



# 2024 New Year Consecration and Fasting Guide



compel. build. revive.

Mount Calvary Holy Church  
Palm Desert, California

## A Message from Pastor...

I'd like to thank you for joining us on this 7-day journey of consecration unto the Lord. There really is no better way to reset our spiritual compass and bring about refreshing in every area of our lives than through prayer and fasting.

Fasting is a very important part of the Christian life. The Bible records that Jesus fasted for 40 days (Matt. 4:2) and He taught His disciples to fast (Matt.6:16-18). Fasting has tremendous spiritual and physical benefits, some of which are outlined in Isaiah 58. It is a powerful weapon for believers, corporately and individually.

Please take a moment and review the information in this brochure. You will notice that there are three types of fasts available this year. You can choose one or you can do a combination of the distinct types over the next 7 days. This fast is intentionally designed to be flexible so that you can participate at any level. Whether you have done a full fast before or if this is your first time, you can start where you are and experience what God has in store for you in a powerful way.

Although fasting is a sacrifice and discipline it is not meant to be unattainable. Select a fast that works for you and that will honor God. It is our prayer that you will experience the presence and power of God in an extraordinary way as you commit yourself to Him over the month of January fasting.

May God continue to bless you and enlarge you as you seek Him first!

Because of Calvary,

*Pastor John Gentry, Jr.*

Pastor John E. Gentry, Jr.

Lead Pastor

## WHAT IS FASTING?

Biblical fasting is abstaining from physical food for a period of time for a spiritual purpose.

## TYPES OF FASTING

### FULL FAST

Drink only liquids.

### MODIFIED FAST

- Eat fruits & vegetables
- Eat baked or boiled fish & poultry
- Drink water, tea & juice
- No fried foods, sweets or bread

### PARTIAL FAST

- From 6 am to 6 pm
- After 6 pm, meals consistent with the Modified Fast.

## REASONS FOR FASTING IN THE BIBLE

1. For freedom from addictions to sin and demonic influence. (*Mark 9:29*)
2. For help with financial troubles (*Ezra 8:21*)
3. For national revival (*Jonah 3:7-10*)
4. For negative emotional feelings and habits (*1 Kings 19:4*)
5. For the humanitarian needs of others (*Isaiah 58:7*)
6. For major life decisions (*Acts 9:3-17*)
7. For insight and understanding (*Daniel 10:1-3*)
8. For protection against danger (*Esther 4:16*)

## PREPARING FOR YOUR FAST

**Before beginning the fast, think it through.** Write down a plan so you do not waiver or start justifying your appetite during the fast. Make a verbal commitment to the Lord. Start your fast with a committed heart.

## 2024 FASTING DATES:

Monday, January 15 - Sunday, January 21

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## FAST GUIDELINES

*The general guidelines can be found in the “Types of Fasts” section. However, fasting is a private discipline. It is not something that is meant to be unattainable. Decide what is feasible for you to do and make the effort.*

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## CHILDREN AND FASTING

*The best way to show your children the power of fasting* is to lead by example. If they want to participate in fasting or you want to have family fast, consider giving up desserts, soft drinks, or one item of food that would be a sacrifice to each of you. Lead by example and they will understand. In addition to giving up an item of food, you could also give up television as a family and spend that time reading and discussing Bible stories.

## MEDICAL CONDITIONS

*Consult your doctor before starting any fast.* Decide together what is possible.

## FASTING MISTAKES

*If you mess up, don't get discouraged.* Just get right back on track and keep going. God's mercies "are new every morning" (Lam.3:22-23). He wants you to finish, and He will give you the grace and strength to do it.

## SELECTING YOUR FAST

*Fasting is a private and personal discipline.* Consider the types of fasts outlined in this guide and select one that works for you. You don't have to go on the same type of fast as someone else to see God's hand at work.

## FASTING FOOD VS OTHER THINGS

*Fasting food is the traditional type of fast* that is outlined in Scripture. However, if you are unable to fast food for health reasons, feel free to give up something else that might have control in your life or may be preventing you from experiencing spiritual growth. Replace that time with prayer and study of God's word.

## FASTING WITH A MANUAL LABOR JOB

*If you have a job that requires you to expend a lot of energy,* you may want to consider a partial fast that allows you to receive enough nutrition to perform your job.

## EXERCISING WHILE FASTING

*Moderate exercise is good.* However, it is best to consult a doctor about exercising while fasting. If you are on a complete fast, you may not have the energy needed to maintain a high level of exercise.

## CHURCH ATTENDANCE

*Make it a priority to attend church* during our fast and consecration season. Being around other believers will encourage you to keep on going when fasting gets difficult.



## PERSONAL DEVOTION

*Just like prayer and fasting, reading your Bible is about connecting* to God in a more powerful way. It is not about duty but about relationship. When we engage God through reading His Word, we engage the very presence of God. His Word is living and active! As we read our Bible, we are drawing closer to God and positioning ourselves to hear from Him in particular ways. Once again, as with prayer, choose the time and the place where you are going to read your Bible and devotional every single day, and come prepared to hear what He wants to tell you. Here are three quick things we'd like to share with you about how to get the most out of your devotional time with God.

### 1. Read Consistently

It is better to read a little every day than to try and knock out two hours of Bible reading or devotions in one sitting. It is so important to digest the Word in absorbable chunks. Don't bite off more than you can chew, and certainly don't compare your "performance" with that of others. If you miss a few days, pick up at the next reading, but stay with it and don't give up. The key is to keep this simple and make it sustainable.

### 2. Read Prayerfully

Talk to God as you're reading. Don't rush through. If you come across something you don't understand, pause for a moment, and ask God about it. Reading prayerfully is making space and time to talk to God and giving Him time and space to talk to you. Taking time to meditate on God's Word is just as important as reading it.

### 3. Read Expectantly

You are about to partake of the bread of life, so foster an attitude of expectancy. Believe that God is going to speak to you through His Word. With meditation on the ideas and thoughts recorded in your journal, be prepared to do something with what He shows you. A great, simple way to journal your devotionals is to use the SOAP method.



## 4. SOAP Method

### Scripture Observation Application Prayer

the SOAP method is used like this:

**S for Scripture.** Read prayerfully. Take notice of which scripture(s) catches your attention and mark it in your Bible. When you're done, reread the verse(s) you marked and look for one that particularly speaks to you. Write it in your journal.

**O for Observation.** Focusing on that scripture, tune in and listen to what God is saying to you through His Word. What is it about this scripture that specifically stands out? What does God want to reveal to you or teach you? Ask the Holy Spirit to be your guide and show you what God is saying.

**A for Application.** Think of how this verse(s) applies to your life right now. Perhaps it is instruction, encouragement, revelation of a new promise, or correction for a particular area of your life. Use your journal to write how this scripture applies to you today.

**P for Prayer.** Wrap up your SOAP time in prayer. Talk to God about what you've just read. This can be as simple as thanking Him for revealing a truth from the scripture, or it may be asking Him for greater insight or wisdom as to how it applies to your life. Remember, prayer is all about relationship. It's a two-way conversation, so be sure to listen to what God has to say.

