

## PRACTICAL **FASTING TIPS**

### 1. DRINK LOTS OF WATER

Water transports nutrients, carries away wastes, and hydrates cells. So drink up, and remember to drink distilled water if you are not eating.

### 2. DID YOU KNOW?

Drinking cold beverages makes your body work harder to stay at a normal temperature. During periods of fasting, this could consume lots of energy and make you tired. To help preserve energy, consider drinking beverages at room temperature.

### 3. WHAT TO EXPECT

When you fast, your body eliminates toxins from your system. This can cause mild discomfort such as headaches and irritability, especially during withdrawal from caffeine and sugars. Naturally, you will have hunger pains. When this happens, redirect your focus.

#### ACTIVITIES THAT CAN EASE YOUR DISCOMFORT AND REPLACE MEAL TIME

- Playing board games or participating in other family activities
- Reading a book
- Visiting friends or family members
- Learning a new craft or hobby
- Finishing a project or chore
- Journaling
- Reading the Word
- Praying
- Resting

## SCRIPTURES **ABOUT FASTING**

II Chronicles 20:1-15 • Ezra 8:21-23  
Isaiah 58:1-9 • Joel 1:13-14 • Jonah 3:3-10 Matthew 4:2 • Matthew 6:16-17 • Mark 2:19-20 • Acts 13:2-3 Acts 14:23

## PRAYER **DURING FASTING**

During the fast, we will pray in efforts to communicate with God on a consistent basis. I trust that as you are denying your flesh, your spirit man is better able to hear from the Lord. Here at the beginning of the year, there is no time like the present to focus on what the Lord is saying to you concerning your future.

Daily Prayer: During this year's consecration, I want you all, wherever you may be, to pray three times a day (Monday-Friday) at 7am, 12 noon, & 7pm.

Call or Email:  
919.402.9622 or [contact@wocconline.org](mailto:contact@wocconline.org)

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[worldovercomers.church/consecration](http://worldovercomers.church/consecration)

CONSECRATION

# PRAYER+ FASTING

JANUARY 3 - FEBRUARY 9



## WHAT IS IT?

To consecrate means to make or declare something; to dedicate formally to a religious or divine purpose. In 2004, the Lord spoke to me about challenging the body of World Overcomers to join together at the beginning of every year in order to consecrate or dedicate to Him a tithe (10%) of the number of days of the year by fasting and praying. Every year during consecration, we see God operate powerfully in the ministry of World Overcomers as we deny our flesh for a spiritual and natural purpose. Indeed, our spirits, souls, and bodies are cleansed and renewed during this special time. So we take this sacred time of prayer and fasting seriously as we look forward to what God has in store for us collectively and individually each year.

## WHY SHOULD I FAST?

If you are a Member/Visiting Member of World Overcomers, you ought to be determined to be in the flow of what the Lord is saying to us together. As your Pastor, I have to answer to God for your growth and ability to hear a Word from the Lord. I also want to see your faith grow, and challenge you to be the best that you can be. So you should want to fast with us, and I trust that you will. In addition to growing strong corporately, there are many individual benefits of fasting.

## SEVEN BENEFITS OF FASTING

Fasting:

- 1 Is a practice that God commands. We have provided some scriptures on fasting at the end of this pamphlet.
- 2 Moves God and moves you!
- 3 Quiets your flesh, making it easier to hear the Holy Spirit, and your inner spirit.
- 4 Is an opportunity for you to show your flesh who is in control. You rule you!
- 5 Strengthens your spirit as you dedicate that time to prayer.
- 6 Creates a bond with your Kingdom family as we unite together in prayer.
- 7 Cleanses toxins from your body, helping you to start the year healthy.

## HOW LONG IS IT?

This year, we will be consecrating from January 3 to February 9.

## TWO TYPES OF FASTS

There are two basic types of fasts, Total (water only) and Partial (abstaining from specific items). Jesus fasted 40 days and 40 nights, and though we are to be like Him, I am not asking you to abstain from nourishment for such a long period of time. But I am asking you to do something! For instance, you can join with me and split up the 35-day fast into three periods of fasting as follows:

**PRAYER+**  
**FASTING**

CONSECRATION

DATES	SUGGESTED FAST
JAN 3 - JAN 16	14 Days of Water & Juice
JAN 17 - JAN 30	14 Days of Fruit & Vegetables
JAN 31 - FEB 9	12 Days of Fish

## OTHER WAYS TO FAST

- 1 Sun up to sun down
- 2 One meal per day (no sweets!)
- 3 No caffeine: coffee, soda, or tea (This may be a great time to give up soda altogether since it is so bad for you.)
- 4 The Daniel Fast/Zone Diet (see info below)
- 5 Fruits and vegetables only, no meat.
- 6 No complex carbohydrates: bread, pasta, potatoes, sweets
- 7 No tobacco (If tobacco has you, this is a great time to kick it out of your life.)

## ZONE DIET

The aim of fasting is to gain self-control, to be dominated by the spirit, and not by the flesh. A total fast is one during which a person only drinks water; anything else is a partial fast. Whether total or partial, the goal is the same, to deny the flesh for a higher purpose. The Zone Diet is a partial fast alternative, and it is a great way to improve your physical health since this plan focuses on dramatically cutting your intake of carbohydrates and increasing your intake of proteins.

## THE ZONE DIET: MEAL PLAN

For detailed ZONE diet information, I recommend that you purchase Dr. Barry Sear's *Enter The Zone*. Keep in mind that the aim of this fast/diet is to help you achieve the best balance of carbs and proteins for optimum physical health. This is a good start to a lifestyle change.

## ADDITIONAL ZONE DIET RESOURCES

[www.zonediet.com](http://www.zonediet.com)