

# **Berean Baptist Church**

## **Impact 2018**

### **Create. Cultivate. Celebrate.**

#### **21 DAY CONSECRATION**

**January 10, 2018 – January 31, 2018**

**Impact 2018** begins with Prayer and Fasting! We are excited that you have decided to take this journey!!! There is no greater way to start the New Year than to be intentional in seeking God's will for our lives in 2018. Berean believes in the power of prayer and fasting and for the next 21 days we will be in prayer for the needs of our Church, its members, our community and our nation.

Prayer is one of the most crucial aspects of the Believer's life. Prayer keeps us in contact with the heart of God. It is our primary means of communication with our Heavenly Father and was a common practice of Jesus as he carried out God's will for his life. Richard Foster in his book *Celebration of Discipline* states that "Prayer catapults us onto the frontier of the spiritual life and ushers us into perpetual communion with the Father". Prayer is essential to living a victorious Christian life; without it, the pressures of life can derail, drain and delay our progress. The Apostle Paul reminds us in Phil. 4:6-7, "*Be careful for nothing; but in everything by prayer and supplication with thanksgiving let your requests be made known unto God and the peace of God, which pass all understanding, shall keep your hearts and minds through Christ Jesus.*"

Fasting is the intentional abstinence from food/drink for spiritual purposes. Fasting highlights one's willingness to humble oneself before God by intentionally forfeiting food/drink or something on which there is great dependence. Fasting is an act of submission; it demonstrates your reliance upon God. Fasting must be combined with prayer to be successful.

#### **Fasting Guidelines:**

- ✚ Before beginning your fast, decide on a meeting place in your home that will be designated as a "sacred" place for you and God. We talked about establishing an altar in your home.
- ✚ Decide on what you will give up during the fast: i.e. a particular food (meat, starch, coffee, sugar), and either give up or limit the amount of time spent watching T.V., on your phone and/or on social media, etc.
- ✚ Be sure to prioritize PRAYER. Have set times during the day that allows for uninterrupted time with God. Once you decide on the times, do your best to guard this time you are committing to spend with the Lord.
- ✚ Below are Scriptures we encourage you to meditate on each week in your time with God. Each day, ask yourself what new things is God showing you, as you read the Scripture? Write it down.

- ✚ Spend time Journaling every day. Journaling enhances your encounter with God. Journaling encourages you to reach deeper into the soul and engage feelings, thoughts, and desires that may not surface as you pray.
- ✚ We will be fasting for our church, its leaders and its members.
- ✚ We will be praying for our community and nation.
- ✚ Make it personal!!!! What is God trying to do in your life? What is a pressing need that you have? What do you want God to do for your personally? Decide and make it a priority as you pray.
- ✚ Participate in the corporate prayer call with Berean Brooklyn every Monday:
  - Prayer at 9pm Beginning 1-8-2018
  - Call: ((857) 232-0156; Code: 849740
- ✚ Participate in the corporate prayer call with Berean Brooklyn & Berean Raleigh every Tuesday:
  - 7@7 Prayer every Tuesdays @7am beginning 1-9-2018
  - Call: (760) 569-7171; Code: 469- 444-399

## **Fasting Checklist:**

Purpose: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

What will I withhold?  
 \_\_\_\_\_  
 \_\_\_\_\_

Resources (What do I need for this fast):  
 \_\_\_\_\_  
 \_\_\_\_\_

Where will I meet the Lord every day and what time?  
 \_\_\_\_\_  
 \_\_\_\_\_

<b>Week 1-Repentance</b>	<b>Week 2-Prayer</b>	<b>Week 3-Service</b>
<b>Morning meditation-</b> Psalm 32	<b>Morning meditation-</b> Matthew 6:9-13	<b>Morning meditation-</b> John 14:12-14
<b>Afternoon Meditation-</b> Psalm 51	<b>Afternoon Meditation-</b> 2 Chronicles 20	<b>Afternoon Meditation-</b> Matt. 25:14-30
<b>Evening Meditation-</b> Isaiah 58	<b>Evening Meditation-</b> Ephesians 3:4-21	<b>Evening Meditation-</b> 1 Peter 4:7-11

