



## WORD FOR LIFE MINISTRIES, INC.

"Reconciling and Equipping Lives Through The Word"

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## INSTRUCTIONS FOR WFLM SPRING CONSECRATION 2019

### Introduction

Praise the Lord WFLM Family! We are continuing our journey into 2019. Our theme and guiding principle this year is **"Pray – Serve!"** As noted during our Inaugural sermon on January 6<sup>th</sup>, this year 2019 will be one in which the Lord will accomplish tremendous growth within His Kingdom. This growth will impact Word for Life Ministries and other churches throughout the body of Christ everywhere. However, for WFLM to be in the place where the Lord desires us to be in preparation for the pending Harvest, we must remove every hindrance and distraction from our lives, become spiritually stronger, wiser in the word of the Lord, and develop hearts eager to pray and ready to serve. Therefore, our theme and guiding principle this year is **"Pray – Serve!"** (Note: If you missed this important sermon message, please watch the archived video of this service on our Facebook page. You can find Word for Life Ministries page by typing "@WFLM.Church" in the search box.)

To help launch us into continued strengthening of our practical application of God's word to our lives, Word for Life Ministries is embarking upon our **Spring Consecration 2019**. This consecration, which will involve fasting, corporate prayer, and sacrifice unto the Lord, will begin on **Monday, April 15<sup>th</sup> at 12:01 AM**, and continue through **Friday, April 19<sup>th</sup> until 5:00 PM**. On **Friday evening, April 19<sup>th</sup>, starting promptly at 7:00 PM**, we will conclude our period of consecration by partaking in the **Communion (koinonia) of the Lord's Supper**. These instructions are provided as a guide to assist you during this time of fasting and consecration.

### Consecration Definition

Consecration is defined as the act of setting something or someone apart for service and worship unto the Lord God. Other words having similar meaning to that of consecration include sanctification, dedication, and perfection (maturation). Therefore, consecration provides an opportunity for God's people to separate ourselves from the world (or the things of the world); to dedicate our hearts, minds, and souls unto the service and love of God; and to allow God to perfect (mature) us in our spiritual walk with Him.

In the Old and New Testaments of the Bible, consecration involves prayer, fasting, and sacrifices of praise (Ezra 8:21-22; Joel 1:14; Rom 12:1; Hebrews 13:15-16). Consecration further involves our confession and repentance of sins to God, crying out unto the Lord with all of our hearts in prayer seeking His divine will and purpose, and affliction (in the natural and spiritual sense) of our flesh so that our fleshly desires are diminished while our spiritual man is strengthened (II Chronicles 7:14, Ezra 8:21; Nehemiah 9:1-3; Isaiah 58:6-8; II Corinthians 4:15-17).

### Purpose and Objective

The purpose of this Consecration (prayer and fasting) is severalfold.

1. Corporately, our desire is that all current and future members of WFLM will consecrate ourselves for the following purposes:
  - a. Achieve and experience exponential growth in the area of increased, frequent, and fervent prayer in the church and in our personal lives. We are seeking that WFLM will continue to establish a culture of prayer with a corresponding increase in anointing, in power, and in demonstration of the Holy Ghost so that lives are changed, chains are broken, yokes destroyed, and that salvation is imparted to all those who will seek God diligently with their heart.
  - b. Increase our service and visibility as the body of Christ to those in need. Let us become the hands and feet of Jesus as we serve beyond the walls of the physical building where we congregate to worship.
  - c. We are seeking the Lord that He will provide both corporate and individual direction and revelation of His purpose and will.
  - d. We continue to seek that the Lord will instill within each of us a strong desire and love for Him as He has loved us, and that we would love one another with that same agape love.
  - e. We are seeking the Lord that WFLM will continue to grow into a vibrant, multi-cultural ministry reaching and impacting souls in need of restoration, reconciliation, revival and renewal in God.
  - f. We are seeking God that as a body of believers, we would exemplify holiness in every aspect of our daily lives and become living examples to others of God's transformational power in us.
  - g. We are seeking God's continued outpouring of salvation through **repentance, baptism, and the infilling of the Holy Ghost**, and His abiding presence in every service, function, fellowship and outreach event. We are petitioning God that we will continue to learn how to effectively apply His word to our lives daily so that we will live a life that is pleasing to our Lord!
2. Individually, it is encouraged that each individual develop a list of three to four personal goals. These goals should place priority first on the spiritual areas of our life, and then the natural areas of our lives where we need improvement. This step requires careful thought and honesty with yourself and a listening ear to the voice of the Holy Ghost. Some examples might be as follows:
  - a. Seek God's forgiveness, His continued renewal of a new heart within us, and His use of us as vessels of honor within His Kingdom.
  - b. Seek God's direction in our lives as it pertains to our individual relationship with Him, His purpose for us, continued development of personal vision and goal setting for our service to God.
  - c. Ask the Lord to help us in the area of forgiving others. Unforgiveness breeds discontent and prevents us from moving forward with God and with our earthly relationship with family, friends, etc.

- d. Seek the Lord for repair of relationships with others (spouse, children, other family and loved ones). However, the correction of behaviors that led to the broken relationships must first begin with you. *“Search me, O God, and know my heart...”* (Ps 139:23a).
- e. Seek the Lord for continued establishment and maintenance of holiness within our homes and abroad. Our lives should reflect the image of God! Each of us must humble ourselves in obedience as God continues to implement His will in our lives! Each of us must make every opportunity to be present in the house of the Lord to receive His word and learn how to apply it in everyday situations.

### **Fasting<sup>1</sup>**

Fasting, as a spiritual discipline, has been practiced by the people of God in the Old Testament, New Testament, in the early Church and throughout church history. The ultimate example of the importance of fasting is our Lord Jesus Christ who fasted on many occasions. Fasting is nearly always linked to a time of seeking God in prayer. The central principle of biblical fasting is the voluntary denial of an otherwise normal function of eating food and drinking fluids for the purpose of intense spiritual activity. ***Fasting must always have a purpose or motive.*** We have provided our purpose and objective for both WFLM as a whole and for each of us individually in the previous section.

There are essentially four types of fasts:

1. **Complete Fast** – No food or water for the duration of the fast. This type of fast is typically only suitable for shorter durations (3 days or less).
2. **Normal Fast** – No food but periodic drinking of fluids, such as water, various juices, etc. This type of fast is suitable for longer fasting periods.
3. **Partial Fast** – This is a normal fast that may be periodically interrupted for reasons of health, social obligations, etc.
4. **Daniel Fast** – This is a highly restrictive dietary fast that allows the consumption of only certain specific food types and drink. It is suitable for very long fasting durations of 10 days to over 40 days. It is often used as part of a 21-day duration fast. Please refer to the Winter 2019 Consecration Instructions.

Remember that fasting allows one to deny the appetites of the flesh which leads to an increased awareness of the needs of the Spirit. For those who want to challenge themselves spiritually. I highly recommend that the Normal or Complete Fasts be implemented during this consecration. For those who have medical concerns or may be new to the concept of fasting, the Partial Fast may be most appropriate. ***Our goal is that all members of WFLM participate in the fast so that we all are on one accord during this consecration and that we all are strengthened in the Holy Ghost.*** Those persons having medical conditions or are under the care of a physician should consult with their doctor for appropriate fasting practice. Those who may be new to fasting should consider limiting food to not more than one (1) small meal per day.

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<sup>1</sup> Some excerpts on fasting taken from web literature prepared by Grace Church, 9301 Eden Prairie Road, Eden Prairie, MN 55347.

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In addition to abstaining or limiting food and drink, I would also recommend abstaining from, and/or limiting, the following during the consecration:

- Television / radio
- Casual web surfing, social media and email (except job related)
- Magazines / periodicals
- Limit casual telephone conversation
- Married couples limit “amorous” activity (with prior consent of spouse).

In place of the above, take time to pray, seek the face of the Lord, and read the Bible. Also, this is a great time to edify (build up) the soul by listening to Gospel, Christian, and Praise & Worship music. Furthermore, take time to catch up on past Sunday sermons by going to [www.facebook.com/WFLM.Church](http://www.facebook.com/WFLM.Church), [www.wflm.org](http://www.wflm.org), or [www.wflm.sermon.net](http://www.wflm.sermon.net). **Remember, feed the spiritual man and bring the fleshly man under subjection (Romans 8:1-14).** Except for family members, as may be needed, do not let others know that you are fasting or don’t “appear” to fast (Matthew 6:16-18). Your fasting is unto the Lord. What you are doing in secret concerning your fasting and prayer, God will manifest (or make known) openly.

### **Making the Commitment**

As you embark upon this consecration, consider and commit to the following:

- What will be the length of your fast (we are recommending **5 days** as noted by the dates above)?
- What type of fast is God leading you to commit to (Complete, Normal, Partial, or Daniel)?
- What physical and/or social activities will you restrict?
- How much time will you devote each day to fasting and prayer?

### **Prepare Yourself Spiritually<sup>2</sup>**

Consecration, fasting and prayer require repentance and obedience. Unconfessed sin can limit our prayers. Unforgiveness in our hearts for things done against us by others will prevent God’s forgiveness of us (Matt 6:9-15). Here are several things we can do to prepare our hearts:

- Confess every sin unto God and allow Him to cleanse you (I John 1:9).
- If necessary for conscious sake or to address concerns with things that may hindering your walk with Christ, contact and set an appointment with Pastor for spiritual counseling.
- Seek forgiveness from those whom you may have offended, and forgive those who have hurt you (Matthew 6:12-15; Mark 11:25; Luke 17:3-4).
- Ask God to complete salvation within you or to restore you. Become obedient to His word and will.
- Ask God to fill you or renew you in the Holy Ghost.
- Begin your time of prayer with an expectant heart.

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<sup>2</sup> Excerpts taken from web literature prepared by Campus Crusade for Christ, [www.billbright.com/7steps/text/begin.html](http://www.billbright.com/7steps/text/begin.html).

**Prepare Yourself Physically<sup>2</sup>**

Physical preparation will make fasting a little easier. Consider the following in preparation for the fast:

- Prior to starting the fast, eat smaller food portions and avoid high-fat sugary foods.
- Eat raw fruit and vegetables in preparation for the fast.

During the fast, consider the following:

- Avoid medications and herbal drugs (those under physician's care should first consult with doctor).
- Limit strenuous activity.
- Exercise only moderately. Walk for exercise if convenient and comfortable.
- Rest as much as schedule will permit, being sure to spend time with the Lord.
- Prepare yourself for temporary mental discomforts, such as impatience, crankiness, and anxiety.
- Expect some physical discomfort especially on the second day of the fast. These may include fleeting hunger pains, dizziness, or feelings of physical weakness or sleepiness. Caffeine withdrawal may result in mild headaches.

**Additional Instructions**

- **Day 1 (Monday), *Self-Examination*** – Read Psalms 51 and seek God's forgiveness and restoration. Seek God's deliverance from uncontrolled fleshly desires. Participate in the **Prayer Line from 7:30 PM – 8:00 PM. Call-In: (605) 472-5349; Access Code: 280743#.**
- **Day 2 (Tuesday), *Sanctification*** – Read Romans 6 and I Pet 1:15-16. Purpose in your heart to be set apart for God's service and use. Those who have not yet been baptized of the water and of the Spirit, ask God to give you the ability to become obedient to His word. We are sanctified by the name of the Lord and by the Spirit of God (I Cor 6:9-11). Participate in the **Prayer Line from 7:30 PM – 8:00 PM. Call-In: (605) 472-5349; Access Code: 280743#.**
- **Day 3 (Wednesday), *Reflection*** – Read Isaiah 53. Reflect on how what our Lord endured and sacrificed on the cross for us has impacted your life. Attend Bible Study (7:00 PM-8:00 PM) at WFLM.
- **Day 4 (Thursday), *Contemplation*** – Read the account of Jesus' death, burial and resurrection in the Gospels (Matthew, Mark, Luke and John). Thoughtfully and carefully **consider** what God has done and is doing right now in your life and in what direction He is leading you. Participate in the **Prayer Line from 7:30 PM – 8:00 PM. Call-In: (605) 472-5349; Access Code: 280743#.**
- **Day 5 (Friday), *Expectation*** – Look forward in anticipation of Christ's return and let this expectation shape the way you choose to live each day as we learn to practically apply God's Word to our lives for everyday living. Prepare a small, light dinner with family and get ready for an awesome experience during our special **Friday Evening Communion Service which will begin promptly at 7:00 PM.**

(Note: Attire for Communion Service will be Dressy-Casual)