

Consecration

Faith Tabernacle Christian Center



The Purpose of Fasting

The Why

According to Isaiah 58:4 (NET), God said, “Look, Your fasting is accompanied by arguments, brawls and fist fights. Do not fast as you do today, trying to make your voice heard in heaven. Is this really the kind of fasting I want? Do I want a day when people merely humble themselves, bowing their heads like a reed and stretching out on sackcloth and ashes? Is this really what you call a fast? A day that is pleasing to the Lord. No, this is the kind of fast I want. I want you to remove the sinful chains, to tear away the ropes of the burdensome yoke, and to set free the oppressed, and to break every burdensome yoke.”

Inside Out

When we fast with the proper motivation, our voice is heard in Heaven.

Something powerful happens when we fast. God softens our spiritual focus so that we can see things more

PRAY

Pray for souls to be saved because this is the will of the Lord

Pray for the healing of the Body of Christ in this Church (physical and emotional).

Pray to be healed from the emotional pain in our lives.

PRAYER FOCUS

Pray For the Power of God in our personal lives.

**PASTOR
EARL & DENISE
GOINGS**

clearly. After fasting 40 days and 40 nights, Jesus faced the devil in Matthew 4 with the triumphal end. One of the reasons for fasting is to show you how you are doing with your inner self. Most of us spend more time on the outer while our inner person is run down. The Bible is very clear that we are indeed spirit beings, created in the very image of God, and fasting helps us to acknowledge and to feed our spiritual nature.

“POP!”

1 Thessalonians 5:23, the Apostle Paul prayed that we, his readers, would be sanctified and preserved in our spirit and soul and body. The order in which he says this has purpose behind it. When you read it, you see that he put the spirit first. I am convinced that we were created to live from the inside out and not like many of us do today: from the outside in.

That is important; because if you see yourself as a body that happens to house a soul and a spirit, you will live for your body first. If you understand that you are a spirit being first, you will live for the spirit.

When you look at a grain of corn, you cannot see what is on the inside of it. It would be very hard to eat it like it is because the shell is too hard. It is subject to break your teeth. Every



kernel of corn has a center on the inside that is moist. When you put the kernel in the microwave, the microwave heats up the moistened center, to create steam and the steam pushes against the outer shell and all of a sudden you hear a POP! Many other popped shells crack open to reveal the edible part of the corn. Just looking at it, you would not think that the tiny grain of corn could hold all of that on the inside. The outer part was suppressing what was on the inside.

The heat of the microwave breaks the shell and brings out what is inside. Fasting is a lot like that. When you come to God through fasting, he heats up your spirit, which inflames your soul and breaks through your body. The end result is righteous living. Every Christian should want this; however, it only happens when you come into the presence of God and bow before him in humility and allow him to break you.

To be broken means to be stripped of your self-sufficiency.



We are asking all that can, please come and meet us in prayer on Mondays at 7PM and Fridays at 7:30PM. To gain real growth from this consecration, seek out the strength found in corporate prayer. Please also refrain from consuming pork during the remainder of our consecration. It is our goal to have as many people fasting and praying with us as possible.