



HOLY CONSECRATION

40 DAYS OF FASTING, PRAYER, AND ASCENSION

SEPTEMBER 8 - OCTOBER 17, 2024



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INDIANAPOLIS, IN 46260

    CHRIST CHURCH APOSTOLIC | @CCAINDY



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GENERAL INFORMATION

40 DAYS OF CONSECRATION - LOGISTICS & GUIDE

CONSECRATION DATES: Sunday, September 8, 2024 - Thursday, October 17, 2024

THEMATIC SCRIPTURE (WHAT DOES IT SAY?):

Exodus 34:2,5,27-29 NLT (New Living Translation)

[2] Be ready in the morning to **climb up Mount Sinai and present yourself to me** on the top of the mountain. [5] **Then the LORD came down in a cloud and stood there with him**; and he called out his own name, Yahweh. [27] Then the LORD said to Moses, "Write down all these instructions, for they represent the terms of the covenant I am making with you and with Israel." [28] **Moses remained there on the mountain with the LORD forty days and forty nights**. In all that time he ate no bread and drank no water. And the LORD wrote the terms of the covenant-the Ten Commandments-on the stone tablets. [29] **When Moses came down Mount Sinai** carrying the two stone tablets inscribed with the terms of the covenant, he wasn't aware that **his face had become radiant because he had spoken to the LORD**.

MEANING OF THEMATIC SCRIPTURE (WHAT DOES IT MEAN?):

Exodus 34 marks a pivotal moment of ascension (by Moses), descending (by God), divine renewal, and revelation that offers profound insights for our upcoming consecration. After the original tablets of the Ten Commandments were shattered due to Israel's sin with the golden calf (Exodus 32), Moses ascends Mount Sinai to receive new tablets from God (Exodus 34:1). This act symbolizes a fresh start and the restoration of the covenant between God and His people. In this encounter, God reveals His nature to Moses, describing Himself as "compassionate and gracious, slow to anger, abounding in love and faithfulness" (Exodus 34:6-7).

This reaffirmation of divine attributes underscores God's commitment to His covenant, emphasizing the core qualities that define His relationship with us. God then provides Moses with renewed instructions, detailing laws on worship, festivals, and social justice, highlighting the standards for **living in alignment with His will** (Exodus 34:11-26). As Moses descends from the mountain, his face shines with divine radiance from this intimate encounter with God (Exodus 34:29). The fear of this glory leads Moses to wear a veil while speaking to the Israelites, symbolizing the transformative and overwhelming nature of God's presence (Exodus 34:33-35).



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PURPOSE (WHAT DOES IT SAY AND MEAN TO US?):

The purpose of a time of consecration is to set apart a person, thing, or place as sacred or holy or to dedicate it to a higher purpose. Exodus 34 provides profound insights and relevance for believers, especially during consecration. The chapter recounts Moses' ascent to Mount Sinai to receive new stone tablets, symbolizing the renewal of the covenant with Israel after the original tablets were broken due to sin (Exodus 34:1). This act of renewal signifies a fresh opportunity for spiritual commitment and restoration, encouraging believers to seek a renewed relationship with God.

In Exodus 34:6-7, God reveals His character to Moses, describing Himself as "*compassionate and gracious, slow to anger, abounding in love and faithfulness.*" These divine attributes define God's relationship with His people and serve as a model for how believers should reflect God's character in their own lives. This self-revelation calls believers to embrace and emulate these qualities, fostering more profound and compassionate interactions with others.

The chapter also emphasizes the importance of adhering to God's commandments and maintaining spiritual purity. God provides Moses with renewed laws and instructions, including prohibitions against idolatry and commands concerning festivals and sacrifices (Exodus 34:11-26). This underscores the need for obedience and separation from practices that lead away from God. During consecration, believers are invited to examine their lives, eliminate distractions, and realign their practices with God's will.

Furthermore, Moses' radiant face after encountering God (Exodus 34:29-30) symbolizes the transformative power of divine encounters. It serves as a reminder that being in God's presence leads to profound spiritual change. Thus, Exodus 34 encourages believers to seek God's presence with anticipation of spiritual renewal and transformation, assuring them of God's faithfulness and the blessings of living consistently with His will and intent.



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STUDY OUTLINE & KEY TERMS OF EXODUS 34

I. Preparation for the Renewal of the Covenant (Exodus 34:1-4)

- **Command to Carve New Tablets (Exodus 34:1)**
 - God instructs Moses to chisel out two new stone tablets to replace the ones shattered.
- **Moses' Ascension (Exodus 34:2-4)**
 - Moses is commanded to ascend Mount Sinai early in the morning with the new tablets.
 - Moses prepares for the ascent by making the tablets, reflecting a period of readiness and obedience.

II. God's Revelation of His Nature (Exodus 34:5-7)

- **Divine Presence and Proclamation (Exodus 34:5)**
 - God descends in a cloud and stands with Moses, signifying a direct encounter with His presence.
- **God's Self-Revelation (Exodus 34:6-7)**
 - God proclaims His attributes: compassionate, gracious, slow to anger, abounding in love and faithfulness.
 - Emphasizes His nature of maintaining love and forgiving sin while addressing the consequences of iniquity.

III. Instructions for the Renewal of the Covenant (Exodus 34:8-26)

- **Moses' Response and Worship (Exodus 34:8)**
 - Moses bows to the ground and worships, acknowledging God's greatness and humility.
- **Renewal of the Covenant (Exodus 34:10)**
 - God reaffirms His covenant with Israel, promising wonders and blessings if they follow His laws.
- **Commands and Laws (Exodus 34:11-26)**
 - **Religious and Social Laws (Exodus 34:11-16)**
 - Instructions on driving out inhabitants of the land, not making covenants with them, and avoiding idolatry.
 - **Festivals and Observances (Exodus 34:17-24)**
 - Details on observing the Feast of Unleavened Bread, the Sabbath, and other important festivals.
 - **Sacrificial Laws (Exodus 34:25-26)**
 - Instructions regarding the offering of sacrifices and the firstfruits.



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IV. Moses' Radiant Face and Its Impact (Exodus 34:27-35)

- **Command to Write Down the Covenant (Exodus 34:27-28)**
 - God commands Moses to write down the words of the covenant, and Moses stays on the mountain for forty days and nights.
- **Moses Descends with a Radiant Face (Exodus 34:29-30)**
 - Moses' face shines with divine glory from God's presence, causing the Israelites to be afraid.
- **Veiling of Moses' Face (Exodus 34:33-35)**
 - To shield the Israelites from the brightness of his face, Moses wears a veil when speaking to them, removing it when he enters God's presence.

This outline captures the key elements and flow of Exodus 34, highlighting the renewal of the covenant, God's self-revelation, and the practical and spiritual implications for Israel.

Key Terms and Theological References

1. **Chisel**
 - **Definition:** To carve or engrave into a surface, typically stone. In Exodus 34:1, Moses is instructed to chisel out new tablets to replace the shattered ones, symbolizing the renewal of the covenant.
2. **Mount Sinai**
 - **Definition:** The mountain where God gave the Ten Commandments to Moses. It represents a sacred place of divine revelation and encounter with God (Exodus 34:2).
3. **Cloud**
 - **Definition:** In the biblical context, a cloud often symbolizes God's divine presence and glory. In Exodus 34:5, God descends in a cloud to reveal Himself to Moses.
4. **Compassionate**
 - **Definition:** Showing deep sympathy and concern for others' suffering. It is one of the divine attributes God reveals about Himself in Exodus 34:6.
5. **Gracious**
 - **Definition:** Being kind and giving unmerited favor. God's gracious nature signifies His willingness to extend kindness and forgiveness beyond what is deserved (Exodus 34:6).
6. **Slow to Anger**



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- **Definition:** Describes God's patience and restraint. This term highlights God's ability to endure and not respond immediately to human failings (Exodus 34:6).

7. Abounding in Love

- **Definition:** Having an abundance of steadfast love and faithfulness. It emphasizes God's enduring and overflowing love towards His people (Exodus 34:6).

8. Visiting the Iniquity

- **Definition:** Refers to the consequences of sin being passed down to future generations. This concept underscores the impact of disobedience but also emphasizes God's mercy and forgiveness (Exodus 34:7).

9. Covenant

- **Definition:** A formal agreement or treaty between God and His people, outlining mutual commitments and blessings. In Exodus 34:10, God renews His covenant with Israel.

10. Idolatry

- **Definition:** The worship of idols or gods other than Yahweh. It is prohibited as part of the covenant laws (Exodus 34:14).

11. Sacred Pillars

- **Definition:** Stone monuments associated with pagan worship. These are to be destroyed to prevent idolatry (Exodus 34:13).

12. Feast of Unleavened Bread

- **Definition:** A festival commemorating the Exodus from Egypt, during which only unleavened bread is eaten. It serves as a reminder of the Israelites' hasty departure from Egypt (Exodus 34:18).

13. Sabbath

- **Definition:** The seventh day of rest, set apart for worship and cessation from work. It is a day of spiritual reflection and rejuvenation (Exodus 34:21).

14. Firstfruits

- **Definition:** The first produce of the harvest, offered to God as an expression of gratitude and dedication. It symbolizes acknowledging God's provision and blessing (Exodus 34:26).

15. Radiant

- **Definition:** Emitting light or glory. Refers to the glow on Moses' face after being in God's presence, symbolizing divine encounter and transformation (Exodus 34:29).



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16. Veil

- **Definition:** A covering used by Moses to shield others from the intense brightness of his face. It signifies the partial nature of divine revelation to the people (Exodus 34:33).

These terms and references are vital to understanding the theological and practical aspects of Exodus 34 and its implications for the covenant relationship between God and Israel.



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"Moses remained there on the mountain with the LORD forty days and forty nights. In all that time he ate no bread and drank no water. And the LORD wrote the terms of the covenant—the Ten Commandments—on the stone tablets." (Exodus 34:28 NLT)

Welcome to an invitation to consistency, commitment, and covenant! My wife, Lady Desiree, and I are elated about your decision to partner with us and your Christ Church Apostolic family in this opportunity in the presence of God. Christ's Church and Christ Church Apostolic were founded on prayer, fasting, and consecration. After the history afforded to us and its fruit in front of us, I would be unwise to uproot our foundation and anticipate positive results. Through revelation by the Holy Spirit and confirmation of the Scriptures, I have an overwhelming expectation for transformation, alignment, and empowerment.

We honor the Lord each year by sacrificing 40 days of fasting and prayer to seek His character and embody His Kingdom. Just as Moses uninterruptedly submitted forty days for fasting and prayer on the mountain with God, Christ Church Apostolic is ascending to experience the same. Allow me to begin by giving you the word of the Lord. The Lord says, "If you will ascend, I will descend. When you leave the mountain, you will have revelation with radiance." In short, you are leaving the mountain with glory! Christ Church, I strongly encourage you to join your church family now in the mountain. We need His mind!

The purpose of a time of consecration is to set apart a person, thing, or place as sacred or holy or to dedicate it to a higher purpose. The ascent of Moses to Mount Sinai to receive the mind and covenant of God for the nation of Israel establishes for Christ Church Apostolic how our ministry approaches its fast. This is a **consecration of consistency (or agreement/alignment)**. We want what God wants and will display that in words and actions. While because of the finished work of JESUS Christ, we are blessed to be recipients of grace and no longer participate in the Mosaic law, symbolically, Moses' actions and covenant with Israel serve us as both resources and means of expectation during this Holy Consecration.

In August, we invested intentional time in discovering the meaning of Kingdom consistency. Remember, consistency is not a series of repetitive or successive actions performed over time; instead, it is an intentional state of agreement with something or someone. Therefore, Kingdom consistency is not merely a component of life; instead, it is a part of our lives' culture because it is God's essence.



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For six weeks, we will be intentionally focusing on the following areas:

1. **Reflection, Recommitment, and Readiness** – “...present yourself to me on the top of the mountain...” (Exodus 34:2)
2. **Reintroduction and Revelation** – “...and he called out his own name, Yahweh.” (Exodus 34:5)
3. **Reverence** – “Moses immediately threw himself to the ground and worshiped.” (Exodus 34:8)
4. **Renewal and Reaffirmation** – “I will perform miracles that have never been performed anywhere in all the earth or in any nation.” (Exodus 34:10,27)
5. **Receiving, Rearing, and Representing** – “Write down all these instructions, for they represent the terms of the covenant I am making with you and with Israel.” (Exodus 34:27)
6. **Radiance and Returning** – “...and the people of Israel would see the radiant glow of his face. So he would put the veil over his face until he returned to speak with the LORD.” (Exodus 34:35)

The following pages serve as a guide in our time of corporate fasting. I have shared what we are corporately anticipating, but I want you to take a moment and consider your expectations for this time of consecration. Journal, voice record, or meditate on them through this experience. Exercise your means of chronicling and retaining your faith goals and specific prayer requests for you, your family, friends, church, and the future. Notate significant moments in the consecration when God answers a prayer, breakthroughs, revelations, and experiences in His presence. If you desire, I welcome you to lay your requests and expectations on the altar for these 40 days.

I encourage you to join Lady D and me in this spiritual journey from September 8 to October 17. I honor your commitment to becoming all God has called you to be. Bring your spirit, mind, and body into alignment with the Spirit of God, positioning yourself, your family, and your future to ascend!

Pastor James Tyson
Lead Pastor, Christ Church Apostolic



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ABOUT FASTING AND PRAYER

"And when you fast..." (Matthew 6:16 ESV)

A MEANS OF GRACE

John Wesley, the founder of the Methodist Movement in the Church of England, described fasting and prayer in his 1746 sermon as a "Means of Grace." Wesley defined the means of grace as "outward signs, words, or actions, ordained of God, and appointed for this end, to be the ordinary channels whereby he might convey to men preventing, justifying, and or sanctifying grace." These are practiced privately and collectively, establishing and advancing "the mind that was in Christ" (Philippians 2:5).

WHAT IS FASTING?

Fasting is primarily defined as refraining from eating food; however, when fasting is exercised as a means of grace, it is beyond food. It is the abstinence from what is pleasurable to the flesh and what satisfies and keeps actively alive the natural appetite. For example, money, social media, shopping, food, and others feed the natural appetite. Fasting and prayer transform from simply abstinence and communication to having spiritual implications when the Spirit of God is infused in the process. That is why Jesus said in Matthew 17:21 KJV, "Howbeit this kind goeth not out but by prayer and fasting." Fasting must be accompanied by prayer to transition it from natural to supernatural. You can go without food, but it will not be spiritual fasting. Fasting can never be spiritually meaningful without prayer.

WHAT IS PRAYER?

Prayer is the believer's means of communication and contact with God, which helps strengthen and develop our relationship with Him. Prayer is two-way communication: we speak to God, and then we listen to hear from Him, sitting quietly in His presence.

Types of Prayer: There are different types of prayer for different circumstances. Jesus used different prayers for different needs and circumstances. We must be intentional as well to reap the best prayer benefits.

1. Prayer of Agreement - Matthew 18:19
2. Prayer of Faith - Mark 11:24
3. Prayer of Repentance - 2 Chronicles 7:14
4. Prayer of Intercession - Romans 8:26



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5. Prayer of Praise - Psalm 100:1-2
6. Prayer of Submission - 1 Peter 5

THE ACTS PRAYER MODEL

This method of prayer serves as an outline or guide for prayer so you can organize your thoughts and requests. The acronym ACTS stands for adoration, confession, thanksgiving, and supplication. This model of prayer prioritizes our time with God, so we first approach Him with reverence (adoration), then repent of the sin in our life (confession), then express our gratitude to Him for all He has done (thanksgiving), and finally submit to Him our requests (supplication).

WHY FAST?

In Matthew 6, Jesus gave us specific directions on how to live as a child of God. That pattern addressed three specific duties of a Christian: Giving, Praying, and Fasting. Jesus said, "When you give," "when you pray," "when you fast." He clarified that fasting, like giving and praying, was a regular part of Christian life.

Unless it is an intentional discipline, many do not engage in a spiritual fast unless it is called corporately. Realistically, no one, however, can "put" you on a fast. Fasting is a self-imposed abstinence for a period of time. It must be voluntary, or it is ineffective. This is why many of our attitudes are upside down when it is time to fast because our perspective of this time of discipline is wrong.

The attitude of the faster should be one of anticipation. We cannot view fasting as simply afflicting the body but rather freeing the spirit to hear, see, and understand the things of God. Bishop Norman Wagner once wrote, "To engage in a fast unto God against your will is a contradiction of terms; it is not an acceptable sacrifice." Fasting must be accompanied by resolve.

WHAT DO I NEED TO GET DURING THIS FAST?

1. God - Without Him and His direction, this time of consecration is not a spiritual sacrifice.
2. Faith Goals - State your primary goal, then your secondary, natural, or temporal goal.
What are you believing the Lord for?



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3. Established Prayer Times - I strongly urge you to try to pray not less than three times per day. First, pray in the morning; second, pray sometime in the afternoon; and finally, pray sometime in the evening. If eating three square meals daily is good for your health, then praying and feeding your spirit three meals daily has to be better for your spiritual health and wellness.
4. The Bible - The Bible is God's operation manual for human life. When fasting, one should read the Bible more at this time than at any other time. Therefore, if you read the Bible ten minutes a day when you are not fasting, you should read it not less than 30 minutes daily. Consider downloading the YouVersion Bible App for daily devotionals, Scriptures, and topical studies.
5. An Appropriate Posture - "And when you fast, do not look gloomy like the hypocrites, for they disfigure their faces that their fasting may be seen by others. Truly, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, that your fasting may not be seen by others but by your Father who is in secret. And your Father who sees in secret will reward you." (Matthew 6:16-18 ESV)

TYPES OF FASTS INVOLVING FOOD

FULL FAST. Drink only liquids – especially water. You may also take in clear broth and 100 percent fruit or vegetable juices on this type of fast to maintain your strength. You establish the number of days for your fast in your prayer time. Be sure to consult your doctor.

SELECTIVE FAST. This type of fast involves removing certain elements from your diet. One example of a selective fast is the Daniel Fast (Daniel 10), during which you remove meat, sweets, and bread from your diet and consume water and juice for fluids and fruits and vegetables for food.

PARTIAL FAST. This fast involves abstaining from eating any type of food in the morning and afternoon. This can correlate to specific times of the day, such as 6:00 AM to 4:00 PM or from sunup to sundown.

10 TYPES OF FASTS – CATEGORIZED BY PERSON

1. The Disciples' Fast (Matthew 17:21) – For deliverance from sin, addiction, bondage. If we fast, we can break the power of sins and addictions that limit our freedom in Christ.
2. The Ezra Fast (Ezra 8:21-23) – For God's help in solving problems and for protection from Satan. Ezra said that they prayed and fasted and God answered their request.



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3. The Samuel Fast (1 Samuel 7:6) - For revival. The people were bound by idol worship and needed deliverance. Samuel called them to seek God and to bring the Ark back to Jerusalem. If we fast and pray for revival, God will pour Himself out on His people.
4. The Elijah Fast (1 Kings 19:4-8) - Mental freedom from emotional problems or habits. Through fasting, God will show us how to overcome emotional problems and destructive habits.
5. The Widow's Fast (1 Kings 17:9-16) – Fasting to provide for the needy. The widow went without food to meet the physical needs of someone else. Because she sacrificed her food, God made sure that she had more than enough food.
6. Paul Fast (Acts 9:9) - For physical healing and to get direction from God. If we fast and submit our will to God, He will reveal His will to us.
7. The John the Baptist Fast (Luke 1:15) - To enhance our walk with God and witness. If we fast for the influence of our testimonies to reach others for Christ, God will use us.
8. The Esther Fast (Esther 4:16, 5:2) – For protection from the evil one. If we fast for protection, God will deliver us from evil.
9. The Jesus Fast (Matthew 4:1-2) - For spiritual power and victory over temptation, the flesh and the devil.
10. The Daniel Fast (Daniel 1: 5-21; 10:3) – Fasting for health and to seek God's favor, purpose, and vision for life.



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BEFORE, DURING, AND BREAKING THE FAST

Planning Your Fast

“Then Joshua said to the people, “Consecrate yourselves, for tomorrow the Lord will do wonders among you.” Joshua 3:5

Pray—Spend time reading the Bible before the fast. Ask the Holy Spirit for guidance in your prayers. Write down your faith goals and specific prayer requests for your family, friends, church, and nation.

Commit—Pray about the fast you will undertake and commit to it beforehand. Ask God for grace to help you follow through with your decisions.

Act—Start eating smaller portions a few days before the fast. Avoid food high in sugar and fat. Plan to limit physical and social activities for the week of the fast. Ask someone to be your prayer partner throughout the fast.

While Fasting

“[Jesus] answered, ‘It is written, ‘Man shall not live by bread alone, but by every word that comes from the mouth of God.’” Matthew 4:4

Focus—Set aside time to work through the devotionals. Be ready to respond to God's Word and the leading of the Holy Spirit.

Pray—Join at least one prayer meeting in your local church. Intercede for your family, church, pastors, nation, campuses, and missions throughout the week.

Replenish—During mealtime, read the Bible and pray instead. Drink plenty of water and rest as much as you can. Be ready for temporary physical weakness and mental annoyances like impatience and irritability.

Breaking the Fast

“And this is the confidence that we have toward him, that if we ask anything according to his will he hears us. And if we know that he hears us in whatever we ask, we know that we have the requests that we have asked of him.” 1 John 5:14–15



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Eat—Reintroduce solid food gradually. Your body will need time to adjust to a regular diet. Start with fruits, juices, and salad, then add more vegetables. Eat small portions throughout the day.

Pray—Do not stop praying! Trust God's faithfulness and timing. Carry your newfound passion for God throughout the year. Be in faith for God to answer your prayers.



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FREQUENTLY ASKED QUESTIONS

Here are some of the most-asked questions about fasting from our friends and partners:

What if I have a medical condition?

Consult your doctor before starting any fast. Decide together what is possible. If your health condition prohibits you from fasting food, try fasting something else and concentrate on prayer and Bible study.

Can children fast?

The best way to show your children the power of fasting is to lead by example. If they want to participate in fasting or if you want to have a family fast, consider giving up desserts or soft drinks. In addition to giving up an item of food, you could also give up television as a family and spend that time reading and discussing Bible stories.

What is a “Daniel Fast”? (Resource and Further Details: <https://jamesriver.church/danielfast>)

Read Daniel 1:12 and Daniel 10:2-3. The Daniel Fast is based on the prophet Daniel's fasting experiences as recorded in the Bible. The fast is a biblically based partial fast. According to Daniel 1, the results were: (v. 17) learning, skill, wisdom, spiritual understanding, favor, and better appearance! (v. 19) In Daniel 10, the fast resulted in answered prayer and spiritual insight. (vv. 11-12) One of the great things about the Daniel Fast is that you are not limited to any specific amount of food but rather to the kinds of food you can eat. There are three critical components to the Daniel Fast:

1. Only fruits, vegetables, nuts, legumes, whole grains.
2. Only water or natural fruit juice for a beverage
3. No sweeteners, breads, meat, eggs, or dairy products

What if I start and cannot finish out the fast . . . have I fasted for nothing?

Seeking God through prayer and fasting is never a waste of time. When you make the effort, God takes notice. Just determine within your heart that you will make an even better effort next time. Alternatively, try finishing up with a partial fast.

I forgot and ate something that was not on my fast . . . do I need to start again?

No, think of fasting as a marathon rather than a sprint. Do not give up! If you fall, get up and keep trying. Conquering “king stomach” is complex, but you will make it.



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Do I continue to exercise while fasting?

Moderate exercise is good. But it is best to always consult a doctor about fasting and exercise. If you are on a complete fast, you may not have the energy for a high level of exercise.

What if I have a manual labor job?

If you have a job that requires you to expend much physical energy, you may want to consider a partial fast that allows you to receive enough nutrition to perform your job.

Can my spouse and I be intimate during our fast?

Read I Corinthians 7:2-5, especially verse 5, which says do not deprive one another (of sexual relations) EXCEPT WITH CONSENT, for a time . . . that you may give yourselves to fasting and prayer. So, the answer is yes. Scripture allows this for fasting and prayer, BUT only with mutual consent. If you are not married, please continue exercising the discipline of abstinence.



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FASTING AND PRAYER INFORMATION

“And after fasting forty days and forty nights, he was hungry.” (Matthew 4:2 ESV)

Please view the “40 Days of Consecration” Playlist on Christ Church Apostolic’s YouTube Channel for inspirational videos and encouragement.

Note: Bible Studies will remain on Wednesdays at 12:00 PM and 7:00 PM EST

Important: Anointing for Consecration will be on Sunday, September 8, 2024, at 11 AM.

WEEK 1 (SEPTEMBER 8-SEPTEMBER 14): “REFLECTION, RECOMMITMENT AND READINESS”

Devotional Scriptures: Exodus 33-34 (entirety), Proverbs 16:3, Numbers 30:2, Romans 12:1-2, Matthew 6:33

Corporate Fasting Guidelines

Type of Fast: Social & Media Fast - Abstaining from all unnecessary communication, social interactions, gossip, negativity (sharing or receiving), displays of anger, phone calls, texting, social media platforms, television or streaming platforms, emails, secular music, and procrastination.

Note: This is inclusive of any form of socializing or media that is unrelated to pertinent business, job responsibilities, career, or unrelated to Christian television, videos, or music.

Duration: Entire week without breaks

Purpose: During Week 1 of our fasting and consecration, we will intentionally focus on “presenting ourselves” to God. Just as Moses ascended Mount Sinai and presented himself to receive divine instructions for Israel, we must first present ourselves to God, seeking His guidance and renewal. This week’s goal is to deepen our commitment to God by fully dedicating our hearts and lives to Him, allowing Him to mold us according to His will. The prayer target for this week is for each member to genuinely present their whole self—mind, body, and spirit—to God, asking Him to purify and prepare them for the spiritual journey ahead. We will meditate on Romans 12:1, which urges us to “offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship.” This scripture emphasizes the importance of presenting ourselves fully to God as an act of worship and dedication.



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For additional reflection, we will refer to the book *"The Practice of the Presence of God"* by Brother Lawrence, which explores the significance of being present with God in every aspect of our lives. This week is an opportunity for us to fully engage with God, laying the foundation for the transformative work He will accomplish in us throughout the consecration period.

Corporate Prayer Guidelines and Opportunities

What: Morning Devotion & Prayer (online only)

Location: Christ Church Apostolic Facebook and YouTube pages

Time: 5:00 am to 5:45 am EST

Days: Monday – Friday

What: Corporate Prayer (Afternoon)

Location: Christ Church Apostolic, 6601 North Grandview Drive, Indianapolis, IN 46260

Time: 12:00 PM - 1:00 PM EST

Days: Monday, Wednesday, and Friday

What: Corporate Worship and Prayer (Evening)

Location: Christ Church Apostolic, 6601 North Grandview Drive, Indianapolis, IN 46260 and Online

Time: 7:00 PM - 8:00 PM EST

Day: Tuesday and Friday

WEEK 2 (SEPTEMBER 15-SEPTEMBER 21): "REINTRODUCTION AND REVELATION"

Devotional Scriptures: Exodus 33-34 (entirety), John 4:24, Revelation 22:13, Exodus 3:14, Genesis 1

Corporate Fasting Guidelines

Be sure to consult your doctor, especially if you have any medical condition.

Type of Fast: Week 1 Guidelines & No red meats, sweets, bread, or dairy

Primary Beverage: Water

Duration: Entire week without breaks



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Purpose: During Week 2 of consecration, we will intentionally allow God to reintroduce Himself to us. Many know God based on what we have been told, but this week is about seeking a personal encounter with Him, free from preconceived notions. Our goal is to experience God anew, with fresh revelation and understanding. The prayer target is for each member to release biases and approach God with a clean slate, inviting Him to reveal Himself more profoundly and personally. Jeremiah 29:13 says, "You will seek me and find me when you seek me with all your heart." Additionally, we will draw insights from "Knowing God" by J.I. Packer, which encourages a more profound, personal knowledge of God. This week is about opening ourselves up for a renewed and intimate experience of God's character and presence.

Corporate Prayer Guidelines and Opportunities

What: Morning Devotion & Prayer (online only)

Location: Christ Church Apostolic Facebook and YouTube pages

Time: 5:00 am to 5:45 am EST

Days: Monday – Friday

What: Corporate Prayer (Afternoon)

Location: Christ Church Apostolic, 6601 North Grandview Drive, Indianapolis, IN 46260

Time: 12:00 PM - 1:00 PM EST

Days: Monday, Wednesday, and Friday

What: Corporate Worship and Prayer (Evening)

Location: Christ Church Apostolic, 6601 North Grandview Drive, Indianapolis, IN 46260 and Online

Time: 7:00 PM - 8:00 PM EST

Day: Tuesday and Friday

WEEK 3 (SEPTEMBER 22-SEPTEMBER 28): "REVERENCE"

Devotional Scriptures: Exodus 33-34 (entirety), Hebrews 12:28, Proverbs 1:7, Psalm 95:6, Habakkuk 3:17-18

Corporate Fasting Guidelines

Be sure to consult your doctor, especially if you have any medical condition.

Type of Fast: Week 1 Guidelines & Fruits and vegetables only (Daniel Fast)

Primary Beverage: Water



HOLY CONSECRATION

40 DAYS OF FASTING, PRAYER, AND ASCENSION

Duration: Entire week without breaks

Purpose: During Week 3 of consecration, we are focusing our attention on worship. Our goal is to cultivate a heart of sincere, unbroken worship that extends beyond Sunday services into daily life. This week's prayer target is for each member to embrace worship as a lifestyle, inviting God's presence into every moment. John 4:23 reminds us, "Yet a time is coming and has now come when the true worshipers will worship the Father in the Spirit and in truth, for they are the kind of worshipers the Father seeks." For additional reflection, we will explore "*The Purpose and Power of Praise & Worship*" by Myles Munroe, which deepens our understanding of the significance of worship. This week is about aligning our hearts with God's and exalting Him in every area of our lives.

Corporate Prayer Guidelines and Opportunities

What: Morning Devotion & Prayer (online only)

Location: Christ Church Apostolic Facebook and YouTube pages

Time: 5:00 am to 5:45 am EST

Days: Monday – Friday

What: Corporate Prayer (Afternoon)

Location: Christ Church Apostolic, 6601 North Grandview Drive, Indianapolis, IN 46260

Time: 12:00 PM - 1:00 PM EST

Days: Monday, Wednesday, and Friday

What: Corporate Worship and Prayer (Evening)

Location: Christ Church Apostolic, 6601 North Grandview Drive, Indianapolis, IN 46260 and Online

Time: 7:00 PM - 8:00 PM EST

Day: Tuesday and Friday

WEEK 4 (SEPTEMBER 29-OCTOBER 5): "RENEWAL AND REAFFIRMATION"

Devotional Scriptures: Exodus 33-34 (entirety), Isaiah 40:31, Psalm 51:10, Lamentations 3:22-23, Galatians 2:20, 1 Peter 2:9

Important: Rosh Hashana is on October 3. Rosh Hashanah, the Jewish New Year, is a two-day celebration marking the beginning of the High Holy Days, a time of reflection, repentance, and renewal in the Jewish faith.



HOLY CONSECRATION

40 DAYS OF FASTING, PRAYER, AND ASCENSION

It commemorates the creation of the world and is observed with prayers, the sounding of the shofar, and festive meals, symbolizing hope and blessings for the new year.

Corporate Fasting Guidelines

Be sure to consult your doctor, especially if you have any medical condition.

Type of Fast: Week 1 Guidelines & Fruits and vegetables only (Daniel Fast)

Primary Beverage: Water

Duration: Entire week without breaks

Purpose: During Week 4 of consecration, we focus on what God says about us and His covenant toward us. Our goal is to internalize God's promises and to live confidently in our identity as His covenant people. The prayer target is to align our self-perception with God's declarations and embrace His covenant faithfulness. Jeremiah 31:33 reminds us, "I will put my law in their minds and write it on their hearts. I will be their God, and they will be my people." This week, we will reflect on "Covenant and Kingdom" by Mike Breen, which helps us understand the depth of God's covenant relationship with us. This is a time to affirm who we are in Christ and live boldly in the light of His eternal promises.

Corporate Prayer Guidelines and Opportunities

What: Morning Devotion & Prayer (online only)

Location: Christ Church Apostolic Facebook and YouTube pages

Time: 5:00 am to 5:45 am EST

Days: Monday – Friday

What: Corporate Prayer (Afternoon)

Location: Christ Church Apostolic, 6601 North Grandview Drive, Indianapolis, IN 46260

Time: 12:00 PM - 1:00 PM EST

Days: Monday, Wednesday, and Friday

What: Corporate Worship and Prayer (Evening)

Location: Christ Church Apostolic, 6601 North Grandview Drive, Indianapolis, IN 46260 and Online

Time: 7:00 PM - 8:00 PM EST

Day: Tuesday and Friday



HOLY CONSECRATION

40 DAYS OF FASTING, PRAYER, AND ASCENSION

WEEK 5 (OCTOBER 6-OCTOBER 12): “RECEIVING, REARING, AND REPRESENTING”

Devotional Scriptures: Exodus 33-34 (entirety), Psalm 119:105, Proverbs 19:20, James 1:5, Romans 10:17, Hebrews 11

Important: Yom Kippur is on October 12. Yom Kippur, also known as the Day of Atonement, is the holiest day in the Jewish calendar, dedicated to fasting, prayer, and seeking forgiveness for sins committed against God and others. It marks the culmination of the High Holy Days and is a time for reflection, repentance, and spiritual renewal.

Corporate Fasting Guidelines

Be sure to consult your doctor, especially if you have any medical condition.

Type of Fast: Week 1 Guidelines & Vegetables and Juicing only

Abstaining from Food Time: 6:00 AM - 3:00 PM EST

Primary Beverage: Water (may drink all day)

Duration: Entire week without breaks

Purpose: During Week 5 of consecration, we focus on receiving instructions from the Holy Spirit. Just as God instructed Moses to “write down all these instructions” (Exodus 34:27), we believe this week will be one of pivotal guidance, clarity, and divine direction. Our goal is to be attuned to the voice of the Holy Spirit and to receive Kingdom instructions that shape our lives according to God’s purpose. The prayer target is for every member to be open to the leading of the Spirit, seeking direction for their personal lives and the church's mission. Isaiah 30:21 promises, “Whether you turn to the right or to the left, your ears will hear a voice behind you, saying, ‘This is the way; walk in it.’” For deeper understanding, we will explore “*The Spirit-Filled Life*” by Charles Stanley, which provides practical insight into living under the guidance of the Holy Spirit. This week is a time for positioning ourselves to receive divine instructions that rear us into the culture of the Kingdom and teach us how to represent God.

Corporate Prayer Guidelines and Opportunities

What: Morning Devotion & Prayer (online only)

Location: Christ Church Apostolic Facebook and YouTube pages

Time: 5:00 am to 5:45 am EST

Days: Monday – Friday



HOLY CONSECRATION

40 DAYS OF FASTING, PRAYER, AND ASCENSION

What: Corporate Prayer (Afternoon)

Location: Christ Church Apostolic, 6601 North Grandview Drive, Indianapolis, IN 46260

Time: 12:00 PM - 1:00 PM EST

Days: Monday, Wednesday, and Friday

What: Corporate Worship and Prayer (Evening)

Location: Christ Church Apostolic, 6601 North Grandview Drive, Indianapolis, IN 46260 and Online

Time: 7:00 PM - 8:00 PM EST

Day: Tuesday and Friday

WEEK 6 (OCTOBER 13-OCTOBER 18): "RADIANCE AND RETURNING"

Devotional Scriptures: Exodus 33-34 (entirety), Genesis 1:26-28, John 1:1, Amos 3:7, 2 Timothy 3:16, Hebrews 1:3, Habakkuk 2:14, Exodus 33:18-23, Revelation 21:23

Important: Foot Washing Service will be on Wednesday, October 16, 2024, at 12 PM and 7 PM.

Important: "Morning Ascent" (Exodus 34:2 NLT) will be on Sunday, October 20, 2024, at 5 AM.

Important: Holy Communion will be on Sunday, October 20, 2024, at 11 AM.

Corporate Fasting Guidelines

Be sure to consult your doctor, especially if you have any medical condition.

Type of Fast: Week 1 Guidelines & 1 meal per day (Please read "Break the Fast")

Abstaining from Food Time: 6:00 AM - 3:00 PM EST

Primary Beverage: Water (may drink all day)

Duration: Entire week without breaks

Purpose: During Week 6 of consecration, we focus on radiating the glory of God and maintaining consistency in His presence. Just as Moses radiated God's glory after his time on the mountain and continued to return to His presence (Exodus 34:29-35), our goal is to reflect God's glory in our daily lives and develop a consistent practice of seeking Him. The prayer target for this week is to embody the glory of God through our words, actions, and character while remaining faithful in our pursuit of Him.



HOLY CONSECRATION

40 DAYS OF FASTING, PRAYER, AND ASCENSION

2 Corinthians 3:18 reminds us, "And we all, who with unveiled faces contemplate the Lord's glory, are being transformed into his image with ever-increasing glory." To deepen our understanding, we will explore "*The Glory of God*" by Guillermo Maldonado, which explains the transformative power of God's presence. This week calls us to consistently return to God's presence and to carry His glory into every facet of life.

Corporate Prayer Guidelines and Opportunities

What: Morning Devotion & Prayer (online only)

Location: Christ Church Apostolic Facebook and YouTube pages

Time: 5:00 am to 5:45 am EST

Days: Monday – Friday

What: Corporate Prayer (Afternoon)

Location: Christ Church Apostolic, 6601 North Grandview Drive, Indianapolis, IN 46260

Time: 12:00 PM - 1:00 PM EST

Days: Monday, Wednesday, and Friday

What: Corporate Worship and Prayer (Evening)

Location: Christ Church Apostolic, 6601 North Grandview Drive, Indianapolis, IN 46260 and Online

Time: 7:00 PM - 8:00 PM EST

Days: Tuesday



HOLY CONSECRATION

40 DAYS OF FASTING, PRAYER, AND ASCENSION

DAILY CONFESSIONS & AFFIRMATION FOR SELF AND PRAISES TO GOD BASED ON EXODUS 34

1. **I am renewed in God's covenant and embrace His grace.** (Exodus 34:10)
2. **God's compassion surrounds me daily.** (Exodus 34:6)
3. **I am grateful for God's abundant love and faithfulness.** (Exodus 34:6)
4. **I trust in God's promise to guide and bless me.** (Exodus 34:10)
5. **God's presence transforms and renews me.** (Exodus 34:29)
6. **I am a recipient of God's graciousness and mercy.** (Exodus 34:6)
7. **I walk in God's path of righteousness and justice.** (Exodus 34:11)
8. **God's instructions illuminate my path.** (Exodus 34:27)
9. **I honor God's commandments with my life.** (Exodus 34:28)
10. **I am committed to worshipping God in spirit and truth.** (John 4:24)
11. **I reflect God's glory in all I do.** (Exodus 34:29)
12. **God's love and faithfulness are my constant assurance.** (Exodus 34:6)
13. **I receive God's divine instructions with an open heart.** (Exodus 34:27)
14. **I am blessed by God's steadfast presence.** (Exodus 34:24)
15. **God's radiance is reflected in my life.** (Exodus 34:29)
16. **I walk confidently in God's covenant promises.** (Exodus 34:10)
17. **I trust in God's promise to be with me.** (Exodus 34:24)
18. **I live out God's commands with integrity and faith.** (Exodus 34:28)
19. **God's presence brings me peace and joy.** (Exodus 34:29)
20. **I am grateful for the renewal of God's covenant.** (Exodus 34:10)
21. **I embrace God's forgiveness and grace daily.** (Exodus 34:7)
22. **God's love for me is unending and eternal.** (Exodus 34:6)
23. **I am guided by God's divine wisdom and understanding.** (Exodus 34:27)
24. **I am transformed by the glory of God's presence.** (Exodus 34:29)
25. **I honor God's commandments with my obedience.** (Exodus 34:28)
26. **I receive God's blessings and protection.** (Exodus 34:24)
27. **God's faithfulness renews me every day.** (Exodus 34:6)
28. **I am a living testimony of God's grace.** (Exodus 34:10)
29. **I seek to reflect God's glory in all aspects of my life.** (Exodus 34:29)
30. **I am strengthened by God's love and faithfulness.** (Exodus 34:6)
31. **God's presence is my guiding light.** (Exodus 34:24)
32. **I trust in God's divine instructions for my life.** (Exodus 34:27)
33. **I am a vessel of God's glory and grace.** (Exodus 34:29)
34. **God's commandments are a source of wisdom and joy.** (Exodus 34:28)
35. **I am empowered by God's love and truth.** (Exodus 34:6)



HOLY CONSECRATION

40 DAYS OF FASTING, PRAYER, AND ASCENSION

36. **God's guidance leads me to righteousness.** (Exodus 34:11)
37. **I am continually refreshed by God's presence.** (Exodus 34:29)
38. **I celebrate the renewal of God's covenant in my life.** (Exodus 34:10)
39. **I am shaped by God's divine instructions and wisdom.** (Exodus 34:27)
40. **God's faithfulness is my constant assurance.** (Exodus 34:6)
41. **I walk in the light of God's glory.** (Exodus 34:29)
42. **I am guided by the principles of God's commandments.** (Exodus 34:28)
43. **I receive God's mercy and grace with gratitude.** (Exodus 34:7)
44. **God's love and faithfulness are my daily encouragement.** (Exodus 34:6)
45. **I am a reflection of God's glory in the world.** (Exodus 34:29)
46. **I am aligned with God's divine will and instructions.** (Exodus 34:27)
47. **God's presence renews and strengthens me daily.** (Exodus 34:29)
48. **I honor God's commandments through my actions.** (Exodus 34:28)
49. **I trust in the promises of God's covenant.** (Exodus 34:10)
50. **I am enveloped by God's everlasting love.** (Exodus 34:6)

PRAISES TO GOD

51. **I praise God for His infinite compassion and grace.** (Exodus 34:6)
52. **I exalt God for His unwavering faithfulness.** (Exodus 34:6)
53. **I worship God for His divine presence and glory.** (Exodus 34:29)
54. **I thank God for the renewal of His covenant with me.** (Exodus 34:10)
55. **I glorify God for His abundant love and mercy.** (Exodus 34:6)
56. **I celebrate God's divine guidance and instruction.** (Exodus 34:27)
57. **I honor God for His promises of protection and blessing.** (Exodus 34:24)
58. **I lift up praise for the transformative power of God's presence.** (Exodus 34:29)
59. **I adore God for His continual faithfulness and grace.** (Exodus 34:6)
60. **I worship God for His illuminating divine instructions.** (Exodus 34:27)
61. **I rejoice in the renewal of God's covenant promises.** (Exodus 34:10)
62. **I praise God for the radiance of His glory in my life.** (Exodus 34:29)
63. **I honor God for His guidance and wisdom.** (Exodus 34:27)
64. **I exalt God for His steadfast love and faithfulness.** (Exodus 34:6)
65. **I thank God for the blessings of His covenant.** (Exodus 34:24)
66. **I glorify God for His transformative presence.** (Exodus 34:29)
67. **I celebrate God's divine commandments and instructions.** (Exodus 34:28)
68. **I worship God for His enduring grace and mercy.** (Exodus 34:6)
69. **I lift my voice in praise for God's righteous guidance.** (Exodus 34:11)



HOLY CONSECRATION

40 DAYS OF FASTING, PRAYER, AND ASCENSION

70. I adore God for His everlasting faithfulness and love. (Exodus 34:6)
71. I rejoice in the glory of God's presence in my life. (Exodus 34:29)
72. I praise God for His divine protection and direction. (Exodus 34:24)
73. I exalt God for His life-giving commandments. (Exodus 34:28)
74. I glorify God for His covenant renewal and promises. (Exodus 34:10)
75. I celebrate the radiance of God's glory in all I do. (Exodus 34:29)
76. I honor God for His merciful and gracious nature. (Exodus 34:6)
77. I lift up praise for God's guidance and wisdom in my life. (Exodus 34:27)
78. I thank God for His covenant of blessing and protection. (Exodus 34:24)
79. I glorify God for His transformative presence and glory. (Exodus 34:29)
80. I exalt God for His faithfulness and enduring love. (Exodus 34:6)
81. I praise God for the renewal of His promises and covenant. (Exodus 34:10)
82. I worship God for His divine instructions and wisdom. (Exodus 34:27)
83. I celebrate the impact of God's glory in my life. (Exodus 34:29)
84. I adore God for His compassion and grace toward me. (Exodus 34:6)
85. I lift my voice in praise for God's steadfast love and faithfulness. (Exodus 34:6)
86. I thank God for the blessings of His guidance and protection. (Exodus 34:24)
87. I glorify God for the radiant impact of His presence in my life. (Exodus 34:29)
88. I rejoice in the divine instruction and wisdom given by God. (Exodus 34:27)
89. I honor God for His unwavering commitment to His covenant promises. (Exodus 34:10)
90. I lift up praise for the transformative power of God's presence. (Exodus 34:29)
91. I exalt God for His abundant grace and mercy in my life. (Exodus 34:6)
92. I glorify God for His divine instructions that guide my steps. (Exodus 34:27)
93. I thank God for His unchanging love and faithfulness. (Exodus 34:6)
94. I worship God for the renewal and strength His presence brings. (Exodus 34:29)
95. I celebrate the blessings of God's covenant and His protection. (Exodus 34:24)
96. I adore God for His righteous and just commandments. (Exodus 34:28)
97. I lift my heart in praise for the glory of God revealed in my life. (Exodus 34:29)
98. I rejoice in the continuous renewal of God's promises. (Exodus 34:10)
99. I honor God for His gracious presence and divine guidance. (Exodus 34:27)
100. I exalt God for His love that transforms and uplifts me daily. (Exodus 34:6)



HOLY CONSECRATION

40 DAYS OF FASTING, PRAYER, AND ASCENSION

Additional Scripture References

- **Exodus 34:6-7** - "And he passed in front of Moses, proclaiming, 'The LORD, the LORD, the compassionate and gracious God, slow to anger, abounding in love and faithfulness, maintaining love to thousands, and forgiving wickedness, rebellion and sin. Yet he does not leave the guilty unpunished; he punishes the children and their children for the sin of the parents to the third and fourth generation.'"
- **Exodus 34:29** - "When Moses came down from Mount Sinai with the two tablets of the covenant law in his hands, he was not aware that his face was radiant because he had spoken with the LORD."
- **John 4:24** - "God is spirit, and his worshipers must worship in the Spirit and in truth."
- **2 Corinthians 3:18** - "And we all, who with unveiled faces contemplate the Lord's glory, are being transformed into his image with ever-increasing glory, which comes from the Lord, who is the Spirit."
- **Jeremiah 31:33** - "This is the covenant I will make with the people of Israel after that time, declares the LORD. I will put my law in their minds and write it on their hearts. I will be their God, and they will be my people."
- **Isaiah 30:21** - "Whether you turn to the right or to the left, your ears will hear a voice behind you, saying, 'This is the way; walk in it.'"