

# LIVE OAK AME CHURCH

Vance, South Carolina

The Reverend Fedrick Allen Wilson, Pastor

## *2020 Fresh Start Consecration*



**Fasting and Prayer:**  
*A Spiritual Journey of Renewal*

Guide Prepared by

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Dear Church Family,

I greet you in the name of Jesus Christ, our Savior and Lord. God is calling Live Oak AME Church to a **“FRESH START Consecration.”** We are preparing for a new year with new beginnings and possibilities. A fresh start and a new season in our lives represent the completion of one stage and the beginning of another. In other words, God has completed some things in our lives and God is beginning some new things in our lives. A FRESH START is coming!

**I invite and encourage our church family to join me for a 21-day consecration, beginning Monday, January 6 (Epiphany of the Lord) - Monday, January 27, 2020. We are designating these 21 days as a time of consecration through fasting (*Daniel Fast*), increased prayer, and study of the Word of God. I am also calling all of us to pray twice daily at 12 noon and 7pm wherever you may be located at the time. Lastly, our church will read a devotional book “BELIEVE: 365 Devotions.” This book includes daily scriptures, devotions, and affirmations for building your faith. We will also observe the Daniel Fast.**

*At the conclusion of the Fresh Start Consecration, our church will have a one night, Fresh Start Revival on Tuesday, January 28, 2020 at 7pm. All are welcome to attend and receive a fresh impartation of God.*

This is a time for “Going B.I.G. (*Believing in God*). Together, our faith will grow and thrive. We are rejecting those actions and thoughts that are not of God, and we are devoting ourselves to getting rid of all those things, ideals, and obstacles that hinder our spiritual growth. We are seeking God in a more meaningful way to GATHER, GLORIFY, GROW, GO, AND GIVE BIGGER in our lives. Together, we are going to a new level of healing, wholeness and prosperity! This consecration is our reasonable act of worship!

The guidelines for our fast are included to this Consecration Guide. Please use this guide as an aide to assist you in this beautiful spiritual journey to jump start the New Year. If you have any questions, please reach out to me or any officers of the church. Together, let us make a FRESH START in this New Year and decade.

Yours in Christ,

The Reverend Fedrick A. Wilson, Pastor

# FASTING

*Prayer needs fasting for its full growth. Prayer is the one hand with which we grasp the invisible. Fasting is the other hand, the one with which we let go of the visible.*

– Andrew Murray

Fasting is abstaining from food with a spiritual purpose in mind. Jesus teaches us that fasting and prayer are a powerful combination. While fasting is not explicitly commanded by Jesus in the Gospels, it seems that it is assumed that fasting would be a part of the life of the believer: “And whenever you fast, do not look dismal, like the hypocrites, for they disfigure their faces so as to show others that they are fasting. Truly I tell you, they have received their reward. But when you fast, put oil on your head and wash your face, so that your fasting may be seen not by others but by your Father who is in secret; and your Father who sees in secret will reward you” (Matthew 6:16-18).

Remember, the Fast should change your routine. If you are going about your regular routine merely with a change in diet, you are not fasting, you are on a diet! Fasting *must* change our routine. The Fast is to refocus us on the things of God. We should expect to be different when this time of fasting is over and not just physically...

- By the time the fast is over, we should have created an atmosphere in our lives, our homes, our churches in which God is pleased to dwell.
- By the time the Fast is over, we should have created such an atmosphere in prayer that miracles become daily events in our lives.
- By the time the Fast is over, we should have prayed the yoke of bondage off of our sisters and brothers.

Yes, by the time a Fast concludes, we should have walked through the doorway of Kingdom Living! All this is accomplished through prayer and fasting. So, commit to a fast and do not grow weary nor take lightly the fast you commit to God. Divine opportunities are waiting all around for us to seize them in fasting and in prayer. God moves in powerful ways during sincere fasts (see 2 Chronicles 20:1-23).

Remember, the fast is to the Lord. The fast should cause us to redirect our focus, our attention. It should more regularly direct us to our prayer closets because

fasting and prayer go hand in hand. Prayer is our Priority! And not just during the course of this fast, but in life. We've got to make every effort to ensure we add more and more time with God in prayer and meditation each and everyday for this is where we find LOVE, JOY and PEACE! God honors it when we deny the flesh and sow to the spirit. This is consistent with what we learn in Galatians 5:16-25 and in Colossians 3:1-17. Fasting is to honor the life of our spirits. Be assured, to nurture and to refine the spirit-life has eternal significance.

Remember, fasting is to abstain from food with spiritual purposes in mind. Our purposes are many:

- we are seeking to grow even closer to God
- to see the Gifts of the Holy Spirit fully operating in the Body of Christ
- to experience the Fruit of the Holy Spirit being borne out in the lives of the people of God
- to break the power of the enemy over our lives and the lives of those around us
- to scatter the plans of the enemy
- to gain more spiritual power
- to wrestle ourselves away from unhealthy attachments
- to see the Kingdom of God grow exponentially
- to experience good physical, mental and spiritual health
- to walk in miracles
- to transform our minds
- ultimately, to live our lives in ways pleasing to God

All our purposes will be fulfilled by the Power of God through fasting and prayer! Don't waiver in unbelief. God is true to His Word! **AND DON'T STOP PRAYING BECAUSE YOU HAVEN'T SEEN THE ANSWER OR BECAUSE YOU DON'T FEEL ANYTHING.** God moves in God's time. And, be assured, whether you feel anything or not, God is listening!

The promise of God in Christ Jesus is this: "If you abide in me, and my words abide in you, ask for whatever you wish, and it will be done for you" (John 15:7 - but read the whole passage). This is an amazing promise, but what is "abiding"?

- Abiding is to dwell constantly in the secret place of the Most High (Psalm 91:1).
- Abiding is to pray without ceasing (1 Thessalonians 5:17)
- Abiding is to have a song in your heart to God at all times (Ephesians 5:19)

- Abiding is to write the Word of God on the tablet of your heart (Proverbs 7:2-3; Psalm 119:16)
- Abiding is learning and strengthening ourselves through fasting and prayer.

The Fast is not to be an event that will pass, nor an experience that we will merely have; but, it is an entrance into a life of continual abiding in God, a pathway into the deeper things of God, a seat in the Presence of God.

## PRAYER

Prayer is the life's work of the Christian. All that we do must flow out of prayer. When we study the life of Jesus, we see that Jesus did not pray between his periods of work and ministry, Jesus worked and ministered between His times of prayer. Prayer must be the first priority for the Christian. It is through prayer that we strengthen our relationship with God and access the power of God for our living.

We've got to pray openly and honestly. Admit to God when you don't feel like it or when the TV or someone is pulling you in another direction. Hey, we all have that wandering inclination and God is big enough to handle it. Just ask for more strength and discipline to be constant in prayer.

Remember, this is a practice. Just because it is the right thing to do doesn't mean that it will happen for us overnight. Just keep being committed to the practice of prayer.

God's faithfulness to us is our shield and armor! (Psalm 91:4) God knows we can be wishy-washy. That's what grace is for!

So, take it easy on yourself. God loves you and wants you to reach where you're trying to go... in Him.

**Our church will pray daily at 12 noon and 7pm  
wherever you may be located at the time  
during our 21 Day Fresh Start Consecration.**

# STUDY

Study leads to the Renewing of the Mind. Studying is the way to true *repentance*. This is what *repentance* is: to change your mind. To change your mind, you must Study the Holy Scripture. Read the Scriptural passage. What does it say?

Richard Foster in his *Celebration of Discipline*, suggests four important aspects of Study:

1. Repetition. Read and reread.
2. Concentration. This means that you have to give what you are reading your attention. You have to stick with what you are reading and bring your mind back to it should your mind wander. Commit! Read out loud if you have to.
3. Comprehension. Take the time to get the meaning, the understanding of what you are reading. What does the passage say? What is the content of the passage?
4. Reflection. Eugene Peterson says that you should “chew” on the Word. Take your time and think about what you have read. Ask questions. Live with it. Meditate on it. What is God saying to you in this passage?

Through the process of Study your mind becomes renewed and your actions are transformed. Keep a journal and daily write down what God reveals to you.

**Our church will read “*BELIEVE: 356 Devotions*” by Randy & Rozanne Frazee. This booklet includes DAILY scripture readings, and inspirational affirmations to build your faith in God.**

# DANIEL FAST

*Consult with your Physician before the Fast to assess your ability to participate in this spiritual discipline.*

## **(Foods We May Eat)**

**Whole Grains:** Brown Rice, Oats, Barley

**Legumes:** Dried Beans, Pinto Beans, Split Peas, Lentils, Black Eyed Peas

**Fruits:** Apples, Apricots, Bananas, Blackberries, Blueberries, Boysenberries, Cantaloupe, Cherries, Cranberries, Oats, Figs, Grapefruit, Grapes, Guava, Honeydew Melon, Kiwi, Lemons, Limes, Mangoes, Nectarines, Papayas, Peaches, Pears, Pineapples, Plums, Prunes, Raisins, Raspberries, Strawberries, Tangelos, Tangerines, Watermelon

**Vegetables:** Artichokes, Asparagus, Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Chili Peppers, Corn, Cucumbers, Eggplant, Garlic, Gingerroot, Kale, Leeks, Lettuce, Mushrooms, Mustard Greens, Okra, Onions, Parsley, Potatoes, Radishes, Rutabagas, Scallions, Spinach, Sprouts, Squashes, Sweet Potatoes, Tomatoes, Turnips, Watercress, Yams, Zucchini

**Seeds, Nuts, Sprouts**

**Liquids:** Spring Water, Distilled Water, 100% All-Natural Fruit Juices, 100% All Natural Vegetable Juices

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## **(Foods to Avoid)**

Meat

White Rice

Fried Foods

Caffeine

Carbonated Beverages

Foods Containing Preservatives or Additives

Refined Sugar

Sugar Substitutes

White Flour and All Products Using It

Margarine, Shortening, High Fat Products

# HOW ELSE CAN I FAST?

Fasting is a spiritual discipline that allows us to reset and refocus on God by removing things we normally enjoy. If you would prefer not to fast around food, below are various things to fast from:

- **Social Media** (*No Facebook, Instagram, etc.*)
  - **Food** (*ex. A specific food item or selection*)
- **Financial** (*absolute avoidance of wasteful spending*)
  - **Media** (*ex. TV, movies, Hulu, Netflix*)



*Fasting means to choose to sacrifice something of value for the purpose of seeking God with more intensity.*



# God's Promises to You Concerning Your Health

*"I will put none of these diseases upon thee, which I have brought upon the Egyptians: for I am the LORD that healeth thee."* **Exodus 15:26**

*"For the LORD God is a sun and shield: the LORD will give grace and glory: no good thing will he withhold from them that walk uprightly."* **Psalms 84:11**

*"He that dwelleth in the secret place of the Most High will abide under the shadow of the Almighty... "With long life I will satisfy him and show him My salvation."* **Psalms 91:1&16**

*"Then they cried out to the Lord in their trouble; He saved them out of their distresses. He sent His Word and healed them, and delivered them from their destructions."* **Psalms 107:19-20**

*"He was wounded for our rebellious acts. He was crushed for our sins. He was punished so that we could have peace, and we received healing from his wounds."* **Isaiah 53:5**

*"And these signs shall follow those who believe: in My Name they will cast out demons; they will speak with new tongues; they will take up serpents; and if they drink anything deadly, it will by no means hurt them; they will lay hands on the sick, and they will recover."* **Mark 16:17-18**

*"...and a great throng of people... who had come to hear Him, and to be healed of their diseases; and those who were troubled with unclean spirits were being cured. And all the multitude were trying to touch Him, for power was coming from Him and healing them all."* **Luke 6:17-19**

*"...I am come that they might have life and have it more abundantly."* **John 10:10**

*"Truly, truly, I say to you, he who believes in me, the works I do shall he do also, and greater works than these shall he do; because I go to the Father."* **John 14:12**

*"If any of you are having trouble, pray. If you are happy, sing psalms. If you are sick, call for the church leaders. Have them pray for you and anoint you with olive oil in the name of the Lord. (Prayers offered in faith will save those who are sick, and the Lord will cure them.) If you have sinned, you will be forgiven. So admit your sins to each other, and pray for each other so that you will be healed. Prayers offered by those who have God's approval are effective. Elijah was human like us. Yet, when he prayed that it wouldn't rain, no rain fell on the ground for three-and-a-half years. Then he prayed again. It rained, and the ground produced crops."*

**James 5:13-18**

# 15 Bible Verses to Help Build Your Faith

By Lauren Hamby

**Faith is a choice, not a feeling.**

That's great news because if we're all honest, there are days when we're just not feeling it. Yet, we serve a God who is faithful and constant. Even when we feel all out of faith, God is faithful.

Where can we turn then to remember God's promises and faithfulness? Bookmark the following verses for when those days arrive (*ESPECIALLY DURING THIS FAST*).

## 1) *Luke 8:25*

*"Where is your faith?" he asked his disciples. In fear and amazement, they asked one another, 'Who is this? He commands even the winds and the water, and they obey him.'"*

**Lack faith? We're in good company. Even the disciples who witnessed Jesus' miracles first hand lacked faith at times.**

## 2) *Psalms 30:5*

*"Weeping may stay for the night, but rejoicing comes in the morning."*

**In the middle of grief or a deep, long cry, our faith feels feeble. Even in times of deep sorrow, we can have hope. God is with us even when everything seems to be falling apart! God is not bound by time or circumstances. So weep, then take heart: Your morning is coming.**

## 3) *2 Corinthians 12:9*

*"But he said to me, 'My grace is sufficient for you, for my power is made perfect in weakness.' Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me."*

**What if we changed our mindset from being embarrassed about weakness to embracing weakness? When we embrace our weakness, God gets all the glory because others can see God's power within us.**

4) *John 14:27*

*“Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.”*

**God promises to give us peace, and God’s supply is limitless.**

5) *Isaiah 41:10*

*“So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.”*

**God promises to be with us, and our God is both a promise maker and a promise keeper.**

6) *2 Timothy 2:13*

*“If we are faithless, he remains faithful – for he cannot disown himself.”*

**On good days and bad, we are called to increase in faith. How? Draw closer to the One who remains faithful.**

7) *Matthew 11:28-30*

*“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.”*

**Apart from Christ, we are often weary and weak. Only God can take us at our worst and make us well.**

8) *1 John 5:14-15*

*“This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us. And if we know that he hears us – whatever we ask – we know that we have what we asked of him.”*

**We may not be confident in ourselves or anything in our world, but we can be confident of one thing: The Lord hears us.**

9) *Philippians 4:19*

*“And my God will meet all your needs according to the riches of his glory in Christ Jesus.”*

**God is a good parent, and as our Father and Mother, God is our provider. We never have to worry because God’s glory is rich enough to sustain us and strengthen us all.**

**10) Hebrews 11:1**

*"Now faith is the assurance of things hoped for, the conviction of things not seen."*

**When we find ourselves in the proverbial "valley" or "pit," it's hard to see a way out. That's why we need faith. Faith intercedes where sight fails.**

**11) Lamentations 3:22-23**

*"The steadfast love of the LORD never ceases; his mercies never come to an end; they are new every morning; great is your faithfulness."*

**The Lord's supply of mercy never depletes. God gives us new mercies each day perfectly tailored for that day's burdens and that day's needs.**

**12) Romans 8:28**

*"And we know that in all things God works for the good of those who love him, who have been called according to his purpose."*

**When we can't see the good in a situation, it may be just a detour — not the destination. God promises to work all things out for our good.**

**13) 2 Thessalonians 3:3**

*"But the Lord is faithful. He will establish you and guard you against the evil one."*

**The Lord protects His people. He shields us and provides a refuge for us on the days when our faith is waning.**

**14) Hebrews 10:23**

*"Let us hold fast the confession of our hope without wavering, for He who promised is faithful."*

**The Bible is full of reminders of God's faithfulness. We can cling to our confession of faith for comfort.**

**15) Romans 3:3**

*"What if some were unfaithful? Does their faithlessness nullify the faithfulness of God?"*

**Maybe you read all these verses, but still find your faith is feeble. Good news, friends. We can't mess up the gift of God's faithfulness. God's character is constant. God can't be anything but faithful.**