

2018 Church of Atlanta Lighthouse's
21 Days of Prayer, Fasting and Consecration

Dates: Beginning Sunday, January 7th 6:00pm through Sunday, January 28th
6:00pm

Time Period of Fasting: No Eating after 8pm daily

Overview

Saints, it is time for us to begin a time of “Prayer, Fasting & Consecration and a time to get closer to God.” This time of prayer, intercession, meditation, study and worship will pave a path for the “Wind of God” to blow on us. Our focus in 2018 is to: (1) seek help and divine protection from the evil one, (2) obtaining mental freedom from emotional problems or habits and (3) seek God’s favor and His purpose and vision for our lives.

*Pray God’s Word for One Heart, One Vision
And Intercession For
Health, Wealth, Family, Relationships, Restoration, Repair & Replenishment of the Saints*

The Lord has been speaking to his house in the areas of true repentance, a clean heart, and how to recognize the voice of God.

As priests of this house, we decree a time of prayer, fasting and consecration to seek the face of God for the purpose of being free to possess what He has promised. We decree that the time for being content with the entitlements of the promise but lacking the possession of the promise is over!

*PERSONAL HOLINESS
Self Control, Faithfulness, Dedication, Character and Integrity*

We are heirs. The blessing of Abraham is ours. It is time to possess the land. We know that 21 days from now we will experience a mighty move of God in the areas of health, wealth, anointing and repairing of relationships. We ask that you follow the guide provided.

It is our prayer that God will restore all, repair, renew, equip and replenish this ministry with power, anointing, fire and enthusiasm to accomplish kingdom ministry. May this time of prayer, fasting and consecration be a time of rededication, renewal and clarity of the vision and promises God has spoken over your life. Remain in the presence of God.

*Praying Your Strength in God,
Pastor Tim McKibbins*

All members are asked to follow the guide provided to show your obedience, discipline and sacrifice to the Lord.

Fasting FOOD Guidelines

DANIEL FAST (SEE ATTACHMENT)

ALL MEMBERS ARE REQUIRED TO PARTICIPATE IN ALL SCHEDULED PRAYER TIME

Fasting ELECTRONICS

Please limit your use of all electronics

Fasting PRAYER Schedule

FOR ALL MEMBERS | ESPECIALLY MINISTRY LEADERS

CORPORATE PRAYER – WEDNESDAYS 12:00 pm at the Church
& 7:00pm to 8:00 pm
Jan. 10th | Jan. 17th | Jan. 24th

Tuesday Morning 6am–6:30am Prayer Line
Jan. 9th | Jan. 16th | Jan. 23th

Saturday Morning 8am - 8:30am Prayer Line
Jan 13th | Jan 27th

PLEASE NOTE: T-MOBILE AND METRO PC USERS WILL INCUR ADDITION FEES. PLEASE USE LAND LINE PHONES TO AVOID FEES

CORPORATE PRAYER – SATURDAYS 8:am at the Church
Jan. 6th | Jan. 20th

Fasting From All Negative Thoughts

Replace your thoughts with prayer & praise

SEE IMPORTANT INFORMATION IN THE PACKET

Liquids: Spring Water, Distilled Water, 100% All Natural Fruit Juices, 100 % All Natural Vegetable Juices. **PLEASE DRINK PLENTY OF WATER**

ELDERLY MEMBERS, EXPECTANT MOTHERS, THOSE ON MEDICATION
PLEASE ADHERE TO YOUR PHYSICIANS INSTRUCTIONS

PLEASE NOTE:

Pastor and the Church of Atlanta Lighthouse advises all members and participants of this fast to consider their personal health needs and to consult with their personal physician prior to beginning this fast.

Therefore, we specifically disclaim any responsibility from any advance physical reactions from this fast.

Focus during Fasting:

The condition of our government and world leaders, Spirits of infirmities (healing from), Lack of Commitment within the church (Apostasy), Spirit of Lawlessness (murder, terrorism, hate crimes, etc.), Lack of restraint (lasciviousness), Unity, Leadership, Household Salvation, Spiritual Sensitivity, Man-Made Traditions that hinder the move of God, Finances

HOW TO BEGIN YOUR FAST

(The Warfare of Fasting – Kenneth Scott)

When you fast, you are waging war against your flesh. That's why you can say that fasting is a form of warfare. A war never just happens. One side declares war on the other side. There is always a beginning and an end. Likewise, there should be an official beginning to your fast. Before you begin your fast, there are several things you should do.

- Ask the Lord to Search Your Heart and Repent of Sin
- Set the Goals You Would Like to Achieve
- Make Sure You have the right Book to Read
- Pray and Sanctify Your Fast

PHYSICAL BENEFITS OF FASTING

(Fasting Made Easy – Don Colbert)

Periodic rest from food provides fantastic health benefits to your body, mind and spirit. Fasting gives a restorative rest to your digestive tract. Fasting gives your digestive tract a chance to rest and repair. The body's designed healing processes automatically work when given a chance to rest from other activities. This rest from "digestion as usual" in turn allows your overburdened liver to catch up with it's task of detoxification. During fasting, your cells, tissues, and organs dump out accumulated waste products from cellular metabolism, as well as harmful chemicals and other toxins. Fasting is also a safe way to heal the body from degenerative disease. Rest is also a powerful principle of healing for the human body. Every night as you sleep, you are providing refreshing rest of your mind and body, which aids health in a tremendous way.

Colds and Flu

Did you know that symptoms of colds and flu are worsened by the way we eat when we are sick? For example, drinking coffee and sodas as well as eating ice cream and other sweets can make your flu or cold symptoms worse. Instead, if you fast by drinking plenty of water and fresh juices, while getting lots of rest, you will help your body expel toxic materials through the mucus it creates. Simply by eliminating mucus-forming foods such as dairy products, eggs, processed cereals, doughnuts, white bread, crackers, etc., you can overcome many infectious diseases.

Autoimmune Diseases

Diseases caused by the body's immune system attacking itself are referred to as autoimmune diseases. Poor digestion, increased intestinal permeability, and increased meat consumption contribute to increased risk of autoimmune disease.

Diseases such as rheumatoid arthritis and lupus are rare in countries in Asia, such as Japan and China, and countries in Africa, where people eat mostly fruits, vegetables, and whole grains. Fasting is very beneficial in reversing autoimmune diseases.

Mental and Spiritual Benefits of Fasting

Fasting is a key to genuine and deep spirituality. History reveals that those who sought to know God and desired to experience spiritual realms and divine gifting employed fasting as a powerful and important tool in their lives. I Peter 5:5,6.

Fasting allow the body and mind even greater power to recover from stress-induced conditions.

THINGS TO LIMIT WHILE FASTING

(The Warfare of Fasting – Kenneth Scott)

Many Christians fast, but do not accomplish their spiritual goal from their fast. One of the reasons why they do not accomplish their goal is because they allow the devil to get them out of focus while fasting. There are some things you should avoid or abstain from while fasting. These are just a few. As you grow more in the Lord and in sensitivity to His voice, the Holy Spirit will give you more direction.

Television and Movies: We all know that it is not a sin to watch (clean) television programs and movies. While you are fasting, it will distract you, take you away from your focus, and nullify the spiritual effects and accomplishments of fasting.

Watch Christian TV programs such as TBN, Word Network, etc. I Cor. 6:12

Music: While you are fasting, do not listen to any music (including gospel music) that does not clearly worship, glorify and exalt the Lord. Suggestion: Praise and Worship music, or music and songs that will draw your heart to God, and encourage you to think upon and bless the Lord. Eph. 5:19,20

Special Witnessing

Write the names of 12 people pray for them nightly for 21 days.

Calling them, encouraging them and get to know them, after

The fast continue to fellowship with them and when you feel led invite

Them to come to church with you

**BE SURE TO READ YOUR BIBLE DAILY
SPECIAL READING: JOHN ECKHARDT BOOK, UNSHAKEABLE**

INFORMATION REGARDING FASTING ELECTRONICS

Computers: (with the exception of work related)

- ✓ Social Media
- ✓ Email
- ✓ Web Surfing
- ✓ Recreational Use

Cell Phones/Land Lines (with the exception of work and in case of emergency)

- ✓ Texting
- ✓ Surfing the Web
- ✓ Email
- ✓ Recreational Use

Television – which includes Christian programs

Radios, Ipods, Mp3 – This will be your time to make a joyful noise to the Lord

Information Concerning Liquids Only

High Sodium Contents:

When fasting some individuals drink chicken or beef broth. Be sure to read all labels written on the broth cans or cartons. Some chicken broths and beef broths are very high in sodium. For instance: Swanson's Chicken Broth in the can is 980 mg unless you purchase the low sodium variety, which has 570 mg of sodium. Natural boiled chicken has about 64 mg of sodium. So boil your chicken to cut down on the sodium intake while fasting.

OTHER WAYS TO FAST

(If You Can't Participate Due to Health Reasons & Medications)

Jan. 7th – 28th, 2018

- No **Television**
- No **Shopping** – Refrain from all worldly pleasures (i.e. malls, shopping, window shopping etc.)
- No **Recreational Activities** (i.e. sports, board games, puzzles, videos games, cards, etc.)
- No **Hobbies**
- No **Visiting** Friends or Family (family visitation for emergency only)

Please refrain from the above activities during the entire 21 Days of Consecration and allow prayer and reading of the word to replace the time you would have spent doing these other things.