

Born Again Church 21 Day Fast and Consecration for 2010

Begins Saturday Night, March 13, 2010 at 11:59 pm;

Ends following service on Resurrection Sunday, April 4, 2010

Bishop Horace E. Hockett, Pastor

A. 21 DAY PERIOD OF FASTING, PRAYER AND CONSECRATION

- 21 days of breaking down bad habits & building up good habits
- 21 days of seeking intimacy with our Lord, Souls for the Kingdom of God and peace for our world and mind.

B. THE PURPOSE OF OUR FASTING AND CONSECRATION IS 3-FOLD

1. 7 days for the healing, strength and welfare of the body (The Temple of God).
2. 7 days for the healing and salvation of the soul (our emotional realm).
3. 7 days for the strengthening and purification of the Spirit (our spirit man).

C. SCRIPTURAL INSPIRATION: DANIEL 10:1-21

1. Verse 1 - "In the third year of Cyrus, King of Persia, a vision was given to Daniel. Its message was true and it concerned a great war. The understanding of the message came to him in a vision."
Verse 2 - "At that time I, Daniel, mourned for three weeks."
Verse 3 - "I ate no choice food; no meat or wine touched my lips; and I used no lotions at all until the three weeks were over."
2. For 3 weeks Daniel was in mourning (sorrow).
 - (a) He ate no choice foods or meats (to sanctify his flesh).
 - (b) He drank no wine (to purify his spirit).
 - (c) He used no lotions (to control his vanity, his emotional realm).
3. So then, for the next 3 weeks we will be in prayer and consecration also.
4. We will eat no choice foods.
 - (a) Sweets, cakes, cookies, cereals, pies, soda, sweet tea or candies (anything with high sugar contents) (try to avoid man made sugar substitutes).
 - (b) Drink plenty of water, 100% natural fruit juices. Some may have a small amount of sugars, that's ok (5-25 grams).
5. We will not eat certain meats including pork, beef, mollusks, crustaceans and catfish. In the Old Testament, biblically "unclean" meats included:
 1. Mollusks include clams, mussels, oysters and scallops.
 2. Crustaceans include crabs, lobsters, shrimp, prawns and crayfish.
6. We will not drink alcoholic beverages.
7. We will use no colognes or perfumes or perfumed lotions during this period.
8. You should significantly curtail any foods or beverages that you desperately crave or that have become habit forming. For example coffee, tea, breads, potato chips, French fries, TV, movies, etc.
 - (a) You must be the judge here. Anything that controls you.

D. ON THE 24TH DAY DANIEL RECEIVED A VISION OR REVELATION KNOWLEDGE CONCERNING HIS FAMILY AND COUNTRYMEN.

1. Daniel received the answer to his prayer.
2. He learned that the Holy Father heard his prayers on the first day he prayed.
 - (a) But the angel (His messenger) was opposed and detained for 21 days until Michael came to his aid.
3. So even if your blessing or breakthrough seems to tarry (or is delayed) hold fast to the fast and consecration period, because deliverance will come. Deliverance is on its way.

Born Again Church

21 Day Fast and Consecration for 2010

(Taken from a book by Dr. Bob Rogers)

Quite frequently I'm asked, "Why fast for 21 days?" I think it is very important to understand God puts special emphasis on the effort and faith that goes into trusting Him. In Galatians 6:7 it says, "*For whatsoever a man soweth, that shall he also reap.*" A haphazard fast will not reap the blessing of a longer more dedicated fast. It is interesting to note that God blesses giving at 10% - the tithe. The blessing doesn't come at 8% or 6½%, but something significant happens at 10%.

There are numerous lengths of fasting recorded in the Bible. The half-fast is until the evening prayer at 3:00 pm. This is a good fast for people who work manual labor or are unable to take time off for a long fast.

The 21-Day fast is a fast that combines God's perfect number seven and the number three, which is the number for the Trinity. It's a complete fast that will bring the blessing that God intended man to have from the Garden. Daniel received a great revelation from God and was in prayer and fasting for 21 days (*I ate no pleasant bread, neither came flesh nor wine in my mouth, neither did I anoint myself at all, till three whole weeks were fulfilled, Daniel 10:3*).

The number **21** can be viewed as just a number, nothing more or less. Yet, when we are prompted by God, this number takes extraordinary significance. I believe that the number 21 is an expression of God's holiness and perfection. When the number 21 is combined with fasting and prayer – it produces powerful results. Though we may not always understand how or why, numbers are significant.

I have fasted 21 days at the beginning of the year for over ten years. The result from each fast was different. During each fast my faith level has risen and my vision has been expanded. In every case I have been able to believe God for things, which would have been difficult to accomplish without the power of God, which was expressed through fasting. Now I know when I fast for 21 days I am positioning myself for the miraculous.

So we journey together for 21 days with the miraculous in mind. I want to help you discover the power and presence of God through fasting and prayer. For many, a significant alteration in thinking will have to take place. But if you will be faithful to the journey, I believe change will be your reward.

10 Keys to Fasting

By: Dr. Bob Rogers

Jesus said, "and then they will fast in those days" Mark 2:20

Many persons including professional entertainers, blue-collar workers and others have fasted and known a degree of success in connection with the object for which they fasted. I am sure that fasting has developed faith in what they were doing. E.E. Puriton in his book *Philosophy of Fasting* said, "*There is not habit or weakness that can survive a siege of prayer and fasting. Prayer alone is just one-half of the battle.*"

However, fasting is not a cure for moral, physical or financial problems. Jesus is the answer to every situation. As you fast and seek the Lord for your situation I want to share with you 10 Keys that will help enable you to successfully complete your time of fasting. Set aside this time of fasting in dedication to the Lord. Our purpose is to draw close to Him and receive His guidance. He will help you as you commit each day unto Him and pray.

1. Headaches, bad breath and run down feelings are a sign that the fast is working. During a time of fasting the body purifies itself and feeds off of impurities and pollutants in one's body. After approximately three days the headaches will begin to cease and after approximately four days hunger will also stop.
2. Fasting will not impair your health. On the contrary, fasting throughout history has been a prescribed method for healing. The animal kingdom ceases to eat when it becomes ill as God instructively ordained. Hippocrates was an outstanding physician in his time. He is called the "*father of modern medicine.*" He set standards followed by doctors today called the Hippocratic Oath. Hippocrates taught his students to rely on diet and exercise instead of drugs, and personally fasted often. He advised that people should only eat one meal a day. People do not die from fasting, but rather they die from eating incorrectly.
3. Fasting increases a person's faith. The same member that one speaks the word of faith with is the same member of the body that one eats with—the mouth (Romans 10:8-10). Faith must be released out of the mouth. Fasting and faith are first cousins. The tongue speaks faith and eats food. Some unbelief cannot be broken without fasting. Each day you fast your faith is increased. One time I went on a 3 day fast and didn't talk. After the fast there was a real sense of power in the words I spoke.
4. In preparing for your fast drink plenty of fluids. Bottled mineral water should be taken in large quantities before and during the fast. This will help flush poisons and impurities out of your system. Approximately one gallon a day should be used in the cleansing process.
5. Fasting is a method of constant intercession before God. Intercessory prayer is not only a spiritual, but also a physical process. Many times during fasting one becomes weak and does not feel like praying. But the fasting process is a constant prayer unto God.
6. Fasting strengthens the inner will of man. James 1:7-8 says, "*A double-minded man is unstable in all his ways. Let not that man think that he will receive any thing from the Lord.*" Just because one becomes hungry is not a reason to break a fast. The only reason a fast should be broken is if God has dealt that it is time to break the fast or for medical reasons. You will not starve to death by fasting.

7. During a fast one must focus on the Word of God. Most of the direction that God speaks to His people comes through the revelation of His Word. When Jesus fasted He was tempted by the devil, but in every case He used the Word of God to overcome. This indicates that while fasting Jesus was spending much time in the Word. Without exception God has spoken to me through the Scriptures each time I have fasted. When you become hungry, if you will read the Word of God it will satisfy your physical hunger.
8. During a fast your prayers need to be specific. I encourage you to write down your greatest needs and pray specifically over each need during this time of fasting. As God impresses you with direction and guidance, jot down what God speaks.
9. The victory often comes after the fast is over. When Jesus was fasting He was tempted by the devil. The power of the Holy Spirit came upon Christ after the fast. *“And Jesus returned in the power of the Spirit to Galilee and news of Him went out through all the surrounding region”* (Luke 4:14). Many times the answer to the prayers you are praying begins to fall in place in the days following the fast.
10. Wisdom should be used in breaking a fast. There have been reported cases of people who have fasted for long periods of time and have broken their fast with meat and other foods hard to digest. This lack of wisdom has cost some people their lives. I suggest the use of meat and other hard to digest foods not be eaten the first few days after a fast, but eat foods that are easy to digest. The sooner the first meal passes through the body the more affect it has as it carries out poisons collected in the intestines and stomach. The best foods to break a fast are fresh fruits, raw vegetables or the same foods you would feed a baby.