

CONSECRATION 2019

CELEBRATION CHURCH at Columbia

What is Consecration 2019?

To consecrate means to make or declare something sacred; to set it apart for God's purposes. 2019 marks year eleven of our corporate season of consecration. Eleven years ago the Lord led us to start the year in a season of church-wide consecration. Since then we have committed the beginning of every year to corporate fasting and prayer. This special and extended time of commitment will serve as the foundation upon which we continue to grow in our love and devotion to Jesus in light of his abundant provision of grace. Let's expect God to operate powerfully in the ministry of Celebration as we master our flesh for a spiritual and natural purpose. Indeed, our spirits, souls, and bodies will be cleansed and renewed during this extraordinary time. So we take this sacred time of prayer and fasting seriously, looking forward to what God has in store for us collectively and individually this year.

Why should I fast?

If you are a member or regular visitor of CELEBRATION CHURCH at Columbia, you ought to be determined to be in the flow of what the Lord is saying to you and to us together. It is a real honor to serve as your pastor and I take that responsibility seriously. I believe that God holds me accountable to provide opportunities to enhance your spiritual development and your ability to hear a Word from the Lord. I also want to see your faith grow, and I want to continue to challenge you to be the best that you can be. So you should want to fast with us, and I trust that you will. In addition to growing strong corporately, there are many individual benefits of fasting.

A Few Insights

1. Fasting is a biblical practice. There are some scriptures on fasting at the end of this handout.
2. Fasting makes you sensitive to the movement of God...and MOVES YOU toward God!
3. Fasting quiets your flesh, making it easier to hear the Holy Spirit, and your spirit.
4. Fasting is an opportunity for you to show your flesh who is in control. YOU RULE YOU!
5. Fasting strengthens your spirit as you dedicate special time to prayer.

6. Fasting creates a bond with your Kingdom family as we unite together in fasting & prayer.
7. Fasting cleanses toxins from your body, helping you to start the year healthy.

How Long Is the 2019 Fast?

- The food fast portion of the consecration will be 21 days (January 2 – January 23)
- We will also be reading through the Proverbs together for 31 days.
- We will share together in special times of corporate prayer.

Types of Fasts

There are two basic types of food fasts. A total fast is water only. A partial fast is abstaining from specific items.

There is no expectation that everyone will or should do a total fast. It is hardcore! If you are on medication, or under a physician's care, or pregnant, or if you work a job that is very physical, this is not the fast for you. But that does not mean you cannot fast. WE ARE ASKING EVERYONE TO DO SOMETHING!

Pastor Robbie & Lady Robin's fast

January 2-4 Water only
January 5-23 The Daniel Fast

We will not be having bread, sweets, candy, cake, etc for the whole 21 days. Once we start eating again, we will not be drinking anything but water and juice until the end of the fast. We will also not exercise in the beginning, but as soon as we begin to eat we will begin working out again.

Fasting Options

1. Daniel Fast www.daniel-fast.com
2. Zone Diet www.zonediet.com
3. Sun up to sun down
4. One meal per day (no sweets!)
5. Soup & salad only
6. No sweets | No fried food | No fast food (eating out) | No Meat
7. No coffee | No soda | No tea
8. No Tobacco (If tobacco has you, this is a great time to kick it out of your life.)
9. No alcohol—beer/wine/coolers
(for those struggling to stop drinking alcoholic products, this is a great first step)

We present these options for fasting so that everyone can participate. Please join with us. **Do something!** The benefits are great. **Think DOMINION! You can do it! You are a champion!**

Talk To Your Doctor

Anyone who chooses to participate in Consecration 2019 should do so knowing that you have been instructed to talk to your doctor before starting a fast of any kind. The information provided is given with the understanding that Celebration Church at Columbia is not engaged in the practice of medicine or any other health-care profession. **DO NOT** rely on the information in this consecration guide to replace the advice of a health-care professional. In addition, **BE SURE TO CONSULT WITH A MEDICAL DOCTOR**, should the need for medical attention arise.

Corporate Bible Reading

Proverbs 1-31 1 Proverb a day

Corporate Prayer Schedule

In addition to fasting, we will have special corporate times of prayer. Pastor Robbie will be announcing prayer times at our new location during Sunday worship services. Please join us for these special times with the Lord and your Celebration family. As you are denying your flesh, your spirit will be better able to hear from the Lord. Let's make 2019 the year that we make every effort to join together and agree together in prayer concerning our impact for Christ in the world.

Wednesday Evening Corporate Prayer at our RIVERWOOD location TBD

Early Morning Prayer at Long Reach Monday – Friday 6:30am-7:30am

Wednesday Noon time Prayer at Long Reach Wednesdays 12:00pm-1:00pm

Fasting in the Bible

2 Chronicles 20:1-15

Isaiah 58:1-9

Jonah 3:3-10

Matthew 6:16-17

Acts 13:2-3

Ezra 8:21-23

Joel 1:13-14

Matthew 4:2

Mark 2:19-20

Acts 14:23

Practical Tips

Decide before you begin what type of fast you will participate in

Your flesh will war against your desire to dominate it. Make a vow before you set out on this journey.

Drink lots of water!

Water is the ultimate detoxifier! Keep handy lots of filtered, room temperature water. Your body needs a minimum of 2-quarts of water a day. Water transports nutrients, carries away wastes, & hydrates cells, so drink up! Even if you don't "FEEL" thirsty, DRINK MORE WATER.

Alternatives to sweets, candy, cookies & cake

May include: a piece of fruit, small salad, low-fat yogurt, hummus on whole-wheat pita, protein smoothie, low-salt mixed nuts.

Smart Beverage Options

Avoid High Fructose Corn Syrup! Choose all natural, 100% juices. Keep in mind that some fruit juices may contain as much sugar as similar sized sodas. Become a label-reader. It is recommended to consume no more than 20-oz of juices when doing a juice fast. Beverages that satisfy hunger include vegetable juice, tomato juice, organic skim milk and plain, low-fat organic kefir and yogurts.

This is a good time to discover your blender or juicer for creating fresh fruit/vegetable smoothies.

What to Expect

When you fast your body eliminates toxins from your system. This can cause mild discomfort such as headaches and irritability, especially during withdrawal from caffeine and sugars. And naturally, you will have hunger pains. When this happens consider the following moderate activities that can help take your mind off of your discomfort & replaced meal times:

- Read the Word/Pray
- Talk to your spouse and children
- Play board games or participate in other family activities
- Journal or Read a book you've always wanted to read
- Learn a new craft or hobby
- Finish a project or chore
- Meditation & breathing exercises
- Write a letter/card of thanks or encouragement to someone
- Enjoy fresh air/sunlight & natural surroundings
- Rest/Reduce Stress
- Write out the vision for that project/dream you have had in your heart for a while