

# Consecration and Fast 2012

## 10 Reasons to Fast:

- (1) To remind us of our dependence on God
- (2) More time to pray and mediate
- (3) To have a deeper experience with God
- (4) To starve the flesh and allow the mind to focus on the spiritual
- (5) A symbol of discipline
- (6) To balance the spiritual and physical
- (7) Safety and protection (Ezra 8:22, 23)
- (8) To know the promises of God (Daniel 9:2, 3)
- (9) To hear from God (Exodus 34:27, 28)
- (10) To prepare for Satan's attacks (Matthew 4:1-11)

### Start With Prayer:

**Week 1: January 2-7**

**Drink: Water and/or Juices**

**Eat: Vegetables and salads**

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**Week 2: January 8-14**

**Drink: Water and/or Juices**

**Eat: Vegetables, salads, and fruits**

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**Week 3: January 15-21**

**Drink: Water, Juices, and/or Ginger Ale**

**Eat: Vegetables, salads, fruits and soup**

### Start With Prayer:

**Week 4: January 22-28**

**Drink: Water, Juices, and/or Ginger Ale (Tea, Coffee, Hot Chocolate may be added)**

**Eat: Vegetables, salads, fruits and soup (Bread/Crackers may be added)**

**(Baked or Broiled Fish and Poultry may be added)**

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**January 29 – Close out with Corporate Prayer During Worship Service**

***Absolutely No Sweets***

**During the Month of January  
2012, Pray For:**

*“Sanctify ye a fast, call a solemn  
assembly, gather the elders and all  
the inhabitants of the land into the  
house of the Lord your God, and cry  
unto the Lord.”*  
Joel 1:14



**New Hope  
Church of God**

*“God’s People Building God’s Kingdom”*

**--Souls added to the Kingdom**

**--- Pastor and First Lady**

**--New Hope Family**

**--New Hope Leadership**

**--Unity in the Church**

**--Your Family**

**--World Mission**

**--Our Nation and Government  
Officials**

**--Our Community and Community  
Leaders**

**---Marriages and Singles**

**---Our Children**

**---Our Seniors**

**--Financial Increase**

**--Healing of all manner of sickness  
and disease**

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**New Year’s  
Consecration & Fast  
2012**