

# Consecration

Faith Tabernacle Christian Center



## PRAYER FOCUS

Ask God to help you to see yourself the way that He sees you.

Pray for Humility in yourself and the Body of Christ.

Pastor  
Earl & Denise  
Goings

## The Practice of Fasting

What does a person do who wants to practice fasting? The details of a personal fast are usually up to the individual in terms of the length and the nature of the fast. It needs to be a matter of conviction between you and God. However, the corporate fast is a little different. During a corporate fast, a group or a body of people agree to abstain from the same things for the same length of time.

In Psalms 69:11, David said that he put on sackcloth during his fast. We don't usually practice the outward signs of fasting today. In fact, Jesus told us to not make it obvious to others that we are fasting (Matthew 6:16-18). There are some common elements that we read in the scriptures. One is the attitude of humility before the Lord. For individuals in scripture, putting on sackcloth and ashes was a sign of humility. Another common element in the practice of fasting is prayer.

In Psalms 69:13-15, David prayed this prayer: *“But as for me, my prayer is unto thee, O, Lord, and in an acceptable time: O God, in the multitude of thy mercy hear me, in the truth of thy salvation. Deliver me out of the mire, and let me not sink: let me be delivered from them that hate me, and out of the deep waters. Let not the waterflood overflow, me neither the deep swallow me up and let not the pit shut her mouth upon me.”*

Have you ever felt like you were sinking into the mire or that circumstances were coming in like a flood upon you? When that is happening you need to hear a word from God. King David came before God in humility in fasting and prayer. God told His people through the prophet Joel: “Therefore, also now, saith the Lord turn you even to me with all of your heart, and with fasting, and with weeping, and with mourning: and rend your heart and not your garments, and turn unto the Lord your God (Joel 2:12-13).” So, fasting should be a serious time of coming before God, but it is also a time of praise.

### The questions, I believe, in fasting are:

How badly do you want an answer? How much do you want deliverance from that destructive habit? How badly do you want to save your marriage? Do you want it enough to give up food or some other gratification? Then, come before God with prayer and fasting in praise. You may feel like giving up on a problem, but if you have not fasted over it yet, then you have not done everything you can do. There is one more option that you have: throw yourself on the mercy of God in humility while giving up a craving in the flesh for a greater need of the Spirit. Say to the Lord what Jacob said, “I will not let you go unless you bless me.”

Our time of corporate fasting will not end this year until the 3rd of February. Please do not get weary, we are well beyond the halfway mark. God is up to something good in your life and the corporate life of His people.



1

PRAY

For souls to be saved because this is the will of the Lord.

2

PRAY

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

3

PRAY

To be healed from the emotional pain in our lives.

4

PRAY

For the Power of God in our personal lives.

5

PRAY

That we will be more honest with God.

6

PRAY

That we will be more transparent with God.

We are asking all that can, please come and meet us in prayer on Mondays at 7PM. Please refrain from all fried foods in addition to refraining from the other items from your diet (sweets, sodas, caffeine, pork, and beef). Please join us Fridays at 7:30PM.