

# THE CONSECRATED FAST

#### When does the Consecration begin?

We will begin Monday August 7, 2023 at 12:00 a.m.

#### What about medications?

Please continue to take all medications as prescribed. It is vitally important that you do not stop taking your medications.

## May I take vitamins and sports drinks (protein drinks)?

Yes, you may take a good multivitamin and a meal substitute drink. We discourage sports drinks due to the high sugar and sodium contents.

### What is the key to a successful consecration or fast?

Prayer and study of the Scriptures. Please spend time in private devotion (Prayer and Bible reading). **See the attached scripture readings**. You may also want to share in a time of corporate prayer with your spouse, family members or other believers.

## What are the dietary restrictions being observed?

One meal a day. Water, juices, teas can be consumed at any time. Fruits, nuts, and raw veggies can be consumed throughout the day. Chicken, turkey and fish are acceptable for one meal a day. Please pay close attention to the chicken now being sold as "authentic". Jewish and Arab meat shops sell organic meats and fish, in line with

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**PLEASE DRINK PLENTY OF WATER** (flavored with lemon or lime) – This serves as an excellent cleanser.

## What about Unmarried or Pre-Marital Physical Intimacy?

If this question is being considered, stop the activity, and schedule an appointment with the Pastor.

### What are the Corporate Prayer Days and Times?

- Morning Prayer: Mondays, Tuesdays, Wednesdays, and Fridays at 5:00 a.m. and Sundays at 8:30 a.m., in person and also through the conference line: Dial-in: +1 717-832-8330 or +1 502-509-0282. Access code: 343 9463
- Noon Prayer: Tuesdays at 12:00 p.m.
- Evening Prayer: Fridays at 7:30 p.m.
- In case of emergencies, please call the office any time during office hours.
- Please ask God to give you a Prayer Partner or someone to be accountable to.

#### The Philosophy of Abundant Praise II

The Goodness of God demands that we should speak of it. If the Lord Jesus Himself would charge us to be silent as to His goodness, we would scarcely be able to obey the command. We would be like the man who was healed, blazing aboard the Mighty works God had done. But Bless His Name forever, He has not told us to be quiet. The stones will cry out if we do not. If etiquette says, "Calm down, they may think you are a fanatic," do not regard that voice, it is satan. Let them think whatever they want. Thunderous music is too little for His infinite deserving.

Another motive for abundant praise is that this is a nosy perverse world, that is in constant conflict with our God, His Word and His Ways. The cries of this conflicting world is on a heinous, repulsive, vicious mission to drown out the Glory of God in any way available to them. TASK: Every time you hear someone curse God or say things against His Will, say, "Bless the Lord, Jesus" seven times. The more that is said against God, the more we should speak up for Him. We as Saints, must be responsible for the damage done to our sacred Savior, by multiplying our Praises. We as God's people must not allow His Praise to be buried under blasphemy, cursing, nonsense, error and idle talk, by not practicing abundant Praise.

God's Goodness in your life is an example to those around you when you are an abundant praiser. If you speak of God's Goodness, you are sure to bless someone. Many, many people are comforted when they hear of God's Goodness, in your life. "We will go with you; for we have heard that God is with you". Zechariah 8:23. The world is not attracted to sanctimonious misery, however, when they hear your Praise, they will be tempted to come to God, and some will. They will say, "What is This?", when they see your joy. The world is very acquainted with the myth that Church people are fat, mean, and miserable. We can show them personally that there is a blessed seductiveness in a Holy happy life. When we "Abundantly Utter the Memory of His Great Goodness" Ps 145:7, we will bring many to Jesus. Let's ask God to sweeten our lips with the pleasant confection of Praise. Lastly, there is no such thing as too much Praise, no such thing. Let us praise and bless God because this is how He is glorified. We cannot add to His Glory, for it is Infinite in itself. We may not be able to cover the entire earth with His Praise, as the waters cover the sea, but we can at least contribute to the Flood.

Saints, do not keep back your praises, but bless and Magnify His Name, "From the rising of the sun unto the going down of the same". (Psalm 113:3). If we lift earth upward and Heavenward, if we all unite in praise, we will see it rising as it were, beneath our feet, and ourselves with it, until we stand as upon the top of some lofty alp that has pierced the vault of heaven. We will be among the Angels, feeling as they feel, doing as they do, and losing ourselves as they lose themselves in the eternal Hallelujah of "Blessing and Honor, and Glory, and Power, be unto Him that sitteth upon the Thorne, and unto the Lamb, forever and ever (Revelation 5:13).

#### The Journey of MORE AND MORE

But I will hope continually, and will yet praise Thee, More and More. Ps 71:14 To us Believers in Jesus there is a royal race of minstrels (a player of a stringed instrument), our instrument will be identified as a praiser. "By him therefore let us offer the sacrifice of praise to God continually, that is, the fruit of our lips giving thanks to his name." Heb 13:15. For we have a hope of Glory, a lively Hope, Eternal and Divine. And as our hopes grow brighter we are every day nearer to their fulfillment. When our hope grows brighter, the volume of our praise increases, "... and will yet praise Thee, more and more". A dying hope would bring declining songs. But a hope immortal and eternal, flaming forth each day by Praise, with more intense brightness, brings forth a song of praise that gathers new force as it continues to rise. If we do not Praise, God will be robbed of His Praise, which is His royal revenue.

When David was old, and he could not excel in sound, he made it up with eagerness of heart and solemn earnestness. David adored the Lord in his youth, flock in one hand, harp in the other. Later, when he became King of Israel, his Psalms had been multiplied and the music was a daily custom to the Praises of God. How could he advance on his Praise?? More and More!! It is humbling to remember that in exchange for the tremendous Blessing in our life, we have praised God very little, personally considering, we were in gross sin, death and ruined (all sin is gross). Regardless of our sin, He called us by Grace. We were under the burden and curse of sin, He delivered us. What returns have we made for just those Blessings?

Why more praise??? God has reclaimed our hearts from the wild waste by a power no less than omnipotent. He hedged it, plowed it, and cut down the thorns. He has watered it as no field has ever been watered and sanctified it by His Blood. Our prayer should be, "Lord thank you for all the joys you have given me on earth-I will not depreciate them-but there is no joy comparable to Praise." The purest and most exhilarating joy is the delight of Glorifying God and anticipating the time, we will enjoy Him forever.

To be more and more subservient to the Divine honor of Praise to God should be our ambition. To be nothing for Jesus should be our ambition. To Praise Him while we have our being should be our all in all. We should praise God more today than any other day because we have received more of His Mercies. When we came to Him, all of us were poor spiritually, some naturally. Now we have our prosperity and our new positions. How high has God favored us! Joseph from the dungeon to the Throne; David from the sheepfold to the palace. Let's look back and see what we were. "He raiseth up the poor from the dust...set them among Princes" (1 Samuel 2:8). Some of us were unknown and insignificant, and now His Mercy has placed you in prominence and esteem. Is this nothing? Will you not Praise the Lord more and more for this??? Ok, maybe providence has not dealt with you that way, but Goodness and Wisdom has revealed itself to you in another form. God has given you strength, health (legs, arms, eyes,

feet, brain, no cancer, no dementia, water, hot water, car or cars, children having good jobs - not even serving or thanking God, etc...) shall we not Praise the Heavenly Father more and more? Saints, these are huge Blessings!

We should never overemphasize temporal mercies and become worldly, but I think at times we take too much for granted and become ungrateful. "This know also, that in the last days perilous times shall come. For men shall be lovers of their own selves, covetous, boasters, proud, blasphemers, disobedient to parents, unthankful, unholy, without natural affection, trucebreakers, false accusers, incontinent, fierce, despisers of those that are good, traitors, heady, highminded, lovers of pleasures more than lovers of God; having a form of godliness, but denying the power thereof: from such turn away." 2 Tim 3:1-5. Should we not praise Him more for Spiritual Mercies, Comforts in darkness and tears; answers to prayers; numerous deliverances in situations; being an Heir; acceptance; Holy Spirit, His fruit and multitudes more? Can we Praise Him more and more? So, if God is better to me than He was before, let our Praise be greater. If I think of Him more tenderly as my Father, if I have a clearer view of Him in the terror of His justice, if I have a clearer view of the splendor of His Wisdom by which He devised the Atonement, if I have larger thoughts of His Eternal immutable love, let everything in me constrain me to say, "I will yet praise thee more and more."

May we pray, "I have heard of Thee, by the hearing of the ear: but now mine eye seeth Thee. Wherefore I abhor myself and repent in dust and ashes (Job 42:5-6), my Praises for You will rise yet more loftily. Up to Your Throne will my song ascend. I saw only the skirts of Your garment, as it were, but You have hidden me in the cleft of the Rock, Jesus and make your Glory pass before me. I will praise You even as the Seraphim do, and compete with those before the Throne in Magnifying Your Name." We learn but little in Christ's School, if the practical result of it all does not make us cry, "I will yet Praise Thee more and more."

Another excellent reason for Praising God more is that we are getting nearer to the place, (Jesus) world without end, where we hope to Praise Him perfectly. The Church walls never ring more joyously than when the congregation unites in singing about the Father's House on High and tents pitched, "A Day's March nearer home."

Heaven is indeed the Home of our souls, and we will never feel that we have come to our rest until we have reached our mansions, which is where we will have achieved the object of our creation. We are in rehearsal now with the perfecting of songs and praise, we will sing before the Throne. Even though the words will be sweeter and richer than any poets can assemble here, on Earth. The essential song of Heaven will be the same as that which we are presenting to the Lord God, here below. They Praise the Lamb in Hymns above, And we in Hymns below. The essence of their praise is gratitude, that He suffered and shed His Blood; it is the essence of our Praise, too. They bless Immanuel's Name for undeserved favors bestowed upon unworthy ones, and we do the same.