

WE ARE

Consecration | 2012

A time of prayer, fasting, reflection, and vision

01.09-01.29



CONSECRATE – TO DEDICATE OR SET ASIDE FOR A PURPOSE

DEAR MARS HILL FELLOWSHIP FAMILY!

How exciting to see another year! The new year brings great hope and expectation for what God is going to do in and through our lives. This year, we are focusing on the theme “We Are.” 1 John 3:1a NLT says, “See how very much our father loves us, for he calls us his children and that is what we are.” When we rest in the knowledge of the Father’s love for us, we are free to walk in the beauty of his design for our lives rather than striving to make our own identity. I believe that what God has in store for us this year is both individual and corporate in nature.

During this new year, it is a time for us, as a church, to dedicate our lives to be used for God as vessels of honor. In fact, a core part of the vision at Mars Hill Fellowship is to be a multicultural and multi-ethnic expression of passionate believers unified around the purpose of worshipping God in Spirit and in truth. During this 21 day consecration, we pray that God will reveal the beauty of his design + timing as we discover our identity in Christ and become the individuals, families, communities, and church that God has designed for us to be.

Live Worthy,

Pastors Joseph + Ophelia Ardayfio, Lead Pastors
Mars Hill Fellowship Church

WHAT IS A BIBLICAL FAST?

biblical fasting is the voluntary abstaining from food for a spiritual purpose.

In scriptures, there are three basic types of fasts, *Total* (no eating or drinking), *Normal* (water only) and *Partial* (abstaining from specific items).

WHY FAST?

Fasting is a spiritual discipline that is an integral part of a believer's walk with God. Fasting changes **us** - as much as it changes the circumstances **before us**. While abstaining from food is not limited to the Christian faith, it is important in the life of Christian believers.

What differentiates fasting for Christian believers is that it is done with the purpose of drawing closer to God. In *Spiritual Disciplines for the Christian Life*, author Donald Whitney states, "Without a purpose, fasting can be a miserable, self-centered experience." In fact, Jesus condemned those who fasted in order to be seen by others. [Matthew 6:16-18]

FASTING WITHOUT GODLY PURPOSES IS FUTILE.

ISAIAH 58:2-7

For day after day they seek me out;
 they seem eager to know my ways,
 as if they were a nation that does what is right
 and has not forsaken the commands of its God.
**They ask me for just decisions
 and seem eager for God to come near them.**
 3 **'Why have we fasted,' they say,
 'and you have not seen it?
 Why have we humbled ourselves,
 and you have not noticed?'**

**"Yet on the day of your fasting, you do as you please
 and exploit all your workers.**
 4 **Your fasting ends in quarreling and strife,
 and in striking each other with wicked fists.
 You cannot fast as you do today
 and expect your voice to be heard on high.**
 5 **Is this the kind of fast I have chosen,
 only a day for a man to humble himself?
 Is it only for bowing one's head like a reed
 and for lying on sackcloth and ashes?
 Is that what you call a fast,
 a day acceptable to the LORD?**

6 **"Is not this the kind of fasting I have chosen:
 to loose the chains of injustice
 and untie the cords of the yoke,
 to set the oppressed free
 and break every yoke?**
 7 **Is it not to share your food with the hungry
 and to provide the poor wanderer with shelter—
 when you see the naked, to clothe him,
 and not to turn away from your own flesh and blood?**

The Scriptures give us guidance on why we should fast:

MATTHEW 6:16 “When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show men they are fasting. I tell you the truth, they have received their reward in full. ¹⁷ But when you fast, put oil on your head and wash your face, ¹⁸ so that it will not be obvious to men that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.

- (1) FASTING IS EXPECTED FROM GOD “AND **WHEN** YOU FAST ... **BUT WHEN** YOU FAST...” [MATT 6:16-17]
- (2) FASTING CHANGES OUR SPIRITUAL APPETITES BACK TO OUR FIRST LOVE. [MATT 6:17-18]
- (3) FASTING ENABLES US TO GAIN CONFIDENCE OVER THE DESIRES OF THE FLESH. [MATT 17:21]
- (4) FASTING ALLOWS THE HOLY SPIRIT TO REVEAL OUR SPIRITUAL CONDITION AND WHAT TO DO ABOUT IT. [ISAIAH 58:9-12]
- (5) FASTING HUMBLER US AND EXALTS GOD. [EZRA 8:21]
- (6) FASTING RE-PRIORITIZES THE DESIRES OF OUR HEARTS. [PSALMS 35:13]
- (7) FASTING BRINGS GOD’S INTERVENTION IN THE MIDST OF LIFE’S CIRCUMSTANCES (WISDOM, DELIVERANCE, HEALING, PROTECTION) [MATT 15:32, JONAH 3:5-9, ESTHER 4:15-16]

WHAT ARE OUR OBJECTIVES OF THIS FAST?

- (1) To pray corporately for the upcoming year.
- (2) To prepare our hearts individually to receive wisdom + instruction from the Lord.
- (3) To ask for the Lord’s guidance in the various aspects of our lives.
- (4) To remove any hindrances/obstacles from our hearts and minds.
- (5) To devote our lives to be used by God in our family, community, vocation and world.

HOW DO I FAST?

As mentioned above, biblical fasting is more than a restricted diet, it includes a number of elements:

- **Voluntary Abstinence from food**
There are three recommended fasts that you may choose.
- **Corporate and Personal Prayer**
We have scheduled corporate prayer time throughout the week. You can also utilize your lunch and dinnertime to engage in personal prayer + reflection. Some may choose to eliminate activities that will distract them from personal prayer + reflection such as: email, Facebook, television, movies, entertainment, etc.
- **Worship**
Take time to engage in worship daily. You can purchase songs from iTunes or sing melodies from your heart.
- **Reading the Scriptures**
There are a variety of tools available to read + hear the bible. You can find free audio bibles at biblegateway.com + bible.is. You can also find a mobile bible reader at youversion.com. We will endeavor to memorize 7 scriptures during our time of consecration.
- **Confession of Sin + Humbling before God**
During fasting, we bring our sins of commission + omission before the Lord and ask for forgiveness.
- **Journaling**
We encourage you to keep a personal journal through your time of fasting + prayer.

Dietary Restrictions

During this time of fasting, we recommend that you can choose between three types of fasts:

IF YOU ARE ON ANY MEDICATIONS, OR HAVE ANY HEALTH PROBLEMS, YOU SHOULD CONSULT A DOCTOR BEFORE BEGINNING A FAST.

	WEEK 1 [01/09-01/15]	WEEK 2 [01/16-01/22]	WEEK 3 [01/23-01/29]
FAST A	1 Meat/Seafood serving per day (Baked/Broiled). Liquid, vegetables, soup, salad, fruit	Liquid, vegetables, soup, salad, fruit	Liquid fast consisting of water, 100% fruit juices, broth, and herbal tea. Drink plenty of water!
FAST B	Daniel Fast: Eating at various times throughout the day but restricted to fruits, whole grains, vegetables, nuts and legumes. Specific Listing of foods included in Appendix A .		
FAST C	Abstain from meals from 6 AM – 6 PM. This partial fast is broken every evening at 6 PM to eat a meal. When choosing this type of fast, please avoid binge eating for the 1 meal that you have in the evening.		

REGARDLESS OF WHICH FAST THAT YOU CHOOSE, WE ARE ASKING EVERYONE TO ABSTAIN FROM THE FOLLOWING FOODS DURING THE 21-DAY CONSECRATION.

- 🚫 All refined and processed food products including but not limited to artificial flavorings, food additives, chemicals, white rice, white flour, and foods that contain artificial preservatives.
- 🚫 All deep fried foods including but not limited to potato chips, French fries, corn chips.
- 🚫 Desserts, Sweets [except for hard candy and mints]
- 🚫 Alcohol

WHAT CAN I PRAY FOR DURING THIS TIME OF FASTING?









Again, fasting should bring you closer to God and allow you to reset things in your spiritual walk that may be awry. In fasting, you should maintain a healthy confession before the Lord in order to lay all your burdens at the altar of the Lord.

- (1) Repent of sins of commission + omission
- (2) Ask God to show you areas in your life that may be lacking or need improvement
- (3) Ask God to receive his heart to love the things that he loves and to hate the things that he hates.

We have chosen prayer themes for each day of the week during our consecration in order to guide you along this spiritual journey.

Worship
Commitment
Repentance
Provision
Reconciliation
Restoration
Vision
 Spiritual
 Physical
 Knowledge
 Relational
Commitment
Discipline
Celebration

HOW CAN I PRAY FOR MARS HILL FELLOWSHIP DURING THIS TIME OF CONSECRATION?

-  Pray for the families of Pastors Joseph + Ophelia Ardayfio, Pastors Michael + Jamilah Allwood
-  Pray for the Ministerial Leadership Council
-  Pray for the opportunity to share the gospel in the regions of Allston, Brighton, Brookline and beyond.
-  Pray for the vision of Mars Hill Fellowship Church to be established in the hearts of its members
-  Pray for the financial, people and technical resources to accomplish the strategic goals during 2012
-  Pray for the building of a healthy church community through the launch of LifeGroups
-  Pray for additional leaders and laborers in the ministry
-  Pray for the Live Worthy Radio Outreach Broadcast

ENDING THE FAST

- 📌 On Sunday, January 29, 2012, we will have a corporate time of celebration and sharing of testimonies to end the fast. Whether this is the first time that you are fasting or you have fasted before, we are expecting God to do some great things throughout this journey.

- 📌 As you end the fast, it is important that you slowly return to “normal” eating.
 - Start with foods that are easy to digest but still high in nutrients.
 - Use small portions. Your body needs time to build up its metabolism and to properly digest food.
 - Avoid immediately returning to drinking caffeine. Give your body some days to adjust to addition of caffeine.
 - Soups are good to eat when returning to normal eating.
 - Continue drinking plenty of water

FREQUENTLY ASKED QUESTIONS ABOUT FASTING?

> Do I continue to exercise while fasting?

For most people moderate exercise during fasting is OK. It is always best to consult your doctor with specific guidelines for fasting and exercise. If you are on a complete fast, you will not have the energy for rigorous exercise.

> How do I deal with headaches during fasting?

When abstaining from food, it is normal to get headaches during the first couple of days of beginning a fast. First, during this time of fasting, pray for the Lord to strengthen you when you feel hungry and overwhelmed. In practical terms, you can drink caffeine-free or herbal teas to help with those headaches. If you feel faint or light-headed when you get up, make sure to drink fluids or Gatorade to help with the nutrients that your body needs.

> If I am married, can I be intimate with my spouse during our fast?

I Corinthians 7:2-5 instructs couples not to “deprive one another [of sexual relations] EXCEPT WITH CONSENT, for a time; that you may give yourselves to fasting and prayer.” (emphasis added). As a couple, you may choose to abstain from sexual intimacy during fasting, however, scripture does not require it.

> Can I just fast from TV, internet or media?

While media + internet fasts can be helpful in the process of spiritual development, we believe that the best type of fasting is accompanied by a voluntary abstinence from food. If you are unsure of eliminating food from your diet, start with removing at least one food and progress towards one of the fasts detailed above.

> Can I share my testimony from the consecration?

Yes, we want to hear your testimonies from Consecration 2012. You may share them on the Mars Hill Fellowship Blog [<http://www.marshillfellowship.com>], Facebook [<http://www.facebook.com/marshillfellowshipchurch>], or via email at [info@marshillfellowship.info]

WEEK 1: RE-PRIORITIZING

	JANUARY 09 Monday	JANUARY 10 Tuesday	JANUARY 11 Wednesday	JANUARY 12 Thursday	JANUARY 13 Friday	JANUARY 14 Saturday	JANUARY 15 Sunday
Theme	Worship	Worship	Commitment	Commitment	Repentance	Repentance	Repentance
Corporate Prayer	Morning Prayer Conference Call [7:00-7:15AM]	Morning Prayer Conference Call [7:00-7:15AM]	Morning Prayer Conference Call [7:00-7:30AM]	Morning Prayer Conference Call [7:00-7:15AM]	Morning Prayer Conference Call [7:00-7:15AM]	Morning Prayer Conference Call [8:00-8:30AM]	Pre-Service Prayer @ Holiday Inn Brookline [10:30 – 11:00 AM]
Fasting	Week I: 1 Meat/Seafood/Vegetables/Water/Liquids/Fruit/Soup/Salad, Daniel Fast or 1 Meal Per Day						

WEEK 2: ON EARTH, AS IT IS IN HEAVEN

	JANUARY 16 Monday	JANUARY 17 Tuesday	JANUARY 18 Wednesday	JANUARY 19 Thursday	JANUARY 20 Friday	JANUARY 21 Saturday	JANUARY 22 Sunday
Theme	Provision	Provision	Reconciliation	Reconciliation	Restoration	Restoration	Vision
Corporate Prayer	Morning Prayer Conference Call [7:00-7:15AM]	Morning Prayer Conference Call [7:00-7:15AM]	Morning Prayer Conference Call [7:00-7:30AM]	Morning Prayer Conference Call [7:00-7:15AM]	Morning Prayer Conference Call [7:00-7:15AM]	Morning Prayer Conference Call [8:00-8:30AM]	Pre-Service Prayer @ Holiday Inn Brookline [10:30 – 11:00 AM]
Fasting	Week II: Vegetables/Water/Liquids/Fruit/Soup/Salad, Daniel Fast or 1 Meal Per Day						

WEEK 3: VISION + RENEWAL

	JANUARY 23 Monday	JANUARY 24 Tuesday	JANUARY 25 Wednesday	JANUARY 26 Thursday	JANUARY 27 Friday	JANUARY 28 Saturday	JANUARY 29 Sunday
Theme	Vision (Spiritual)	Vision (Physical)	Vision (Knowledge)	Vision (Relational)	Commitment	Discipline	Celebration
Corporate Prayer	Morning Prayer Conference Call [7:00-7:15AM]	Morning Prayer Conference Call [7:00-7:15AM]	Morning Prayer Conference Call [7:00-7:30AM]	Morning Prayer Conference Call [7:00-7:15AM]	Morning Prayer Conference Call [7:00-7:15AM]	Morning Prayer Conference Call [8:00-8:30AM]	Pre-Service Prayer @ Holiday Inn Brookline [10:30 – 11:00 AM]
Fasting	Week III: Water/Liquids, Daniel Fast or 1 Meal Per Day						

Prayer Conference Call:

To join, call: (712) 775-7000 Participant Access Code: 623651#

APPENDIX A: LIST OF FOODS DURING DANIEL FAST

[Taken from <http://danielfast.wordpress.com/daniel-fast-food-list/>]

All fruits. These can be fresh, frozen, dried, juiced or canned. Fruits include but are not limited to apples, apricots, bananas, blackberries, blueberries, boysenberries, cantaloupe, cherries, cranberries, figs, grapefruit, grapes, guava, honeydew melon, kiwi, lemons, limes, mangoes, nectarines, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, watermelon

All vegetables. These can be fresh, frozen, dried, juiced or canned. Vegetables include but are not limited to artichokes, asparagus, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, chili peppers, collard greens, corn, cucumbers, eggplant, garlic, ginger root, kale, leeks, lettuce, mushrooms, mustard greens, okra, onions, parsley, potatoes, radishes, rutabagas, scallions, spinach, sprouts, squashes, sweet potatoes, tomatoes, turnips, watercress, yams, zucchini, veggie burgers are an option if you are not allergic to soy.

All whole grains, including but not limited to whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole wheat pasta, whole wheat tortillas, rice cakes and popcorn.

All nuts and seeds, including but not limited to sunflower seeds, cashews, peanuts, sesame. Also nut butters including peanut butter.

All legumes. These can be canned or dried. Legumes include but are not limited to dried beans, pinto beans, split peas, lentils, black eyed peas, kidney beans, black beans, cannellini beans, white beans.

All quality oils including but not limited to olive, canola, grape seed, peanut, and sesame.

Beverages: spring water, distilled water or other pure waters.

Other: tofu, soy products, vinegar, seasonings, salt, herbs and spices.



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