



Consecration Information 2022

Fasting is not commanded by Christ or required by Scripture as a part of salvation but is always recommended as a part of our spiritual growth. The Book of Acts records believers fasting before they made important decisions (Acts 13:4; 14:23). Fasting and prayer are often linked together (Luke 2:37; 5:33).

Our fast should not be focused on abstinence from food only but an abstinence from worldly and mundane mindsets and be focused on a Kingdom mindset.

The goal of this fast is to specifically reveal the path, methodology and principles of this dimension of precision that I believe God is requiring of us in this year.

Fasting speaks to your seriousness about your relationship with God. It always acts as a purifying agent, ridding you of things that will hinder you from reaching the next dimension in your life and walk with God. Before stepping out into any work for God you must always "count the cost," always ensure that;

- *You have the materials necessary to build*
- *Your spiritual strength is at optimal performance (deal with your issues before they deal with you)*
- *You have the blueprint for what you are establishing*
- *Timing is perfect (being out of time is the same as being out of God's will)*

Isaiah reveals that fasting is more than denying ourselves - it's a sacrificial lifestyle before God. Isaiah 58 reveals that the "true fast" is not just a one-time act of discipline or denial; but involves an attitude of service to others.

Now let our Prayers precede us during this time of fasting and prayer. Let whatever is being incubated in the womb of the dark kingdom be permanently terminated and aborted. Let seeds be taken in the womb of light and let it bring forth in due season. Let the strength of Jehovah ADONAI lift up forces against the enemy. Let our words not fall to the ground. Let mountains move, giants fall, giant slayers arise and let God's children take their rightful place in Jesus Name. In the name of the Christ, let His consciousness be our consciousness this time and forever in the Name that is above every other name, Jesus the Christ. Amen

Fasting Guidelines:

Fasting

- The Fast will start on January 10th and will end on January 30th
- Fasting hours are between 6am – 6pm.
- Please note this is a partial fast, therefore not all types of food/liquids can be consumed during the Fasting period.
 - During the entire period of fasting, you are encouraged to consume fruits and vegetables, nuts and grains only after 6pm.
 - During the third week of the fruits, vegetables, nuts and grains and fish can be added to the foods consumed.
 - Note: Meat should not be consumed at anytime during the Fast.
 - Water can be consumed anytime of the fast.

Prayer Services during the Fast and Half Night Prayer

Prayer meetings will be held every evening of the fast. All are encouraged to attend. You can tune in via facebook @theworshipcity or www.theworshipcity.org

- **Time:** All prayer meetings during the fast will be held from 6:00pm to 6:30pm.

There will be a prayer meeting on Friday January 28st - 8:00PM to 12:00AM. This is what we call Half Night of Prayer.

What You May Experience During the Fast

- Headache, nausea, dizziness – these will subside after the third day.
- The stomach will cease to feel hungry after the third day.
- You may experience constipation during a fast. Water consumption in the evening will help.
- Decrease in weight, pulse, and blood pressure. You may feel cold because the body is not taking in the usual calories. The process of digestion warms the body, as does activity and movement. Daily sunlight will warm your core temperature.
- Fasting may uncover pathology and reveal weaknesses that were previously sub – clinical.
- Discomfort experienced during the fast is due to the withdrawal of stimulants, hypoglycaemia, acidosis, elimination of wastes, and enhancement of repair.

Caution:

- **Diabetics should consult their physicians before fasting and continue to believe for their healing**
- **In the event of uncertainty about participation in the fast, please consult your physician.**

Do not fast if:

- Pregnant/Lactation
- Suffer from an eating disorder
- Severe anaemia, porphyry, serious malnutrition, anorexia, bulimia
- Children (partial fast under parental supervision)

The importance of breaking a fast properly

- Breaking your fast is a crucial aspect of fasting which prolongs the fasting benefits into the evening
- The mind may develop abnormal cravings for food, be careful to resist these impulses.
- Do not consume heavy food suddenly.
- Heavy exercise is discouraged while fasting.
- 10-20 minute/day sunlight exposure.
- Rest is the most important aspect of the fast. Less sleep is common at night due to decreased daily activity and increase in daytime rest.
 - **Fuel conservation is necessary to allow maximal healing.**
 - Short walks or light stretching is encouraged
- Renew and invigorate the body with healthy food choices, such as:
 - Freshly squeezed root juices: Carrot, apple, celery, beet, etc
 - Nuts and seeds- high in protein and essential fatty acids.
 - Light dinner: fresh fruit, raw/steamed veggies, whole grains, nuts, seeds, and legumes.

Scriptural Reading for the fast: The book of Genesis

Week One.

- Day 1. Repentance and rebuilding our prayer altars (Going deeper in your relationship)
- Day 2. Renounce and confess any sins in the bloodline and cancel generation sins
- Day 3. Rehearse all incomplete projects before God for direction in the New Year.
- Day 4. Pray for the Ministry or church you belong to for growth, miracles, wisdom, understanding, knowledge, favor, etc.)

- Day 5. Pray for your Senior Pastor, Associate Pastors and all leaders and their families
- Day 6. Pray for the termination of anything growing in the womb of the dark kingdom against you. Cancel projections, whisperings, voices, accusations, imaginations and words spoken against you.
- Day 7. Send the Angels of God, the Fire of the Holy Spirit and the Blood of Jesus to consume, erase, eradicate, terminate, perpetually abort and destroy, vanquish never to rise again issues, mistakes, misspoken statements and anything that is still working against you today. Release a blessing over your life and replant the blessings of God in those times. A blessing for every issue dealt with.

Week 2.

- Day 8. Pray for the Anointings of old and in your family bloodline/ Spiritual bloodline
- Day 9. Pray for the release of generational blessings and inventions
- Day 10. Pray for the engagement of the hand of God for blessings past due you
- Day 11. Pray for the Gifts of the Holy Spirit
- Day 12. Pray for the outpour of dreams, visions and a face-to-face encounter with Jesus.
- Day 13. Declare things into the atmosphere and engage the establishing /warring angels of our God and His Christ to bring the answers to the requests.
- Day 14. Declare, clear and receive the corn, the wine, the riches of heaven and the oil of the earth. Your fruitfulness is here

Week 3.

- Day 15. Engage the Kingdom, receive what is yours in the Kingdom and overcome every obstacle in Jesus Name
- Day 16. Engage Prayer for perpetual advantage, perpetual wisdom, perpetual knowledge, understanding and favour. No life altering mistakes
- Day 17. Engage Prayer for unity and love in our lives and relationships. Relationships that must die will die and those that have to live will live.
- Day 18. Engage the hand of God for our nation Canada and our political leaders.
- Day 19. Become Kingdom enforcers and engage the hand of the Lord for His Kingdom to come and His will be done in the earth as it is in the heavens. Pray for Pastors in the city and missionaries worldwide
- Day 20. Engage the Holy Spirit for perpetual protection over you and all that is connected to you.
- Day 21. A day of Thanksgiving and establishment on your positions, assuming and taking your rightful place and never to relinquish it.