellion and sin (1Sam. 15:22-23; Psa 95:6-11; Heb 3:7-15)

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