

# GRACE NEW COVENANT CHURCH

711 Chambers Road  
St. Louis, MO 63137

Pastor Tommie A. Harsley III, J.D.

## JANUARY 2015 CONSECRATION

*“Those that seek me early shall find me” Proverbs 8:17*

Happy New Year!

As a church, we are in our eighth year of ministry and at the beginning of each year (as well as throughout the year) we have offered our bodies as a living sacrifice to God in a period of special Consecration. This year we are again humbling ourselves before God during the month of January.

There are three important facets to this Consecration period as follows:

### I. Prayer and Consecration

Beginning Thursday, Jan. 1 through Saturday, Jan. 31 all participants are asked to spend a minimum of ONE HOUR in prayer, bible reading and meditation (optional inspirational singing). Preferably this Consecration will occur early in the day. Your church attendance substitutes for the daily devotion (e.g. Wednesdays/Sundays).

### II. Almsgiving

As the Lord directs you, GIVE to someone (or a family) in need. Giving can be money, items, or food. Give in a non-public way.

### III. Fasting

- a) The **Screen Entertainment Fast** begins on Sunday, Jan 4 through Friday, Jan. 24. For 21 days please abstain from watching any screens for entertainment purposes. This includes TVs, computer, cell phones, iPads, movie theaters, etc. We are to abstain from watching TV for entertainment (game shows, gossip shows, YouTube, frivolous texting, Facebook, etc.) Screens are only permissible for emergency, employment and/or academic considerations, religious programming and study.
- b) The **Food Fast** begins on Sunday, Jan. 11 - Tuesday, Jan. 20. During this 10 day period, as a church, we will observe the Daniel Fast. In addition to the above 10 days, each member is encouraged to choose an additional 3 days to fast (this can be one meal a day, on the 3 days of your choice before or after the church fasting period).

#### **Food Fasting Exceptions:**

- Pregnant/Nursing mothers are excluded from the food fasting options above. **EXPECTANT AND NURSING MOTHERS ARE NOT TO FAST!**
- Seniors or others with specific medicinal requirements that preclude certain food restrictions. Do not skip any required medication while on the fast.
- Young children/youth require specific parental guidance for any food fasting.
- If you have extreme difficulty with the fast, such as impairment of your ability to work at your job (e.g. outside labor), you will have to make adjustments. Seek the Lord and discuss with the Pastor.

The fasting of food is only one of the sacrifices during this consecration period. It is understood that food (beyond its nutritional value) is also one of the most important addictive habits of humans; we are frequently guilty of over consumption for multiple reasons. Our prayerful ability to bring our appetites under subjection by the power and discipline of the Holy Spirit will prove spiritually and naturally beneficial. Remember, this is not a weight loss gimmick or diet.

Revised 12/27/2014

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**Attention All Youth:** You are not exempt from the Food or Entertainment Fasting unless your parents have set specific guidelines. Those of you, who desire to know God in a deeper way and be filled with His Spirit take please this time of personal sacrifice seriously and participate to the best of your ability.

There are certain principles/disciplines connected to our food and entertainment fasting that must be implemented so that we receive the spiritual benefits we are seeking.

### Effective Consecration includes:

- **Praying** daily throughout the day (an attitude of prayer). Also designate a specific time/place of routine private prayer where you can spend time with God.
- Adhering to the **Fasting** schedule with additional fasting periods as led of the Lord.
- **Reading** the Word of God (Study, meditate on the Word and apply it daily). Read and study pastoral recommended books, sermons (Pastor recommend everyone get a copy of the Worship series sermon) and scripture reading. Listen to the Bible on CD. Begin a Bible reading plan for the year; study each Testament, or specific topics (e.g. miracles, faith, tithing, etc.)
- **Attending** services faithfully (Sunday morning, worship, prayer, Wednesday Word, Christian Education)
- **Drinking enough water** (6-10 glasses per day)
- **Anointing** yourself with oil (Deuteronomy 28:40, Mark 14:3-9)
- **Praising God.** Practice praise and worship throughout the day. Sing songs to God. Praise is a remedy for discouragement and brings about joyfulness and the gladness of heart. Elevate your thinking by magnifying God.
- **Cultivating a Hunger** for God. Read and/or study hymns. Study revivals and the lives of the revivalists that lead these moves of God.
- **Journaling.** Keep a record of prayer requests for 2014 answered prayers during the fast.
- **Accountability.** If you are new to fasting, you will probably be most successful if you make yourself accountable to a least one other person during this fast. Or, form a small group to encourage one another. If someone eats the wrong foods, or wrong time, do not condemn them; pray for them and encourage them to get back on track.
- **Rest** appropriately and any exercise should be moderate during the fasting period.

Keep the objectives of the spiritual fast as your primary focus. Again, **this is not a diet.** Please do not get more consumed with the sacrifice of food versus hearing from God.

If you fast often, you may need to turn up your fast another level during this time. If this is your first fast, you may not be able to endure as many restrictions as someone else who fasts frequently. However, let this be a beginning point for the remainder of the 2015. Develop the habit of Consecration and especially fasting. As a general note, GNCC fasts weekly from midnight every Tuesday to Wednesday at 4:00 p.m.

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### JANUARY 2015 CONSECRATION

## DANIEL FAST

### FOODS TO EAT

Generally Natural foods (with no sugar, artificial sweeteners)

**Whole Grains** (Cereal): Brown Rice, Oats, Barley,  
Whole Grain Cereals permitted (oatmeal, shredded wheat, granola, cream of wheat, etc.)  
Whole grain wheat bread

**Legumes:** Dried Beans, Pinto Beans, Split Peas, Lentils, Black Eyed Peas

**Fruits:** Apples, Apricots, Bananas, Blackberries, Blueberries, Boysenberries, Cantaloupe, Cherries, Cranberries, Oats, Figs, Grapefruit, Grapes, Guava, Honeydew Melon, Kiwi, Lemons, Limes, Mangoes, Nectarines, Papayas, Peaches, Pears, Pineapples, Plums, Prunes, Raisins, Raspberries, Strawberries, Tangelos, Tangerines, Watermelon, etc.

**Vegetables:** Artichokes, Asparagus, Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Chili Peppers, Corn, Cucumbers, Eggplant, Garlic, Gingerroot, Kale, Leeks, Lettuce, Mushrooms, Mustard Greens, Okra, Onions, Parsley, Potatoes, Radishes, Rutabagas, Scallions, Spinach, Sprouts, Squashes, Sweet Potatoes, Tomatoes, Turnips, Watercress, Yams, Zucchini, etc.

**Other:** Seeds, Nuts, Sprouts, Honey

**Liquids:** Spring Water, Distilled Water, 100% All-Natural Fruit Juices, 100% All Natural Vegetable Juices, Rice Milk, Soy Milk, Almond Milk, Natural Herbal Tea.

**Breath Fresheners:** mints, Altoids

### AVOID THESE FOODS

Meats (including beef, pork, fish, poultry)  
Caffeine, Coffee, Soda, Carbonated Beverages  
Foods Containing Preservatives or Additives  
Refined Sugar, Sugar substitutes, Jelly, Preserves, Syrups, Candy, Ice Cream  
Donuts, Cookies, Cake, Bagels, other deserts and sweets

**NOTE:** The Daniel fast drastically restricts normal food intake by cutting away many of the foods you commonly eat to satisfy your appetite. Usually we gratify our flesh by eating what we want whenever we want (hungry or not). During the Daniel fast there is likely to be a sense of hunger much of the time and a sense of sacrifice even when we eat. You may experience moderate to severe headaches for the first day or two as your body rids itself of caffeine, salt, sugar and various impurities. Major health improvements are also potential side effect of the Daniel fast.