

Practical Tips Before You Begin

- **Pray and seek God's face.** As the Lord guides, **decide before you begin the fast what type of fast you will participate in.** Fasting is a **daily journey.** Take your time and watch God reveal Himself to you as you commit yourself to HIM! Your flesh will war against your desire to control it.
- **Drink plenty of water!** Water sustains our body. It assists in moving helpful nutrients throughout our body. It also helps us remove harmful wastes and toxins from our body.
- **What to Expect**– When you fast your body eliminates toxins from your body. This will cause varying levels of discomfort such as headaches and irritability. These are symptoms of withdrawal from sugars, caffeine, etc. You will experience hunger pains. When this happens, pray, read God's Word, drink water and explore activities to take your mind off of your discomfort. Activities like, talking to an accountability partner, reading a book, finishing a project, playing games with your family, or resting may ease your discomfort.
- **Helpful items to keep with you at all times**– The enemy knows that you are on a spiritual journey. However, do not be discouraged for we wrestle not against flesh and blood, but against rulers in dark places. These items will prove helpful if you keep them available when you need them most! (Bible, water, breath mints, vitamins, lip balm, headache medicine, fresh fruit and snack size nuts).
- **Avoid chewing gum**- Chewing gum tricks your stomach into thinking you are consuming food. You will feel even hungrier chewing gum.

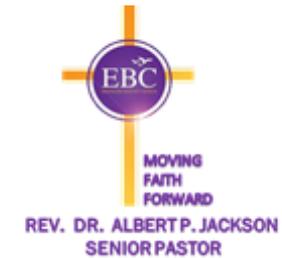
Ebenezer Corporate Prayer Schedule

In addition to fasting, we will have dedicated corporate times of prayer. Please join us during these corporate times of seeking God with your Ebenezer Baptist Church family!

- ◆ **Early Morning Prayer**
6:00 am (Every Monday—Friday)
Call in number to be provided
- ◆ **Tuesday Hour of Power**
7:00 pm (Every Tuesday)
- ◆ **Wednesday Noon Day Prayer**
12:00 pm (Every Wednesday)
- ◆ **Early Sunday Morning Power of Prayer Service**
8:30 am (Every Sunday)
- ◆ **Consecration 2019 Worship Service Kickoff**
Sunday, January 6th at 11:00 am

Fasting For Children

Absolutely! Children are encouraged to sacrificially give up something for the fast, in addition to NO sweets. Ideas include, electronic games, Xbox, PlayStation, TV, shopping, movies, texting, etc. (Parents please emphasize the importance and purpose of the fast for children and youth during this time. Encourage more Christian programs, like TBN, and “unplug” from electronic devices. This has proven awesome benefits for the entire family!)



Consecration 2019 January 6 – January 27

The Year of Great Expectations

According to my earnest expectation and [my] hope, that in nothing I shall be ashamed, but [that] with all boldness, as always, [so] now also Christ shall be magnified in my body, whether [it be] by life, or by death. Philippians 1:20

Ebenezer Baptist Church
Corporate Fast Experience
January 2– January 27, 2018

Rev. Dr. Albert P. Jackson.
Senior Pastor

“Moving Faith Forward!”

What Is Consecration 2019?

To consecrate means to make or declare something sacred; to set it apart for God's purposes. Our 2019 theme is the Year of Great Expectation. We are called to come together at the beginning of every year to fast and pray. Fasting and prayer serves as the foundation of our ministry at Ebenezer Baptist Church as we move faith forward seeking God's will for our lives. We should expect God to move powerfully in our lives and within the ministries of Ebenezer. We honor God as we take this time that is required of every Christian to seek God through fasting and prayer.

Why Should I Fast?

The purpose of fasting is to strengthen you spiritually, mentally and physically. The goal is to draw nearer to God through spending more time with Him— free from distractions, through worship, prayer and reading God's Word. We fast also to feed our spirit so that we can deny our flesh. We want God to reveal Himself and speak to us like never before. The goals of the Ebenezer Baptist Church Corporate Fast are to strengthen the unity within the Ebenezer Baptist Church family, to seek God's face and hear His voice regarding His vision for Ebenezer Baptist Church and the purpose He has for each disciple.

Who Can Fast?

Anyone who has a desire to partner with us as we go through this journey of faith to get closer to God. **However, please seek the advice of a physician before participating in any fast if you have an illness or medical condition.** Your physician can guide you on the nutritional implications of fasting while on medication.

What Are The Benefits of Fasting?

1. To receive Divine guidance, revelation or an answer to a specific problem.
2. To hear from God better and to understand more fully His will for your life.
3. To weaken the power of the adversary.
4. To cope with present monumental difficulties.
5. To have freedom from bondage.
6. To establish a position of spiritual strength and dominion.
7. To be released from heavy burdens (in yours and others lives).
8. To break through a period of depression.
9. To invite the Lord to create in you a clean heart and renew a right spirit. (Psalm 51:10)
10. To seek God's face and have a closer walk with him.

Fasting Tips For Diabetes

Please consult your physician before beginning the fast. If you are a diabetic, you should not try the full fast or the Daniel Fast. You will need to modify the fast to fit your personal health needs. You can eliminate red meats and eat only chicken and fish, or you can eliminate all meats including chicken and fish. If you choose to eliminate all meats, you will need to increase your protein intake by adding more beans, whole grains, nuts, eggs, and tofu.

You will need to monitor your glucose levels throughout the day to make sure your levels are maintained within a safe range. Please continue to take all of your medicines as they are prescribed. **DO NOT SKIP ANY DOSES, EVEN IF YOU BEGIN TO FEEL BETTER.** If you find you are experiencing low glucose readings, increase your good carbohydrate intake. Do not decrease your diabetes medication.

For more information on fasting with diabetes, please see a member of the Health Ministry.

The Fasting Schedule

Week One: January 6th—January 12th

Fruits and Vegetables

Week Two: January 13th —January 19th

Fruits, Vegetables and Salads

Week Three: January 20th —January 26th

Fruits, Vegetables, Salads and Soups

How Long Is The Fast?

The fast is for 21 days. The fast will begin on Sunday, January 6th and will conclude on Sunday, January 27th.