



WORD FOR LIFE MINISTRIES, INC.

"Reconciling and Equipping Lives Through The Word"

3505 Camino del Rio South
San Diego, CA 92108

Mailing Address:
P.O. Box 152029
San Diego, CA 92195

Church Phone & Fax: (619) 501-9379

E-mail: pastorjoel3@cox.net

Website: www.wflm.org

Pastor Joel E. Bowdan III

INSTRUCTIONS FOR WFLM WINTER CONSECRATION 2021 21 DAY DANIEL FAST

Introduction

Praise the Lord WFLM Family! The New Year is upon us. This week, we will begin our journey into the New Year 2021. Last year, in preparation for 2020, I introduced the theme *"New Season / New Vision"* specifically noting that change in our lives and in the world around us would be inevitable. Little did I or anyone else fully envision the magnitude of change that would be brought about by the season of COVID-19! However, I believe the new season we embarked upon in 2020 sharpened our spiritual vision so that we could focus on what is profoundly important regarding our relationship and walk with the Lord. For 2021, rather than introducing a theme, I want to focus on the following three key growth areas: **(1) Prayer, (2) Purpose, and (3) Discipleship**. With the help of the Lord, I will elaborate on these three (3) key growth areas beginning Sunday, January 3, 2021. Be sure to watch our Sunday Worship Experience Live Stream!

To help launch us into 2021 with focus on Prayer, Purpose, and Discipleship, Word for Life Ministries is embarking upon our **Winter Consecration 2021**. In similar fashion to last year, this Winter Consecration will involve twenty-one (21) days of fasting, corporate and personal prayer, and sacrifice unto the Lord. This Consecration will begin **Monday, January 4th at 12:01 AM** and continue through **Sunday Morning, January 24th**. A unique feature of this fast is that we will utilize the dietary requirements of the "Daniel Fast" to focus on spiritual enrichment and natural health. More information is provided herein regarding the specific dietary requirements of the Daniel Fast. On **Sunday, January 24th**, we will conclude our period of consecration by partaking in **Communion (koinonia) of the Lord's Supper during our in-person Sunday Morning Worship**.

These instructions are provided as a guide to assist you during this time of fasting and consecration. To supplement these instructions, Word for Life Ministries has purchased five (5) additional copies of the book, *The Daniel Fast*, by well known author and blogger Susan Gregory. These books are available on a first come first served basis to those who did not previously receive a book and will be initially limited to one (1) per family. These Winter Consecration instructions will refer to *The Daniel Fast* book so be sure that you obtain and refer to your copy.

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 our hearts in prayer seeking His divine will and purpose. Consecration includes the 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. We are seeking the Lord that we will continue to 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 elevate a culture of prayer with a corresponding increase in anointing and in demonstration of power through 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. We are seeking the Lord that we will fully realize our purpose and that we will be in complete alignment with – and participation in – what the Lord is doing among and within His Church in a post-COVID environment. We cannot go back to the way things were, we must move forward in God’s ordained purpose for the Church and for each of our lives.
 - c. We are seeking the Lord that we will all become avid disciples (followers and students) of the Lord Jesus Christ while discipling (equipping, teaching, and training) others in their spiritual walk, relationship, growth, and maturity in Jesus. We must become effective in disseminating the Gospel, reaching and recruiting souls for the Kingdom of God, and equipping souls for permanent and lasting relationship with the Lord Jesus Christ. We must be ready for the Lord’s return and we must help prepare others to be ready. The time is short!
 - d. We are seeking continued increase in 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. This will gain even greater importance as we prepare to exit the COVID pandemic.
 - e. 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.
 - f. 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.
 - g. 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.

- h. 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.
2. **Individually**, we encourage each of you to develop a list of **three to four personal goals**. These goals should place priority first on the spiritual areas of one's life, and then the natural areas where improvement and/or strengthening is needed. This step requires careful thought and honesty with oneself coupled with a listening ear to the voice of the Holy Ghost. Some examples might be as follows:
 - a. Seek God for new personal vision in the midst of a changing season. God's season will cause you to grow spiritually into a mature Christian with a new clarity and focus on His will and direction for your life and that of your family.
 - b. 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.
 - c. 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 the Lord.
 - d. 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.
 - e. 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 us. "Search me O Lord and know my heart..."
 - f. 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.

Fasting¹

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. 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.

Examples of those who fasted in the scriptures includes Moses, Elijah, Ezra, Esther, Anna, Jesus, Paul, Cornelius, and other church leaders and elders. For the purpose of this Consecration, another great example

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

of fasting with a purpose and commitment to God is that of Daniel. Chapters 2 and 3 of The Daniel Fast provide a wealth of information on fasting, and more specifically, Daniel's fast.

There are essentially three types of fasts:

1. **Complete Fast** – No food or water during 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. Under this type of fast, scientific study has shown that the average person can fast for up to forty (40) days.
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.

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 the purpose of this Consecration we are using the Daniel Fast model which will consist of foods that are allowed as part of this type of restrictive dietary fast as discussed further in these instructions. ***Our goal is that all members of WFLM will participate in the fast so that we are all with one accord during this consecration and that we are all 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.

Daniel Fast Dietary Requirements

In Daniel 1:12, Daniel and his companions embarked upon a strict diet that allowed “pulse” (i.e. foods that came from seeds) and water. This specific diet includes allowance of the following food types:

- All fruits (fresh, frozen, dried, juiced, or canned)
- All vegetables (fresh, frozen, dried, juiced, or canned)
- All whole grains
- All nuts and seeds
- All legumes (beans, peas, etc.)
- All quality oils
- Soy foods
- Water

Restricted foods not allowed on the Daniel Fast include the following:

- All meat and animal products
- All dairy products
- All sweeteners
- All leavened bread
- All refined and processed foods

- All deep-fried foods
- All solid fats
- All non-water beverages (coffee, teas, carbonated beverages, energy drinks, and alcohol) [please note that smoothies are not considered beverages but are liquid foods from the allowed food types above].

Please refer to *The Daniel Fast*, Part 2, pages 99-104 for a more complete list.

In addition to limiting food and drink, I would also recommend during the consecration abstaining from, and/or limiting activities that we often allow to consume our time. These may include the following:

- Television / radio
- Casual web surfing, social media and email (except job related)
- Magazines / periodicals
- Limit casual telephone and mobile phone 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.wflm.org, www.facebook.com/WFLM.Church, or www.vimeo.com/wflm. **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 goals will you set for yourself?
- How much time will you devote each day to fasting and prayer?
- What types of food will you prepare for you and your family?
- What physical and/or social activities will you restrict?

Prepare Yourself Spiritually²

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 be hindering your walk with Christ, contact and set an appointment with Pastor for spiritual counseling.

² Excerpts taken from web literature prepared by Campus Crusade for Christ, www.billbright.com/7steps/text/begin.html.

- 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.

Prepare Yourself Physically²

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.
- Make a grocery list and consider a meal plan for each week for breakfast, lunch and dinner based on the allowed foods listed on pages 99 through 104 (Part Two) of *The Daniel Fast*. Daniel Fast Recipes and Menus are provided on pages 105 through 225 of *The Daniel Fast*.
- Drink plenty of water daily (8 to 10 cups).

During the fast, consider the following:

- Exercise moderately. Walk for exercise if convenient and comfortable.
- Rest as much as your 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

- **Participate in the Prayer Line:** Mondays, Tuesdays, Thursdays, and Fridays 7:30pm – 8:00pm. To join the prayer line by phone, dial our one number (760) 548-9147 (no passcode needed).

To join online from your computer, laptop, smartphone, or tablet, enter the following link:
<https://www.freeconferencecall.com/wall/wflmprayerline>.

- **Participate in Virtual Services:** Join our Wednesday Interactive Bible Studies at 7:00 PM and Sunday Worship Experience Live Stream at 10:45 AM. Join by clicking on the following links below or by copying and pasting the links into your web browser:

Wednesday Interactive Bible Study at 7:00 PM on Zoom:

Zoom: <https://us02web.zoom.us/j/86706276929?pwd=dWpDNkxqRFZMRmo4Y21QbkZiRjRWUT09>

Sunday Worship Experience Live Stream at 10:45 AM:

Facebook Live: www.facebook.com/WFLM.Church

Vimeo: www.vimeo.com/wflm

Website: <https://www.wflm.org/videos--live-stream.html>

YouTube: https://www.youtube.com/channel/UCg0CszOJyUoFFMdCu7iE_8Q

- **Read the Bible Daily:** Book of Daniel, consider the Gospels, Psalms and Proverbs (seek the Lord for direction).
- **Read “The Daniel Fast” by Susan Gregory:** Part One Chapters 1 through 5. Recommended to be read just before starting fast or very early during fast. Read Part Two for recipe ideas prior to start of fast to develop a food shopping list.
- **Avail yourselves for upcoming service opportunities to be announced.**