

Consecrate.

2024

**3-DAY CHURCHWIDE
PRAYER & FASTING**

INTRODUCTION

CONSECRATION – SETTING OURSELVES APART FOR THE LORD!

As we begin these three days of prayer and fasting, let's contemplate on the biblical understanding of consecration. It's to set ourselves apart in worship for God's purpose and glory. It's a deliberate and intentional act to participate in God's divine service marked by devotion, prayer and seeking God's guidance. In the Old Testament, God's call for His people to consecrate themselves is echoed through the Scriptures.

SCRIPTURES:

Joshua 3:5 "And Joshua said to the people, '**Sanctify yourselves**, for tomorrow the Lord will do wonders among you.'"

Leviticus 20:1, 7-8 "Then the Lord spoke to Moses, saying, '... ⁷ **Consecrate yourselves therefore, and be holy**, for I am the Lord your God. ⁸ And you shall keep My statutes, and perform them: I am the Lord who sanctifies you.'"

Exodus 19:10-11 "Then the Lord said to Moses, '**Go to the people and consecrate them** today and tomorrow, and let them wash their clothes. And let them be ready for the third day. For on the third day the Lord will come down upon Mount Sinai in the sight of all the people.'"

PRAYER FOCUS:

As we dedicate an hour each day to the Lord in prayer, let's set ourselves apart for His purpose by preparing our hearts to enter His presence during these dedicated hours of prayer. Let's be in anticipation of the works He will do through us as we stand at the cusps of a new year - for His glory.

DAY 1

A HOUSE OF PRAYER AND GOD'S GLORIOUS PRESENCE

God no longer lives in tents or buildings made by human hands but in the lives of all those who receive Jesus Christ as Savior. **We are God's house of prayer.** "To them God willed to make known what are the riches of the glory of this mystery among the Gentiles: **which is Christ in you, the hope of glory.**" (Colossians 1:27)

SCRIPTURES:

Isaiah 59:21 "As for Me," says the LORD, "this is My covenant with them: My Spirit who is upon you, and My words which I have put in your mouth, shall not depart from your mouth, nor from the mouth of your descendants, nor from the mouth of your descendants' descendants," says the LORD, "from this time and forevermore."

Hebrews 3:3-4 "For this One has been counted worthy of more glory than Moses, inasmuch as He who built the house has more honor than the house. For every house is built by someone, but He who built all things is God."

1 Peter 2:5 "you also, as living stones, are being built up a spiritual house, a holy priesthood, to offer up spiritual sacrifices acceptable to God through Jesus Christ."

Ephesians 2:19-22 "Now, therefore, you are no longer strangers and foreigners, but fellow citizens with the saints and members of the household of God, ²⁰ having been built on the foundation of the apostles and prophets, Jesus Christ Himself being the chief cornerstone, ²¹ in whom the whole building, being fitted together, grows into a holy temple in the Lord, ²² in whom you also are being built together for a dwelling place of God in the Spirit."

PRAYER FOCUS:

- **Personal relationship and walk with God** – that we shall have a pure and deep hunger and thirst for God’s righteousness and holiness.
- **God’s blueprint for Cornerstone** – that we shall build our lives with Jesus being our plumbline and bearing one another’s burden.

*One thing I have desired of the LORD,
that will I seek:
That I may dwell in the house of the LORD
All the days of my life,
To behold the beauty of the LORD,
And to inquire in His temple.*

PSALM 27:4

DAY 2

PROGRESSIVE AND ONWARD VISION OF ZION FOR THE MATURING OF THE BELIEVER & GLOBAL INFLUENCE AND VOICE WITH MISSIONAL CALL

“Oh beloved, **let Christ be our goal, and not just His blessings.** May we be among that number who “win Christ,” as Paul says in Philippians 3:8 “Yet indeed I also count all things loss for the excellence of the knowledge of Christ Jesus my Lord, for whom I have suffered the loss of all things, and count them as rubbish, that I may gain Christ.” Let’s press toward the mark of the high calling of God - **intimate fellowship with our Lord Jesus Christ.**”
(Excerpt from “The Journey”, Dr Brian Bailey)

SCRIPTURES:

John 15:4 “Abide in Me, and I in you. As the branch cannot bear fruit of itself, unless it abides in the vine, neither can you, unless you abide in Me.”

Romans 12:1-2 “I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service. And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.”

Isaiah 54:2-3 “Enlarge the place of your tent, and let them stretch out the curtains of your dwellings; do not spare; lengthen your cords, and strengthen your stakes. ³ For you shall expand to the right and to the left, and your descendants will inherit the nations, and make the desolate cities inhabited.”

Psalms 2:8 “Ask of Me, and I will give You the nations for Your inheritance, and the ends of the earth for Your possession.”

PRAYER FOCUS:

- **Keep pressing on** – that we shall not settle on the plateau of blessings or encounters. That our minds will be renewed and our hearts will be refreshed continually by the Perfector of our faith.
- **A yielded and obedient heart and spirit** – that we shall seek God’s understanding to discern the times and the courage to follow His directions obediently.
- **Take God’s glory to the nations of the earth** – that God will raise up and thrust forth many labourers into the harvest fields; for men and women, together with the Host of angels putting in the sickle to reap the harvest in the nations.

*He who believes in Me, as the Scripture has said,
“out of his heart will flow rivers of living water.”*

JOHN 7:38

DAY 3

A GENERATIONAL CHURCH OF DISCIPLES LIVING IN PERSONAL REVIVAL - FAITH AND WHOLEHEARTED LIFESTYLE OF REPENTANCE TOWARDS GOD

Our God is a covenant-keeping God. He never fails in fulfilling His promises towards His chosen people through all generations. His covenant through His word is forever. As we love God and keep His commandments, He will keep His covenant with us.

SCRIPTURES:

Deuteronomy 8:6 “Therefore you shall keep the commandments of the LORD your God, to walk in His ways and to fear Him.”

Psalm 145:4-7

One generation shall praise Your works to another, and shall declare Your mighty acts. ⁵ I will meditate on the glorious splendor of Your majesty, and on Your wondrous works. ⁶ Men shall speak of the might of Your awesome acts, and I will declare Your greatness. ⁷ They shall utter the memory of Your great goodness, and shall sing of Your righteousness.

Ezekiel 36:26-27 “I will give you a new heart and put a new spirit within you; I will take the heart of stone out of your flesh and give you a heart of flesh. I will put My Spirit within you and cause you to walk in My statutes, and you will keep My judgments and do them.”

John 12:24-25 “Most assuredly, I say to you, unless a grain of wheat falls into the ground and dies, it remains alone; but if it dies, it produces much grain. He who loves his life will lose it, and he who hates his life in this world will keep it for eternal life.”

Ephesians 5:8b-10 “Walk as children of light (for the fruit of the Spirit is in all goodness, righteousness, and truth), finding out what is acceptable to the Lord.”

PRAYER FOCUS:

- **Personal revival** – hearts to be awakened and fanned by the Holy Spirit daily; that our lamps (hearts) will carry oil and burn purely for Jesus. Our children will pursue God; seeking His ways diligently and fervently.
- **Foster spiritual growth across generations** – that there would be inter-generational connections within the church that will lead to generational blessings. For the building up of healthy environments, to learn and grow together in faith.
- **Value of biblical knowledge** – that we will grow in increased hunger for God’s Word across generations (for example, reading through the Bible in one year together). To encourage one another in our spiritual journey through a deep understanding and application of Scripture in our daily lives.

*That our sons may be as plants grown up in their youth;
That our daughters may be as pillars,
Sculptured in palace style...
Happy are the people whose God is the LORD!*

PSALM 144:12, 15B

PRAYER AND FASTING GUIDE

WHY FAST?

Biblical fasting is often mentioned in the Bible. In the Old Testament, Moses, David, and Elijah engaged in fasting. In Isaiah 58, God saw the nation of Israel abstaining from food for a day in order to seek help from Him: justice for Israel and judgement on the oppressors. However, God pointed out that they were merely putting on a show for fasting, without following God's ways. Jesus, likewise, instructed His followers on how to fast. It should not be to appear pious and to impress people (Matthew 6:16-18).

In the New Testament, Anna, the prophetess, was first mentioned that she worshipped God in the temple with prayer and fasting day and night (Luke 2:37). She did so for the coming of the Messiah. Jesus also fasted before He began His public ministry (Luke 4:1-2). The early church fasted while worshipping and committing their ministry to the Lord. They also sought the Lord for guidance through fasting when they appointed leaders (Acts 13:2; 14:23).

Fasting is an abstinence from drink and/or food for a specific period for spiritual reasons. In Jesus' culture, it was a common practice for a religious person to fast. Fasting is often associated with repentance and humility before God. It is a time of self-examination, acknowledging sins, and seeking forgiveness. It is a regular discipline to deny the physical needs and focus on prayer and dependence on God. Many also use the period of fasting to seek God's guidance and discernment in decision-making. In the time of fasting, we attune ourselves to God to gain clarity on His will. When we recognise a stronghold or unhealthy dependencies in life, fasting can be a way to break them and remove any hindrances to draw near to God.

Fasting is not always an individual practice; it can also be observed collectively as a congregation. Churches may engage corporately for specific purposes, such as seeking revival, interceding for a specific situation, or addressing communal challenges. For our case, it is a drawing near to seek God's face and His purposes as we start a new year. It is saying to God that our dependency is on Him and without Him we are unable to accomplish much of eternal value.

BEFORE YOU BEGIN YOUR FAST

1. SET A SPECIFIC OBJECTIVE

Why are you fasting? Is it for spiritual renewal, for guidance, for healing, for the resolution of problems, or for special grace to handle a difficult situation? Keeping your goal in focus will help you sustain your fast when physical temptations and life's pressures tempt you to abandon it. The Holy Spirit has given all believers an urgent call to humble ourselves through fasting and prayer so that He may stir our souls, awaken our churches, and heal our land according to 2 Chronicles 7:14. We urge you to make this your primary purpose for fasting.

2. CONFESS AND REPENT OF SINS

The very foundation of fasting and prayer is repentance. As you begin your fast, we encourage you to confess every known sin that the Holy Spirit calls to your remembrance. Psalm 66:16-20 - Unconfessed sin will hinder your prayers. In Scripture, God always requires His people to repent of their sins before He will hear their prayers.

3. PREPARE PHYSICALLY FOR THE FAST

Do not rush into a fast and resist the urge to have that "last big feast" before you begin. If you plan to go without food for several days, you will find it helpful to begin cutting down on your meals (also caffeine and sugar products) a few days before the fast. It is particularly important that you consult your doctor before going on a fast if you are on any prescribed medication; any changes in taking your medication should be done with your doctor's approval and supervision. Exercise only moderately. Rest as much as your schedule will permit. Short naps are very helpful.

DECIDE WHICH TYPE OF FAST

You are free to fast however the Spirit leads you. Here are some options:



Full Fast

Abstain from solid food and beverages for 24 hours. Take only water or fruit juices (avoid orange or tomato juices due to their acidic content, unless mixed with equal portions of water).



Partial Fast

Abstain from solid food for an extended part of the day. Take only water. You may fast from sunrise to sundown or from breakfast to afternoon tea.



Meal Fast

Sacrifice one full meal a day. For example: Lunch Fast or Dinner Fast.



Daniel Fast

Abstain from meat and other favourite delicacies. Take only small portions of fresh vegetables, fruits and juices. You may practise this as a 21-day routine. Or as Daniel 1:12 suggests, make this a 10-day fast.



Beverage Fast

Abstain from solid food for 24 hours. Take only water and liquid food such as milk, milo or other health beverages.

Be alert! Besides fasting from food, fast from things that distract, such as movie, internet, computer / mobile games; and to take note especially of our speech.

THINGS TO TAKE NOTE DURING YOUR FAST

SET ASIDE TIME TO SPEND WITH THE LORD

Worship and praise the Lord. Invite His presence into your life in a fresh way. Seek God in prayer as you meditate on His Word each morning before you leave home or go about your daily routine. You should “practice His presence” and continue to have fellowship with Him constantly as you “pray without ceasing” throughout the day. You may wish to pray aloud or silently, asking the Lord to grant specific requests. Pray as the Spirit leads. Stop, listen and wait for impressions from the Holy Spirit. Record them in your personal journal.

OVERCOME FAILURES

Every fast has its struggles, discomforts, spiritual victories, and failures. If you fail to make it through your first fast, do not be discouraged. . Quitting a fast may only mean that you have tried to fast for too long at your first attempt, or that you need to strengthen your understanding and resolve. Undertake another fast as soon as possible until you succeed.

YOU MAY EXPERIENCE SOME SYMPTOMS

During the fast you may experience side effects. Some experience headaches, stomach aches, nausea, foul tastes in their mouths, or a pasty tongue. Urine may become darker, and even their sweat may smell worse than usual. This is normal. In a prolonged fast, it is not unusual to experience a fever. Do be prepared for mental discomforts. You may experience some inner conflict when you deny yourself the pleasure of eating delicious food. You may feel impatient and irritable. It is not unusual for one to become cranky and anxious during a fast. You can expect the enemy to oppose you - whispering thoughts that test your resolve. If this happens to you, invite the Lord to cleanse your mind with His blood and empower you with His Holy Spirit, standing on the finished work through the blood of the Lamb.

HOW TO BREAK YOUR FAST

Break your fast gradually and wisely, the beneficial physical and spiritual effects will linger for days. Consume small portions as you break fast, avoiding chilli or acidic food as much as possible. If you rush into eating solid food, you may experience diarrhoea, sickness, fainting, and even death due to physical shock. This is especially true of an extended fast. Nutritionist Paul Bragg explains: When you have been on a fast, your stomach and the 30 feet of intestinal tract would have contracted. Hence, when you are ready to break the fast, it should be done with special care.

AFTER YOU BREAK YOUR FAST

No two persons will experience the same effects of a fast because no two persons go into it in the same condition or with the same needs. But if you sincerely humble yourself before the Lord in repentance, intercession, and worship, and consistently meditate on His Word, you will experience a heightened awareness of His presence. Your confidence and faith in God will be strengthened. You will feel mentally, spiritually, and physically refreshed. Fasting has proved to be the greatest prolonged spiritual blessing in the lives of many. Most people experience a measure of revival as a result of fasting. But just as we need fresh infillings of the Holy Spirit daily, we also need new times of fasting before God. A single fast is not a spiritual cure-all. John and Charles Wesley advocated fasting two days a week to “keep the flesh under” and to maintain the closeness with God that fasting brings. (Adapted from “The Coming Revival.”)



CORNERSTONE