

CONSECRATION THROUGH FASTING

PLEASE NOTE: As with any nutritional and/or exercise program, individuals who plan to participate in this Consecration are advised to seek the consultation and advice of their Physician, prior to initiation.

Consecration defined: making sacred; dedicating to the service and worship of God; separated from a common use to a sacred one. Metaphorically meaning perfect although not faultless, but bring to a state of completion and fulfillment; to renew, to complete, mature, reaching the intended goal; to finish a work or duty.

Biblical Foundation for Fasting

“Is this not the fast that I have chosen: To loose the bonds of wickedness. To undo the heavy burden, to let the oppressed go free, and that you break every yoke?”
Isaiah 58:6

The three main types of fasting in scripture are as follows:

1. **The Partial Fast** – known as the “**The Daniel Fast**” Daniel 10:3. This type of fast is not a total abstinence from food. The suggested guideline on the opposite side of this page is what would constitute as a “Daniel Fast”. In this fast, fifty percent of all fruits and vegetables should be raw.
2. **The Normal Fast** – This is a total **liquid fast**, which includes complete abstinence from food for the duration of the fast. Matthew 2
3. **The Total Fast** – Total **abstinence from food and liquids** for a brief period of time seldom more than three days. Esther 4:16

Preparation for Fasting: PRAY FIRST!

Once again, as with any nutritional and/or exercise program, individuals who plan to participate in this Consecration are advised to seek the consultation and advice

of their Physician, prior to initiation. Consult your nutritionist for an herbal program

Eating Principles

1. Drink at least one gallon of water daily. While fasting , the body has more waste to get rid of. This is why it is important to consume no less than one gallon of water per day. The following schedule is suggested:
 - a) Morning: drink 1 quart of water (over a 30 minute period)
 - b) Noon: drink 1 quart of water (over a 30 minute period)
 - c) Evening: drink 1 quart of water (between 5 and 6pm)

(The overweight person needs to consume an additional glass of water for every 25 pounds of excess weight)

When the body is thirsty water should be taken immediately. This drinking schedule brings the body's fluids into balance. This causes more fat to be used as fuel. It also alleviates fluid retention, which helps maintain muscle tone and causes a natural decrease in appetite. When the body's fluids are balanced, the body does not require or crave food as much as when it is out of balance. For better tasting water, squeeze fresh lemon juice into your water.

2. Plenty of cranberry juice should be taken, this helps to flush the kidneys.
3. Abstain from fatty foods, caffeine, sugar, dairy products and meat.
4. For this consecration **"NO MEAT"** is defined as '*no pork, no beef; you may eat skinless chicken and fish.*'
5. Resist eating fried foods, fast foods, and lessen salt intake.

OTHER GUIDELINES

Increase Prayer time.

- Tithe at least two (2) hours and forty (40) minutes every day through prayer, studying, meditation, or by just being still. This time does not have to be all at one time.

- Limit, avoid or even exclude secular TV, radio and magazines
- Limit or avoid excessive social telephone calls

Suggested exercise program.

- Daily stretching and deep breathing. Walking is excellent. Three – four miles three times a week is recommended. Light toning, i.e. floor exercise and light weights.
- Workout program may vary, depending upon the fitness level of the individual.

Married couples: “Do not deprive one another except with consent for a time....1
Corinthians 7:5a

For Children: No fast foods. No video games. Generate family unity. Families sit down with their children.

BREAKING THE PARTIAL OR NORMAL FAST

So many individuals complete the Fast successfully and then do damage to their physical temples by breaking the fast incorrectly.

In breaking the fast, please do not eagerly seek to eat every type of food that was sacrificed during the fast one minute past midnight on the final day of the fast.

Because your body has been through a transition, it is important to slowly break the body in.

To break the *Normal fast*, it is suggested that the individual begin with soft foods that are not heavy, such as Jell-O, applesauce, etc. Do this for a day or two. Continue to drink plenty of liquids; water is highly recommended.

To break the *Partial fast* or Daniel fast, increase the intake of foods that are on the suggested guideline. Continue to drink plenty of liquids; water is highly recommended.

It is suggested that after you feel your body has adjusted, begin to eat small quantities of a healthy diet.

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