



CORPORATE FASTING & CONSECRATION

2022 FIRST FRUITS PRAYER & FASTING – GUIDELINES

- CORPORATE FAST BEGINS:** FIRST WEEK OF EACH MONTH/STARTS ON MONDAYS
(For clarity: This means the fast begins Sunday night, at midnight)
- CORPORATE FAST ENDS:** 1ST SUNDAY OF EACH MONTH, FOLLOWING PRAYER WALK @6 PM
- 1ST QTR PRAYER FOCUS:** “RESETTING THE FOUNDATIONS” – Isaiah 58

FASTING PARAMETERS:

1) ALLOWED (Things you MAY HAVE during the fast)

- a. Water
- b. **100% caffeine free teas** are okay (it will say 100% caffeine-free on product)
- c. Whole fruits and vegetables
- d. Grains (i.e.: rice, barley, millet, flax, oats, etc.)
- e. Legumes (beans, lentils, etc.)
- f. Nuts (without added sugars)
- g. Honey/Natural sugars (i.e.: stevia, monkfruit, molasses, dates, etc.)
(No use of artificial sweeteners such as: Splenda, Equal, Sweet-N-Low, etc.)
- h. Plant based “milk”

2) NOT ALLOWED (Things you MAY NOT HAVE during the fast)

- a. No meat proteins
(Includes: no beef, pork, poultry (chicken, turkey, duck (all fowl), fish, seafood, eggs, seafood, lamb, venison, etc.)
- b. No sugar (sweets/desserts, high fructose corn syrup, agave, all processed sugars)
- c. No fruit juices (that includes freshly juiced/cold pressed juices) – **all fruit juices**
- d. No regular coffee
- e. No Decaf Coffee
- f. No caffeinated teas (i.e.: Black teas, Green teas, White teas)
- g. No butter/cheeses
- h. No breads (including Ezekiel bread)
- i. Milk/Dairy (animal milks)
- j. Fried foods
- k. Use of any drugs or stimulants
(i.e.: no caffeine, cannabis, cigarettes, narcotics, alcohol, etc.)

*****THIS FAST DOES NOT REPLACE MEDICAL INSTRUCTION IF YOU ARE UNDER A PHYSICIAN'S CARE.*****

IF YOU HAVE ANY MEDICAL CONDITIONS, PRESCRIPTIONS OR REQUIREMENTS THAT WOULD BE ADVERSELY AFFECTED BY THESE ALTERATIONS TO YOUR DIET WHILE FASTING, PLEASE CONSULT YOUR PHYSICIAN & MAKE ANY NECESSARY ADJUSTMENTS TO ENSURE YOUR HEALTH AND SAFETY THROUGHOUT THIS CONSECRATION. ALSO, IF YOU TAKE FDA APPROVED MEDICATIONS FOR YOUR WELLBEING (I.E.: NOT CANNABIS RELATED PRESCRIPTIONS), FOLLOW YOUR DOCTOR'S INSTRUCTIONS.

WHY DO WE FAST?

1. To invite the presence of God and to make ourselves available to God for the prospering of our lives, the lives of others, our families, our local communities, and see His will and results manifest. (Isaiah 58)
 - a. *Answered prayers*
 - b. *Continual guidance*
 - c. *Contentment*
 - d. *Healing and Wholeness*
 - e. *Raising up of future generations*
 - f. *Refreshing*
 - g. *Restoration*
 - h. *Revelation*
 - i. *Righteousness*
 - j. *Strength/Power*
 - k. *The Presence of God's Shekinah glory*
 - l. *Work that endures (like an ever flowing spring)*
2. To satisfy/fulfill an "absence" of Christ in our lives and for greater clarity.
 - Wherever there is an absence of Christ in our lives (i.e.: personal struggles, needed growth, lack of discipline) we fast so that God's strength, power and glory can come into our lives and fill those empty places or areas of struggle within us. (Mark 2:19)
3. To be strengthened toward Repentance/Overcoming, Healing, Deliverance and Salvation
 - This is the promise of God: 1) As we choose to refuse to follow patterns in our lives that are unhealthy; and, 2) Seek Him to satisfy "what's missing" in our souls; 3) GOD WILL bring healing to our dis-eases, deliver us from what keeps us from getting closer to Him and rescue us from darkness in our lives, bringing us into His Light.

WHAT ARE WE EXPECTED TO DO ON THIS FAST?

1. **God has called our Church Family to a Corporate Fast. VESSELS OF HONOR MINISTRIES INTERNATIONAL FASTS AS A CHURCH BODY WHEN GOD DECLARES THE FAST.** When the Church fasts corporately, everyone is expected to engage in the same fasting guidelines, notwithstanding medical requirements or limitations.** Our unity in fasting on one accord produces God's will and miraculous results!
2. **Fasting Requirements:**
 - Pray for daily prayer objectives.
 - Follow corporate fasting and consecration regimen as outlined. (See above for details)
3. **If I've never done this before, how do I do this?**
 - a. Fasting preparations and best-practices:
 - o Read and meditate on the fasting scriptures daily.
 - o If you find yourself getting overly hungry take a moment to go pray, call someone for support or read scripture to refocus. If you still find yourself struggling after praying and reading, take a teaspoon of honey (which will often cause the feelings of hunger to subside).
 - o If you continue to feel challenged in the area of eating, take communion (unleavened bread and juice) and ask Christ to come in and have fellowship with your challenge. You will find it amazing how God will strengthen you!
4. **What about the kids? Do they fast too?**
 - a. While we do not recommend children engaging in the full requirements of the fast due to nutritional concerns, we do support parents encouraging their children to participate in some facet of our corporate time of seeking the Lord through consecration. Some suggestions would be that they have only water as their beverage or removing sweets and sugars from their diet during consecration as opposed to the other available options, throughout the week. This is a great learning tool and encourages them to develop their own intimate relationship with the Lord.